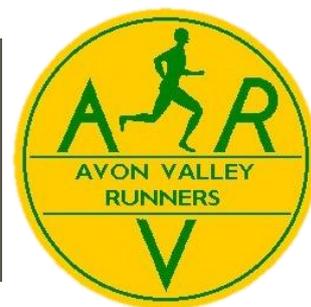


# THE VALLEY NEWS



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## AVR training sessions

We continue to offer various sessions throughout the week that can be booked using the Run Together links that are emailed out to members every Saturday and posted to the members' only Facebook page.



If the session is full, please do not attend. If more people turn up than are booked on, then the session will have to stop. For those of you that do manage to get a space on the session, please try and arrive warmed up where possible.



If you need to cancel a session for any reason, please cancel it by using the Run Together app (you cannot do it by just logging onto the website.)

# Volunteer opportunities with AVR

## Multi-Sport secretary

We are currently looking to recruit a new **Multi Sports Secretary** to the committee. Lil Morris has done a fantastic job, but due to other commitments she is now having to step away from the role. Is this a role that you would be interested in? The main priorities of the volunteer role are:



- Ensure all members of club are informed of training arrangements and multi-sport race fixtures via Facebook.
- Inform the club of travel and meeting arrangements for multi-sport race fixtures.
- Encourage athletes to conduct themselves in a professional manner and represent the club with pride at all times.
- Ensure that athletes do not bring the sport into disrepute.
- Liaise with coaches regarding logistics and kit arrangements for competitions.
- Be a point of contact for club members to answer queries regarding entry into competitions.
- Attend committee meetings as appropriate.

To see a full list of the role, visit the members' only AVT page on Facebook. If you would be interested in this role or would like further information, please email [secretary@avonvalleyrunners.org.uk](mailto:secretary@avonvalleyrunners.org.uk)

## Junior AVR secretary

We are also looking to recruit a new **JAVR Secretary** to the committee. Holly Newman is stepping away from the role as she embarks on a university course in Oxford. Is this a role that you would be interested in taking over? The main priorities of the volunteer role are:



- Maintain records of all junior members.
- Attend committee meetings as appropriate.
- Regularly attend junior training sessions (this doesn't have to be EVERY session however the juniors do need some consistency. It especially helps if you are able to build a rapport with new nervous junior members).
- Promotes JAVR events amongst members, parents and social media.
- Help liaise with Bath University regarding track hire times/fees.
- Liaise with adult AVR coaches in regards to the progression and training of older junior athletes.

If you would be interested in this role or would like further information, please email [secretary@avonvalleyrunners.org.uk](mailto:secretary@avonvalleyrunners.org.uk)

## DB Max Rainbow Run



# RAINBOW RUN

SATURDAY  
5K SERIES

<b>Week 15</b>	<p>AVR finished 4<sup>th</sup> in the Club V Club competition.</p> <p>1<sup>st</sup> AVR male: <b>Ben Mees</b> (top 3)</p> <p>1<sup>st</sup> AVR female: <b>Sharon Firkins</b></p> <p><b>Ben Mees</b> finished 2<sup>nd</sup> MSEN, <b>Gary MacAlister</b> finished 2<sup>nd</sup> MV40 and <b>Sharon Firkins</b> finished 3<sup>rd</sup> FV50.</p>
<b>Week 16</b>	<p>AVR finished 3<sup>rd</sup> in the Club V Club competition.</p> <p>1<sup>st</sup> AVR male: <b>Tim Burrell</b> (top 3)</p> <p>1<sup>st</sup> AVR female: <b>Debbie Ellis</b></p> <p><b>Gary MacAlister</b> finished as 1<sup>st</sup> MV40, <b>Kat French</b> was 1<sup>st</sup> FSEN, <b>Mel Ward-Nicholls</b> finished 3<sup>rd</sup> FV40, <b>Debbie Ellis</b> finished 2<sup>nd</sup> FV50, <b>Sara Robert</b> finished 3<sup>rd</sup> FV50 and <b>Carrie Almeida</b> finished 3<sup>rd</sup> FV60.</p>
<b>Week 17</b>	<p>AVR were not listed in the results this week.</p> <p>1<sup>st</sup> AVR male: <b>Gary MacAlister</b> (top 2)</p> <p>1<sup>st</sup> AVR female: <b>Sara Robert</b></p> <p><b>Gary MacAlister</b> finished 1<sup>st</sup> MV40, <b>Kat French</b> finished 2<sup>nd</sup> FSEN, <b>Jen Buckle</b> finished 3<sup>rd</sup> FSEN and <b>Carrie Almeida</b> finished 2<sup>nd</sup> FV60.</p>
<b>Week 18</b>	<p>AVR finished 5<sup>th</sup> in the Club V Club competition.</p> <p>1<sup>st</sup> AVR male: <b>Gary MacAlister</b></p> <p>1<sup>st</sup> AVR female: <b>Sara Robert</b></p> <p><b>Vicky Bodman</b> finished 2<sup>nd</sup> FSEN, <b>Jen Buckle</b> finished 3<sup>rd</sup> FSEN, <b>Sara Robert</b> finished 2<sup>nd</sup> FV50 and <b>Carrie Almeida</b> finished 3<sup>rd</sup> FV60.</p>
<b>Week 19</b>	<p>AVR finished 4<sup>th</sup> in the Club V Club competition.</p> <p>1<sup>st</sup> AVR male: <b>Ben Mees</b> (top 2)</p> <p>1<sup>st</sup> AVR female: <b>Sara Robert</b></p> <p><b>Ben Mees</b> finished 2<sup>nd</sup> MSEN, <b>Gary MacAlister</b> finished 1<sup>st</sup> MV40, <b>Sarah Barker</b> finished 2<sup>nd</sup> FSEN and <b>Carrie Almeida</b> finished 3<sup>rd</sup> FV60.</p>

On Sunday 30<sup>th</sup> August, the Rainbow run took a break from being virtual and went live at the Castle Combe race circuit with 5 AVR members taking part!

1<sup>st</sup> AVR male: N/A

1<sup>st</sup> AVR female: **Rebekah Carrivick**

**Rebekah Carrivick** finished 1<sup>st</sup> FSEN, **Sarah Barker** finished 3<sup>rd</sup> FSEN, **Debbie Ellis** finished 2<sup>nd</sup> FV50 and **Sara Robert** finished 3<sup>rd</sup> FV50.



*L-R: Jen, Debbie and Sara*

## The Virtual Hilly Helmet 2020

AVR member Robin-Mark Schols has been in touch to thank members who supported The Hilly Helmet Challenge this year. It was to be the 4<sup>th</sup> running of the popular event which has sold out every year since its inaugural running in 2017.

This year it became clear by mid-April, a mass participation event in August may still be at best problematic and at worst unlikely to happen, so Robin-Mark took the decision it to a virtual one. Whilst the big event feel wasn't going to be there, this opened the experience up to people to find themselves a route in their own town while still running in a helmet. Additionally, for the first time juniors were able to join their parents in both creating headgear for the event and taking part, making it a real family affair. As lock down eased, people started to come to the course in Westbury and run it in small groups or by themselves. Where possible, Robin joined them, either for the run or by meeting them at the end to take photos and thank them for taking part. Everyone who took part received a unique locally made pottery memento and a drinks bottle.





Despite the compromise of having to convert to a virtual event, it was a success with 160 people taking part with the event raising another £2500 for the charity Brain Tumour Support. "With many of their fundraising plans hit by Covid-19 restrictions it was crucial I was able to still help the charity this year", said Robin. "Though organising a virtual event was a completely new concept for me, it looked like it was worth a go and it proved to be the right decision. I'd like to extend my warmest thanks to everybody who either helped make this work or took part to help us continue to support the charity that helps so many people affected by a brain tumour diagnosis." Hilly Helmet is scheduled to return next August as a mass participation event. Please watch our social media feeds for more information as we'd love to have you back again.



## London's still calling...

This month, we finally got the announcement we were all probably expecting, that this year's London Marathon has gone virtual for everyone but the elite athletes. On the 4<sup>th</sup> October, they will run laps of St James' Park while the rest of the world take the event to their doorsteps to run the distance in a 24 hour time frame.

Some members of AVR were lucky enough to have places this year and have had to re-think their training.



### Sarah Barker

I've tried for years to get a place in the ballot or through charities but I always received the commiserations email, or the charities I wanted to run for were full. This year I applied to run for The Forever Friends Appeal (RUH in Bath) who only had one place available, so I was so surprised when they picked me out of all the applications! The money I raise will go to the William Budd ward which is the last ward due to move into the new Dyson Cancer centre. They cared for a close family member in 2019 and made their last days as comfortable as possible, but it is in the oldest part of the hospital and is no longer fit for purpose.



I trained up to 16 miles by mid-March and was feeling pretty good about everything but then lockdown was announced and everything stopped. I've always had a nigging doubt that the 4<sup>th</sup> October date may have been a little optimistic, so my training trailed right off. For this reason, I have decided not to run the virtual event as I currently don't have the stamina! I set myself my own challenge in August instead, by running 5km every day and raised an extra £120. I also re-set my fundraising target to £3000 as I still have a place at the Devizes half marathon which is going ahead on the same day as London so I will be wearing my charity vest instead of AVR colours.

In the end, I decided to defer until 2022 as it will be back on its usual date in April and I much prefer winter training. I also figure that it might give coronavirus time to settle down so we can start doing things more normally again. Fingers crossed! If you would like to sponsor me, my page can be found here: <https://uk.virginmoneygiving.com/BarkerVLM2020>

*If you'd like to share your London Marathon story with the club, please email the news address at the bottom of the page.*

As races start to come back, it is inevitable that you will be achieving personal bests too! At the moment, the results page on the website is going through a handover of volunteers and may not be kept up-to-date so please email [results@avonvalleyrunners.org.uk](mailto:results@avonvalleyrunners.org.uk) and copy in [news@avonvalleyrunners.org.uk](mailto:news@avonvalleyrunners.org.uk) as well.

## WALL OF FAME

### 5km

<u>Two Tunnels</u>	Toby Firkins	18:19 (2 <sup>nd</sup> overall)
<u>Rainbow Run (virtual)</u>	Tim Burrell	18:49
<u>Rainbow Run (Castle Combe)</u>	Debbie Ellis	22:55

### 10km

<u>Wokingham</u>	Tim Burrell	40:20 (2 <sup>nd</sup> overall)
<u>Severn Bridge</u>	Peter Campbell	52:46

## Where's my Club? – by Darren Wrintmore

Have you been at a race and been approached to be asked "where are Avon Valley Runners based?", or have you spied an unusual club name, like 'Fatboys RC' and wondered "Where are they from?" [the answer to that one is Hathersage in Derbyshire].



So, without resorting to Google, can you name the locations where these 20 clubs - most of whom have had representatives at our events, are based:

- |                              |                            |
|------------------------------|----------------------------|
| 1. Hogweed Troffers          | 11. Black Pear Joggers     |
| 2. Les Croupiers             | 12. Amazing Feet RC        |
| 3. Almost Athletes           | 13. Running For Time       |
| 4. Slinn Allstars            | 14. Carn Runners           |
| 5. Hydrographic Harriers     | 15. Victory AC             |
| 6. Town and Country Harriers | 16. Finch Coasters         |
| 7. Collett Park Dark Runners | 17. Mornington Chasers     |
| 8. Muddy Mucky Monkeys       | 18. Redway Runners         |
| 9. Runnyhoneys               | 19. Sole Sisters           |
| 10. Fry Club Joggers         | 20. Running Somewhere Else |

Email your answers through to the usual news address and the winner will win admiration and their name in next month's newsletter.

# AVON VALLEY TRIATHLETES

By AVT secretary, Lil Morris

For those who haven't seen the email announcement, this will be my last newsletter piece as the Multi-Sport secretary for AVR. Shortly I will be starting a University course, through work, and I am also embarking on a Yoga Teacher Training course as well. When work allows me to travel again, I'm going to be very busy juggling appointments as well as my own training, I will still be working with JAVR and managing the Goal Getters Twitter & Instagram accounts however it does mean I won't be able to do AVT as well.

I wanted to take this opportunity to thank each and every one of you who has supported me in this role from the working group to every athlete.



## Virtual London

Back in 2012 along with several other club members I assisted at the cycle road races at the London Olympics, this for me was the catalyst to take up cycling. The following year I lined up in the Olympic Park along with 20,000 likeminded riders to take on the inaugural **London-100 cycle sportive**. When I finished that ride, I immediately said "I want to do that again", something that I had never said after completing an endurance event before.

I went on to complete the London-100 a further 5-times, breaking the magical five-hour barrier in the process on each occasion. So, for 2020 I was set to participate in the event for a seventh time and had my PB time of 4-hours 47-minutes (achieved at the event in 2016) as a target to beat but COVID19 had other plans 😞

The organisers responded by making the event a virtual one, so you could ride your 100-miles anywhere to claim a finishers certificate, which was good news for the charities who were relying on the event for funding, for me this was Macmillan Cancer Support who had granted me my London place this year.

By time August had come around some events were starting to take place albeit in a socially distanced format, this included Cycle Time Trials,



which by their very nature require social distancing and this is even written into the rules, as to be within 25-meters of another rider is considered 'gaining an unfair advantage'.

I had noted earlier in the year that the **National 100-mile cycle Time Trial Championships** were taking place on the same day as the London-100 was due and were also to take place in the North of Wiltshire with the Race HQ in Royal Wootton Bassett and the course taking in Malmesbury and crossing over the border into Gloucestershire passing through Kemble, Tetbury and Cirencester – all destinations on my regular weekend long rides. So, I tentatively put in my entry and it was accepted. I now had a course ready set up for my 100-miles.

Throughout lockdown I had managed to keep my cycling going, in fact I had seen my mileage reach an all-time high with over 20 consecutive weeks at 200+ miles and for May and July my mileage had passed over 1,000-miles. When **Andy Cook Cycling** returned to Castle Combe at the beginning of July I was able to put in some midweek speed sessions and on 5<sup>th</sup> August I took on the **DB Max Kinetic One 10-mile TT** and even with the winds that are ever present at the Castle Combe circuit I managed to push myself to a new Personal Best for the distance of 24-minutes 36-seconds which equates to an average speed of 24.4mph. I was ready.

Race day came on the 16<sup>th</sup> August and overnight rain meant that the roads were wet, therefore going to create additional drag but at least it was not raining as I took my place in the starting queue on the B4042. With a minute to go before my start I launched the **"My RideLondon"** app on my smartphone and then focussed on getting away and settle into my target pace which was to be 22mph. My first lap was spot on schedule passing 10-miles in under 28-minutes and 20-miles in 55-minutes, though a steady stream of riders did pass me but they were to be the podium contenders with sub-4hour ambitions, this was the National Championships after all. I passed through halfway in under 2-hours 20-minutes, things were going to plan. The second lap however felt more challenging, the headwinds a little stronger and the climbs a little bit steeper but despite this I had only dropped just 90-seconds. As I passed through Malmesbury for the final time my body felt pretty exhausted and the short climb of only 200m at 6% knocked me for six as the course headed back to Royal Wootton Bassett.

Those final 10-miles were a struggle and I was surprised to learn that they were completed at 20mph. I crossed the finish line in 4-hours 44-minutes for 90<sup>th</sup> place. I will take that. The cooldown ride back to the Race HQ proved to be my toughest ride ever with cramps in my lower back, upper legs and triceps but the knowledge that I had recorded a new PB by over 3-minutes and had raised £600 for Macmillan Cancer Support took the edge off of the pain.

**PRUDENTIAL MYRIDE LONDON**  
Save the UK's Charities

**Name:** Darren Wrintmore  
**Time:** 04:44:48  
**Date:** 16-08-2020  
**Distance:** 100 miles

**PRUDENTIAL MYRIDE LONDON**  
MY PRUDENTIAL RIDE LONDON-SURREY 100  
**10583**  
MAYOR OF LONDON  
TRANSPORT FOR LONDON  
EVERY JOURNEY MATTERS

PRUDENTIAL Continental EVANS CYCLES 15 SKODA SRAM MONEY GIVING Yellow Jersey jhb h b BROMPTON

### Andy Cook Cycling at Castle Combe

It's great to see cycling back at Castle Combe again on Tuesday evening however Andy Cook Cycling need to remind everyone of some important rules, which were forgotten by some. If we don't all make an effort to follow the rules of the Circuit Management, the guidelines set by the government, and the terms and conditions they set in order to ensure we can run the sessions, then it is likely Andy Cook Cycling will not be able to continue using the circuit. Please read the following carefully and remember for your next session:

- Please do not use inappropriate language in line at the gate, the coffee van, the loos, or whilst out riding on the circuit. There are always families and children about and they had several instances of swearing on Tuesday which just isn't conducive to the family-friendly atmosphere of these sessions.

- NO URINATING AT THE SIDE OF THE CIRCUIT. Please do not use the wooden marshal huts situated around the track to relieve yourself. The toilets are well-signposted and positioned behind the Tavern restaurant next to the car park.
- Do not wear headphones whilst riding. You must be able to hear clearly at all times whilst out on the track. By wearing headphones, you are breaking the terms and conditions of your membership, as agreed to on registration.
- You must wear a helmet - this is a rule set by the Circuit Management. There are no exceptions. Unfortunately, due to hygiene reasons, we are unable to lend helmets out, so please make sure you bring your own.
- Due to the need to keep gatherings to a minimum, and maintain safe social distancing, they do not encourage spectators. If you have no choice, the spectator must register as a member of the Castle Combe Cycling Organisation for track and trace purposes.

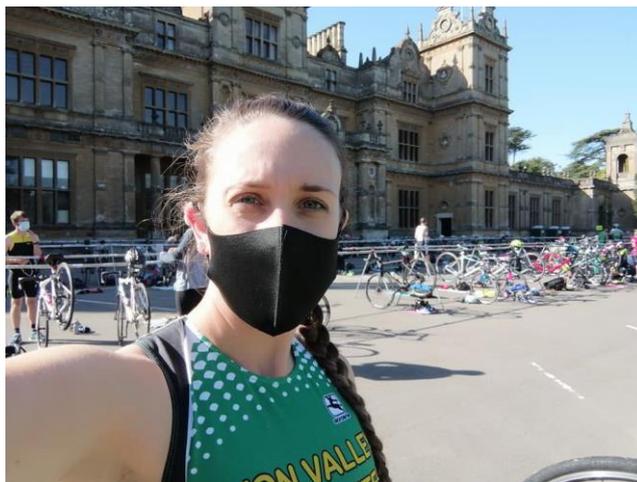
### Westonbirt Triathlon

The DB Max Westonbirt Triathlon took place on Monday 31<sup>st</sup> August providing many Multi Sport athletes with their first triathlon experience of 2020.

Pos	Bib No	Name	Finish Time	Category	Cat Pos	Gender	Gen Pos	Club	Swim	G/Pos	Cycle	G/Pos	Run	G/Pos
+	34	Paul BANFIELD	1:07:47.9	Vet	11	Male	31	AVON VALLEY TRIATHLETES	4:46.1	84	37:59.0	31	22:28.0	35
+	153	Sarah BARKER	1:25:13.1	Sen	22	Female	53	AVON VALLEY TRIATHLETES	4:18.2	35	48:23.4	56	28:49.3	56
+	155	Debbie ELLIS	1:25:40.5	SupVet	12	Female	55	AVON VALLEY TRIATHLETES	6:49.6	79	51:41.2	68	24:04.8	11
+	157	Anne CLARK	1:25:48.3	SupVet60	1	Female	57	AVON VALLEY TRIATHLETES	5:45.2	69	41:23.4	9	34:51.3	72
+	172	Holly NEWMAN	1:32:22.6	Sen	28	Female	68	AVON VALLEY TRIATHLETES	3:42.4	11	59:20.0	80	25:57.1	29

A special mention to Debbie Ellis who completed her very first triathlon and on the back of a shiny new 5k PB at Castle Combe the day before! Absolutely brilliant. Huge congratulations to Anne Clark as well for her category position as first place as well.

Sarah Barker (pictured below) ran 104 miles over the course of August raising money by running every day for the RUH Forever Friends appeal, the triathlon saw her final running attempt for August with her fastest 5k time over the entire month. Congratulations Sarah!



### Upcoming events for 2020

- DB Max 10 mile TT at Castle Combe (2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup> September)
- Westonbirt “End of Season” Tri Tri (27<sup>th</sup> September)
- Westonbirt House Duathlon (31<sup>st</sup> October)
- Bath Duathlon (31<sup>st</sup> October)
- The “Chilly” Duathlon (22<sup>nd</sup> 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. Please note, when we start the league again in 2021, you need to email your results to me at [avt@avonvalleyrunners.org.uk](mailto:avt@avonvalleyrunners.org.uk) by the 31<sup>st</sup> December 2021. You can do this in one email rather than ad-hoc throughout 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.