

THE VALLEY NEWS



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Dates for your diary

- **AVR Annual General Meeting** – Tuesday 11th January 20:30 at TRFC
- **Committee meeting** – Thursday 13th January at 20:30pm at TRFC. If you have any points for discussion or would like to attend, please email secretary@avonvalleyrunners.org.uk.
- **Presentation Evening** – celebration [event](#) on Saturday 5th February 19:30 at the Civic Centre, Trowbridge

Message from the Chairman

Like 2020, this year has brought us a number of challenges as a club, but once again we have largely overcome them. This is credit to all running members who represented us near and far, and to all the volunteers who unselfishly give up their personal time to help the club function.

I hope that everyone had a fantastic, peaceful, safe Christmas and wishing you all a very happy 2022.

See you soon.

Richard Newman



Stan Farr Boxing Day Run – by Rich Newman

Event history (from the AVR website): The Boxing Day Run was first staged in 1960 by Trowbridge & District AC and ran a course of 3.4 miles from the Castle Public House in Ashton Street, Trowbridge up to the West Ashton crossroads and back again. A shorter 2-mile event was held for the Ladies and a 1-mile race for Juniors and Colts. The 3.4-mile event also hosted a race walk. In 1985 the embryonic Avon Valley Runners took over the hosting of the event and saw a course record set by C. Murray in a time of 17:24. The ladies 2-mile record of 11:53 was set by Judy Farr in 1979 with Rosemary Barber setting a ladies record of 21:28 in 1992 over the 3.4-mile course.

In 1999 (the 40th staging of the event) due to increasing traffic volumes along the West Ashton Road, Avon Valley Runners decided to relocate the event and moved it to a 3.2-mile course from the Longs Arms Public House in Steeple Ashton. Then in 2000 relocated the event to a 5K course from the Beehive Public House in Bradford on Avon. The 5K course from the Beehive had a course record time of 16:58 set by Michael Bryant in 2006 with Rachel Bown setting the ladies record of 19:13 in the same year.

In 2008 it was decided to rename the Boxing Day run as the "Stan Farr 5K" in memory of the race founder and long serving club secretary. It was also 40 years since he had won the race in 1968.

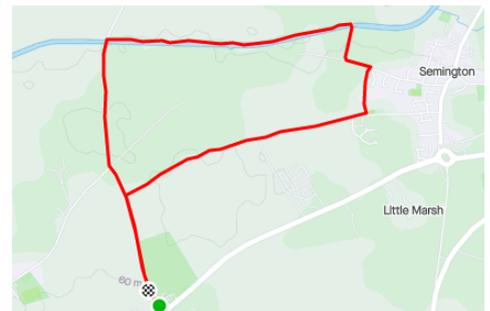
Following the closure of the Beehive in 2008, alternative 5K courses have been run in Barton Farm Country Park, Bradford on Avon (2008) and Whaddon Lane, Hilperton (2009-2011).



This year's Stan Farr 5km was well attended with 36 club members and a handful of guests attending this popular post-Christmas Day even. Also this year we had a small number of runners with well behaved, fit and active dogs!

An early, quick recce of the course uncovered some fairly muddy patches on route and also that the canal bridge was in a closed position so there was no need for people to participate in an Aquathlon this year!!

First over the line and first male for an eleventh year was the evergreen Mike Towler in a time of 18:40 and first lady was Jackie "Rocket" Rockcliffe in 22:01 (pictured below). A special mention must go to the fantastic Rosemary Barber, still running strong after setting the record in 1992, who completed the course in 31:39 this year and as the first finisher in the FV70 category.



Many thanks to all that attended and the volunteers that gave up their Boxing Day morning.

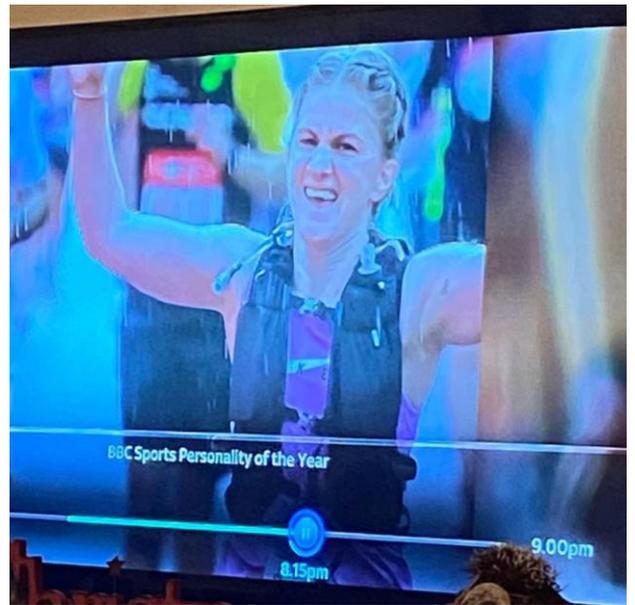


Spotted!

We all know that our members achieve great things whether it's during a training run, parkrun or a major event, but I bet you didn't know we have a Sports Personality of the Year amongst us?

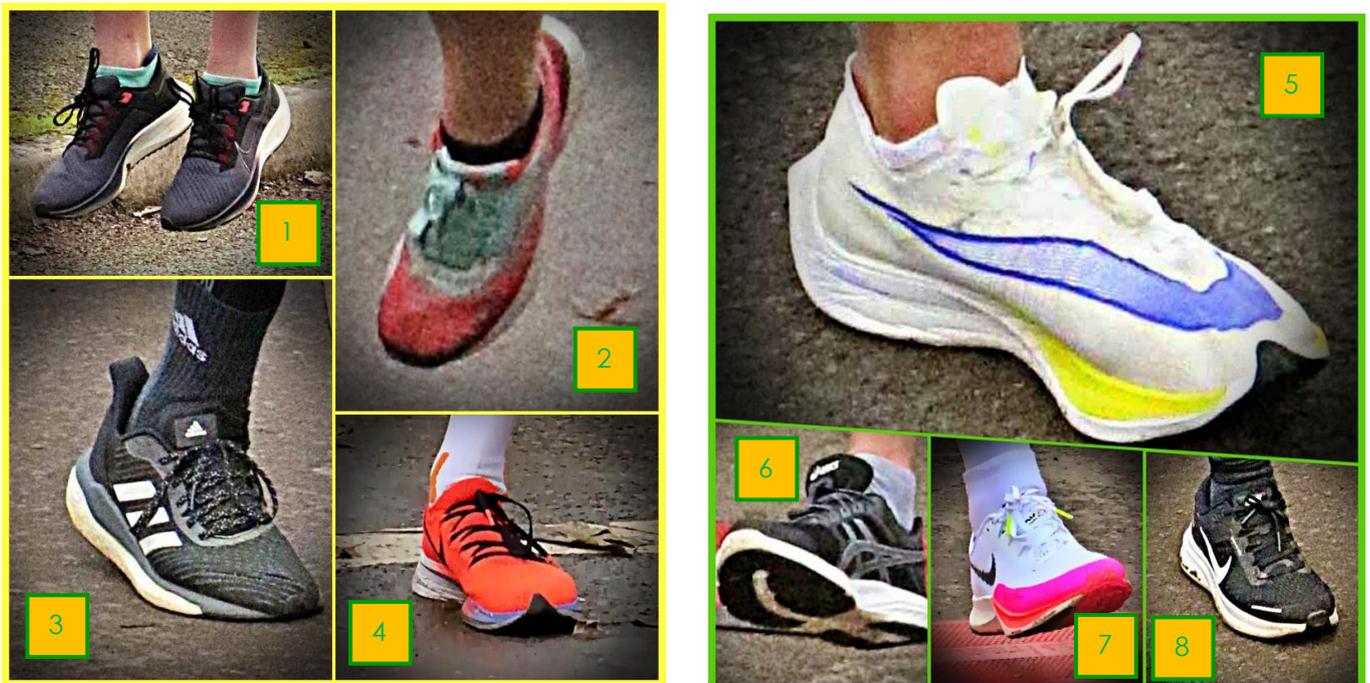
Well, almost...

Sarah Hillman was spotted on TV as part of a montage for the BBC SPOTY awards. Here she is taking part in the London Marathon this year!



Whose shoes?

Just for fun, who do you think these shoes belong to? The photos were taken by Vicky Bodman's dad at this year's Bromham Pudding Run 10k. Have a look through [photos](#) on Facebook to help, then scroll to page 7 to see how you got on.



Avon Valley Runners



AVR Presentation Evening

Saturday 5th February
Trowbridge Civic Centre - 7pm - Midnight
Ticket price includes buffet, music and photo booth!

Book your tickets at:
www.entrycentral.com/event/118568

Made with PosterMyWall.com

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.



Wiltshire and AVR Offroad leagues 2021

The Wiltshire Off-Road Race League (WORL) is an annual series of races for all runners from clubs affiliated to Wiltshire Athletic Association with the goal of promoting running within the county and raising the profile of Wiltshire clubs and athletes. These races are Off-Road, meaning they are mostly gravel path, woodland, fields etc. There will usually be road sections. Expect these races to be hilly and potentially muddy. The races are selected by the XC and Off-Road secretaries and clubs are encouraged to submit races for consideration. There are typically eight races in a season which runs from Autumn to the following Spring.



**Wiltshire
Athletic
Association**

WORL races selected as qualifying races for 2021:

1. Sunday 17th October – White Horse Gallop
2. Sunday 21st November – Avebury 8
3. Sunday 28th November – Yarnbury Yomp 10k
4. Wednesday 29th December – Plain Crazy
5. Sunday 16th January – Slaughterford 9
6. Sunday 6th February – Lungbuster
7. Sunday 13th February – SMaRTT Smasher 10k
8. Sunday 27th February – Terminator

In addition to the WORL, AVR will have their own league starting in January 2022 in which the information can be found on our [website](#).

Plain Crazy

This event by Redfish is renowned for being a difficult 12.5 mile run across the plain. They even reported on their Facebook page that the most common word they heard on the day was ""brutal"!"

21 AVR members braved the weather with **Gary MacAlister** (pictured) crossing the line as the first AVR and in 16th place overall in a time of 1:33:08. **Jenny Natress** was the first AVR female to finish in a time of 1:56:58.

The current standings in the WORL can be found on the Wiltshire Athletics Association [website](#) but do not yet include Plain Crazy. AVR are currently 6th in Division A and **Gary MacAlister** is 2nd male.



Beginners 2021

In September, Sean Price and Gretchen Tucker started the latest 12 week course for beginner athletes to run 5km non-stop by graduation at Southwick Country Park parkrun in November. Unfortunately, storm Arwen brought a tree down on the course which postponed this event by another week but it didn't stop a huge group taking to the course on the 3rd December.

A massive, massive, massive thank you to Sean and everyone that's helped and supported us through this crazy time!

Helen and Gretchen you have been fabulous to me and I can't thank you enough, thanks again for being by my side today .

Couch to 5k done !! - Samantha Parry

Just to say thank you so much to the Couch 2 5km and AVR members... 14 weeks ago I couldn't run any distance! So proud of all the other newbies, and thank you to the AVR member who ran with me to the end. - Drew Holloway

Congratulations to those runners who completed the full 12 weeks:

Drew Holloway, Emma Larkham, Catherine Russell, Danielle Russell, Rachel Saunderson, Sharon Alexander, Nicki Hilliard, Karen Newman, Emma Day, Ceri Sonnet, Sandra Bayford, Tracy Patterson, Laura Clifford, Kathryn Quadling, Caroline Reid-Watts and Samantha Parry.



Goal Getters

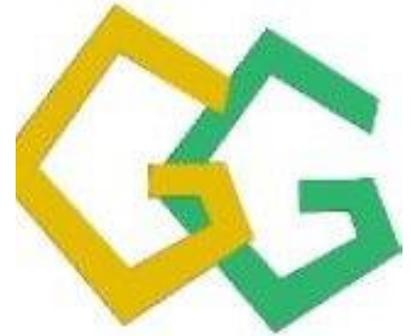
From GG leader, Sean Price: "We had an amazing 68 member sign up for, what was then, GGs 2020 but turned out with the pandemic to be 2020/21 and such a difficult 2 years.

We also had 28 volunteer mentors to help the mentees achieve their goals. Four ambassadors were assigned to mentors to help them and 14 people on the GGs Working Group. It was a big project!

As of today we have 25 mentees achieve medals, some with double golds, and we hope to have a few more when the results come in."

The 2020/21 season ended on the 31st December with all results needing to be submitted by midnight on January 1st 2022.

If you are interested in joining the Goal Getters working group for 2022, please email your interest to goal@avonvalleyrunners.org.uk.



Whose shoes? Answers

1. Holly Newman
2. Vicky Bodman
3. Joan Carpenter
4. Fiona Price
5. Stewart Avery
6. Richard Morgetroyd
7. Rosemary Barber
8. Fiona Newman



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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.

AVON VALLEY TRIATHLETES

AVT results

Don't forget all AVT race results need to be e-mailed through to avt@avonvalleyrunners.org.uk for inclusion in the results spreadsheet. Please go through your races for this year and send through your results, with race distances and times. Please also send link to official results page too if possible.



Remember you need to enter the race as a member of **Avon Valley Triathletes** and wherever possible wear your **AVT kit** to promote the club. Recently members have been signing up as Avon Valley, Avon Valley Runners and Avon Valley Triathlon which makes it difficult to keep track of results.

AVT kit

There are still some AVT swim hats left at a cost of £5 each. There are also 5 AVT bobble hats available for £18 each, modelled by Sarah Emery, as well as 2 tri suits in sizes 3XL (women) and Medium (mens). Email avt@avonvalleyrunners.org.uk to order any of these items and to arrange collection.

Did you know that AVT also have hoodies? Like the AVR design, they are black but they have green inserts and the AVT logo on the front, as modelled by Chris Walford below after completing Run to the Sea. These additions to the kit range are available from Sportsbug in Trowbridge and Melksham for £25 each.



Swimming sessions

AVT are starting a regular swimming slot on Friday evenings at 6.15pm in the Trowbridge pool. We'd love more people to join us! The more the merrier! You don't need to be 'a swimmer' to come along. The pool has the usual slow, medium and fast lanes and there will be someone from AVT in every lane. Just book yourself a slot via the Wiltshire Leisure website or phone the pool directly. This is a public lane swim session, so we do not have sole use of the lanes but we hope to have something like this in place in the future. After the swim, we'll head to Valeroso Lounge for a drink /snack/ food. What's not to love?!

Hot Chilli Triathlon club also offer pay-as-you-go coached swims at Trowbridge pool and will welcome any AVT members to join them. You get 3 free sessions then pay £7 each session. Contact chairman@hotchillitri.co.uk to book.

Monday 7am to 8am coached swim

Tuesday 7am to 8am coached swim

Wednesday 9pm to 10pm coached swim

Friday 7am to 8am member led swim (only £4)



Turbo sessions

Steve Clark is running virtual turbo sessions over Zoom every Monday at 7pm and you will be able to join in from 6.50pm to start to warm up. The sessions will last around 45 minutes. Look out for information each week on the AVT members' only Facebook page for more details about how to join.

Introducing the Avon Valley Segment of the Year

I am pleased to announce that the proposal put forward for a new annual competition based on Strava has been sanctioned by the club committee and so I would like to introduce you to the **Avon Valley Segment of the Year**.

This has been built on top of the **Segment of the Month** challenges that we have been offering for the last couple of years, with the idea being that each month you are invited to take on two Strava cycling segments which can be incorporated into your training sessions and whoever records the fastest time (Male & Female) within the month (*actually up to the 25th of the month as I will need time to compile the results for the pages of your favourite monthly Avon Valley based newsletter*) will get loads of kudos and as part of this new competition will also get 25-points. The next fastest (Male & Female) get 24-points, the next fastest (Male & Female) get 23-points and so on down to the 25th fastest getting 1-point and in the unlikely event that we should get more than 25 members tackling a segment in a month then they will each get a point as well.



The first two Segments of the Month will be offered up in April and the final two in September, giving you a total of twelve segments on which you can test your speed; with your best ten results

of the twelve being your series-points score, with a maximum of 250-points per person up for grabs.

Now here is the twist, there are also another 250 "bonus-points" available per person across the 12-segments. These points will go to the fastest (Male & Female) over the segments as the year draws to a close (*25th of November will be the target date*) with 25 bonus-points going to the fastest riders over any of the segments of the month recorded at any time of the year. The next fastest (Male & Female) gets 24 bonus-points, the next fastest (Male & Female) gets 23 bonus-points and so on down to the 25th fastest getting one bonus-point and should we have more than 25 then they will each get a bonus-point per segment as well. Only the best ten bonus-point scores will carry through to be your final score after being added to your series-points. So, you could potentially earn more bonus-points than series-points and could "win" a segment of the month but only get a single-bonus-point. To maintain some degree of suspense, bonus-points will only be added after a segment has been used as a segment of the month, though if you are a Strava Premium member and were so inclined you can always have a sneak peek. Also, your bonus-points can go down as well as up, depending on how often and how well you or other club members perform on a segment as the year progresses!

So, what segments have been selected for this inaugural year of competition?

To start us off in April, the clubs cycling guru and Life-Member Sean Price offers the [Keevil Rise](#) segment, which is a gentle two-mile long climb starting just outside of Great Hinton and finishing near to Bulkington. Thirty two AVT members went this way in 2021 with Tim Lowrie and Jo Mumford being the quickest. Also, in April we will have the [Sandpits Climb](#) segment proposed by Paul Banfield and as the name suggests is a climb, of just shy of one-mile at an average gradient of 2%, Paul recorded the fastest AVT time on this segment in 2021 clocking 3-minutes 40 seconds with Sarah Jeffries just four seconds adrift of that mark.

For May, Tizzie Robinson-Gordon challenges you to take on the [Row Lane blast](#) at Seend Cleeve which is only 0.6-miles but kicks up to a quad burning 10% gradient. Making up for the climb Sarah Emery invites you to spin down the [Sandridge Hill Descent](#) just outside of Melksham which matches the 0.6-miles in length but drops at 5% making speeds in excess of 30mph achievable.

In June, Jo Mumford is going to challenge you to cycle up [Worm Hill](#) at Bradford Leigh which despite its diminutive sounding name is quite a leg sapping climb albeit just 0.38-miles in length at a 3.4% gradient. Another nearby segment is being championed by Darren Wrintmore and this is the [Gatehouse to Gatehouse](#) segment at Great Chalfield which is a rather technical segment of 1.78-miles with plenty of turns and gradient changes to work your gear cables.

For July Sara Robert has suggested the [Caught by the Fuzz](#) segment through Semington which is just short of one-mile and is a quick segment but has a bit of a lump mid-way as you cross over the Kennet & Avon canal. Another new segment to tackle has been suggested by Kat Taylor-Laird and is named [Going for Silver](#) which is an undulating 0.8-miles leading up from Southwick to the top of Silver Street Lane.

For August Tim Lowrie invites you to take on a [Cheeky Mile Blast](#) at Marston which as the name suggests is one-mile long and is slightly downhill allowing you to blast out a good mile time which Mark Sims (2:48) and Anne Clark (2:55) did last year, where they both hit an average speed of 23mph on this segment. Also, in this month Sarah Jeffries offers a rollercoaster of a segment with [Deep Lane \(Twd Chapmanslade\)](#) which despite a fast descent, breaking an average speed of 20mph has proven quite a challenge over its 1.89 mile length.

September will see our final two segments of the month, with Gary MacAlister suggesting the [Pub to Petrol station](#) segment at Hilperton which offers a good downhill charge over one-mile at an average -1% gradient, Tim Lowrie owned this segment when it featured as the Avon Valley Segment of the Month last April clocking 2-minutes 35-seconds. The final segment is at Castle Combe Race Circuit where we hope to stage an **Avon Valley Time Trial** as part of one of the Kinetic-1 10-mile TT races which would be a good time to put in your effort on the [Castle Combe Lap #2](#) segment, which is 1.82 miles in length and the road surface makes it really quick with both Darren Wrintmore and Tim Lowrie averaging over 25mph on this anticlockwise loop last year. There will be several other chances throughout the year to tackle this segment, either at the Andy Cook Tuesday night sessions or if you fancy a bit of competition, at the DB Max TT race series which take place on the circuit over the summer months.

In order to participate you will need to register for a (free) account on Strava if you have not already done so, which will log your miles recorded from your Garmin or other compatible GPRS device. Once logged into Strava you need to join the **Avon Valley Triathletes** club which will be used for tracking results from the identified segments. Simply search for the words "Avon Valley" from the Strava Dashboard, being sure to change the default setting from "Athletes" to "Clubs" using the drop down list:

Of course, it goes without saying, but I am going to say it anyway that undertaking these Strava segment challenges is done at your own risk.

Location		Sport Type	Club Type		
Avon Valley		All	All	Search	
	Avon Valley Runners England, United Kingdom		260 members	Running	Club
	Avon Valley Triathletes Westbury, England, United Kingdom		82 members	Triathlon	Club

You can undertake a segment as many times as you like in a month and it is your best time that will be taken for the segment of the month and you can undertake a segment as many times as you like over the course of the year (not just when it is segment of the month) and it will be your best time that will be taken to earn the bonus-points.

I will also be hosting a thread on the Avon Valley Triathletes page on Facebook to give an update on the status of the Segment Challenge and would welcome any feedback that you may have.

Darren Wrintmore – Vice President

