

THE VALLEY NEWS



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Dates for your diary

- **Committee meeting** – Tuesday 6th September at 20:30pm at TRFC. If you have any points for discussion or would like to attend, please email secretary@avonvalleyrunners.org.uk.
- **AVR Social drinks** – starting Wednesday 14th September every month on the second Wednesday. 8-9pm at the rugby club bar.
- **BernCol Relay** – Thursday 18th August (member's only event)
- **Tony Bartlett Mile** – Thursday 8th September (member's only event)
- **AVR Wiltshire Half Marathon** – 27th November

Vacant Committee Roles - by David Hyde

The committee have decided to put a closing date on existing roles of **Wednesday 31st August** and will shortly be announcing the date of an extraordinary general meeting in September to vote on the new Chair and Secretary roles. Just to recap on these roles please see below:



The Chairman Role

The chairman role can give you a great feeling of pride looking at everything that the club achieves. There are a number of attributes and responsibilities for this front facing role of the club. You must be approachable, decisive and have the club's best interests at heart. You will be responsible for things such as the EA Awards, being RD the Stan Farr Boxing Day run, lead healthy debates at committee meetings and compere at our fantastic presentation evening to name just a few! It can be a challenging but extremely rewarding role where you can really get to make a difference.

Honorary Secretary Role

This role is the hub of the operations of the club. The Secretary organises and makes sure everything is arranged and keep everyone notified of the club's events and important information. You will be in charge of replying to incoming emails, sending out the e-News and other club correspondence to all members amongst other things.

Please email chairman@avonvalleyrunners.org.uk if you are interested in either role.

Finally I would also like to personally thank **Jay Sims-Bagshaw, Warren Wade** and **Vicky Bodman** who came back onto the committee for support and guidance for 3 months which has now ended. This has been highly appreciated - thank you!

Social drinks

From Wednesday 14th September, the monthly socials at TRFC will begin again. These will happen once a month on the second Wednesday between 8-9pm. This is a great opportunity to wind down and get to know other members after training. Alternatively, just turn up even if you haven't trained!



Club Ballot

We have been gifted 2 free entries to the **Great Bristol 10k** or **Half Marathon** on Sunday 25th September.



We have also been gifted 2 free entries for the **Great South** 10 mile on Sunday 16th October.

We are going to hold a club ballot for these places at the next committee meeting on Tuesday 6th September. Please submit your ballot entry to secretary@avonvalleyrunners.org.uk including the event and distance by the end of August.

T&Cs - only one ballot entry per person, so Bristol OR Great South... choose your event and distance wisely! 😊

Vice Chair, David Hyde, is looking to see if it's worth hiring the minibus for the Great South Run if there are enough entrants from AVR.

Please let him know if this interests you on chairman@avonvalleyrunners.org.uk.

AVON VALLEY TRIATHLETES



New AVT Secretary

It is with great pleasure that we can announce that **Caroline Scott** is the new AVT Secretary, starting with immediate effect. She has already been keenly involved in all things related to AVT and will bring endless enthusiasm to the role. To get in contact with Caroline about AVT, please email AVT@avonvalleyrunners.org.uk.



The Avon Valley TT

Just an advance notice that **The Avon Valley Time Trial** will be taking place at Castle Combe on Wednesday 14th September as part of the Kinetic-One 10-mile TT.

Our friends at DB Max have given us a discount code of: **AVT-TT22** which is worth £3 off of a standard entry.

Also please wear AVT colours - if you have them.

As an additional incentive, our September segment of the month will be the [Castle Combe Lap #2](#) segment which you will tackle at least five times during the TT.

We will also have a few trophies to hand out on the night to the leading AVT members, so please remember to enter your club name as **Avon Valley Triathletes** when entering online else your result will not count toward the club championships.



Avon Valley Segment of the Year – August – by

Darren Wrintmore, club VP

We have now reached the halfway point in our Avon Valley Segment of the Year competition. Both of our July segments proved very popular with 16 members taking on [Caught by the Fuzz](#) at Semington with **Will Whitmore** and **Caroline Scott** leading the way.

Caught by the fuzz

This Month ▾


All ▾

Rank	Name	Date	Speed	HR	Time
	Will Whitmore	Jul 24, 2022	48.3km/h	163bpm	1:45
2	Alan Best	Jul 24, 2022	47.4km/h	168bpm	1:47
3	Paul Banfield	Jul 19, 2022	45.3km/h	140bpm	1:52
4	Darren Wrintmore	Jul 6, 2022	44.5km/h	152bpm	1:54
5	Tim Lowrie.	Jul 17, 2022	43.7km/h	151bpm	1:56
6	Caroline Scott (AVT)	Jul 24, 2022	40.6km/h	-	2:05
7	Tommy Davies	Jul 17, 2022	40.2km/h	93bpm	2:06
8	Simon Down	Jul 16, 2022	39.6km/h	154bpm	2:08
9	Sara Robert	Jul 24, 2022	39.3km/h	131bpm	2:09
10	Daren Booth	Jul 19, 2022	38.4km/h	118bpm	2:12
11	Sean Price (Westbury Wheelers)	Jul 21, 2022	37.8km/h	166bpm	2:14
12	Fiona Price	Jul 21, 2022	36.0km/h	156bpm	2:21
13	Vanessa Lucas	Jul 24, 2022	33.6km/h	-	2:31
14	Simon Reeves	Jul 13, 2022	33.4km/h	-	2:32
15	Jo Mumford	Jul 9, 2022	32.9km/h	129bpm	2:34
16	Jenny Nattrass	Jul 25, 2022	32.3km/h	147bpm	2:37

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

Our second segment in August was at Southwick over the [Going for Silver](#) segment with its fast start and finishing with a deceptively tricky climb into Trowbridge. 15 members took on the challenge with **Alan Best** and **Jo Mumford** putting in the quickest times.

Going for Silver		This Month ▾	All ▾		
Rank	Name	Date	Speed	HR	Time
	Alan Best	Jul 24, 2022	43.1km/h	172bpm	1:54
2	Darren Wrintmore	Jul 23, 2022	42.7km/h	158bpm	1:55
3	Will Whitmore	Jul 24, 2022	42.3km/h	162bpm	1:56
4	Paul Banfield	Jul 11, 2022	39.0km/h	140bpm	2:06
4	Tommy Davies	Jul 17, 2022	39.0km/h	105bpm	2:06
6	Jo Mumford	Jul 17, 2022	33.4km/h	135bpm	2:27
6	Sara Robert	Jul 24, 2022	33.4km/h	148bpm	2:27
8	Caroline Scott (AVT)	Jul 24, 2022	33.2km/h	138bpm	2:28
9	Sean Price (Westbury Wheelers)	Jul 21, 2022	32.9km/h	159bpm	2:29
10	Jenny Natrass	Jul 25, 2022	31.1km/h	128bpm	2:38
11	Fiona Price	Jul 5, 2022	29.9km/h	164bpm	2:44
12	Simon Reeves	Jul 13, 2022	29.7km/h	-	2:45
12	Tony Dunford	Jul 21, 2022	29.7km/h	167bpm	2:45
14	Andrew Jefferies	Jul 19, 2022	27.3km/h	-	3:00
15	Martin Russam	Jul 10, 2022	23.5km/h	-	3:29

So, after the scores achieved for the August Segments of the Month have been locked in and the Bonus Points achieved so far calculated, the overall scoreboards look like this:

Rank	Athlete	Total Points	SotM		SotM		Bonus		Bonus Points	
			Ridden	SotM07a	SotM07b	Points	Segments	SotY07a		SotY07b
1	Will Whitmore	373	8	25	23	190	8	25	23	183
2	Darren Wrintmore	370	8	22	24	187	8	22	24	183
3	Paul Banfield	366	8	23	22	185	8	23	22	181
4	Sean Price (Westbury Wheelers)	313	8	17	20	164	8	17	18	149
5	Alan Best	304	5	24	25	116	8	24	25	188
6	Tim Lowrie.	233	4	21	0	81	7	21	0	152
7	Martin Disney	176	2	0	0	49	6	14	19	127
8	Simon Williams	128	3	0	0	59	4	0	0	69
9	Tony Dunford	125	3	0	19	54	4	0	20	71
10	Stephen Clark	100	2	0	0	37	4	16	0	63
11	martin watters	99	3	0	0	48	4	0	15	51
12	Andrew Jefferies	88	2	0	17	31	4	0	13	57
13	Cliff Dye	87	2	0	0	39	3	0	0	48
14	Tommy Davies	84	2	20	22	42	2	20	22	42
15	Simon Reeves	80	2	16	19	35	3	16	16	45
16	David Clarke	66	1	0	0	20	3	0	14	46
17	Martin Russam	63	2	0	16	32	3	0	11	31
18	Mark Sims	56	1	0	0	20	2	0	0	36
19	Dan Colman	50	0	0	0	0	3	0	17	50
20	Simon Down	38	1	19	0	19	1	19	0	19
21	Daren Booth	36	1	18	0	18	1	18	0	18
22	Richard Newman	22	0	0	0	0	2	0	0	22
23	Ben Vincent	20	0	0	0	0	2	13	0	20
24	Robin-Mark Runs	12	0	0	0	0	1	0	12	12
25	Josh Lay	11	0	0	0	0	1	0	0	11

Rank	Athlete	Total Points	SotM			Bonus			Bonus Points	
			Ridden	SotM07a	SotM07b	Points	Segments	SotY07a		SotY07b
1	Sara Robert	372	8	24	25	188	8	23	25	184
2	Fiona Price	368	8	23	21	186	8	22	21	182
3	Caroline Scott (AVT)	325	6	25	23	141	8	25	23	184
4	Jo Mumford	192	4	21	25	93	4	24	25	99
5	Jenny Natrass	185	4	20	22	88	5	17	22	97
6	Anne Clark	151	3	0	0	60	5	20	0	91
7	Sarah Jewers	117	2	0	0	36	5	16	20	81
8	Esther Frawley	117	1	0	0	21	5	20	0	96
9	Annalie Jane	107	2	0	0	40	4	14	0	67
10	Isabella McNally	89	1	0	0	24	3	0	0	65
11	pauline bradley	86	2	0	0	40	3	0	18	46
12	Sue Porto	83	1	0	0	19	4	15	0	64
13	Vanessa Lucas	75	1	22	0	22	3	21	0	53
14	Sarah Jeffries	57	0	0	0	0	3	20	0	57
15	Tizzie Robinson-Gordon	46	0	0	0	0	2	0	0	46
16	sandra sharratt	35	0	0	0	0	2	13	0	35
17	Laura Waterhouse	30	0	0	0	0	2	0	0	30
18	jay sims	29	0	0	0	0	2	0	0	29
19	Liz Gard	28	1	0	0	19	1	0	0	9
20	Emma Gage	20	1	0	0	20	0	0	0	0
21	Kat Taylor-Laird	19	0	0	0	0	1	0	19	19
22	Linda Uns   	13	0	0	0	0	1	0	0	13
23	Diane Hier	10	0	0	0	0	1	0	0	10

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Will Whitmore overhauls **Darren Wrintmore** to take back top spot for the Men with **Paul Banfield** remaining in third. Similarly, **Sara Robert** climbs above **Fiona Price** at the top for the Ladies with **Caroline Scott** staying third.

Our first segment for August is a [Cheeky Mile Blast](#) at Marston, suggested by **Tim Lowrie**. As the name suggests, the segment is one-mile long and is slightly downhill allowing you to blast out a good mile time which **Paul Banfield** (2:42) and **Anne Clark** (2:49) have done already this year. As have another thirty club members, so this could prove to be a very competitive segment.



Our second challenge was suggested by **Sarah Jeffries** and is a rollercoaster of a segment starting near Corsley, called [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. **Fiona** and **Sean Price** lead the way out of the four Avon Valley Triathletes who have cycled this way so far in 2022.



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.**

Ride Safe.

A Different London – by Darren Wrintmore, club VP

Who would have thought ten years ago that standing around on a street corner in Central London wearing a hi-viz jacket and marshalling the likes of Wiggo and Froomey to Olympic glory would lead to my current love of cycling?

The year after 2012, as an Olympic legacy event the first RideLondon-Surrey 100 was staged taking riders from the Olympic Park in Stratford (East London) on a scenic 100-mile route through Central London and then out around Surrey, after climbing Leith Hill and Box Hill before finishing back on The Mall with Buckingham Palace as the backdrop. I enjoyed the experience so much that I went back and did it again in 2015 and again in 2016, 2017, 2018 and 2019...then the world went to pot. Also, the event sponsorship agreement with Prudential ended and the vocal minorities in Surrey raised their discontented voices even higher about their Sunday morning being disrupted by thousands of lycra clad, non-road tax paying*, traffic light jumping riders preventing them from driving 100-yards down the road in their 4x4's!

The RideLondon-Surrey 100 was no more. ☹️



With some normality returning to the world, the London Marathon team partnered with Essex County Council and so was announced the RideLondon-Essex 100.

This was going to be different. For starters the entry process was changed and the first 10,000 entries would be given out on a first-come first-served basis. I expected that my estimated finishing time of under five hours would mean an early start so I would need to be in London ready – but where?



No details had been provided on where the event would start or finish and I didn't fancy a long ride to the start line and even less so a long ride back from the finish. So, I hedged my bets by booking two hotels. Eventually the start was announced as being on the Embankment and the finish on Tower Bridge – the hotel I had booked in Clapham would work (less than 5-miles from both).

** Just in case you didn't know, road tax was abolished in 1937 and road maintenance and improvements are actually paid for out of general taxation. What is paid though is Vehicle Excise Duty based on the emissions generated by your vehicle. Cyclists produce none and therefore pay none - the same as owners of Tesla cars.*

Over the next couple of months more details and differences were announced stirring the wrath of not just the non-cycling keyboard warriors of Essex but also of many who had signed up for the event. The first being the route, it would not be 100-miles but 102-miles, at least it wasn't less than 100-miles, it would take riders out through East London and then up the A12 to Chipping Ongar before a big loop up to Great Dunmow, then skirting the edges of Braintree and Chelmsford, returning through Chigwell and Stratford to the finish. The announcement that had me, was the one that there would be a pace car at the head of the ride limiting riders to just 22mph. On a good day my pace would be close to this and for a few hundred more they would be seriously constrained so I could see this causing serious issues as it would effectively create a bottleneck that would have repercussions right through the ride – fortunately the organisers saw sense and retracted that particular idea. There would be no post-ride meet and greet or festival as in previous years. There would be no baggage drop, annoying but nothing that a bit of forward planning couldn't address. The medals though would be wooden, this caused all sorts of outrage. At least though the ride would be on closed roads and I was looking forward to the event.

Race Day – “It's not a race” would be the retort from the keyboard warriors. Fair enough I would not be leading the charge to be first across Tower Bridge but I would be doing my utmost to lower my Personal Best time, though I was not feeling too confident of this and breaking five-hours would be a victory in itself.

My start time was 06:10 and pre-ride instructions told me to be in my start pen just off of Parliament Square before 05:45. My recce ride the previous day showed me that I could follow Cycle Superhighway #7 most of the way from Clapham taking a diversion over Lambeth Bridge and be at my destination in under 20-minutes.



The start was a bit weird to say the least compared to previous editions, where there was some fanfare and a wave ride out song, “London Calling” by the Clash, “Highway to Hell” by AC/DC and “Don't stop me now” by Queen being popular choices. This

time we just started moving forward and away we went, heading east into a low morning sun. Unless blocked off by the surrounding buildings the light was quite dazzling and my first mile covered in a rather sedate 3:20 (18mph).

As I adjusted to the light, I was able to pick up my pace and was soon hitting sub-3:00 miles (20mph) and I reached 10-miles in just over 28-minutes. The route then picked up the A12 and went North, straight into a headwind. On the wide dual carriageway though, lots of groups started to form and these provided great shelter from the wind. By time we reached the edge of Epping Forest (20-miles in 56:10) I found myself in a group of around 20-riders that I would pretty much ride with until the final miles.



We passed through Chipping Ongar and Great Dunmow without witnessing any of the threatened 'tacks strewn across the road'. I reached halfway in two-hours 19-minutes – things were looking promising for that sub-5 hours, especially as we were now turning southwards and that meant a tailwind.



I received a further boost at 60-miles (2-hours 46-mins) when in the distance I spied The Shard glinting in the sunlight, we were definitely homeward bound and I was still feeling pretty good. As a group we were working well, there may be no hills in Essex but there were plenty of undulations which were reflected in my mile splits which ranged from 2:20 to 2:50, the net result of which produced a good-looking average speed.

By time we reached 80-miles (3-hours 41-mins) I calculated that I could simply cruise back at 18mph and barring any accidents be well inside 5-hours. Not that I was planning on dropping back to that speed but I was conscious of not doing anything stupid to jeopardise my chances of a good time.

Around 90-miles the group had fractured but I was still good and a quick bit of arithmetic calculated that I had around 45-minutes to cover the final miles to not just break 5-hours but to set a new personal best time for 100-miles. I partnered up with a rider from Reading and we worked well together pulling each other along. Then at 98-miles we hit a hairpin bend which meant coming



to a virtual stop but for my legs it gave them the excuse they were obviously seeking to reduce the cadence. My next mile was undertaken in 5:50, I used to run faster than that – I was spent!

As I emerged from the Limehouse Link tunnel, I stole a look at my Garmin as it clicked for 100-miles – 4-hours 37-minutes (wow) and I knew the road from here would take me through Wapping and Tower Bridge would not be too far afterwards. So, it proved and I crossed the finish line in 4-hours 42-minutes a PB for 100-miles or in this case 102-miles!!! It was then I was informed of another difference over previous years. For the section of road around the two major feed stations the ride times were neutralised and deducted from your overall finishing time to give an official finishing time for 100-miles. I was able to celebrate lowering my PB by the best part of seven minutes to 4-hours 37-minutes 45-seconds. Some differences I really like 😊



Avon Valley Runners Youth – by Sara Robert

AVR Youth had a great end to the summer term with some all-round great efforts.

At the **AVR track championships** there were some fabulous performances from all involved. **Rhys Lythell** ran a great 100m beating big brother **Owen** into second place, a sibling rivalry that will continue! **Dylan Neale** ran a 400m PB beating his former youth team mate **Niall Thorne** into second place. In the final race of the evening saw an AVRY team winning the relay with **Dylan Neale, Owen Lythell, Edward Hill** and **George Sawyer** all giving their very best efforts (pictured right).



George Sawyer has been chomping to get his first official 10K road race completed and having turned 15 he was able to do so at **Southport**, running a great time of 50:13.

AVRY also had some runners in the **AVR Relay** in **George Sawyer** and **Dylan Neale**.

Dylan and his team 'The Lads' finished overall fourth (following some navigational issues) and saw them scoop the trophy for first youth team with **Dylan, Niall Thorne, Alex Hammond** and **Toby Firkins** (pictured left). Great running by all on a very hot day!

The July **Westbury 5k** had a three AVRY compete with some great results:

George Sawyer – 22:50

Rhys Lythell – 21:15

Dylan Neale – 16:49.

Dylan smashed his 5K PB by 31 seconds and scooped the first male U16 award. He will be racing through August at Yeovil 5k and has begun his chase of sub 16 minutes in the coming months.



We have also had some great results from two AVRY who compete at high level events in other sport. **Toby Orr** has reached the English and British swimming championships in Sheffield and his parents have thanked AVR Youth for providing him with some cross training that has assisted his swimming. **Toby** swims breaststroke and will leave age group competition behind next year and be in with the likes of Adam Peaty and James Whilby. We wish him every success as he competes at National level this summer. Watch this space for results!

Will Smith (pictured left) has also had some fantastic results in Triathlon and Biathle (run/swim/run) and has qualified for the Inter Regional Championships for triathlon and the world champs for both Triathlon and Biathle. We also wish him every success as we wait for the results!



We ended the summer term with a pizza picnic after training on Monday 11th July. Sadly we had to cancel the planned 5k run on 18th July due to the heat as it was not felt safe for all the young athletes, some of whom are quite new to the team.

We will return to full sessions in September. The focus will then be on the upcoming Cross Country season and in October the transition to adult sessions for those athletes who have reached the age of 16.

The AVR Youth coaching team are very proud of each and every one of the athletes who come along week in and week out and always give their very best.



Results

Avon Valley Runners results 2022 are live on the club website [here](#). Please email your results for inclusion to results@avonvalleyrunners.org.uk. When submitting results, please include the following information:

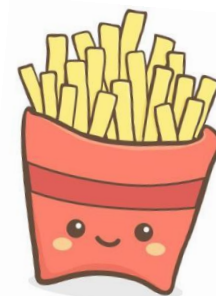
- Race Date
- Race Name
- Distance
- Finish Time
- Position
- Category Positions
 - Prizes
- Link to the official results
 - Personal Bests
 - Club Records

Thank you - The Results Team

AVR Events

BernCol Relay

Thursday 18th August – register at 7pm at Culver Close, Bradford on Avon
Closed event, FREE to all AVR and AVRY members with FREE chips afterwards!
More information [here](#).



Tony Bartlett Mile

Thursday 8th September – register at 6:45pm at Culver Close, Bradford on Avon
Closed event, FREE to all AVR and AVRY members.
More information [here](#).

AVR Wiltshire Half Marathon

Sunday 27th November
Open event
Volunteers needed
Entries available [here](#).



AVR Off-Road league 2021/22



This year (January to December) the AVR Off-Road League will be returning to the format promised for 2020, keeping the Wiltshire League and the Gwent league events. There will eventually be 20 races from which to choose including all of the WORL races for 2022 and all the Gwent League races for 2022, plus other events which may include some races further afield to add variety to the choice. Only **your best eight races** will count for the championship.

The first AVR runner will get 1 point, the 2nd will get 2 points and so on until all runners are accounted for. Non-runners will get five points more than the number of points of the last runner of the highest attended race. The winner will be the runner with the **least** points. Since only the best 8 races for each runner will count, you don't have to run every race however, if there is a tie for the winners then the 9th and 10th races will be taken into consideration until a winner is established.

AVR Offroad league races 2022:

1. ~~Sunday 16th January – Slaughterford 9~~
2. ~~Sunday 6th February – Lungbuster~~
3. ~~Sunday 13th February – SMaRTT Smasher~~
4. ~~Saturday 19th February – Gwent League at Blaise Castle~~
5. ~~Sunday 27th February – Terminator~~
6. ~~Saturday 19th March – Gwent League at Singleton Park, Swansea~~
7. ~~Sunday 4th April – Hanham Horror~~
8. ~~Monday 2nd May – Sutton Veny~~
9. ~~Saturday 21st May – Bristol 3 Peaks~~
10. ~~Wednesday 22nd June – Chippenham Longest Day 10k~~
11. ~~Friday 15th July – Hazelbury Hurrah!~~
12. ~~Sunday 31st July – Piggy Plod~~
13. ~~Wednesday 10th August – Hilly Helmet~~
14. ~~Sunday 4th September – Mells Scenic 7~~
15. ~~Sunday 2nd October – Brinkworth Bash~~
16. ~~Sunday 16th October – White Horse Gallop~~
17. ~~Sunday 6th November – AVR Over the Hills~~
18. ~~Saturday 19th November – Roundway Revenge~~
19. ~~Sunday 27th November – Yarnbury Yomp~~
20. TBC

Hazelbury Hurrah!



21 members took on this beautiful course in July. **Daniel Coleman** was the first AVR home in 7th place and a time of 40:17 while **Holly Newman** was the first AVR female in 53:21. **Daniel** was also first MSEN while **Robin-Mark Schols** and **Andrew Jeffries** were 2nd and 3rd in the MV60 category. **Adele Cooper** was 3rd in the FV60 category.

Left: Anna Bradshaw at the Hazelbury Hurrah!

Piggy Plod

3 members of the club traveled across the border into Dorset to complete this 10k race, earning themselves an extra Goal Getters point too for racing outside of Wiltshire. **Drew Holloway** was the first AVR, completing the course in 1:16:29. **Michael Guy** was the second AVR in 1:20:23 and **Jo Guy** was the third AVR in 1:21:47.

AVR and Wiltshire Road Race league

This year, AVR's league will follow the same races as the Wiltshire Road Race League. There are 8 races to choose from with your best 6 to score. Four events remain...

- ~~1. 27th March – Calne Clock Change 10k~~
- ~~2. 10th April – Highworth 5 mile~~
- ~~3. 15th May – Hullavington Half Marathon~~
- ~~4. 26th June – Lacock 10k~~
5. 21st June/19th July/16th August – Heddington 5k race series (best time from the 3 to count)
6. 21st August – Compton Bassett 5 mile
7. 3rd September – Malmsbury 10k
8. 25th September – Devizes 10k

Heddington 5k (race 2)

Six members took part in the second event in the series. **Gary MacAlister** was the first AVR over the line in 18:52 and also finishing 3rd in the MV40 age category, while **Gemma Knudsen** was a lone AVR female crossing the line in 21:37. Remember, your best time from the 3 events will count towards the league and the final one is coming up on 16th August.

Current standings for the WRRL

As the final race at Heddington has not yet taken place, the following results are correct up to race 4 at Lacock in June.

AVR are currently at the top of Division 1 in the Wiltshire league. **Gemma Knudsen** is the top scoring AVR female in 5th place and is 2nd FSEN while **Jack Prout** is the top scoring AVR male in 3rd place and is 2nd MSEN. More detailed results can be viewed [here](#).



Club	Points
Avon Valley Runners - A	98
Chippenham Harriers - A	92
Royal Wootton Bassett Hounds RC - A	90
Calne Running Club - A	88
Devizes Running Club - A	75
Avon Valley Runners - B	72
Calne SmarTT - A	65
Corsham Running Club - A	55
Calne Running Club - B	39
Swindon Harriers - A	28
Team Bath AC - A	25
Devizes Running Club - B	15

Goal Getters – by Martin Russam

I'd like to share my running journey taking part in Goal Getters (GG) and raising funds for the Ben Saunders Foundation.

Having joined AVR I was struggling with running motivation post lockdown. I joined Goal Getters and as I was working from home, I needed to get out and run more to aid my well-being.



A friend of mine tragically lost his son who then set up a foundation in his name to provide holiday homes for children and young adults with cancer along with their families.

He asked for people wanting to run the Bath Half Marathon to raise money for the foundation, so I volunteered as I was looking for a challenge.

As we know this has now been deferred numerous times so I ran as many races as I could in 2021 continuing to raise money for the foundation. I managed to gain my gold GG award in 2021 for my GG Challenges with the support of my mentor Kat Taylor-Laird.

In 2021 I took part in 17 different races between 3.5km and half marathon. These all took me out of my comfort zone while running the Wiltshire Off Road League races and doing 9 out of the 10 AVR Championship races (with mud, hills and even on the beach!)

Along the way I got PBs at half marathon, 10k and 5k gaining my gold 'Me v Me' challenge and overall Platinum GG medal. I also was a GG mentor for Emily Dye, Ben Phillips and Annalie Ibison which was a very rewarding experience seeing their progress.

In 2022 I've had a few injuries and niggles but my physio, Mel Ward-Nicholls has kept me going. I did the Wiltshire 10 miler in February too but unfortunately, the Bath Half was deferred again.

The charity foundation gave three choices; to run the half virtually, run in October or run the half at Odd Down cycling track in May. Always one for a challenge, I went for both and ran the half in May and hopefully will run in October too! I managed to gain a PB in the May half so I've got my bronze GG 'Me v Me' challenge.



The plan now is to run more races in August and September and build up to Bath Half along with catching up with my GG mentee, Caroline Barham.

The charity foundation will fund Bath Half places if anyone is interested (with a view to raising funds). Lastly, anyone wishing to support me with my fundraising please click [here](#).

AVR and TRFC Christmas Party

The rugby club are organising some Christmas parties this year and AVR would like as many members as possible to attend the 10th December date.

This will be a great social event and will also support the rugby club at the same time.

Tickets can be bought by calling the club, emailing the functions address or from behind the bar.

