

# THE VALLEY NEWS



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## Dates for your diary

- **Committee meeting** – Tuesday 6<sup>th</sup> September at 20:30pm at TRFC. If you have any points for discussion or would like to attend, please email [secretary@avonvalleyrunners.org.uk](mailto:secretary@avonvalleyrunners.org.uk).
- **AVR Social drinks** – starting Wednesday 14<sup>th</sup> September every month on the second Wednesday. 8-9pm at the rugby club bar.
- **AVR London Marathon photo** – Wednesday 7<sup>th</sup> September, 18:45 at TRFC.
- **Tony Bartlett Mile** – Thursday 8<sup>th</sup> September (member's only event)
- **AVT cycle TT at Castle Combe** – 14<sup>th</sup> September
- **AVR tour to St Mary's parkrun** – 22<sup>nd</sup> October
- **AVR Wiltshire Half Marathon** – 27<sup>th</sup> November

## New Club Records

More club records have been broken over the summer and have been added to the AVR website [here](#).

FV60 5km record	MV60 5 mile record	FV50 10mk record
<b>Diane Hier</b> ran 21:11 at Odd Down in June.	<b>Robin-Mark Schols</b> ran 33:02 at Compton Bassett in August.	<b>Jackie Rockliffe</b> ran 38:22 at the Langley Burrell Lightning Bolt in July.

## PB WALL OF FAME

Great Chalfield 10km (June)  
**Robert Nixon** 47:32

## Social drinks

From Wednesday 14<sup>th</sup> 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 Results

Recently, we were gifted 2 free entries to the **Great Bristol 10k** or **Half Marathon** on Sunday 25th September. We were also given 2 free entries for the **Great South** 10 mile on Sunday 16th October.



Thank you to everyone who emailed in to put their names in the hat. Club Secretary, **Laura Waterhouse** completed the draws live on Facebook on Tuesday 30<sup>th</sup> and Wednesday 31<sup>st</sup> August. All of the names for the Bristol events, regardless of distance, went into the same draw but the winners can change their minds. Let Laura know by contacting [secretary@avonvalleyrunners.org.uk](mailto:secretary@avonvalleyrunners.org.uk).

And the lucky winners are...

Great South	Bristol 10k	Bristol Half Marathon
Hayley Southgate Michael guy		Terri Duddy Gary Day



# AVON VALLEY TRIATHLETES



## YAW100K – by Darren Wrintmore, club vice-president

Several club members lined up at Melksham Football Club on one of the hottest days of the year to take part in the YAW100K cycle sportive. The 100-kilometer (62-mile) route took riders on a playfully undulating route out across Salisbury Plain through Tilshead, Chitterne, Shrewton, Larkhill and Durrington – where due to the high temperatures The Stonehenge Inn had opened early specially to allow riders to refill their water bottles. Some shade was offered as the course picked up National Cycleway #45 at Bulford and headed north along the Avon Valley past Netheravon airbase to the village of Enford where the feed station was located.



For the second half of the route, it continued on through the Avon Valley and on to Upavon before skirting the edge of the Marlborough Downs from Alton Barnes to Devizes, where Subway was also offering a chance for riders to refill their bidons. The route then headed up towards Roundway Hill before dropping off down into Rowde and onto Bromham before giving a fast descent down Sandridge Hill back into Melksham, where a finishers medal and High5 goody pack were collected.

The event has raised £800 for young persons charity, Youth Action Wiltshire.

Special mention must be given to club member **Richard Morgetroyd** who had been recruited to act as one of the event Tail Riders and had to curb his usual high speeds for a more sedate pace, meaning a rather extended period in the thirty plus degree heat.

**Caroline Scott** commented *"It was such a fantastic event. Well organised and a great route."*

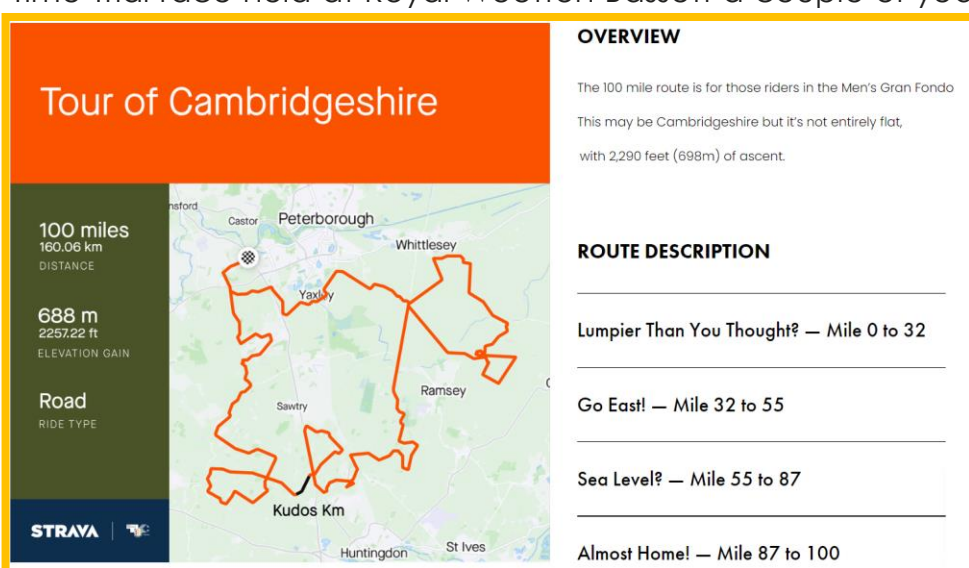
See you next year?



## The Invisible Mountain – by Darren Wrintmore, club vice-president

When I was planning my targets for 2022, one of the cycling events that was suggested to me was “**The Tour of Cambridgeshire**” (ToC). The event starts in Peterborough and I was told would provide a flat and fast 100-mile ride on closed roads. As an added bonus, as the event was sanctioned by world cycling’s governing body the UCI, anyone finishing within the top 20% of their age category would automatically qualify to take part in the **UCI Gran Fondo World Championships** in Trento, Italy later in the year.

I trawled back through the events previous results page and determined that a sub-4-hours 40-mins clocking would see me making the cut. My personal best for 100-miles was 4-hours 44-mins recorded the last time that I had tackled the distance, being in a 100-mile Time Trial race held at Royal Wootton Bassett a couple of years ago, so it was not too big



a stretch to believe that I could knock off 5-minutes if I got in with a good group.

Race day arrived in good spirits as I had received a real boost when two weeks earlier, I had managed to lower my 100-mile PB down to 4-hours 37-minutes at the return of the London-100 and that had nearly 1,000ft of additional

climbing compared to what was expected at ToC.

I started well and was straight into sub 3:00 min miles and reached 20-miles in 56-mins. I kept in with the group and reached halfway in 2:19:05, well on target for a sub-40-hours 40-minutes clocking.

The next 10-miles saw us heading onto the Fens and I was finding myself increasingly leading the pack and taking the brunt of the winds that had whipped up. In the pre-race blurb, they had made reference “*There’s a Dutch saying that wind is the invisible mountain. After winning a climbing race in 2015, Bauke Mollema [Trek-Segafredo professional cyclist] got asked how the Dutch trained in such a flat country and replied that there’s a lot of wind in Holland, I think when you ride in the wind it helps you become a better climber.*” By 70-miles after clocking nearly 58-minutes for the previous 20-miles I had had enough of putting in most of the effort and could see my target time moving further away, so I made a concerted attempt to pull away from this dysfunctional group.

That though was easier said than done, as although the Fens were flat, the wind was at times getting up to over 17mph and I am not exactly of the smallish build 😊

Slowly though I did start to pull away with a 31-minute split to reach 80-miles in 3-hours 47-minutes but had found myself in something of a no-man's land picking off the occasional cyclist but making very little ground on catching the next big group that I could see in the distance. Through further climbing of the Invisible Mountain with a 34-minute 10-mile split I reached 90-miles in 4-hours 21-minutes, I was now 10-minutes off of my target time. I was reassured though that I could not see the group that I had left anywhere behind me on the road.

Respite from the wind didn't come until around the 96-mile mark and I was able to manage a good charge into the finish funnel but those 'mountain-miles' had really impacted my overall time of 4-hours 51-minutes giving me 226<sup>th</sup> place out of the 4,000 finishers and 37<sup>th</sup> in my age category. With just 77 eligible riders in my age group, I would have needed to have been in the top-15 (previous years would have required top-40) but I would also have had to have ridden within 4-hours 26-minutes.

Maybe next year and then the **UCI Gran Fondo World Championships** are in Glasgow.





# AVT Segment of the Year – September

We are now reaching the conclusion in our Avon Valley Segment of the Year competition. We had a mixed response to our two segments for August. The [Cheeky Mile Blast](#) at Marston attracted sixteen members with Darren Wrintmore leading the way for the Men, clocking 2:25 (26.9mph) and Fiona Price in 2:44 (23.7mph) for the Ladies.

## Cheeky mile blast

This Month ▾

All ▾


Rank	Name	Date	Speed	HR	Time
	Darren Wrintmore	Aug 11, 2022	26.9mi/h	163bpm	2:25
2	Alan Best	Aug 25, 2022	24.5mi/h	177bpm	2:39
3	Sean Price	Aug 21, 2022	23.9mi/h	168bpm	2:43
4	Fiona Price	Aug 21, 2022	23.7mi/h	152bpm	2:44
5	Sara Robert	Aug 20, 2022	23.0mi/h	149bpm	2:49
6	Esther Frawley	Aug 23, 2022	22.5mi/h	-	2:53
7	Paul Banfield	Aug 7, 2022	22.4mi/h	115bpm	2:54
8	Simon Reeves	Aug 22, 2022	21.9mi/h	-	2:58
9	Caroline Scott (AVT)	Aug 25, 2022	21.4mi/h	150bpm	3:02
10	Jenny Nattrass	Aug 25, 2022	21.0mi/h	120bpm	3:05
11	Simon Williams	Aug 11, 2022	20.0mi/h	-	3:15
12	Linda Uns 	Aug 14, 2022	18.2mi/h	139bpm	3:34
13	Liz Gard	Aug 10, 2022	17.9mi/h	154bpm	3:37
14	pauline bradley	Aug 1, 2022	17.6mi/h	130bpm	3:41
15	Gemma Knudsen	Aug 4, 2022	17.0mi/h	140bpm	3:49
16	David Clarke	Aug 4, 2022	16.9mi/h	117bpm	3:51

Our second for August was at Corsley over the [Deep Lane \(Twd Chapmanslade\)](#) segment. Only four members took on the undulating two-mile challenge with Darren Wrintmore clocking 5:10 (22mph) and Caroline Scott in 6:26 (17.7mph) taking the maximum 25-points on offer.

## Deep Lane (Twd Chapmanslade)

This Month ▾

All ▾

Rank	Name	Date	Speed	HR	Time
	Darren Wrintmore	<a href="#">Aug 6, 2022</a>	22.0mi/h	154bpm	5:10
2	Alan Best	<a href="#">Aug 11, 2022</a>	21.6mi/h	163bpm	5:16
3	Tim Lowrie.	<a href="#">Aug 9, 2022</a>	20.5mi/h	138bpm	5:33
4	Caroline Scott (AVT)	<a href="#">Aug 11, 2022</a>	17.7mi/h	-	6:26

The four monthly results take the top four positions on the segment and hence bag the lion's share of the Bonus Points on offer for riding the segment any time this year, though of course this can change if more club members cycle this segment before November 25<sup>th</sup>.

## Deep Lane (Twd Chapmanslade)

This Year ▾

All ▾


Rank	Name	Date	Speed	HR	Time
	Darren Wrintmore	<a href="#">Aug 6, 2022</a>	22.0mi/h	154bpm	5:10
2	Alan Best	<a href="#">Aug 11, 2022</a>	21.6mi/h	163bpm	5:16
3	Tim Lowrie.	<a href="#">Aug 9, 2022</a>	20.5mi/h	138bpm	5:33
4	Caroline Scott (AVT)	<a href="#">Aug 11, 2022</a>	17.7mi/h	-	6:26
5	Fiona Price	<a href="#">Jul 21, 2022</a>	15.5mi/h	118bpm	7:20
6	Sean Price	<a href="#">Jul 21, 2022</a>	15.3mi/h	140bpm	7:25
7	Cliff Dye	<a href="#">Jul 17, 2022</a>	14.3mi/h	118bpm	7:57
8	martin watters	<a href="#">Jun 12, 2022</a>	11.9mi/h	-	9:31



After the scores for the August Segments of the Month have been locked in and the Bonus Points achieved so far calculated, the leader boards look like this:

Rank	Athlete	Total Points	SotM Ridden	SotM08a	SotM08b	Deductions	SotM Points	Bonus Segments	SotY08a	SotY08b	Deductions	Bonus Points
1	Darren Wrintmore	473	10	25	25	0	237	10	25	25	0	236
2	Paul Banfield	410	9	22	0	0	207	9	23	0	0	203
3	Alan Best	398	7	24	24	0	164	10	24	24	0	234
4	Sean Price (Westbury Wheelers)	379	9	23	0	0	187	10	22	22	0	192
5	Will Whitmore	372	8	0	0	0	190	8	0	0	0	182
6	Tim Lowrie.	300	5	0	23	0	104	9	22	23	0	196
7	Martin Disney	198	2	0	0	0	49	7	20	0	0	149
8	Simon Williams	164	4	20	0	0	79	5	16	0	0	85
9	Tony Dunford	139	3	0	0	0	54	5	14	0	0	85
10	martin watters	128	3	0	0	0	48	6	11	20	0	80
11	Cliff Dye	123	2	0	0	0	39	5	15	21	0	84
12	Simon Reeves	119	3	21	0	0	56	4	19	0	0	63
13	Stephen Clark	117	2	0	0	0	37	5	17	0	0	80
14	Andrew Jefferies	116	2	0	0	0	31	6	13	0	0	85
15	David Clarke	96	2	19	0	0	39	4	12	0	0	57
16	Tommy Davies	84	2	0	0	0	42	2	0	0	0	42
17	Martin Russam	71	2	0	0	0	32	4	9	0	0	39
18	Dan Colman	68	0	0	0	0	0	4	18	0	0	68
19	Mark Sims	58	1	0	0	0	20	2	0	0	0	38
20	Richard Newman	42	0	0	0	0	0	4	10	0	0	42
21	Simon Down	38	1	0	0	0	19	1	0	0	0	19
22	Daren Booth	36	1	0	0	0	18	1	0	0	0	18
23	Chris Walford	19	0	0	0	0	0	1	0	0	0	19
24	Ben Vincent	18	0	0	0	0	0	2	0	0	0	18
25	Robin-Mark Runs	12	0	0	0	0	0	1	0	0	0	12
26	Josh Lay	11	0	0	0	0	0	1	0	0	0	11
27	Carl Davies	11	0	0	0	0	0	1	0	0	0	11

Rank	Athlete	Total Points	SotM Ridden	SotM08a	SotM08b	Deductions	SotM Points	Bonus Segments	SotY08a	SotY08b	Deductions	Bonus Points
1	Fiona Price	442	9	25	0	0	211	10	25	24	0	231
2	Sara Robert	420	9	24	0	0	212	9	24	0	0	208
3	Caroline Scott (AVT)	418	8	22	25	0	188	10	21	25	0	230
4	Jenny Natrass	227	5	21	0	0	109	6	20	0	0	118
5	Jo Mumford	209	4	0	0	0	93	5	17	0	0	116
6	Anne Clark	175	3	0	0	0	60	6	24	0	0	115
7	Esther Frawley	166	2	23	0	0	44	6	22	0	0	122
8	Annalie Jane	128	2	0	0	0	40	5	0	0	0	88
9	Sarah Jewers	127	2	0	0	0	36	6	13	0	0	91
10	pauline bradley	121	3	18	0	0	58	4	19	0	0	63
11	Sue Porto	119	1	0	0	0	19	6	14	0	0	100
12	Isabella McNally	101	1	0	0	0	24	4	12	0	0	77
13	Vanessa Lucas	73	1	0	0	0	22	3	0	0	0	51
14	Liz Gard	67	2	19	0	0	38	2	18	0	0	29
15	Sarah Jeffries	65	0	0	0	0	0	4	10	0	0	65
16	Tizzie Robinson-Gordon	62	0	0	0	0	0	3	16	0	0	62
17	Laura Waterhouse	48	0	0	0	0	0	4	8	0	0	48
18	Linda Uns 	47	1	20	0	0	20	2	15	0	0	27
19	Gemma Knudsen	41	1	17	0	0	17	2	11	0	0	24
20	sandra sharratt	33	0	0	0	0	0	2	0	0	0	33
21	jay sims	27	0	0	0	0	0	2	0	0	0	27
22	Kat Taylor-Laird	26	0	0	0	0	0	2	0	0	0	26
23	Emma Gage	20	1	0	0	0	20	0	0	0	0	0
24	Rebecca Hex	18	0	0	0	0	0	1	0	0	0	18
25	Diane Hier	17	0	0	0	0	0	2	9	0	0	17

Send any news, articles or achievements to [news@avonvalleyrunners.org.uk](mailto:news@avonvalleyrunners.org.uk).

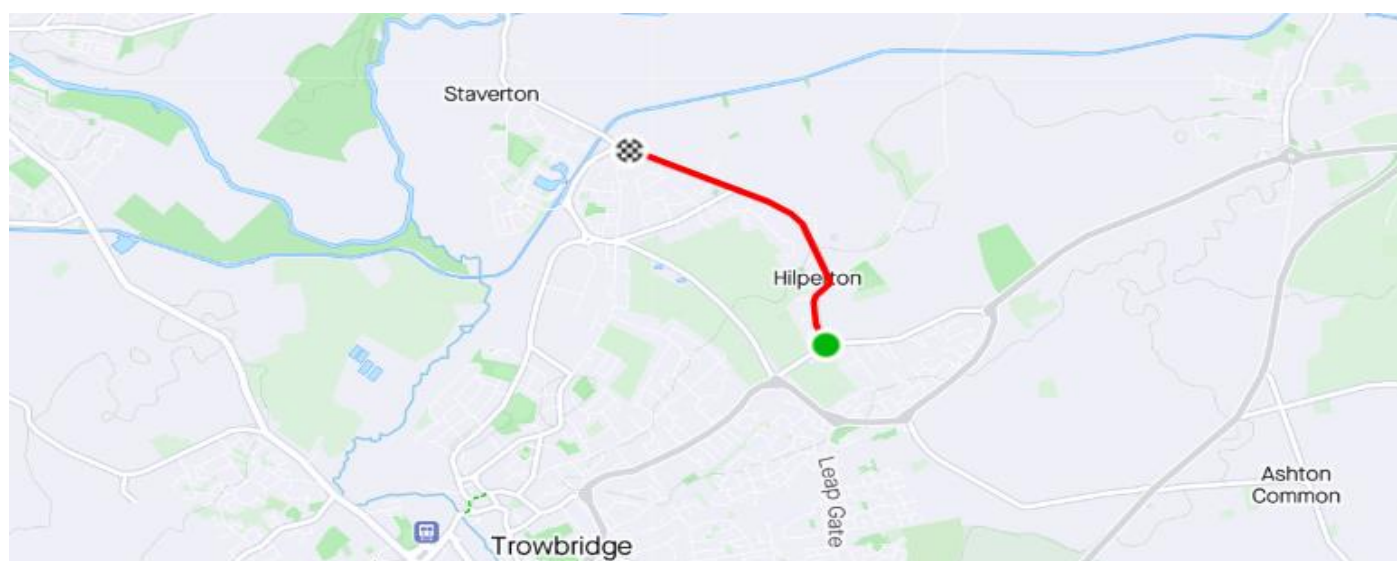
Also check the closed Facebook page for regular news as well as emails straight into your inbox.



Darren Wrintmore takes back top-spot and Paul Banfield climbs into second, whilst Alan Best moves onto a podium position for the first time this year. For the Ladies, Fiona Price takes back top spot above Sara Robert and Caroline Scott.

As we reach our final round of Monthly segments, things can change quite a bit at the top as the lowest two scoring segments are discounted (*These are shown in the "Deductions" column above – zero so far*) from both the Monthly points and the Bonus points achieved, so there is a lot to ride for in September...

Our first segment was put forward by Gary MacAlister and is [Pub to Petrol station](#) at Hilperton which offers a good downhill charge over one-mile at an average -1% gradient. So far this year thirty club members have ridden the segment with Martin Disney in 3:01 (22.3mph) and Sara Robert in 3:15 (20.7mph) being the fastest.



Our second challenge ties in with the **Avon Valley Time Trial championships** which are taking place at Castle Combe circuit on **Wednesday 14th September** and is the [Castle Combe Lap #2](#) segment, which is 1.82 miles in length and the good surface makes it really quick, also being traffic free you can really let fly. So far this year 13 club members have ridden the anti-clockwise lap with Dan Coleman recording an eye-wateringly fast 3:39 (29.9mph) and Sarah Jeffries

4:48 (22.7mph).

Don't forget to sign up for the event through the link on the [DB Max website](#), ensuring that you enter your club as "**Avon Valley Triathletes**" and not forgetting to use the discount code: **AVT-TT22** when checking out to get a few quid knocked off of your fee.

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



## Results

Avon Valley Runners results 2022 are live on the club website [here](#). Please email your results for inclusion to [results@avonvalleyrunners.org.uk](mailto: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**

## Almost Athletes Visit the Valley! – by Fiona Price

I'm organising a social long run on Sunday the 18th September at 9:30am from Bradford On Avon, (Yes, it's the Midford Loop!) There will be no need to book in on Run Together as it will be a 'buddy run' with brunch after at the lock Inn.

We will be joined by a good friend of mine Dave, who I met a few years ago on the Coaching course. He's bringing a group of club runners from Almost Athletes.

The pace you may ask...we're estimating 10 min miles with some re-grouping but faster and steadier groups will be available. If you'd like to lead a group, please contact me. If you prefer just to run that's fine. I'll sort groups on the day.



The distance: that'll be 11.2 miles of multi terrain but if that's too far or you just fancy the brunch, there are options of going out and back along the canal or a stroll around Bradford on Avon. I'm sure some of the visiting group would appreciate a guided tour around the town.

Absolutely everyone is welcome and please bring an AVR shirt for a photo.

## AVR Events

### Tony Bartlett Mile

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

### AVR do St Mary's parkrun

Our first and last social parkrun trip happened in January 2020 and we're finally getting our second one! The minibus is booked and has space for 16 people including Rich Newman, our driver.

**Date:** Saturday 22<sup>nd</sup> October

**Time:** meet at the Civic Centre, trowbridge 6:30am

**Location:** heading for St Mary's parkrun, Bridport

**Email:** [news@avonvalleyrunners.org.uk](mailto:news@avonvalleyrunners.org.uk) if you would like a seat on the minibus.

More information [here](#).

### AVR Wiltshire Half Marathon

Sunday 27<sup>th</sup> November

Open event

Volunteers needed

Entries available [here](#).

**november 27th 2022**

**WILTSHIRE  
HALF MARATHON**

**10 YEAR ANNIVERSARY**



**entries now open!!**



## 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 10<sup>th</sup> 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.



# 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 9<sup>th</sup> and 10<sup>th</sup> races will be taken into consideration until a winner is established.

## AVR Offroad league races 2022:

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



### Hilly Helmet

28 members took part in the 6<sup>th</sup> running of the Hilly Helmet, organised by member **Robin-Mark Schols**. AVR were extremely successful with half of the top 10 taken by us! The **Knudsens** hit the top spot each with **Ed** winning the race in 26:09 and **Gemma** finishing as the first female in 35:00.





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

### Heddington 5k (race 3)

Seven members took part in the final race of the series this month. **Tim Burrell** was the first AVR across the line in 19:02 and was first in the MV50 age category. The first AVR female was **Pauline Bradley** in 27:24. Now that the series has concluded, any participants will have their best time from the 3 races added to their AVR league points too.

### Compton Bassett 5

22 members took part in this 5 mile race. **Mike Towler** won the race in an amazing time of 26:21 and **Bethan Francis** was the first AVR female and second female overall in 31:50. **Robin-Mark Schols** set a new club MV60 record by over 40 seconds with 33:03, beating the previous record set at the Highworth 5 by Phil Harding in 2015!

Many members also topped their age categories:

MSEN: **Mike Towler**

FSEN: **Bethan Francis**

MV50 **Time Burrell**

MV60 **Robin-Mark Schols**

FV55 **Diane Hier**

## Current standings for the WRR

AVR are still in the lead! We need as many AVR as possible to attend the final 2 races at Malmsbury and Devizes to stay at the top.

In the ladies' competition, **Gemma Knudsen** is sitting in 7<sup>th</sup> place with 380 points while **Jack Prout** is in third place on the men's leaderboard with 494 points.

Full result tables can be found on the Wiltshire

<b>Club</b>	<b>Points</b>
Avon Valley Runners - A	116
Royal Wootton Bassett Hounds RC - A	113
Chippenham Harriers - A	108
Calne Running Club - A	103
Avon Valley Runners - B	93
Devizes Running Club - A	88
Calne SmarTT - A	80
Corsham Running Club - A	64
Calne Running Club - B	61
Swindon Harriers - A	42
Team Bath AC - A	37
Devizes Running Club - B	11

Athletic Association website [here](#).