

THE VALLEY NEWS



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Dates for your diary

- **Committee meeting** – Tuesday 4th October 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** – the next one is on Weds 12th October, 8-9pm at the rugby club bar.
- **AVR tour to St Mary's parkrun** – 22nd October
- **Over the Hills** – 6th November
- **AVR Wiltshire Half Marathon** – 27th November

Results of the EGM

On Tuesday 21st September, members of the club gathered in person at TRFC and on Zoom to vote in the club's new Chair Person and Honorary Secretary. Members who were unable to make it in person were also given the option to vote online via a Survey Monkey link. As the Vice Chair, David Hyde had taken the temporary role as Chair and led the meeting.

Chair

Anthony Hickson made clear that he wanted to support all runners of the club whether they want to run for competition or for pleasure. He also wanted to support bringing back AVR coach trips and making them free for members.

Sara Robert (pictured) spoke about the different roles she has had in the club and of the support that her extended family have given during periods of injury. She spoke about how she wanted to play her part in healing the divide that has been felt by some recently.

Sara won the vote and was sworn in by the club's President, Denise Ellis.

Honorary Secretary

There was only one person who put themselves forward for the role which was **David Hyde**. Voters were given the choice to vote for him or send the role back to the application stage but on the night, he successfully won the vote and was also sworn in by Denise.

Thank you to all members who attended the meeting and to everyone who sent in their vote. Congratulations to **Sara** and **David** on their new roles.



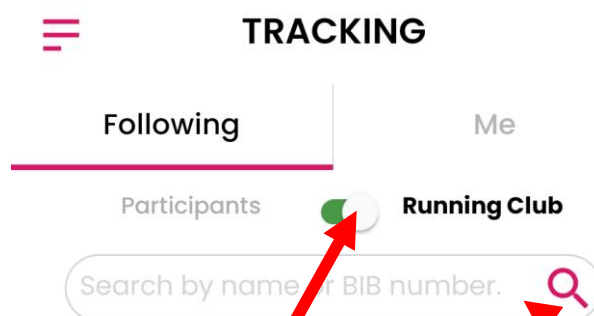
New Club Records

There has been another flurry of club records broken this month by some very familiar names...

FV50 20 miles	MV60 20 miles	MV60 marathon record
Jackie Rockliffe Hillingdon 20 on 4/9/22 Jackie was the first lady to complete this 4 lap undulating route breaking her 9 th club record. Her time was 2:14:09.	Robin-Mark Schols Hillingdon 20 on 4/9/22 The first of 2 club records for Robin this month. Although his race did not go to plan, his time of 2:50:34 was still enough to beat Frank Lamerton's time set in 2014 by over 8 minutes.	Robin-Mark Schols Berlin Marathon on 25/9/22 This record has stood since 2002 and Robin's time of 3:17:15 shaved off around 8 minutes! It is also his 6 th club record.

Good luck for the London Marathon

A handful of AVR members will be running the London Marathon on Sunday 2nd October. To follow any who are taking part in London or virtually, you can download the official app and search for Avon Valley Runners. This will show a list of everyone taking part. Good luck everyone!



Click 'Tracking'

Switch the toggle to 'running club'

Search for Avon Valley Runners

Social drinks

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!

Next event: 12th October



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

Almost Athletes Visit the Valley!

Thank you to Fiona Price for bringing AVR together with Almost Athletes for a social run around the Midford Loop followed by a tasty brunch at the Lock Inn.



AVR Events

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 22nd October

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

Location: heading for St Mary's parkrun, Bridport

Email: news@avonvalleyrunners.org.uk if you would like a seat on the minibus.

More information [here](#).

AVR Over the Hills

Sunday 6th November

Open event

Volunteers needed

Entries available [here](#).

AVR Wiltshire Half Marathon

Sunday 27th 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 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.



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 Pled~~
- ~~13. Wednesday 10th August – Hilly Helmet~~
- ~~14. Sunday 4th September – Mells Scenic 7 **CANCELLED**~~
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

The Mells Scenic 7 was cancelled so there were no off-road league races in September. The next one is the Brinkworth Bash on the 2nd October.

AVR and Wiltshire Road Race league

This year the AVR league has followed the same races as the Wiltshire Road Race League. There are 8 races to choose from with your best 6 to score.

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 – Flying Monk Malmesbury 10k~~
8. ~~25th September – Devizes 10k~~

Flying Monk Malmesbury 10k

Ten members of the club took on this undulating 10k route by DB Max that runs part-way along the ancient Fosse Way before returning to the town. **Gary MacAlister** was the first AVR home in a time of 39:28 while **Gemma Knudsen** was the first AVR female in 44:24. This event saw the points being tied in first place for the WRRL between AVR and the Royal Wootton Bassett Hounds.

Devizes 10k – by Gemma Knudsen

This final league race took place courtesy of Devizes Running Club on a beautiful September morning.

The route starts with a long climb out of town, followed by a downhill then off on some country roads with a bit more up and down. Eventually there's a sneaky off-road section with yet another hill then finally you head back into town to finish on the village green.



There were fantastic efforts from the whole team! There were some people aiming to hit time goals, some focused on conquering the hills and even some brave AVT runners testing their legs after Ironman Weymouth last week. A couple of people managed to pick up a PB or one of their best times of the season despite the course not being the easiest for that.

29 members showed their support with a few extra to cheer everyone on. **Stewart Avery** was the first AVR in 37:40 and 6th place overall and **Gemma Knudsen** as the first AVR female in 43:26 and 2nd female overall. AVR also took the female team prize thanks to **Gemma Knudsen, Veryan Cranston** and **Fiona Price**. **Veryan** also topped the FV45 category, **Scott Green** was 1st MV50 and **Robert Nixon** was 1st MV60.

It was a great way to finish the road season with a fantastic atmosphere and a great group of people! Lots of us also turned the race into a 'run to breakfast' and headed off to a well-deserved team brunch afterwards.

Thank you to everyone who supported AVR's efforts in the road league this year!



Current standings for the WRR

At the time of writing, the Wiltshire league points are not available yet. However, after some quick calculations it is believed that the Royal Wootton Bassett Hounds have won the league this year just 1 point ahead of AVR in 2nd place. We will await confirmation in the coming days.

The Dragon's Back – by Ed Knudsen

What is it? Billed as the world's toughest mountain race, the Dragon's Back runs from Conwy Castle to Cardiff Castle, covering 380km and 17,400m of ascent in 6 days. First staged in 1992, this year was the 7th staging of the event and saw 263 runners toe the line at 0600 on the Monday morning in Conwy Castle. The days vary from 49 to 70km as you weave your way through Snowdonia, the Rhinogydd, Cambrian Mountains, Elan Valley, Brecon Beacons before finally reaching Cardiff.

The first two days are the most technical with some pretty gnarly scrambles over Tryfan and Cryb Goch which coupled with 3,800m and 3,400m of ascent respectively makes them physically and mentally challenging. Day 3 has some more runnable road sections and though there is still a significant amount of climbing it's a little more straightforward, plus it features a town with shops where you can restock on some all important snacks! Day 4 is the second flattest day with some really runnable sections and stretches of tarmac, however the Elan valley also features more bog than you'd want to experience in a lifetime. Day 5 is another epic day as you head through the Black Mountains, made a little more enjoyable by the burger van at the foot of Pen Y Fan! Day 6 is comparatively all downhill into Cardiff, a welcome change from the previous days but still a long way to reach the finish line and the Dragon trophy.

How did it go? Being a trail runner with very little mountain experience I knew I'd be out of my comfort zone so I was determined to treat this as an event to complete and not let any



competitiveness get the better of me. My only aspiration was to finish, ideally enjoy myself, and to be able to run again later this year! This was also my first multi-day event so I was a little nervous about how well I'd be able to look after myself to make sure I was recovered for each day. In sum it was so much harder than I ever imagined, yet due to the other participants and volunteers so much more rewarding and supportive than anticipated. I really enjoyed Snowdonia, with the challenge of scrambling, spectacular views and the chance to chat with loads of like-minded runners all subjecting themselves to the same ordeal! I took the first two days comfortably and just enjoyed the journey, taking each day at a time. Days 3 and 4 were a little more runnable so I dug a little deeper, making the most of the road stages to stretch my legs out.

The word around the camp site was that once day 4 was complete you'd broken the back of the Dragon, I wish that were true. Day 5 was the hardest day for me, heading back into the mountains it was a real slog to get to the finish, compounded by a niggly right knee that slowly got worse as the day went by. Day 6 should have been a nice run into Cardiff but with my knee taped up and barely able to jog it turned into more of a shuffle. I'd made it to the last day so I wasn't about to give up, so I just ground out the miles to get to Cardiff.

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DRAGON'S BACK RACE RAS CEFN U DDRAIG



Why did I do it? I thought about this a lot over the week, especially as I was splashing through bogs in the pouring rain!! It's one of the races I read about years ago and it always interested me though I could never get my head around the scale of it. The challenge of doing something this far outside my comfort zone was truly exciting and allowed me to really push my limits and learn a little more about myself.

Would I recommend it? Yes. The camaraderie, sense of community and chance to focus on your hobby with no distractions is amazing. All you have to worry about is looking after yourself for a week; recovering, re-fuelling and not getting too lost each day!

Would I go back? Possibly!!



Beginners 2022

And they're off! This year's course began on 6th September with many keen new runners at TRFC, supported by lots of AVR volunteers. They will follow a 12 week course with weekly 'homework' so look out for any Facebook shout outs from any of them wanting company on their runs. Many have now also signed up to the club as members so let's make them all feel welcome as they join the AVR family.



AVON VALLEY TRIATHLETES



I'd like to introduce myself, my name is **Caroline Scott** (pictured) and I am the new AVT Secretary. I've recently taken over from Kat who did a sterling job of getting AVT to where it is now.

I work as part of a team with the AVT working group:

- Annalie Ibison
- Emily Dye
- Sue Porto
- Steve Clark
- Ian Isaacs
- Caroline Scott



If you want to get involved please get in touch on AVT@avonvalleyrunners.org.uk

The working group have a tremendous opportunity to develop the section further with the launch of few things:

1. We are currently trying to book a pool slot for our very own AVT swim session. Watch this space!
2. We are asking you to complete this survey in order to understand your needs and desires for AVT (if any): <https://forms.gle/kvctqh1NBBNjFUzC6>. This will help us plan to meet your needs in the future.
3. We are looking to understand what tri coaching capacity the club already holds so that we can develop this area. Please email or speak to Caroline Scott: AVT@avonvalleyrunners.org.uk if you hold a tri, bike or swim coaching qualification and would not mind helping out.
4. We are looking to identify some dates for beginners looking to try out triathlon. The following events will be firmed up in the next week or so:
 - Tri an aquathlon
 - Tri a tri

We will, of course, be continuing with:

1. Run to Breakfasts on Saturday morning - keep an eye out for those on Facebook. These are usually pinned to the top of the page so it's easy to find them. We aim to have a range of options for varying abilities and also to offer you the chance to get yourself a Goal Getters point.

2. If you aren't already part of the AVT Facebook Page please request to join here: <https://www.facebook.com/groups/avonvalleytriathletes>. Remember you have automatic membership if you are part of AVR.

Focused AVT events

- **1st May 2023:** The Big T - early bird discount still available! <https://race-nation.co.uk/register/hot-chilli-tri-club/the-big-t>

This is a fun local tri consisting of:

- 400 metre swim (Trowbridge Sports Centre)
- 26km bike
- 5km run

- **21st May 2023:** <https://www.dbmax.co.uk/events/51fiver-cotswold-tri-21st-may-2023/>

This is a more adventurous tri with relay options. Choose all or some of:

- 1500mtr lake swim
- 40k bike
- 10k run

Express your interest in the relay here:

<https://www.facebook.com/groups/avonvalleytriathletes/permalink/5680726915284182>

You have got to be in it to Win it – by Darren Wrintmore

Six club members turned up at Castle Combe circuit to take part in the Avon Valley Time Trial Championships hosted by DB Max as their summer TT series reached its conclusion. With Stampede Sports putting up trophies for the fastest three men and three ladies over the 10-mile distance it was soon apparent that all of the AVT participants would be taking home an award 😊

Leading home the AVT contingent in a new Personal Best time of 23-minutes 43-seconds was **Darren Wrintmore** with "Birthday boy" **Will Whitmore** second in 24:22 and **Alan Best** third in 25:22.

For the Ladies, also recording a new Personal Best was **Sara Robert** in 29-minutes 4-seconds ahead of **Caroline Scott** in 30:24 and **Annalie Ibison** in 30:47.

That effectively wraps up the Time Trial season for 2022 and hope that we can stage another better attended Time Trial Championships next year.



Half Ironman Weymouth 70.3

September saw 14 members of AVT complete Ironman 70.3 Weymouth. Most were first-timers at the middle distance and put in performances to be proud of. Special mention goes to **Daniel Colman** who placed 15th overall out of 2003 competitors in a time of 4:34:25. Congratulations Daniel, and all AVT athletes for your achievements:

Daniel Colman 4:34:25
Simon Down 5:28:32
Esther Frawley 6:06:44
Sue Porto 6:18:12
Emily Dye 6:22:47
Gary MacAlister 6:22:57
Jenny Natrass 6:25:46
Kat Taylor-Laird 6:28:03
Caroline Scott 6:40:20
Annalie Ibison 6:51:39
Cliff Dye 6:54:22
Laura Waterhouse 6:58:16
Chris Walford 7:30:22
Gareth Rickerby 8:03:04



A huge thanks to all club members who came down and cheered everyone over the line as well.

Annalie shares her experience of the event...

What an event! It's not for the faint hearted, that's for sure but it really did live up to expectations! Described as a first-timer's favourite, it comprises of a 1.2 mile sea swim, a 56 mile bike route through "rolling" Dorset countryside and a 13.1 mile run through Weymouth town centre.

A year ago, with one super sprint triathlon under my belt, I plucked up the courage to post on the AVT facebook page asking for suggestions for a good Olympic distance for a beginner triathlete. My post prompted loads of suggestions and encouragement and soon I found myself in a group of likeminded, beginner triathletes who had signed up to Weymouth 70.3! To this day we still all blame Chris Walford for entering the event but we also owe him a huge amount. His constant support, encouragement and motivation has been our lifeline. Thank you Chris.

A huge amount of time and effort went into training for Weymouth 70.3. I had never contemplated such a mammoth physical feat so it was a bit of a mission! As Caroline Scott said in one of her Facebook posts, "A big part of the training has been the friends I have made and grown along the way. We have all inspired each other." Thank you Caroline, I couldn't have said it better.

Weymouth 70.3 started at 7am at the beach with a one-minute silence and the National Anthem which was a moving and marvellous moment. As the sun rose in the distance, I got quite emotional in the start pen when Thunderstruck started and everyone shuffled forwards to the swim entrance. Finally, I was off running down the shingle and into the water. The swim course was amazing. With a staggered start, there was no real congestion and thankfully no one swam over me or kicked off my goggles! The water was beautifully clear and calm. We could not have asked for better conditions. The bike course is gorgeous with some lovely rolling hills and a few stinkers thrown in. Revels Hill is a long climb but the feed station at the top perfectly timed. Also perfectly placed were the crazy banana people on the final hill. They gave me the motivation needed for that final climb. It was my first time racing on closed roads and I tried to make the most of it.



I knew all along that I would find the run tough but it was mainly flat and full of people, clapping and cheering. Without a doubt, we had the best support crew on the course (*pictured*). Thank you so much for everyone from AVT and AVR who made the effort to travel to Weymouth to shout and encourage us along the course. Our supporters gave us all such a lift. They also cheered and waved the new green and yellow AVT flags like crazy to everyone who went past. Other athletes were raving about your support. It makes me feel so proud to be part of such a supportive club.

I have never been an emotional person after races but when I finished, I shed tears of joy and relief. It was an incredible event. Not only did I complete Weymouth 70.3 but I enjoyed it - most of it! The support at the finish was amazing and I was so happy to get round and meet my personal goals.

So finally, a few questions.

- o Will I go on to enter a full IronMan? Absolutely no but I suspect and hope other AVT members will.
- o Will I enter another 70.3 event? Maybe.
- o Will I continue to enter multisport events? Definitely yes.
- Do I want to be part of a cheer squad for other AVT events? Yes, yes and yes! Our cheerleaders were all winners in my eyes. Thank you from the bottom of my heart.



AVT at the European Championships – by Steve Clark

What a day at the ETU European Middle Distance Championships. I woke up to rain – lots of rain! Plunging into the river for a late start at 15:10 in the afternoon, the swim went well, but we had to exit on a pontoon with no assistance where I took four attempts of 'beaching' like a bull seal! I helped one Spanish guy out with a big push, he turned and said thanks, and ran off up the ramp without another thought for me!! Still, I was 3rd fastest after all of that.

On to the bike which gave rain, wind, cold and big climbs. The conditions were horrendous, so it was a cautious ride without disc brakes on a TT bike. I saw a few bad crashes and just hope the GB guy wrapped around a tree was ok (people were already there helping otherwise I would have stopped). I managed the bike in just over 3 hours and I was fairly happy with that.

On to the run. It was a 9/1 run/walk all the way and was really consistent all through, just slowing near the end. I still did a half marathon PB after the tough swim and bike, so I was really pleased. My run is work in progress and after my hamstring injury in the summer that was a result for me. I finished 13th in Europe in my age group and when the 1st and 2nd both did a 1:31 half marathon, I will take that all the time.

Thank you Bilbao for a fabulous week. Next stop Abu Dhabi for the World Champs!




Hever Castle

Also competing in September were **Pauline Bradley** and **Simon Williams** at Hever Castle. Pauline completed her first ever Olympic distance event while Simon tackled the half iron distance. Congratulations Simon on your age group win in a time of 6:19:36! Pauline smashed the classic with a time of 4:29:07.

AVT Segment of the Year – October update

September saw the conclusion of the Monthly element of our Avon Valley Segment of the Year competition. Our first segment was between Hilperton and Staverton on [Pub to Petrol station](#) with **Darren Wrintmore** and **Sara Robert** leading the way.


Pub to Petrol station		This Month ▾		All ▾	
Rank	Name	Date	Speed	HR	Time
	Darren Wrintmore	Sep 17, 2022	26.6mi/h	152bpm	2:32
2	Alan Best	Sep 18, 2022	25.6mi/h	167bpm	2:38
3	Rich Ayling	Sep 11, 2022	24.7mi/h	134bpm	2:44
4	Sean Price	Sep 19, 2022	24.2mi/h	155bpm	2:47
5	Andrew Jefferies	Sep 23, 2022	23.8mi/h	128bpm	2:50
6	Sara Robert	Sep 11, 2022	23.1mi/h	138bpm	2:55
7	Caroline Scott (AVT)	Sep 24, 2022	22.3mi/h	147bpm	3:01
7	Mark Sims	Sep 25, 2022	22.3mi/h	-	3:01
9	Jenny Natrass	Sep 24, 2022	22.2mi/h	105bpm	3:02
10	Fiona Price	Sep 19, 2022	22.1mi/h	156bpm	3:03
11	Annalie Jane	Sep 24, 2022	21.5mi/h	-	3:08
12	Esther Frawley	Sep 13, 2022	19.2mi/h	-	3:31
13	Anne Clark	Sep 13, 2022	17.0mi/h	107bpm	3:58
14	Simon Williams	Sep 16, 2022	16.8mi/h	-	4:00

Our second for September coincided with the Avon Valley Time Trial championships over the [Castle Combe Lap #2](#) segment. Although none could match **Dan Colman's** incredible 3-minutes 39-seconds recorded back in May, **Darren Wrintmore** and **Sara Robert** recorded the fastest times at the TT though Sara's 5-minutes 16-seconds was eclipsed a week later by **Fiona Price** who clocked 4-minutes 41-seconds at the final "Andy Cook" cycling session of the year to become the fastest ever AVT Lady to ride around the circuit and took the full 25-points and also has the full allocation of Bonus Points. The table below shows the results from across the year.

Castle Combe Lap #2


This Year ▾

All ▾

Rank	Name	Date	Speed	HR	Time
	Dan Colman	May 12, 2022	29.9mi/h	-	3:39
2	Darren Wrintmore	Sep 14, 2022	25.6mi/h	159bpm	4:16
3	Will Whitmore	Aug 3, 2022	24.8mi/h	158bpm	4:24
4	Alan Best	Jul 20, 2022	24.3mi/h	166bpm	4:30
5	Sean Price	Sep 20, 2022	23.8mi/h	164bpm	4:35
6	Fiona Price	Sep 20, 2022	23.3mi/h	156bpm	4:41
7	Sarah Jeffries	May 3, 2022	22.7mi/h	-	4:48
8	Anne Clark	Jul 7, 2022	22.6mi/h	148bpm	4:50
9	Stephen Clark	Jul 20, 2022	22.1mi/h	135bpm	4:57
10	Esther Frawley	Apr 19, 2022	21.3mi/h	166bpm	5:08
11	Sara Robert	Sep 14, 2022	20.7mi/h	158bpm	5:16
12	Caroline Scott (AVT)	Sep 14, 2022	20.3mi/h	147bpm	5:23
13	Annalie Jane	Sep 14, 2022	20.0mi/h	-	5:28
14	James Waugh	Jun 14, 2022	18.7mi/h	124bpm	5:50
15	Melanie Ward-Nicholls	May 10, 2022	17.1mi/h	108bpm	6:24

After the scores for the September Segments of the Month have been locked in and the Bonus Points achieved so far calculated, the leader boards (Top-20 only) look like this:

Rank	Athlete	Total Points	SotM Ridden	Deductions	SotM Points	Bonus Segments	Deductions	Bonus Points
1	Darren Wrintmore	487	12	43	244	12	42	243
2	Alan Best	448	9	0	211	12	42	237
3	Will Whitmore	430	9	0	214	10	0	216
4	Paul Banfield	425	9	0	207	10	0	218
5	Sean Price	415	11	17	214	12	33	201
6	Tim Lowrie	314	5	0	104	10	0	210
7	Martin Disney	218	2	0	49	8	0	169
8	Simon Williams	200	5	0	98	6	0	102
9	Andrew Jefferies	157	3	0	52	7	0	105
10	Stephen Clark	149	2	0	37	7	0	112
11	Simon Reeves	148	3	0	56	6	0	92
12	Martin Watters	140	3	0	48	7	0	92
13	Tony Dunford	138	3	0	54	5	0	84
14	Cliff Dye	130	2	0	39	6	0	91
15	Dan Colman	107	0	0	0	6	0	107
16	Mark Sims	97	2	0	40	3	0	57
17	David Clarke	96	2	0	39	4	0	57
18	Tommy Davies	84	2	0	42	2	0	42
19	Martin Russam	65	2	0	32	4	0	33
20	Rich Ayling	57	1	0	23	2	0	34

Rank	Athlete	Total Points	SotM Ridden	Deductions	SotM Points	Bonus Segments	Deductions	Bonus Points
1	Sara Robert	475	11	21	240	11	18	235
2	Fiona Price	473	11	21	237	12	42	236
3	Caroline Scott	469	10	0	235	12	40	234
4	Jenny Natrass	273	6	0	132	7	0	141
5	Anne Clark	233	4	0	79	8	0	154
6	Jo Mumford	229	4	0	93	6	0	136
7	Esther Frawley	226	3	0	64	8	0	162
8	Annalie Jane	210	4	0	83	7	0	127
9	Sarah Jewers	143	2	0	36	7	0	107
10	Sue Porto	136	1	0	19	7	0	117
11	Pauline Bradley	122	3	0	58	4	0	64
12	Sarah Jeffries	101	0	0	0	6	0	101
13	Vanessa Lucas	72	1	0	22	3	0	50
14	Liz Gard	68	2	0	38	2	0	30
15	Tizzie R-G	62	0	0	0	3	0	62
16	Laura Waterhouse	61	0	0	0	5	0	61
17	Uns 	47	1	0	20	2	0	27
18	Kat Taylor-Laird	45	0	0	0	3	0	45
19	Sandra Sharratt	43	0	0	0	3	0	43

20 Jay Sims 42 0 0 0 3 0 42

Darren Wrintmore stays in top-spot with **Alan Best** moving up to second and **Will Whitmore** into third. For the Ladies, **Sara Robert** and **Fiona Price** swap positions again whilst **Caroline Scott** remains in third. With no more monthly segments this year it is only Bonus Points which can now be earned and you have until 25th November to revisit the earlier segments and bag the points.

Ride Safe - **Darren Wrintmore – Vice-President**

AVT Results

Avon Valley Triathletes results 2022 are now live on the club website. Please email your results for inclusion to avtresults@avonvalleyrunners.org.uk. The deadline for results to be submitted from any races completed in February is 31st March and for any races completed in March is 30th April. Unfortunately, any results submitted after these deadlines will not be included. When submitting results, a link to the results page for the event and a screen grab of your detailed results are ideal. If this isn't possible, please provide the below information:

- Event Date
- Event Name
- Event Type (if not obvious) eg. Aquathlon, Tri, TT
- Distances of each discipline
- Times for each discipline including transitions
- Overall Finish Time
- Position
- Number of competitors (if known)
- Category Position
- Prizes
- PBs
- CPBs