



THE VALLEY NEWS



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Dates for your diary

- **Committee meeting** – Tuesday 1st November 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 Wednesday 9th November, 8-9pm at the rugby club bar.
- **Over the Hills** – 6th November. Online entries [here](#).
- **AVR Wiltshire Half Marathon** – 27th November. Online entries [here](#).

London Marathon

Eleven members of AVR were lucky enough to take on this iconic marathon event on Sunday 2nd October. Some ran their first ever marathon and others were completing their 18th event at London! Congratulations to some amazing performances.

Position	Person	Running
606	Chris Else	02:46:35
1143	Jackie Rockliffe	02:54:08
4355	Gary Day	03:22:17
6145	Steven Gotobed	03:22:22
7514	Diane Hier	03:39:34
10222	Stuart Sellers	03:51:05
14054	Debbie Ellis	04:05:25
24395	Ben Vincent	04:47:33
26557	Tina Vivian	04:56:21
31637	Sarah Emery	05:23:11
31809	Philip Rockliffe	05:24:09



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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.

Gary Day

London was my first marathon so I didn't really know what to expect. The support around the course was just incredible, I luckily just managed to spot our amazing AVR support team too which gave me a boost.

It turned out to be one of the hardest runs that I'd ever done, but crossing the finish line was one of the best feelings, if a little emotional (I may have cried a little).

I'd like to take this opportunity to give a massive thanks to my wife Emma, who had to keep treating me, patching me up and putting up with all the 'London' talk! Also a big thank you to the AVR coaches especially Fiona Price for all the great advice, tips and training plans.



Tina Vivian

I decided to enter the ballot for London Marathon after the re scheduled marathon last October. I was nursing my husband at home who had severe dementia at that time having last run a marathon in 2017. I didn't get in but managed to get a charity entry with Dementia UK. What a fabulous charity! They give practical and emotional support for family carers as well as the loved one with Dementia.

I stood on the red start line quietly confident that I had done enough training over those hot summer months. My husband Richard was in a care home so I was able to get out early in the

morning to beat the heat. With 5 weeks to go and when I would be doing my last long runs, he died but I still managed those long runs. It was so lovely to run in the early morning along the canal. The boat people and fishermen and even the herons and swans got used to me. I could think about my husband in the most joyous way. I even finished one long run with a white feather on my shoulder - a sign from Richard to say he was OK and with me?



I ran with a photo of Richard on my back. I felt proud to run for such a superb charity. They were so supportive throughout the training. The weather was perfect. Before I knew it, I had passed the Cutty Sark with only 3 miles to go before I saw Team AVR at Surrey Quays. I saw the AVR lollipop first then the grinning faces of Denise Ellis, Kay Crawford and Tash Drane. I was buzzing. I thought I might be emotional but I just felt at peace and so happy. Over Tower Bridge at 13miles then the slightly quieter part of the course through Canary Wharf and Isle of Dogs. Even though my t-shirt had 'Tina' printed on it, I was amazed at how many people shouted my name. It was very uplifting. The name Kevin got shouted at a lot too and then I realised it was aimed at someone nearby dressed as a Minion!

Tower of London came into sight. The crowds were roaring. It wasn't far now - just a mere 5 miles or so then suddenly someone clipped my foot from behind and down I went. I was prepared for a scrape or two but miraculously I managed a perfect commando roll and ended up on my back like a stranded beetle! Too stiff to get up I was hauled to my feet by some passing runners and as I set off there was a huge "Go Tina Go!" chant. So I did with a renewed speed and purpose.

I spied the London Eye and Big Ben and knew I would soon see Team AVR again. Sure enough at 25 miles, there they were. I think they were more relieved than me! After a quick chat, I was off again. The last mile was like a dream. I nearly cried but couldn't run so pulled myself together. I realized that I actually wanted to stop running and the faster I went the quicker that would happen. Then, there was Buckingham Palace, beautiful against the blue autumnal sky. I turned the last corner and the finish line on The Mall was insight. I lifted my arms as I crossed the line but as usual, timed it wrong so the finish line photo looks like I had fallen over the line but there is a smile on my face!

This was my 10th London Marathon and I enjoyed every single moment. It was my slowest by 30 minutes but I still got a good for age time! The cherry on the cake was when Denise and I went to the Dementia UK finish party close to the finish in Pall Mall. Every runner got a huge round of applause and handed a glass of fizz!



Debbie Ellis

This year's London Marathon was my 10th marathon and my 4th time in London - it was a blast! I have run marathons all over the world and enjoyed all of them but there is no place like home and the London Marathon holds my heart. The training did not go well this year; I was struggling to get my head around it all. However with amazing support and encouragement from my AVR friends, I completed the training, turned up on the day and gave it my very best shot and was delighted to finish in a very unexpected time of 4:05:25. The crowd, the atmosphere and the organisation were incredible and in my opinion, it's the best in the world.

There were also a number of members who signed up to the virtual event.

V12699	Neil Edmondson	3:23:39
V5848	Kathryn Butt	4:47:15
V9055	Terri Duddy	5:55:24
V3795	Jo Guy	5:58:42
V10218	Andrew Chappell	6:37:00
V9390	Alison Miller	7:16:05

- there are more accounts of this event throughout The Valley news this month, so keep reading...

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: 9th November



New Club Records

Two more club records were broken at The London Marathon by the unstoppable Jackie Rockcliffe and Diane Hier! All current club records can be viewed on the website [here](#) – could you be our next record breaker?

FV50 Marathon	FV60 Marathon
Jackie broke her 10 th club record at London in an amazing PB time of 2:54:08. Not only that, she finished first in her age category out of 1951 runners!	This was Diane's 7 th club record, finishing the London Marathon in a super speedy time of 3:39:34.



Halloween Running

Members ran around Melksham for Halloween and enjoyed a bit of silliness and fancy dress too. This was also part of the November Goal getters challenge and earned everyone a point. There is still time to take part in the different challenges

AVR Events

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](#).

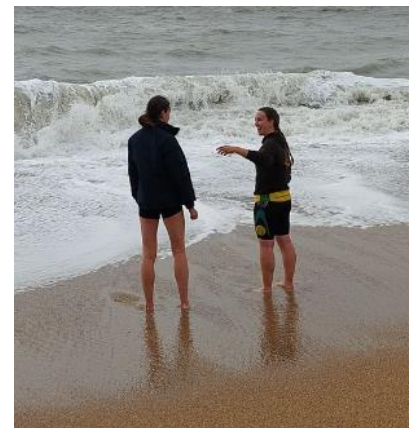


AVR On Tour

After the success of the pre-pandemic 2020 parkrun trip to Cardiff parkrun, another trip was organised for the 22nd October this year. Members travelled on the Active Trowbridge minibus to St Mary's parkrun in Bridport where an unusual route with a couple of sharp rises that takes runners right past people's front doors! This was followed by breakfast at The Windy Corner Café in West Bay. Three AVRs volunteered their time at the event too and some even braved a dip in the sea!



The next parkrun social will be in the New Year to Moors Valley. Keep an eye on FB and your inbox when the date is announced.



Cheddar 10km race report

 – by Rosemary Barber

The Cheddar 10k was a very well organised, although complex, race by Relish Running.

We were able to choose which car park we preferred, either at the top of the Gorge or the bottom. The ones parking at the bottom were bussed up for the start. The field was like a mini village where you collected numbers, drank coffee and warmed up etc.

The first 5k was quite hilly (up) but once we approached the Gorge it was very picturesque. All the Roads were closed to traffic. The finish was in the big layby before the shops and caves where we were given a unique medal, also bars of chocolate, then quickly claimed my small bag with my top in. Finding our way to the buses for our return journey was quite a challenge as it was 2 miles away from the finish - Ken had printed out 7 pages of directions for me!! Thankfully, there were plenty of people about and when I reached the farm, there were 3 double deckers waiting to transport us. I hopped on and because the Gorge was closed to traffic we had to take the long route back, taking 50mins, but it was good to share our stories on board.



I would certainly do this race again. Luckily I have won a free entry for being 1st in my age group - yes there were others over 70!!

Three other members of the club took part in this race on the 17th September. Rosemary finished in a time of 56:41.

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 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 2022



This year (January to December) the AVR Off-Road League 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 Off-road 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 12th November – Dark Valley 10k
 19. Sunday 27th November - Yarnbury Yomp
 20. TBC

Brinkworth Bash

Seven members (pictured right) took on this event which is also the first event in the 2022/23 Wiltshire off road league (WORL).

Gary MacAlister was the first AVR over the line in 4th place in 39:07 and **Fiona Gibbs** was the first AVR female in 58:15.



White Horse Gallop

This favourite in the off-road calendar was attended by 13 members and was also the second race of the WORL. It was won outright by **Mike Towler** (pictured left) in a blistering time of 48:12 and **Veryan Cranston** was the first AVR female in 1:01:56. There were four AVR in the top 10!



Wiltshire Road Race league

It was confirmed this month that the Wiltshire Road Race League was won by the Royal Wootton Bassett Hounds by one point over AVR. Congratulations to everyone who took part and to those members who made it into the top 10 of the female and male runners. A full breakdown of the results can be found [here](#).



Female				Male			
Name	Club	Age Category	Points	Name	Club	Age Category	Points
Ella Luffman	ROYAL WOOTTON BASSETT HOUNDS RC	FS	590	Jake Stephens	CHIPPENHAM HARRIERS	MS	599
Gemma Knudsen	AVON VALLEY RUNNERS	FS	578	Michael Gilbert	ROYAL WOOTTON BASSETT HOUNDS RC	MV40	591
Ella Saunders	ROYAL WOOTTON BASSETT HOUNDS RC	FS	575	Matthew Waite	CALNE RUNNING CLUB	MV40	575
Charlotte Taylor	STONEHENGE STRIDERS	FV45	569	Philip Daniels	CALNE RUNNING CLUB	MS	573
Michelle Coveney	CALNE RUNNING CLUB	FV45	550	Tim Burrell	AVON VALLEY RUNNERS	MAges 50 - 59	531
Christine Meek	ROYAL WOOTTON BASSETT HOUNDS RC	FV55	535	Jack Prout	AVON VALLEY RUNNERS	MS	519
Julie Bean	CHIPPENHAM HARRIERS	FV45	508	Peter Veleski	AVON VALLEY RUNNERS	MS	518
Elly Fitzgibbon	STONEHENGE STRIDERS	F Ages 45 - 54	457	Krist Noonan	CHIPPENHAM HARRIERS	MV40	466
Heather Ponting-Bather	ROYAL WOOTTON BASSETT HOUNDS RC	FV35	448	Jeremy Friend	CALNE RUNNING CLUB	MV50	457
Char Wilson	ROYAL WOOTTON BASSETT HOUNDS RC	F Ages 45 - 54	448	Jon Pittard	AVON VALLEY RUNNERS	MV40	451

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AVON VALLEY TRIATHLETES

Dabbling in Multi-Sport?

The AVT working group are in the process of creating a messenger group called 'AVT Pathways'. It's for those members dabbling in multi-sport who expressed an interest in their AVT survey - it's designed to be supportive and assist others in accessing multisport. If you'd like to be added please email: avt@avonvalleyrunners.org.uk or speak to one of the AVT working group: Caroline Scott, Annalie Ibison, Steve Clark, Ian Isaac, Alan Best, Sue Porto or Emily Dye.



AVT Flag - Flagging up some incredible news...

While AVR have the lollipop, AVT have Goal Getters flags! If you want to win that point you need to get your hands on a flag. Email avt@avonvalleyrunners.org.uk or just ask **Caroline Scott** or **Annalie Ibison** for a flag to borrow, then just post a photo on the AVT Facebook Page of you supporting a multi-sport event.

Here's some places the AVT flag has travelled this month:



Well done to **Annalie Ibison** (left) who flew all the way to Valencia for her first 'superhalf' and achieved a PB in 27-degree heat! Awesome job Annalie.

Well to **Kat Taylor-Laird** (right) on her awesome ultra-marathon on 8th October - 56 miles at the Glashow to Edinburgh ultra! She also managed to sneak in the AVT flag into the Ultra Running magazine news image which you can see [here](#).



Mass Attack Duathlon

In the Mass Attack Duathlon at Thruxton Circuit on the 2nd October, **Jen Natrass** came 6th in her age category in 1hr 13mins. Congratulations also to **Fiona Price** who came 4th in her age category in 1hr 16mins (both pictured right).

Cycling Time Trials News

If you are thinking about doing time trials next year, which are great for getting your cycling speed up, you can register on the Cycling Time trials site : [Cycling Time Trials: The national governing body for cycling time trials](#) - Choose AVT as your first claim club.

Note that DB Max will do a 5 race summer series in 2023 on Wednesday evenings at Castle Combe which is traffic free with live results.



AVT Results

Please make sure you email your results to avtresults@avonvalleyrunners.org.uk.

PLEASE REMEMBER: IF WE DON'T KNOW YOU ARE COMPETING WE CANNOT RECOGNISE YOU

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



AVT AWARDS

After a 2-year hiatus, due to a covid-induced lack of events, the AVT Awards are back! If you're putting any effort into multi-sport this season, it's even more worthwhile knowing there is bling to compete for. AVT will present the following awards on the Presentation Evening 2023. The leader boards are below and there are some close races! The season is not over yet - check out <https://www.britishtriathlon.org/events/search> to find events between now and the end of the year, and if you participate, don't forget to submit your results to avtresults@avonvalleyrunners.org.uk.



How Hard Did You Tri?

This one's easy - We'll add up every distance of every leg of every multi-sport event you participate in. Whoever goes the farthest, wins. There are men's and ladies' titles to compete for.

Qualifying disciplines are duathlon, aquathlon, aquabike, time trial (10 miles max) and triathlon.

AVT League

The league consists of how well you performed across the same five disciplines: duathlon, aquathlon, aquabike, time trial (any distance) and triathlon (any distance).

Using your best result for each of these disciplines, we'll turn your overall finishing position into a percent. So if you came 57th out of 100 finishers, that's 57%. We'll then take the average percent across all four disciplines. The lowest average wins.

If you didn't complete an event in a discipline, you will be given 100%. If one type of multi-sport isn't your thing, you're still in with a chance, you don't have to complete all five disciplines to be up for consideration.

There are men's and ladies league titles.

AVT Inspire and Motivate Award

The winner of this award is chosen by the AVT Working Group and is given to the person who is seen to promote AVT within AVR and wider circles and encourages people to get involved.

To qualify for How Hard Did You Tri and the league, you need submit your results to avtresults@avonvalleyrunners.org.uk. We don't get results automatically sent to us, so if you don't submit them, we don't know about your achievements.

Good luck, can't wait to see you at the Presentation Evening!

Leader boards this month:

How Hard Did You Tri (Men):

Position	Name	Distance (km)
1	Steve Clark	344.65
2	Simon Williams	234.5
3	Cliff Dye	232.25
4	Daniel Colman	189.95
5	Simon Down	164

How Hard Did You Tri (Ladies):

Position	Name	Distance (km)
1	Esther Frawley	267.55
2	Emily Dye	232.25
3	Annalie Ibison	228.75
4	Sue Porto	212.05
5	Pauline Bradley	178.65

AVT League (Men):

Position	Name	Points (%)
1	Daniel Colman	45.50
2	Simon Williams	59.06
3	Steve Clark	74.47
4	Scott Green	75.30
5	Cliff Dye	76.63

AVT League (Ladies):

Position	Name	Points (%)
1	Esther Frawley	66.75
2	Emily Dye	68.21
3	Kathryn Butt	76.59
4	Caroline Scott	80.80
5	Jenny Natrass	81.16

Conquering the London Classics – by Sarah Emery



In 2017, The London Marathon Events created a new challenge called the London Classics. In their words, it was to 'recognise and reward a growing number of very special participants who have completed [the] three toughest challenges: The London Marathon, the Ride London 100 and Swim Serpentine'. Having already completed Ride London in 2016, I set about entering the other events to complete this tough triathlon, even if each event was spaced out over a few years!

Ride London

In 2016, I won entry into the event through an Evans Cycles Twitter competition. In a rather poorly planned weekend, I attended 2 weddings back-to-back and then took on this 100-mile cycle ride after a sat-nav and phone battery disaster and only 3 hours sleep! In the end, I also did the event in 2017 (pictured above) after successfully getting through the ballot and then again in 2018 after winning another Evans competition. I would have done it again in 2019 but I injured myself a week before the event and had to pull out. The event is tough but the atmosphere and the views made up for it. Finishing on The Mall was a true highlight but my favourite year was in 2018, despite the horrendous weather, when I had a VIP start and met Dame Kelly Holmes over breakfast!

Swim Serpentine

This event was brand new in 2017 and there was no ballot so you could just enter. I am not a huge fan of open water swimming but nonetheless, I swam at Vobster regularly over the summer to prepare. On the day, the water temperature in the Serpentine was measured at 15 degrees, which is apparently warm enough to swim



in skins, but I chose the much cosier wetsuit option! Even so, when I finally finished the 2-mile event (pictured right), after a bout of cramp and a stand-off with some rather stubborn ducks, I was absolutely frozen. Even the hot tubs at the finish couldn't warm me up!



London Marathon

This was the hardest event to enter. I had put my name in the ballot for years and always got the dreaded 'commiserations' email. In 2019, I secured a charity entry for the 'Forever Friends Appeal' at the RUH in Bath who only had one place. Anyone who wanted it had to write a letter

explaining why they should get it and I was chosen! I started fundraising and trained up to 16 miles in 2020 when the event was cancelled because of the pandemic. After a few deferrals and a change of the charity name to 'RUHX', I finally got to run the event this year and raised £3896 in the process. It was such an emotional experience that by the time I crossed the line, I was in tears even if the picture doesn't look that way (I pulled myself together for the photo!) After getting the event medal, I then got to go to a special collection area and show them the London Classics logo on my bib number where I got to collect the Big One and I just bawled my eyes out!

I thoroughly recommend completing this challenge. The memories, medals and sense of pride are certainly worth the training and the pain.



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:** 51 Fiver - <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>

AVT Segment of the Year – November update

The Avon Valley Segment of the Year is a competition of two parts. The first being the based on “The Segment of the Month”, where by 12 Strava segments are selected by members that are typically within 10-miles of Trowbridge and points are attributed to the fastest members over the designated two segments in a given month from April through to September. With 25-points on offer to the quickest on a segment, 24-points to the second quickest, 23-points to the third quickest and so on, down to 1-point for any member who completes the segment in the given month. These scores are then locked on the 25th day of the month and the best 10-scores are used to compile the leaderboard, with any points being achieved on an 11th or 12th segment being shown as a deduction. This is how the top-10 Men and Ladies tables ended up when the monthly segments concluded at the end of September:

Rank	Athlete	SotM Ridden	SotM Deductions	SotM Points
1	Darren Wrintmore	12	43	244
2	Sean Price	11	17	214
3	Will Whitmore	9	0	214
4	Alan Best	9	0	211
5	Paul Banfield	9	0	207
6	Tim Lowrie.	5	0	104
7	Simon Williams	5	0	98
8	Simon Reeves	3	0	56
9	Tony Dunford	3	0	54
10	Andrew Jefferies	3	0	52

Rank	Athlete	SotM Ridden	SotM Deductions	SotM Points
1	Sara Robert	11	21	240
2	Fiona Price	11	21	237
3	Caroline Scott	10	0	235
4	Jenny Natrass	6	0	132
5	Jo Mumford	4	0	93
6	Annalie Jane	4	0	83
7	Anne Clark	4	0	79
8	Esther Frawley	3	0	64
9	Pauline Bradley	3	0	58
10	Liz Gard	2	0	38

The second part of the competition involves the earning of Bonus-Points. There are achieved by riding any of the selected 12 Strava segments at any time over the course of the year (well from 1st January to 25th November to be precise). Like with the “Segment of the Month” 25-points are on offer to the quickest on a segment, 24-points to the second quickest, 23-points to the third quickest and so on, down to 1-point for any member who completes the segment during the year*. Again, the best 10-scores are used to compile the leaderboard, with any points being achieved on an 11th or 12th segment being shown as a deduction. These Bonus-Points are then added to the Segment of the Month Points to generate the Leaderboard.

**if you leave the Avon Valley Triathletes group on Strava during the year then you may lose any Bonus-Points achieved even if you had completed the segment in the “Segment of the Month” part of the competition.*

This is how the Top-20 on the Avon Valley Leaderboard looks at the end of October...

Rank	Athlete	Total Points	SotM Ridden	SotM Deductions	SotM Points	Bonus Segments	Bonus Deductions	Bonus Points
1	Darren Wrintmore	488	12	43	244	12	43	244
2	Alan Best	450	9	0	211	12	43	239
3	Will Whitmore	432	9	0	214	10	0	218
4	Sean Price	419	11	17	214	12	34	205
5	Tim Lowrie.	318	5	0	104	10	0	214
6	Paul Banfield	294	9	0	207	4	0	87
7	Martin Disney	220	2	0	49	8	0	171
8	Simon Williams	203	5	0	98	6	0	105
9	Andrew Jefferies	161	3	0	52	7	0	109
10	Simon Reeves	152	3	0	56	6	0	96
11	Stephen Clark	152	2	0	37	7	0	115
12	Martin Watters	144	3	0	48	7	0	96
13	Tony Dunford	141	3	0	54	5	0	87
14	Cliff Dye	134	2	0	39	6	0	95
15	Dan Colman	111	0	0	0	6	0	111
16	David Clarke	100	2	0	39	4	0	61
17	Mark Sims	97	2	0	40	3	0	57
18	Tommy Davies	84	2	0	42	2	0	42
19	Martin Russam	68	2	0	32	4	0	36
20	Rich Ayling	58	1	0	23	2	0	35

Rank	Athlete	Total Points	SotM Ridden	SotM Deductions	SotM Points	Bonus Segments	Bonus Deductions	Bonus Points
1	Caroline Scott	476	10	0	235	12	40	241
2	Sara Robert	472	11	21	240	11	18	232
3	Fiona Price	470	11	21	237	12	42	233
4	Jenny Natrass	272	6	0	132	7	0	140
5	Jo Mumford	235	4	0	93	6	0	142
6	Anne Clark	230	4	0	79	8	0	151
7	Esther Frawley	225	3	0	64	8	0	161
8	Annalie Jane	210	4	0	83	7	0	127
9	Sarah Jewers	143	2	0	36	7	0	107
10	Pauline Bradley	137	3	0	58	5	0	79
11	Sue Porto	135	1	0	19	7	0	116
12	Sarah Jeffries	100	0	0	0	6	0	100
13	Vanessa Lucas	72	1	0	22	3	0	50
14	Liz Gard	66	2	0	38	2	0	28
15	Tizzie Robinson	62	0	0	0	3	0	62
16	Laura Waterhouse	60	0	0	0	5	0	60
17	Linda Uns	47	1	0	20	2	0	27
18	Kat Taylor-Laird	45	0	0	0	3	0	45
19	Sandra Sharratt	42	0	0	0	3	0	42

20 Gemma Knudsen **41** 1 0 **17** 2 0 **24**

You have until 25th November to gain some bonus points, refer to the December 2021 edition of The Valley News to view the segments.

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