

THE VALLEY NEWS



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Dates for your diary

- **Committee meeting** – Tuesday 6th December 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 14th November, 8-9pm at the rugby club bar and incorporates the annual Christmas party. More details in the news.
- **Melksham Christmas Lights Run** – Wednesday 21st December 6:30pm from The Water Meadow pub
- **AVR do Moors Valley parkrun** – 28th January – minibus leaving from the Civic Centre at 6:30am.
- **AVR Presentation Evening** – 7pm Saturday 5th February 2023 at the Trowbridge Civic Centre

New Club Records

More club records have tumbled this month with **Robin-Mark Schols** scoring 3 out of 4 of them!

MV60 10 miles	MV60 5km	MV60 10km	FV50 10 mile
Robin ran 1:07:08 at the Hayling Island 10 on the 6 th November taking off 30 seconds from the previous record.	Three days after Hayling Island, Robin then broke his own 5km record at Street taking 35 seconds off his previous time, finishing in 19:30. He was also top of his age category at the event.	Then on 19 th November, he ran 39:48 at the Chilly 10k and was also top finisher in his age category again. What a month for Robin!	Jackie Rockliffe also ran at the Hayling Island 10 kicking a huge 5 minutes and 6 seconds off her own record, finishing in 1:02:20.

The AVR Wiltshire Half Marathon – by Katie Oliver

Sunday 27th November saw the 10th Anniversary of one of our flagship events take place, The AVR Wiltshire Half Marathon. With entries selling out in advance we saw 259 runners take to the start line in perfect weather conditions, eager to be awarded one of our special medals and technical t-shirts as they crossed the finish line.

There were plenty of brilliant running performances, with our first-place winner breaking the course record in a staggering time of 1:10:11! It was also great to see so many of our own yellow army out on the course, with AVR taking both the first-place male and female group prizes plus some age group wins.

We're also delighted to have supported such a worthwhile charity in the process, raising a total of around £1500 for the Wiltshire Air Ambulance. This was helped by the generosity of everybody who contributed to our bake stall and the first aiders kindly waiving their own fee for the day.

A massive thank you goes out to all of our wonderful volunteers for the event as well as a big well done to our two race directors, **Vicky Bodman** and **Hayley Anderson**. The day could not have been as much of a success without all the brilliant support, and we've received ample positive feedback from participants who have continually mentioned how encouraging all our marshals were out on the course.

After the great success of this year's event, we hope you are all ready and raring for next year! Remember to add the Sunday 26th November 2023 to your diaries...



Upcoming AVR Events

AVR Christmas Party

Wednesday 14th December at 8pm at Trowbridge Rugby Football Club

AVR Christmas Party with skittles and food all for free to members and their partners. We also have: Christmas Fancy Dress and Sustainable Secret Santa. If you would like to join in, please bring with you a wrapped present that cost you nothing and it can be second hand. All those that donate a present will go home with one.

The fancy dress and Secret Santa are optional.

View the Facebook event for it [here](#).

Melksham Christmas Lights Run

Wednesday 21st December.

6:30pm from the Water Meadow pub following the Christmas Lights Trail.

Fancy dress encouraged!

Drinks afterwards at the pub.



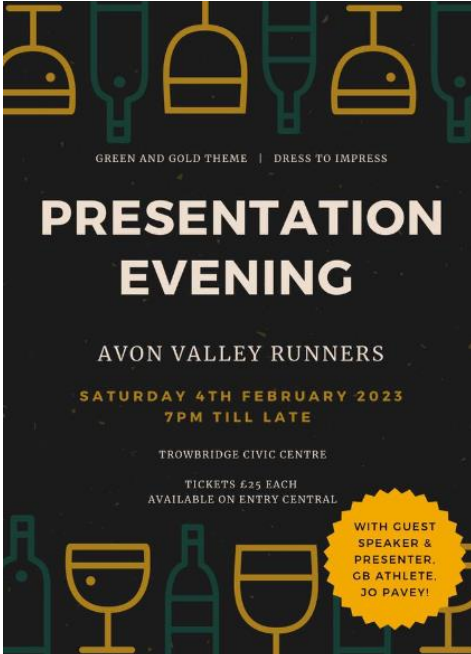
Melksham Christmas Lights Trail
Organised by
Clare Richter at Keller
Williams

To add your decorated home to the map please contact
clare.richter@kwuk.com

To access the map scan the QR code
or visit the Melksham Christmas
Lights Trail Facebook group



kw CLARE RICHTER



GREEN AND GOLD THEME | DRESS TO IMPRESS

PRESENTATION EVENING

AVON VALLEY RUNNERS

SATURDAY 4TH FEBRUARY 2023
7PM TILL LATE

TROWBRIDGE CIVIC CENTRE

TICKETS £25 EACH
AVAILABLE ON ENTRY CENTRAL

WITH GUEST
SPEAKER &
PRESENTER,
GB ATHLETE,
JO PAVEY!

AVR do Moors Valley parkrun

Saturday 28th January

Reserve your seat on the minibus for £10 by emailing
news@avonvalleyrunners.org.uk.

More information on the Facebook event [here](#).

AVR Presentation Evening

Saturday 4th February 7pm at the Trowbridge Civic Centre.

Come and celebrate all of the wonderful achievements of our members from 2022 along with guest speaker and presenter, Jo Pavey!

This year's theme is **green** and **gold**.

Entries available [here](#).

View the Facebook event for it [here](#).

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.

Beginners Graduate

Well done to this year's beginners for finishing their 12-week schedule to run 5km non-stop by the end. Thank you to **Jay-Sims Bagshaw** and the volunteers for helping with this.



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

Over the Hills – also race 3 in the Wiltshire League

A huge 27 members took on our very own OTH event on a day that threw lots of different weather at everyone! **Mike Towler** finished 2nd overall in a time of 46:01 with **Veryan Cranston** finishing as the first AVR female in 1:01:14. A huge well done also to **Team Knudsen** and the army of volunteers who made the event such a success.



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.

Dark Valley 10k

No members ran at this event.

Yarnbury Yomp – also race 4 in the Wiltshire League

Six members of the club attended this event at the end of November with what sounded like some very challenging conditions – waist high puddles apparently! **Gary MacAlister** was the first AVR male over the line while **Veryan Cranston** was the first AVR female, both finishing 4th overall and both topping their age category as well.



Position	Person	Running
4	Gary MacAlister	00:45:37
29	Veryan Cranston	00:51:01
91	Richard Newman	01:06:12
92	Fiona Gibs	01:06:16
103	Frank Lamerton	01:09:05
111	Fiona Newman	01:11:18

Wiltshire Off-Road League

The standings after race 3...

Division One	WORRL 2022/23			
Team	Total Points	Total Score	M	F
1 CHIPPENHAM HARRIERS A	60	2771	1358	1413
2 ROYAL WOOTTON BASSETT HOUNDS RC A	54	2471	1215	1256
3 AVON VALLEY RUNNERS A	53	2148	1128	1020
4 CORSHAM RUNNING CLUB A	53	2129	1034	1095
5 CHIPPENHAM HARRIERS B	50	1992	1162	830
6 CALNE SMARTT A	42	775	322	453
7 CALNE RUNNING CLUB A	41	698	194	504
8 CORSHAM RUNNING CLUB B	28	693	387	306
9 DEVIZES RUNNING CLUB A	27	418	364	54
10 SHREWTON RUNNING CLUB A	11	82	0	82

Well done to **Gary MacAlister** and **Mike Towler** who are currently flying the flag for AVR in the men's top 10 standings.

AVON VALLEY TRIATHLETES

AVT Coached swim sessions

Hot off the press! The first AVT swims were fabulous! Thanks to everyone who joined the fun! We have been fully booked for the last three sessions so please book early to avoid disappointment.

Thursday, 9pm, Melksham Community Campus

Booking link: <https://calendly.com/avt-2/avt-swim?month=2022-11>

Please note that you do need to be able to swim 200 metres front crawl to join the session. If you have any questions or require access learning to swim lessons please contact **Caroline Scott** on avt@avonvalleyrunners.org.uk for further information. We can then assist you with the support you need to access the AVT coached swims.



We'd like to extend thanks to DB Max and **Will Whitmore** for supporting AVT with setting up the swim. Not only have they given us support financially but also guided us through the process. Also thanks to **Caroline Scott** (AVT Secretary) and **Annalie Ibson** (AVT Working Group Swim Champion) whose involvement has been instrumental to the set up. We are now lucky enough to have secured a small grant for AVT swim which will enable it to grow further into 2023.

We'd like to introduce our swim coaches:

Swim Coach Profiles

Christian Coates

I've been competing and coaching Triathlon for over 12 years, specialising in long distance racing and open water swimming. I have competed over all race distances from Sprint to full Ironman. I am a regular parkrun Marshall at The Old Showfield having volunteered over 50 times. I have coached over 40 individual athletes for race finishes and age group qualification with a 100% success rate.

I am affiliated and coached at a few different clubs in the area including:
Frome Tri Club. Race Director for the Frome Triathlon, Swim, Run and Spin Coach.
Hot Chilli Tri Club - Swim Coach

Bath Amphibians (Based at Bath University) open water swimming, pool based swimming and Odd Down Cycle Circuit coach (Cycling)
AVT Avon Valley Tri Club - Swim Coach

Qualifications

BTF Level 2 Diploma
BTF Strength and Conditioning
BTF Open Water Swimming
UK Coaching - Safeguarding and Protecting Children
First Aid - full qualification

My long distance swims have included:

Coniston Lake 5.5 Miles 2020

Ullswater 8 Miles 2021

Windemere 10 Miles 2022



Keith Withers

I have been a competitive swimmer from a young age, training and competing at regional and national level in pool and open water. Having competed at distances between 50m and 400m in the pool, I expanded my knowledge set in my twenties and completed my British Swimming Teachers and Coaching courses allowing me to pass on my skills, knowledge and experiences to the younger generation of competitive swimmers.



In trying to find the utopian work life balance in my late twenties and thirties, I missed the opportunity to renew my coaching qualification, choosing to focus on family time with my children and supporting them academically and in their sporting endeavours. As they improved and spent more time at the pool, I decided to up the training volume and set my sights on qualifying for and competing at the European Swimming Championships in 2016.

After the championships, medical challenges presented themselves and I stepped away from swimming until earlier this year when the AVT gang got me back into the water to swim and share my knowledge and experiences with those wanting to improve their swimming skills, times, distances. Hope to see you in the pool or open water soon. I am currently studying to be a level 1 tri coach.

Steve Clark

From never having attempted a triathlon until March 2014, where I competed on the bike leg of a triathlon relay team aged 57 and nearly 113kgs (over 17 ½ stone), eight months later I successfully completed Challenge Bahrain 70.3, weighing in at 88kgs (under 14 stone). Turning the bend into the finishing straight with the red carpet and crowds was one of the best feelings I've ever had. I crossed the finish line in 6:05:11; seventh oldest person in the event, finishing in the top 50%. I was hooked!

Since Challenge Bahrain I've gone on to complete two full Ironman events in Austria and Barcelona and numerous half Ironman distance races. I've represented GB Age Group at World and

European Championships. I was the classic eat, sleep, work, repeat - I really was that couch potato before I got involved with triathlon.

Having learnt so much over the years, plus being coached by the best, I wanted to give something back and help others with similar lifestyle as I had succeeded and to be the best they can be. So, I became an accredited coach with both British Triathlon, including open water swimming, and British Cycling. I'm now a L2 BTF coach, just completing my L2 Diploma qualification. The biggest obstacles to people achieving their triathlon goals are generally not a lack of motivation, or willingness to train, it's not lack of fitness either. Life "issues" are the biggest problem. I work to help those with busy lifestyles, plan their training to get them to achieve their triathlon / multiport goals.



Next swimming dates:

Thursdays, 9pm

8th December

15th December - last session before Christmas

Beginning again on 5th January through to 9th February (half term)

Special Christmas Cheer at the Pool

A little bit of Christmas sparkle will be joining everyone who comes along to our coached swim sessions at Melksham pool.



Anyone who books a slot at one of our coached swim sessions in December will be part of our first ever, AVT Christmas Swim Prize draw! There are two swim sessions left in December (8th and 15th Dec). Every time you attend, your name will be added to the "hat!" If you attend every December session you are more likely to be the winner! Tempted? Get booking now! <https://calendly.com/avt-2/avt-swim?month=2022-11>

Thanks to **Annalie Ibison** for organising this.

AVT Segment of the Year – Final Standings



The inaugural Avon Valley Segment of the Year competition reached its conclusion at the end of November with the last of the Bonus Points having been claimed over the twelve segments offered up to our members. So here is a summary as to how the top-3 positions went on each of the segments (*with those accomplished when the segment appeared as the Segment of the Month being marked in **bold***).

Keevil Rise – originally suggested by the club's cycling guru, **Sean Price** this 2-mile segment launched the challenge back in April and was our best attended segment over the course of the year with 40 club members taking on its 119ft of ascent at 1.1%:

Pos.	Athlete	Date	Speed	HR	Time
1	Darren Wrintmore	Jun 16, 2022	20.9mi/h	161bpm	05:46
2=	Will Whitmore	Apr 24, 2022	20.5mi/h	165bpm	05:52
2=	Martin Disney	Jul 26, 2022	20.5mi/h	148bpm	05:52

1	Jo Mumford	Mar 26, 2022	18.2mi/h	143bpm	06:36
2	Tizzie Robinson-Gordon	Jun 15, 2022	18.0mi/h	187bpm	06:42
3	Caroline Scott	Oct 8, 2022	17.7mi/h	148bpm	06:47

Sandpits Climb – was another of our segments of the month in April and was suggested by **Paul Banfield**, 19 members tackled its 0.95-mile distance with 109ft of ascent at 2.0%:

Pos.	Athlete	Date	Speed	HR	Time
1	Will Whitmore	Apr 25, 2022	18.8mi/h	168bpm	03:02
2	Alan Best	Jul 10, 2022	17.7mi/h	176bpm	03:14
3	Tim Lowrie	Jul 13, 2022	16.6mi/h	146bpm	03:26
1	Caroline Scott	Oct 8, 2022	15.1mi/h	151bpm	03:47
2	Fiona Price	Apr 24, 2022	14.4mi/h	161bpm	03:58
3	Sara Robert	Oct 2, 2022	13.2mi/h	155bpm	04:20

Tizzie Robinson-Gordon proposed the Row lane blast segment for May, just 0.61-miles in length but with 49ft of ascent at an average gradient of 1% but kicking up at a quad burning 10% for first 0.1-miles and was tackled by just 9 members over the course of the year:

Pos.	Athlete	Date	Speed	HR	Time
1	Alan Best	May 29, 2022	17.6mi/h	167bpm	02:06
2	Darren Wrintmore	Jul 21, 2022	17.1mi/h	150bpm	02:10
3	Tim Lowrie	Jun 5, 2022	16.8mi/h	-	02:12
1	Caroline Scott	Oct 8, 2022	16.2mi/h	150bpm	02:17
2	Sara Robert	May 23, 2022	15.5mi/h	140bpm	02:23
3	Fiona Price	May 22, 2022	14.6mi/h	153bpm	02:32

Sarah Emery championed our second segment for May with the Sandridge Hill descent – 0.66-miles dropping 190ft at 5% and tempted 17 members:

Pos.	Athlete	Date	Speed	HR	Time
1	Darren Wrintmore	Aug 11, 2022	35.4mi/h	155bpm	01:08
2	Alan Best	Jul 17, 2022	34.9mi/h	168bpm	01:09
3	Martin Disney	Mar 12, 2022	34.4mi/h	146bpm	01:10
1	Fiona Price	May 22, 2022	31.7mi/h	154bpm	01:16
2	Sara Robert	May 23, 2022	30.5mi/h	152bpm	01:19
3	Caroline Scott	Jul 24, 2022	29.4mi/h	132bpm	01:22

Worm Hill in June was our shortest segment at just 0.38-miles with 69ft of ascent at 3.4% and was tackled by 34 members, with **Jo Mumford** who suggested the segment being fastest of the Ladies:

Pos.	Athlete	Date	Speed	HR	Time
1	Will Whitmore	Jun 10, 2022	20.7mi/h	167bpm	01:06
2=	Alan Best	Jun 2, 2022	20.1mi/h	177bpm	01:08
2=	Paul Banfield	Jun 21, 2022	20.1mi/h	148bpm	01:08
1	Jo Mumford	Jun 1, 2022	17.1mi/h	142bpm	01:20
2	Caroline Scott (AVT)	Jun 2, 2022	15.0mi/h	152bpm	01:31
3	Esther Frawley	Apr 17, 2022	14.6mi/h	169bpm	01:34

Gatehouse to Gatehouse – was put forward by **Darren Wrintmore** as one of his favourite segments and became our second challenge for June over a technical 1.78-mile distance passing Great Chalfield Manor with 76ft of ascent and was tackled by 24 members:

Pos.	Athlete	Date	Speed	HR	Time
1=	Darren Wrintmore	Jun 17, 2022	22.4mi/h	149bpm	04:47
1=	Martin Disney	Jun 20, 2022	22.4mi/h	153bpm	04:47
3	Will Whitmore	Jun 7, 2022	22.3mi/h	-	04:48
1	Jenny Natrass	Jun 2, 2022	19.3mi/h	112bpm	05:33
2	Izzy McNally	Jun 26, 2022	19.2mi/h	-	05:34
3	Sara Robert	Jun 7, 2022	19.1mi/h	138bpm	05:36

Sara Robert championed the [Caught by the fuzz](#) segment through Semington in July. A quick segment over 0.87-miles with a “lump” midway and was tackled by 28 members:

Pos.	Athlete	Date	Speed	HR	Time
1	Will Whitmore	Jul 24, 2022	30.0mi/h	163bpm	01:45
2	Alan Best	Jul 24, 2022	29.4mi/h	168bpm	01:47
3	Paul Banfield	Jul 19, 2022	28.1mi/h	140bpm	01:52
1	Caroline Scott	Jul 24, 2022	25.2mi/h	-	02:05
2	Jo Mumford	Jun 25, 2022	25.0mi/h	111bpm	02:06
3	Sara Robert	Jul 24, 2022	24.4mi/h	131bpm	02:09

[Going for Silver](#) – our second challenge in July was put forward by **Kat Taylor-Laird**. Starting in Southwick and covering 0.84-miles before kicking up with 62ft of ascent as it enters Trowbridge.

23 members rose to the challenge with Alan Best and Caroline Scott overshooting the mark ☺

Pos.	Athlete	Date	Speed	HR	Time
1	Alan Best	Jul 24, 2022	26.8mi/h	172bpm	01:54
2	Darren Wrintmore	Jul 23, 2022	26.5mi/h	158bpm	01:55
3	Will Whitmore	Jul 24, 2022	26.3mi/h	162bpm	01:56
1	Caroline Scott	Oct 8, 2022	21.9mi/h	157bpm	02:19
2=	Jo Mumford	Jul 17, 2022	20.7mi/h	135bpm	02:27
2=	Sara Robert	Jul 24, 2022	20.7mi/h	148bpm	02:27

Tim Lowrie enjoys a [Cheeky mile blast](#) and this was one of our challenges in August. Near the village of Marston this presented a fairly flat 1.08-miles and was tackled by 35 members:

Pos.	Athlete	Date	Speed	HR	Time
1	Darren Wrintmore	Aug 11, 2022	26.9mi/h	163bpm	02:25
2	Tim Lowrie	Sep 10, 2022	25.6mi/h	153bpm	02:32
3	Alan Best	Aug 25, 2022	24.5mi/h	177bpm	02:39
1	Fiona Price	Aug 21, 2022	23.7mi/h	152bpm	02:44
2	Jo Mumford	Oct 1, 2022	23.3mi/h	157bpm	02:47
3	Anne Clark	May 16, 2022	23.0mi/h	147bpm	02:49

[Deep Lane \(Twd Chapmanslade\)](#) was put forward by **Sarah Jeffries** as one of our segments for August with 1.89 undulating miles being tackled by just 8 members:

Pos.	Athlete	Date	Speed	HR	Time
1	Darren Wrintmore	Aug 6, 2022	22.0mi/h	154bpm	05:10
2	Alan Best	Aug 11, 2022	21.6mi/h	163bpm	05:16
3	Tim Lowrie	Aug 9, 2022	20.5mi/h	138bpm	05:33
4	Caroline Scott	Aug 11, 2022	17.7mi/h	-	06:26
5	Fiona Price	Jul 21, 2022	15.5mi/h	118bpm	07:20

Gary MacAlister suggested [Pub to Petrol station](#) between Hilperton and Staverton which became our second segment for August with 1.12-miles dropping at 1% and tackled by 33 members:

Pos.	Athlete	Date	Speed	HR	Time
1	Darren Wrintmore	Sep 17, 2022	26.6mi/h	152bpm	02:32
2	Alan Best	Sep 18, 2022	25.6mi/h	167bpm	02:38
3	Rich Ayling	Sep 11, 2022	24.7mi/h	134bpm	02:44
1	Sara Robert	Oct 29, 2022	25.1mi/h	162bpm	02:41
2	Caroline Scott	Sep 24, 2022	22.3mi/h	147bpm	03:01
3	Jenny Natrass	Sep 24, 2022	22.2mi/h	105bpm	03:02

[Castle Combe Lap #2](#) – This segment was on the course of the club Time Trial Championships in September but could also be undertaken at any of the open sessions or TT's which took place over the circuit throughout the year. Surprisingly the opportunity to cover 1.82-miles on traffic-free and very quick tarmac was only undertaken by 15 club members:

Pos.	Athlete	Date	Speed	HR	Time
1	Dan Colman	May 12, 2022	29.9mi/h	-	03:39
2	Darren Wrintmore	Sep 14, 2022	25.6mi/h	159bpm	04:16
3	Will Whitmore	Aug 3, 2022	24.8mi/h	158bpm	04:24
1	Fiona Price	Sep 20, 2022	23.3mi/h	156bpm	04:41
2	Sarah Jeffries	May 3, 2022	22.7mi/h	-	04:48
3	Anne Clark	Jul 7, 2022	22.6mi/h	148bpm	04:50

So, our final top-20 standings are:

Rank	Athlete	SotM Ridden	SotM Points	Bonus Segments	Bonus Points	Total Points
1	Darren Wrintmore	12	244	12	244	488
2	Alan Best	9	211	12	239	450
3	Will Whitmore	9	214	10	218	432
4	Sean Price	11	214	12	205	419
5	Tim Lowrie	5	104	10	214	318
6	Paul Banfield	9	207	4	87	294
7	Martin Disney	2	49	8	171	220
8	Simon Williams	5	98	6	105	203
9	Andrew Jefferies	3	52	7	109	161
10	Stephen Clark	2	37	7	118	155
11	Simon Reeves	3	56	6	96	152
12	Martin Watters	3	48	7	95	143
13	Tony Dunford	3	54	5	87	141
14	Cliff Dye	2	39	6	95	134
15	Dan Colman	0	0	6	110	110
16	David Clarke	2	39	4	61	100
17	Mark Sims	2	40	3	57	97
18	Tommy Davies	2	42	2	42	84
19	Martin Russam	2	32	4	36	68
20	Rich Ayling	1	23	2	35	58

Rank	Athlete	SotM Ridden	SotM Points	Bonus Segments	Bonus Points	Total Points
1	Caroline Scott	10	235	12	241	476
2	Sara Robert	11	240	11	232	472
3	Fiona Price	11	237	12	233	470
4	Jenny Natrass	6	132	7	140	272
5	Jo Mumford	4	93	6	142	235
6	Anne Clark	4	79	8	151	230
7	Esther Frawley	3	64	8	161	225
8	Annalie Jane	4	83	7	127	210
9	Sarah Jewers	2	36	7	107	143
10	Pauline Bradley	3	58	5	79	137
11	Sue Porto	1	19	7	116	135
12	Sarah Jeffries	0	0	6	100	100
13	Vanessa Lucas	1	22	3	50	72
14	Liz Gard	2	38	2	28	66
15	Tizzie Robinson-G	0	0	3	62	62
16	Laura Waterhouse	0	0	5	60	60
17	Linda Unsworth	1	20	2	27	47
18	Kat Taylor-Laird	0	0	3	45	45
19	Sandra Sharratt	0	0	3	42	42
20	Gemma Knudsen	1	17	2	24	41

Awards for the top-3 finishers will be handed out at the club presentation evening in February (*below*). In the meantime, I shall be reaching out to members to determine the segments for the 2023 Avon Valley Segment of the Year.



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

News for AVT Zwifters

As you already know, Zwift is a great way to train throughout the year but nothing beats training and racing with like-minded individuals. It is for this reason, that we are enhancing our presence on Zwift as a club.

If you have not already, you can join AVT via the companion app (search for Avon).

[Joining a Club \(zwift.com\)](https://www.zwift.com)

You can race already however for some events the results require you to belong to Zwift Power. In Zwift Power you can also join AVT so that we can enter races as a club with a verified result.

Joining a Team

To join a team in ZwiftPower, follow these steps:

- Go to [ZwiftPower - Login](#) and if necessary, sign in.
- Navigate to the team you'd like to join (search for Avon).
- Select us as the team you'd like to join.
- Select Join <Team TAG>.

Once we have most of you as members we will start hosting Group Rides and Events before moving into racing as AVT.

Thanks to **Alan Best**, AVT Working Group, for setting this up.

New toroad bikes?

Alan Best, AVT Working Group, will also be looking to support newer cyclists with a few outdoor rides and some bike maintenance in the near future. More information on that will follow.

Special Qualifications

In the words of **Sean Price**:

Big Congratulations to **Fiona Price** as she has not only qualified for the London Marathon 2023 GFA, she has also qualified to represent GB next year in The Duathlon AG Sprint World Championships 2023 in Ibiza. Fiona put in a great performance at the qualifier at Thruxton back in October to cement her place on the team. No end to this girl's talent and off to fly the Avon Valley Triathletes flag in Ibiza! As you guessed I am her No 1 fan!



DB Max 'Chilly' Duathlon



2 miles run, 10 miles bike, 2 miles run

There was a great AVT turnout for the popular duathlon and a wonderful team spirit.

Special mentions to **Dan Colman** (3rd overall) and **Izzy McNally** (4th female, 1st in category). Also to **Sara Robert**

who arrived late, forgot her ankle chip, lost her spot in transition and still won her age category! Also a huge well done to **Graham Anderson** for his first duathlon.

Others that took part included **Will Natrass**, **Caroline Scott**, **Alan Best** and **Paul Banfield**.

Also thanks to the incredible support crew, **Helen Farion**, **Hayley Chapman**, **Jen Natrass** and family, **Will Whitmore**. Thank you for your cheers and for reminding us what lap we were on!

World Triathlon Championship Finals



World Triathlon Championship Finals Abu Dhabi 2022 super sprint race was particularly challenging in really tough, hot conditions, with the temperature touching 35°C plus!

Finishers included **Steve Clark** came 12th in his age-group, **Esther Frawley** came 6th, **Sarah Jeffries** 11th and **Kathryn Butt** 12th in their respective age groups. Congratulations to everyone!

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

