

THE VALLEY NEWS



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Dates for your diary

- **AGM** – Tuesday 10th January at 20:30pm at TRFC.
- **Club Committee Meeting** – for January only, this takes place at TRFC on Thursday 12th. 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 11th January, 8-9pm at the rugby club bar.
- **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

Available club positions

The club are seeking volunteers for the following roles which will come with a handover from the predecessors:

- **Treasurer** – a vital role needed for an immediate start.
- **Road Race Secretary** – to enthuse members who take part in road race championships, share information, collate scores and act as a go-to member for questions or support with races.
- **Results Secretary** – this role is to input AVR results onto the website.
- **Race Director for the Westbury 5k series** – to organise a series of 3-4 races over the spring/summer period of 2023.
- **Editor for The Valley News** – to collate and present AVR news for the club as The Valley News once a month as well as uploading it to Facebook and the website.



Email secretary@avonvalleynews.org.uk if you are interested in finding out more of what is involved in any of these positions.

Upcoming AVR Events

AVR AGM

Tuesday 10th January 8:30pm at TRFC

A chance to hear about successes from the past year as well as voting on important club decisions for the year ahead.

AVR do Moors Valley parkrun

Saturday 28th January

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

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

AVR Presentation Evening

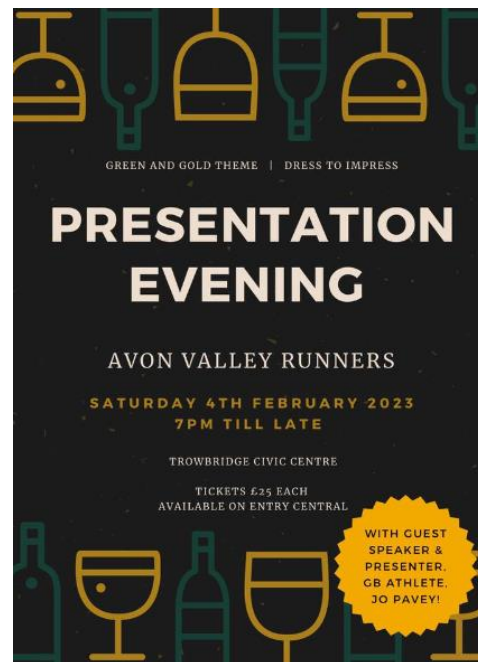
Saturday 4th February 7pm at the Trowbridge Civic Centre.

Come and celebrate all of the wonderful achievements of our members from 2022 along with guest speaker and presenter, **Jo Pavey**! Check out all of the nominations on Facebook in the run up to the event.

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

Entries available [here](#).

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



Christmas Lights Running

Lots of members enjoyed running and seeing the lights of Trowbridge and Melksham this month. For the Melksham route, the group visited some of the houses on the Christmas Lights Trail set up by a local business. If anyone enjoyed the lights in town, they suggest a non-compulsory donation to the Melksham Lights Team if anyone would like to. Details [here](#).



Stan Farr Boxing Day Run

Continuing with a tradition that dates back to 1960, AVR once again raced the 5.4km route to burn off the Christmas excesses. First held by Trowbridge and District Athletic Club in 1960, the event has seen many iterations including a race walk and five different locations but now resides at the Trowbridge Rugby Football Club after being taken over by AVR in the mid-80s. In 2008, 40 years after its inception, the event was renamed after Stan Farr – one of the founder members of Avon Valley Runners – after his death in 2006.

This year, there were 56 runners. **Mike Towler** has the most amount of Stan Farr wins against his name and he added twelfth one this year by winning the race in 18:25. The first female was **Claire Wood** in 25:37. **Toby Orr** was the first Youth member over the line in a time of 21:34.

A huge thank you must go out to all of the volunteers who gave up their time to marshal as well as Darren Wrintmore (club VP) who provided spot prizes from Stampede Sports.



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

Beginners Graduate

Last month, the beginners graduated after 12 weeks of the C25K plan. This month, two of the graduates share their experiences.

Jemma Reavell asks, "oh God, what am I doing?"

What if I can't do it and look foolish? What if they are already really good? Oh goodness what if I just can't do this? Running 5K is soooooo far to run in one go! These were just some of the thoughts that were going through my head on the first night of the C25K AVR run group.

With a quick kiss and hug, I was not too gently urged out the front door by my boyfriend with lots of reassurances that I will be fine. "You can do it! Just give it a go, if you don't like it you can just leave.... This is supposed to be fun ... it is not a cult you know!"

Needless to say, I was very apprehensive about running let alone joining an actual running club. When I mentioned it to a few of my closest friends, they returned my comments with a few raised eyebrows, reactions of disbelief and questions of just who this woman was sat in front of them? However, I really needn't have worried. Looking back, from the first day I clicked on that Facebook advert to start a c25k, to the day I actually managed to finish my first 5k without stopping has been a brilliant journey (with the exception of the aforementioned wobble on the first night).

We have had fantastic leadership, support and encouragement from who I describe as 'real runners' from AVR helping us through our walks to runs and all the varying gaits in between. Providing such incredible motivation, encouragement and tips to get through what initially seemed like a mountain to climb. As a mid-40-year-old I knew I needed to start looking after myself better both physically and mentally and having tried to do it alone, with little success, I thought it was time to try something a little different and be brave.

The C25K group, of course, turned out to be a great group of people with varying degrees of running experience but all of who are 'in the same or similar boat'. I have never really enjoyed exercise but strangely I found myself looking forward to Tuesday night running with the whole crew! Then to my own amazement, and more so my gym-fiend-boyfriend's, I was also enjoying getting up on a Saturday morning for parkrun and also meeting up with those who fancy a buddy run on Thursday evenings.

So, what new things has this brought to my life?

1. Neon clothing, the brightness of which has not adorned my body since about 1984;
2. A love/ hate relationship with whistles and a weird compulsion to shout, 'KEEP LEFT!', 'BINS!' and 'BOLLARDS!' when I am out anywhere - if you know, you know;
3. Glowing arm lights...for safety of course but also just to feel 'a bit disco';
4. A Garmin running watch;
5. A proper running playlist on Spotify;
6. A Strava account (for proof, you know!);
7. An actual medal for a running achievement!

Finally, the connection to a community of some fantastic humans. Lovely people to have a chat and giggle with whilst on our runs!!! That's right, talking and laughing whilst running. Who even knew that was respiratorily possible???

So, with all this new kit, interval training on Tuesdays, parkruns on Saturdays at the beautiful Southwick Country Park plus a bit of parkrun tourism, buddy runs on Thursdays, running playlists, apps that plan maps for me, I find myself repeating my friend's question to me; who is this woman?

A happier, prouder, fitter, emotionally wealthier, slightly thinner woman – that's who!



Thank you so much to **all** the volunteers and leaders from the club for your encouragement and support to get us our goal! However, I can't finish this without an extra special shout out to our beloved leader Jay without whose extra commitment and energy would see me still sitting on a sofa doing nothing. Seriously though...you have all been, and continue to be, amazing and so generous with your time to give up your proper grown up runs to spend time on our development.

Thank you so much - next goal 10k! Right, I will have to leave you there as my watch has synced properly and so I am off for a little jog.

Wendy Butt recalls her journey...

Today is Christmas Day and this morning I decided to start the day by going out for a run. As I warmed up, I was thinking who am I?

For just four months ago I was your typical couch potato – working long days sat at a desk moving rarely; in the evening, after supper, I'd move to the sofa to watch TV - or fall asleep! Run? – I didn't run upstairs, let alone for a bus. Run 5k? – you must be joking. But now....well, I have managed to run a 5k and completed an intervals session – how did I get here?

It started with my brother. In the summer I was bemoaning the fact I was overweight and knew I needed to do something. "Run," he said. I laughed. He said, "no really, try Avon Valley Runners," (he's a member too) "they're really friendly and they do a couch to 5k course."

A few weeks later my phone pinged. He'd sent me the link to sign up. Well, 'You only live once', I thought. I clicked and committed myself. To what, I wasn't sure. I went out and bought trainers – my family made no comment but shared knowing looks. 'Another fad she's trying', I am sure ran through their minds (pardon the pun). I put a calendar invite in my work diary to say 'Must Leave' to avoid any chance to being caught up and not being able to go and on the first Tuesday of September I turned up at Trowbridge Rugby Club not having a clue what to expect.

What I found was a group of really friendly people— more about them when we get to my 'should I stay or should I go' week. I was out running before I knew what had hit me (after a warm up in case anyone was thinking differently). One minute run, 90 second walk, I think it was. Jay's whistle was my salvation – the whistle meant I could walk, even for a short time.

Naively, I thought I'd do an hour a week for the 12-week course and that would be it. I was wrong. We had homework which was to repeat the session at least once before coming back the following week. 'I can do that', I thought so decided to go back out every Thurs or Fri and Sunday. Daughter number one came out with me too, encouraging and cajoling me to keep going. Each week Jay upped the minutes running and by week three, we'd hit a four minute run. I say we – I didn't. I was always at the back accompanied by the most patient ladies, Gretchen and Carrie, and despite their encouragement, four minutes of running was beyond me. I could walk faster.

Determined to try again I went out on my own as homework. I couldn't do four minutes. My calves ached, my hips hurt – parts of my body I didn't know existed screamed at me. What was I going to do? Did I email and say thanks but this isn't for me? I couldn't because of the friendly people I would be letting down, those who called well done as they ran, those who stayed with me as I trailed at the back, those who shared their running tips.... I could go on.

So I went but I told Jay I very nearly stayed at home. 'Why?' she said. 'Because I can't run four minutes,' I replied. 'Ok,' she said 'I'll run with you.' What I didn't realise was that would mean, me and another newbie would be at the front with Jay with the rest of the group looping behind us and the whole run was at our pace but the looping ensuring others got their run too. Before I knew it I had run four minutes, then five. Perhaps I could do this after all. Running with others really does make a difference.

For future homework, if we'd run seven minutes at the session, I'd try and run eight during homework so I know I could do what was coming next. I stayed at the back but I wasn't as far away from the others.

Before long I was texting the family pictures of my stopwatch showing 15mins, 20mins and then 25mins of non-stop running.

I then joined parkrun where Sharon and Dawn encouraged me around the route – the first one I mainly walked. Week two, and three days before the C25K graduation which I was missing due to holiday, I knew I had to run the whole course but I didn't want to tell anyone my plan in case it was beyond me. But I did it – 5k in 50mins. My aim is to now reduce the time to be in the 40s.

Do I enjoy running? I'm not sure 'enjoy' is the right word. Do I get a kick out of doing it? You bet I do! That sense of achievement at the end of a run is indescribable and the hot shower at the end is joyous. Am I going to continue? Yes – I want to do something where I get a medal at the end of it but I won't be putting in for any marathon places – I'd still be running next Christmas.

Back to this morning – I ran two miles in about 35mins, including uphill without having to walk it before a cool down walk to home and I didn't wear a jumper – another credit to Jay's advice.

Jay – you, your dedicated band of helpers who share their knowledge with such good humour and the rest of the graduates – have achieved a Christmas miracle with me which I appreciate more than I can probably describe.

Thank you all of you, and if you're reading this thinking that you couldn't possibly do the same, you can. If I can do it – so can you!

AVR Off-Road league 2022



The final race of 2022 ran this month. The full league has consisted of the following races:

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 Plod~~
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. ~~Friday 30th December – Plain Crazy~~

Plain Crazy



Thirteen members took on this grueling almost-Half Marathon across Salisbury Plain starting from Warminster. The first AVR across the line was **Mark Threlfall** in 7th place overall in a time of 1:26:36. The first AVR female was **Veryan Cranston** in 1:57:47 followed one second later by **Fiona Price**.

The final results have not been calculated yet but winners will be awarded at the Presentation Evening on 4th February 2023. Make sure you buy your tickets to find out who wins!

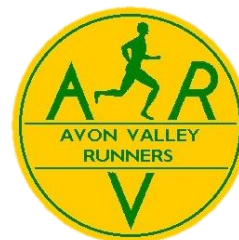
Pictured left, Scott Green, Veryan Cranston and Fiona Price.

Wiltshire Off-Road League 2022/23

Events for the Wiltshire Off-Road Race League (WORL) 2022/2023:



~~2nd October – Brinkworth Bash~~
~~16th October – White Horse Gallop~~
~~6th November – AVR Over the Hills~~
~~27th November – 27th November – Yarnbury Yomp~~
 7th January (Saturday) – Roundway Revenge
 22nd January – Slaughterford 9
 5th February – Lungbuster
 12th February – SMaRTT Smasher



After race 4 of the league, AVR are in 4th position in both Division 1 and 2. **Veryan Cranston** is the top scoring AVR female in 8th place with 287 points. **Gary MacAlister** is the top scoring AVR male in 2nd place with 375 points.

The next event is at the Roundway Revenge which is an 8-mile Saturday event hosted by Devizes Running Club - sign up [here](#). A full breakdown of results can be found [here](#).

London Marathon Ballot

Every year, AVR are given at least one ballot place to award. It is all dependent on how many of the club's membership also took out England Athletics membership when they signed up and, after a little push, AVR were given two places this year. The ballot was drawn at the Christmas Party at the Rugby Club on the 14th December and this year's lucky recipients are **Michael Guy** and **Drew Holloway**! Congratulations to both who will take on the event on 23rd April 2023. The live feed of the winners being announced can be watched on Facebook [here](#).

Potential AVR French Trip

AVR have been invited by Trowbridge Town Council to attend the annual running festival in our French twin town of Charlenton which is in a suburb of Paris. The event takes place on Sunday 26th February and gives the option of 5k or 15k. We would like to take 14 runners over in the mini bus. To run any event in France you will be required to have a medical certificate from your GP. This is a stipulation for all events, even parkrun. There is a fee of around £20 to obtain this.

Brief itinerary outline as follows:

- Depart Trowbridge 4 or 5am Saturday 25th Feb
- Ferry crossing to Calais
- Saturday spend time in Paris
- Saturday evening attend a dinner hosted by local council (no cost to us)
- Sunday race 5/15k at the town event. Free time the rest of the day
- Travel home Monday 27th, departure times tbc



Accommodation is likely to be an Ibis hotel on a bed and breakfast basis. The rough figure is currently £180 per person. You will also need to buy food for Saturday lunch, Sunday lunch and dinner and Monday lunch. Room requirements can be discussed once we have an idea who would like to attend. As we are on a short timescale please can you register your interest by emailing AVR chairman@avonvalleyrunners.org.uk by 4th January.

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.

AVON VALLEY TRIATHLETES

AVT in 2023 - Caroline Scott, AVT Secretary



It's late December and I expect, like me, you have all eaten all the pies and drunk far too much! Maybe you've made some cool New Year's resolutions and you are braced for 2023 and what that might hold...

Well, at AVT, we have some great options for you.

Thinking of getting into multisport in 2023?

I know, as a running club, AVT (the multisport arm of AVR) may not be your first port of call. However, even if you don't intend to compete in a triathlon, it has some great benefits for runners:

- Triathlon will compliment your running by offering a variety of other ways to build strength and improve fitness;
- Running is a high impact sport and balancing that with swimming and cycling which are both low-impact sports means you can train effectively without it having damaging effects on joints.

Of course, there's lots of support to help you have a go at cycling or swimming, even if you have never tried!

New for 2023:

Cycle to breakfast - these sessions are designed for people new to cycling, but can ride a bicycle. They will alternate with **run to breakfast** (which will continue in 2023) and gradually increase distance over the four initial sessions. Sign up by posting your interest on the AVT Facebook page for the first session starting Saturday 7th January. The rides are specifically aimed for those looking to gain confidence riding in a group with routes with relatively low traffic. To keep the group together we will go at the pace of the slowest rider however will aim for a relaxed 12-14 mph. A properly fitted cycle helmet must be worn.



AVT does Zwift - starting in January we will look to hold regular Zwift sessions on Mondays at 18:15 and Thursdays at 06.30. We will mix up the type of rides these will be from social no drop rides to workouts. Keep an eye on the Facebook page and AVT within the Zwift companion app for more details.

Swimming has been very warmly received and well attended and we are researching the idea of a 'back to basics' option if the pool allows. This would be suitable for those looking to improve their swimming before accessing the AVT coached session. Fingers crossed the pool will have availability later in the year and again, keep an eye on the AVT Facebook page for more information.



AVT Key Dates for 2023:

Note that all key dates will be on the AVT Facebook Page and pinned to the top. Find your event and select 'going' and you will receive ongoing information about the event. If you don't have a Facebook account then email: avt@avonvalleyrunners.org.uk

- **Try an aquathlon (AVT)** - Do you like swimming and running? Come along to our Try-an-Aquathlon event on Sunday 15th January 2023. 🏊🏊🏊 You will need to book a space in the normal lane swim session 08:30 Trowbridge Leisure Centre (Clarendon pool). We will aim to swim for 30mins. Please use whichever lane suits you (slow, medium or fast). We will change into our running stuff and set off for a 45min(ish) run, probably up to Southwick Country Park. We will then head off for coffee/cake/breakfast. Car parking is available at the pool. We have agreed that we can leave our cars at the pool whilst we run. All swimmers and runners are welcome and no-one will get left behind. Thanks to **Annalie Ibison** and **Keith Withers** for hosting this.
 - Meet 08:15
 - Lane swim 08:30
 - Run start time (approx) 09:15
 - 45 mins run
 - Coffee ☺️
- **Try a tri (AVT)** - 12th March when the spring season is beginning it's a chance to do something similar to the aquathlon on 15th Jan but with the addition of a 16 km cycle thrown into the mix. This event will be advertised further on the AVT Facebook page in due course (30 min swim, 16km cycle, 5K run). Thanks to **Caroline Scott** and **Alan Best** for hosting this.
- **The Big T (hosted by Hot Chilli Tri)** - 1st May. A local triathlon good for those who want to break into tri by competing in shorter distances (400m swim, 26km cycle, 5km run). Sign up [here](#).
- **51 Fiver (DB Max)** – This is an AVT focus event. We are entering 10 teams into the relay. It should be a lot of fun! It's a great event to get a taste of multisport, for trying a new sport or joining in with multisport fun when running is your sole discipline. Whatever the reason, we are happy and would be delighted to enter further teams! Teams entered so far:

Here are the 51fiver teams:

Team 1

Sara Robert - swim
Diane Hier - bike
Andrew Jefferies - run

Team 2

Sarah Jewers - swim
Darren Wrintmore - bike
Richard Morgetroyd - run

Team 3

Keith Withers - swim
Kathryn Butt - bike
Hayley Anderson - run

Team 4

Alan Best - swim
Laura Waterhouse - bike
Jo Mumford - run

Team 5

Debbie Ellis - swim
Sue Porto - bike
Vicky Bodman - run

Team 6

Annalie Ibison - swim
Simon Down - bike
Hayley Chapman - run

Team 7

Jayne Williams - swim
Eddie Rockliffe - bike
Jenny Natrass - run

Team 8

Drew Holloway - swim (but will go on to complete the whole event)
Caroline Scott - bike

Team 9

Izzy McNally - swim
Michael Guy - bike
Helen Farion - run

Run - **There's a space going here for anyone interested?**

Team 10

Jo Farion - swim
Maria Harryman - bike
Sarah Hillman - run

We also have a few people doing the whole event: **Drew Holloway**, **Steve Clark** and **Will Whitmore**.

Those of you that have entered the relay, please can you make sure you have paid using the information sent to you on messenger. If you'd like to join, please email Caroline at avt@avonvalleyrunners.org.uk. There is AVT discount. We'll be setting up a gazebo by the lake and there's a lovely coffee shop on site. Some photos from last year:



Long course Weekend - Another AVT focus event. Long Course Weekend (LCW) offers a variety of distances whether you want to run (5k, 10K, half or full marathon), cycle (40, 70 or 112m) or swim (1.2 or 2.4 miles)... or do all three! A great chance to spend a long weekend break in a stunning area of Wales with your buddies and/or family coming to support! Book early to avoid disappointment (including accommodation). Let's get a good turn out and enjoy ourselves! Discount code: AvonValley23 www.lcwwales.com/

For those of you interested in Ironman events, there's also the following that have raised some interest.

Weymouth 70.3 - 17th September 23

Swansea 70.3 - 16th July 23

For those not in the know, a 70.3 is a half Ironman-distance triathlon, consisting of a 1900m swim, 90km bike ride and half marathon to finish.

Centurion from 4/8/22-6/8/22 in another great event (based in Mumbles) for more experienced triathletes consisting of 2km swim, 78km bike and 20km run... there is a bit of discussion around putting an AVT relay together on this too. Email Caroline at avt@avonvalleyrunners.org.uk if you are interested in being part of this.

AVT events calendar

Check out the AVT events calendar [here](#) for suggest events.

Coached swimming

Don't forget: The AVT coached swim: Thursday, 9pm, Melksham Community Campus
Booking link [here](#).

Swimming term dates:

- 5th January - 9th February 23
- 23rd February - 30th April 23
- 20th April - 25th May 23
- 8th June - 20th July 23



League results

 - by Emily Dye, Caroline Scott, Darren Wrintmore

Here are the AVT results for 2022. Well done to everyone who took part. Awards will be given out at Presentation Evening for first, second and third.

How Hard Did You Tri?

This award is based on pure grit. We add up the distance of every leg of every event you did this year. Farthest distance wins!

Men's How Hard Did You Tri?

| Name | Total Distance (km) | Rank |
|-----------------|---------------------|------|
| Steve Clark | 397.05 | 1 |
| Simon Williams | 234.5 | 2 |
| Cliff Dye | 232.25 | 3 |
| Daniel Colman | 185.95 | 4 |
| Simon Down | 164 | 5 |
| Scott Green | 121.55 | 6 |
| Gary MacAlister | 113 | 7 |
| Gareth Rickerby | 113 | 7 |
| Chris Walford | 113 | 7 |
| Tim Lowrie | 90.2 | 10 |

Women's How Hard Did You Tri?

| Name | Total Distance (km) | Rank |
|------------------|---------------------|------|
| Esther Frawley | 280.25 | 1 |
| Emily Dye | 232.25 | 2 |
| Annalie Ibison | 228.75 | 3 |
| Sue Porto | 212.05 | 4 |
| Caroline Scott | 199.65 | 5 |
| Pauline Bradley | 178.65 | 6 |
| Jenny Nattrass | 164.85 | 7 |
| Laura Waterhouse | 141.15 | 8 |
| Kat Taylor-Laird | 138.25 | 9 |
| Kathryn Butt | 118.65 | 10 |

AVT League

The AVT League is performance-based. We take your best result in each of Time Trial, Aquathlon, Duathlon, Triathlon and Aquabike, and express it as a percentage. For example, if there were 100 finishers and you came 57th, you'd get 57% for that event. We then average your results across each of the above events. If you didn't do a particular event, you are awarded 100%. Lowest score wins.

Men's League

| Name | Time Trial | Aquathlon | Aquabike | Duathlon | Triathlon | League place | Average |
|----------------|------------|-----------|----------|----------|-----------|--------------|---------|
| Daniel Colman | 100 | 19.23 | 100 | 7.5 | 0.75 | 1 | 45.50 |
| Simon Williams | 46.67 | 100 | 100 | 28.88 | 19.77 | 2 | 59.06 |
| Steve Clark | 100 | 96.15 | 41.67 | 88.34 | 41.77 | 3 | 73.59 |
| Scott Green | 100 | 100 | 100 | 51.35 | 25.14 | 4 | 75.30 |

| | | | | | | | |
|------------------|-----|-------|-----|-------|-------|----|-------|
| Cliff Dye | 100 | 57.41 | 100 | 59.75 | 65.98 | 5 | 76.63 |
| Will Smith | 100 | 2.56 | 100 | 100 | 100 | 6 | 80.51 |
| Ed Knudsen | 100 | 100 | 100 | 100 | 6.56 | 7 | 81.31 |
| Rich Ayling | 100 | 7.69 | 100 | 100 | 100 | 8 | 81.54 |
| Alan Best | 66 | 100 | 100 | 42.45 | 100 | 9 | 81.69 |
| Andrew Jefferies | 100 | 100 | 100 | 63.64 | 57.92 | 10 | 84.31 |

Women's League

| Name | Time Trial | Aquathlon | Duathlon | Triathlon | League Place | Average |
|------------------|------------|-----------|----------|-----------|--------------|---------|
| Esther Frawley | 75 | 100 | 69.7 | 22.29 | 1 | 66.75 |
| Emily Dye | 100 | 42.86 | 67.92 | 62.06 | 2 | 68.21 |
| Kathryn Butt | 100 | 50 | 100 | 56.34 | 3 | 76.59 |
| Caroline Scott | 90 | 100 | 69.81 | 63.39 | 4 | 80.80 |
| Jenny Natrass | 100 | 100 | 74.91 | 49.73 | 5 | 81.16 |
| Sara Robert | 84 | 92.31 | 100 | 51.85 | 6 | 82.04 |
| Sarah Jeffries | 100 | 69.23 | 78.38 | 90.85 | 7 | 84.62 |
| Annalie Ibbison | 96 | 100 | 79.87 | 62.84 | 8 | 84.68 |
| Isabella McNally | 100 | 100 | 48.65 | 100 | 9 | 87.16 |
| Sarah Jewers | 100 | 100 | 100 | 53.01 | 10 | 88.25 |

Inaugural Avon Valley Segment of the Year competition

Originally launched in those infamous months of lockdown during 2020 and 2021, 2022 saw the Avon Valley Segment challenge become a fully-fledged competition with points being awarded to the fastest club members on two wheels over the nominated Strava Segments in a given month and bonus points awarded if they held on to be the fastest segment times recorded throughout the year.



The final Top-10 standings for 2022:

| 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 |

| 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 |

Remember, awards for the top-3 finishers across all leagues will be handed out at the club presentation evening in February so make sure you have your ticket!

Well done to everyone who took part. What an incredible year for multisport.

Further Nominations

Nominations for 'Most Improved Multisport-lete' and 'AVT Inspire & Motivate Award' are now closed.

Inspire and Motivate goes to the person in AVT that is inspiring and gives motivation to other members of the club to get involved in multi-sport. Most Improved goes to the person who has shown the most improvement and accomplished improved results performances during the 2022 season.

You'll have to attend Presentation Evening on 4th February to find out who wins these awards! You'll be able to vote for Inspire & Motivate nominees at Presentation Evening.



AVT Segment of the Year – 2023

by Darren Wrintmore, club VP

It doesn't seem like it was that long ago that we were wrapping up the inaugural Avon Valley Segment Challenge competition and yet here we are again announcing the next edition.



As before, the challenge comprises of two parts, the first being a **Segment of the Month** for which you are invited to take on two Strava segments which can be incorporated into your training sessions and whoever records the fastest time (Male & Female) within the specified month (*actually up to the 25th of the month as I will need time to compile the results*) will earn 25-points. The next fastest (Male & Female) get 24-points, the next fastest (Male & Female) get 23-points and so on down to the 25th fastest getting 1-point and in the unlikely event that we should get more than 25 members tackling a segment in a month then they will each get a point as well.



The first two Segments of the Month will be offered up in April and the final two in September, giving you a total of twelve segments on which you can test your speed; with your best ten results of the twelve being your series-points score, with a maximum of 250-points per person up for grabs.

The second part of the challenge is held over the same twelve segments as in the monthly part, but this time the points are awarded according to your best performance throughout the year, well at least until the 25th of November. For this part there will also be 25 bonus-points going to the fastest (Male & Female) riders over a segment. The next fastest (Male & Female) gets 24 bonus-points, the next fastest (Male & Female) gets 23 bonus-points and so on down to the 25th fastest getting one bonus-point and should we have more than 25 then they will each get a bonus-point per segment as well. Only the best ten bonus-point scores will carry through to be your final score after being added to your series-points.

In order to participate you will need to register for a (free) account on Strava if you have not already done so, which will log your miles recorded from your Garmin or other compatible GPRS device. On Strava you need to join the **Avon Valley Triathletes** club which will be used for tracking results on the identified segments.

| Location | Sport Type | Club Type | Search |
|--|-------------|-----------|--------|
| Avon Valley | All | All | Search |
|  Avon Valley Runners England, United Kingdom | 260 members | Running | Club |
|  Avon Valley Triathletes Westbury, England, United Kingdom | 82 members | Triathlon | Club |

Simply search for the words "Avon Valley" from the Strava Dashboard, being sure to change the default setting from "Athletes" to "Clubs" using the drop down list (*shown above*).

You can undertake a segment as many times as you like in a month and it is your best time that will be taken for the segment of the month and you can undertake a segment as many times as you like over the course of the year (not just when it is segment of the month) and it will be your best time that will be taken to earn the bonus-points.

So, what segments have been selected for this inaugural year of competition, well we reached out to some of the main protagonists in last year's Avon Valley Segment Challenge competition to solicit their feedback. What was surprising was that nobody said "*where were all the long steep climbs?*"

Well so that we don't disappoint nobody, we are starting off the Avon Valley Segment Challenge in April with a couple long steep climbs: Our first is at [Staples Hill \(Freshford\)](#) which measures half a mile at an average gradient of 9%. **Martin Disney** and **Fiona Price** being this year's quickest two club members over the segment in 3:43 and 6:23 respectively. For our second April segment, **Will Whitmore** has put forward [Westbury Hill OFFICIAL climb](#), this is 0.8-miles at 9% with **Martin Disney** and **Jo Mumford** being our all-time fastest members recording 5:45 and 5:57.

For May, **Sean Price** challenges you to take on the [Bratton Crossroads Assent](#) which is a swift 0.5-miles at a 1.4% average gradient. Both **Tizzie Robinson-Gordon** and **Darren Wrintmore** were our fastest two members over the segment in 2022 both recording 2:36. Also for May, **Sally Frawley** offers the [Edington Church Bell climb](#) which although only 0.3-miles, ascends at 3% - **Jo Mumford** and **Simon Williams** were our fastest two climbers on this segment in 2022.

In June we move from hills to lumps as **Jenny Natrass** dares you to tackle the [Brokerswood Road Lumps](#) segment which presents an undulating 1.7-mile challenge where in 2022 **Martin Disney** and **Jo Mumford** proved to be our quickest two members. Our second segment of the month in June takes you into our county town, as 2021's Avon Valley Segment Challenge winner **Caroline Scott** invites you to fly up the [Victoria Road](#) segment of 0.6-miles on which **Andrew Jefferies** and **Anne Clark** were our fastest members in 2022.

For July **Sara Robert** has suggested the [Petrol Station to Junction Sprint](#) segment between Steeple Ashton and Great Hinton, **Tizzie Robinson-Gordon** and **Andrew Jefferies** have been our quickest members over this 0.8-mile segment in 2022. **Alan Best** has come up with the [Inmarsh Climb](#) near Seend on which both he and **Sandra Sharratt** have been our fastest two members in the past year.

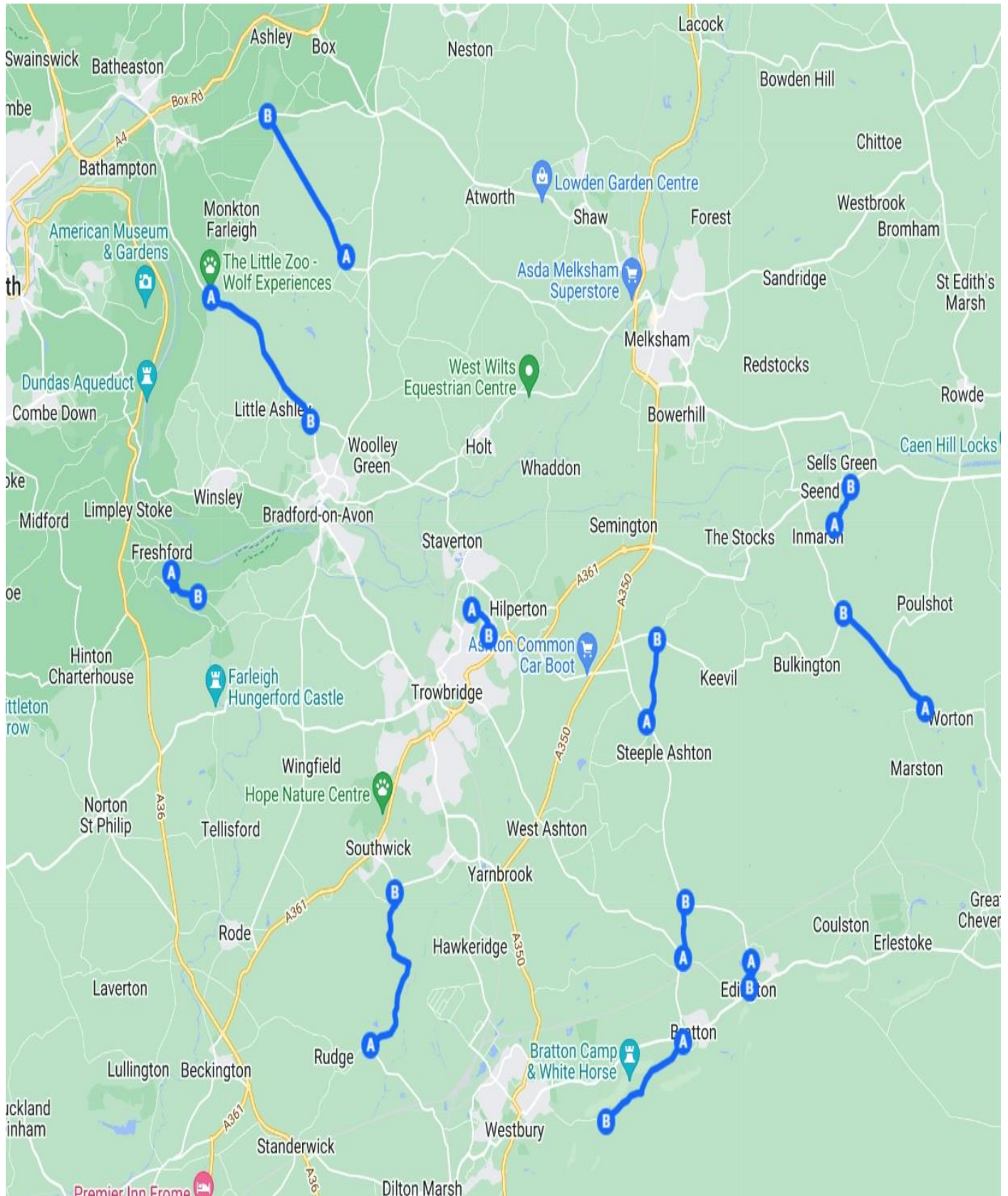
For August **Annalie Ibison** challenges you to take on the [South Wraxall drag to Kingsdown Golf Club](#) which presents a climb of 1.8-miles at an average gradient just shy of 3% on which **Martin Disney** and **Izzy McNally** have been our quickest members of the last year. Countering the climb, **Darren Wrintmore** invites you to speed along from [Farleigh Wick into BOA](#) on which **Tony Dunford** and **Annalie Ibison** have been the fastest two members on this 1.8-mile segment in 2022.

September will see our final two segments of the month, with **Fiona Price** suggesting the [Flat'n'fast](#) segment at Worton which is pretty flat over its 1.3-mile length with **Martin Disney** and **Jo Mumford** owning the segment in 2022.



The final segment is at Castle Combe Race Circuit where we will once again stage an **Avon Valley Time Trial** as part of one of the Kinetic-1 10-mile TT races which would be a good time to put in your effort on the [Castle Combe Lap #2](#) segment, which is 1.82 miles in length and the road surface makes it really quick. There will be several other chances throughout the year to tackle this segment, either at the Andy Cook Tuesday night sessions or if you fancy a bit of competition, at the DB Max TT race series which take place on the circuit over the summer months.

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.



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.

AVT Kit – by Caroline Scott

The artwork for the new AVR run singlets is in and I am now taking orders. Cash only please - £26 for the first group order then £28 thereafter. Sizes: S, M, L, XL, XXL in both men's and women's fit.

To order: I will need £26 and your name and size. I will be at the club most Wednesdays after Christmas (I usually do David Bagshaw's runs) and I will be swimming most weeks. Of course, I will also be at Run or Cycle to Breakfast at 8:30 most Saturdays. You can also give your order and £26 to **Annalie Ibison**. They will take about 8 weeks to arrive.

The styles and designs:



All other AVT kit is listed on the club website [here](#).

Getting into cycling – by Alan Best

Cycling can be perceived as being difficult to enter, and costly, due to the huge selection of kit to choose from prior to going on the first ride. For someone new to cycling you can pick up a road bike suitable for multi-sport for as little as £261.99 (at time of writing) and have minimal additional kit. More kit will make you more comfortable and a more expensive bike may make you slightly faster but starting out needn't be expensive.

You can ride on your own but the good thing about cycling is that it is social, especially in training. If you add a coffee stop to the session as most club rides will do it becomes a nice way to break up the ride and allows a little respite. As with running it is worth gradually building up distance and cycling benefits from repetition, the more you do the easier it becomes (or faster and longer you go!)

As you develop you will need to start thinking about nutrition on the bike and ensuring that you can fix basic mechanicals (such as a puncture) on a ride. There are quite a few cyclists within the club who have been on this journey themselves who would be more than happy to impart their advice.

Age Group Racing

– by Steve Clark

I got into Age Group racing in 2019, going out to Pontevedra in Spain for the Long Distance Aquabike World Championships. I didn't know what to expect, but my coach, Stuart Hayes, got me there in the best fitness I'd been in. I had the best time, competing with and meeting other team members. I certainly found out that Age Group races took racing and performance to a different level.

Since then I've been very lucky to race in some pretty cool places, Bilbao and Abu Dhabi. I was two weeks away from the sprint Worlds in Bermuda when Covid decided to invade and it was cancelled. In 2023 I'm off to Ibiza, Belgium and Pontevedra. It's always really welcoming with an awesome blue-carpet atmosphere.

Age Group racing is open to anyone. If you're interested in qualifying but haven't taken the plunge, Christmas is a good time to plan your races for next year and perhaps sign up for a qualifier.

You need to be a member of British Triathlon to be able to qualify to compete amongst the best in your age group at World and European Championships in triathlon, duathlon, aquathlon, winter triathlon, cross triathlon and duathlon and aquabike.

www.britishtriathlon.org

Choose a Championship

You go to the Age Group page on the BTF website and select a race/s to qualify for. You can pick more than 1 Championship but they have different qualifying rules which are outlined on each event webpage.

If you're a first time potential qualifier, pick the event which you like to qualify for and take your time reading through the pages. There is a lot of information to take in, but you are trying to qualify to represent Great Britain so there's a lot you need to be aware of.

Championships include European and World Championships, Triathlons, Duathlons, Aquabikes, Aquathlons, Cross Triathlon and Duathlon, all of varying distances.

[Click here to go to the list of qualifying races](#)

2024 European Sprint Distance Triathlon Championships

TBC

DATE AND LOCATION TO BE CONFIRMED BY EUROPE TRIATHLON

REGISTRATION OPEN

MORE INFO

Select the race you want to go for and it will take you to the race details and qualifying criteria. You need to "register to qualify" before the qualifying race takes place.

These races are usually very competitive and you need to be prepared. For Sprint and Standard distance races you need to finish in the top 4 in your age group to automatically qualify, or for a roll down place, within 115% (World Championships) or 120% (European) of the winner of your Age Group. For Middle and Long distance races you need to submit a result that is between 115% and 120% in a race. If you are in the top 20 in your age group you can be selected.

The atmosphere is fantastic and a little more tense than a normal race and very competitive, but great fun. Don't go into a qualifying race without training hard and being fully ready! Feel free to contact me if you're interested, or better still speak to your coach who, I'm sure will be able to help you decide what race would be best for you.

World Triathlon Abu Dhabi World Championships – November 2022 – by Steve Clark

Late November, three members from the club went to Abu Dhabi to race in the 2022 World Triathlon Championships. **Kathryn Butt, Esther Frawley and Stephen Clark** raced in the Super Sprint race and Stephen also raced in the Standard Distance Aquabike Race.

What a fabulous atmosphere in the build up to the race. The hotels, race area and registration was buzzing, great opportunities to meet other GB Age Groupers and meet old friends from previous AG races. Plus on practice rides it's amazing who you bump into; French number 1, Cassandre Beaugrand. There is even an opening ceremony where there is a Parade of Nations (all athletes from all the participating countries along the waterfront towards the Blue carpet finish line.

Cassandre Beaugrand....



Race day came and race start time was 13:00, the hottest time of the day AT around 35°C, so completely different from the English weather that we left. It was a rolling start in age groups so you didn't really know where you were during the race, so it was GO HARD from the gun all the way.

The swim was 400m in the Arabian Gulf of Yas Island, with jelly fish everywhere. Out of the swim was a 600m run to T1, then out on the fast smooth roads of Yas Island, passing the F1 Circuit and Ferrari World. Finishing the bike, the flying dismount practice we did in the weeks leading up to the race

really paid off, saving lots of time. The run was so hot and even though it was just 2.4k, people were falling over the line with the heat.

Kathryn finished 12th in her age group (pictured right at the finish), up with the leaders after the swim and bike, but with an achillies injury was unable to give it all on the run, which was a shame as there would have been a top 10 place easily.

Esther finished 6th in her age group, just missing out on a top 5 place, and podium by less than a minute. A really big bike and run from Esther brought her through the field for 5th place.

Steve suffered on the run in the heat finishing 12th, missing a top 10 by just a few seconds.



All of their performances were good enough against other GB Age Groupers to automatically qualify for the 2023 Worlds in Pontevedra next September.

The next day it was the turn of the Elite women for the final race of the series for the WTCS World Championship. We had front row seats watching Flora Duffy and Georgia Taylor-Brown battle it out for the overall win.



Two days after the Super Sprint, **Steve** went again in the Standard Distance Aquabike. A better swim than in the Super Sprint Tri, he came out 7th, but a strong bike got him to 5th place, and 2nd GB AG. This got him an automatic qualification for next year's Worlds in Pontevedra.

There were other local GB Age Group athletes in Abu Dhabi, **Sarah Jeffries** and **Rachel Bown**, who were both racing. Rachel finishing in the top 10 and Sarah 12th.



It was such a fabulous experience in a special place and once again made more friends from the GB AG and other country's teams.

AVT Results

Although this year's results have been decided, please continue to make sure you email your multi-sport results in to avtresults@avonvalleyrunners.org.uk.

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

