

THE VALLEY NEWS



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Dates for your diary

- **Club Committee Meeting** – these happen in the first Tuesday of the month – 4th April and 2nd May are next. If you have any points for discussion or would like to attend, please email secretary@avonvalleyrunners.org.uk.
- **AVR Social drinks** – these happen on the first Wednesday of every month. The next one is on the 5th April @ 8:15pm at the rugby club bar with a focus on race nutrition with **Ed Knudsen**.

Renew your membership

Membership is now due for renewal for 1st April 2023. The price will rise on 1st April to the agreed new amount (Adults rise by £2 under 18s by £1) but you can still renew now at last year's rates.

The link for renewal is <https://www.entrycentral.com/JoinAVR2023>

Please remember if you have renewed since Jan 2023, you will not need to renew.

Available club positions

Can you help fill any of these club positions?

- **Editor for The Valley News** – this volunteer will collate and present AVR news for the club as The Valley News once a month as well as uploading it to Facebook and the club website.
- **Kit Manager** – this role would require the volunteer to store the club race kit items and be the first port of call for members wishing to buy vests, t-shirts and other items of club kit such as jackets.
- **Treasurer** – this volunteer will sit on the main committee and deliver monthly updates of the club's finances.



Email chairman@avonvalleyrunners.org.uk if you are interested in finding out more of what is involved.

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.

Exciting Track News

The committee are delighted to announce that the club, along with TRFC, will be conducting a complete refurbishment of our running track. This will include various drainage work to begin with then reduce the lower levels and increasing the depth of the top dressing, re-aligning the edges and various other works. Whilst this will come at a cost to AVR (funding 50%) it will provide so much improvement and is considered well worth it.



To offset some of the costs, we are planning one social fundraising evening of bingo and a raffle. This will be hopefully one Friday in May subject to confirmation. If anyone is willing to assist with the organisation of the evening please send an email to secretary@avonvalleyrunners.org.uk. The even better news is that the works may take place as soon as the end of April! We will keep in touch with everyone as it will mean the track will obviously be out of use for a few days. TRFC are also providing extra signage to keep the rugby players off and hopefully moving our shelter nearer to the corner of the track.

Presentation Evening - by Katie Oliver

Early in February, our biggest night of celebration of the year took place - our annual Presentation Evening! Again held at the Civic Centre in Trowbridge, the night was a brilliant opportunity to celebrate all the achievements of our club members from 2022.

This year we had the honour of being joined by renowned Olympic and Commonwealth athlete Jo Pavey, who shared an inspirational talk about her career including winning Commonwealth Gold at the age of 40. She then stayed on to host the long-awaited part of the evening - the awards! Covering Goal Getters, the Club Championship, AVT and many others, we had plenty of brilliant and deserving club members take to the stage to honour their amazing achievements.



L-R: Robin-Mark Schols receiving the Outstanding MV60 award from Jo Pavey and club President Denise Ellis; Best Beginners Brenda Weston and Rob day with their awards; Goal getters triple award winners.



The evening ended with a fun performance from local band 'Be Like Will' (pictured left), whilst plenty of people took to the dance floor.

In addition, the club raised a brilliant £455.60 for Youth Action Wiltshire through our charity raffle on the night! A big thank you to everyone who contributed with prizes and donated with their ticket purchases on the evening.

Thank you also to Darren Wintmore for taking all of the photos of the awards which you can see on the open AVR page on Facebook [here](#).

The working group all hope everyone enjoyed the night and we already look forward to welcoming you all to next year's event.



L-R: Ultramarathoner Ed Knudsen, David Bagshaw receiving 'The Bomb' award and Martin Russam wins the David Griffiths award which was voted for on the night.



L-R: Esther Frawley wins the AVT female league and Caroline Scott scoops the top prize for the AVT female Strava Segment of the Month.

A huge thank you to 'Magic Mirror Booth' for providing the props and technology to capture some of our more relaxed moments! You can download your own photos using this We Transfer link [here](#).



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.

All Those Years Ago – April 2023

– by Darren Wrintmore,
club Vice President

Avon Valley Runners has now been around as a club for over 37-years and a lot has changed in that time but some things have not, like members achieving success on a local, national and international level. So, I am going to look back at what we as a club achieved in this month 5, 10, 20 and 35-years ago...

April 2018

The **Chippenham Good Friday 10-miler** saw Mike Towler lead the field home to win in an impressive 54-minutes and 11-seconds with Frank Lamerton also getting onto the podium as 1st MV70 recording 74:33. David Bagshaw and Michael Guy came away with Personal Best times of 73:33 and 82:50 respectively.

The **Avon Valley Mile** saw Max Davis record 4:31 to set a new Club Record, with Bethan Francis recording 5:29 to lead home the Ladies and Joe Milton 5:16 for the Juniors.

At the other end of the distance spectrum, we had four club members at the **Manchester Marathon** where 42nd placed Chris Roxborough recorded a fantastic 2:40:41, whilst 'new member' Holly Rush smashed the Ladies Club Record for the distance with 2:47:33; 2875th placed Emily Griffiths in 3:43:10 & 8151st placed Kathryn French with 5:05:26 completed the AVR quartet.

Taking things even further was Anne-Marie Watson who tackled the ultra-endurance **Marathon Des Sables** and finished as fifth placed lady in just over 29-hours for the 142-mile course across the Sahara Desert!!!

The Wiltshire Road Race League got underway at the **Highworth 5** where second placed Mike Towler led home for AVR in 26:26; with Max Davies third in 26:40; 4th placed Damien Spreckley in 27:37 was 1st MV40; 42nd - Bethan Francis in 31:40 was 3rd Lady; 39th - Andy Stanley in 31:35 was 1st MV50; 45th - Robin Mark-Schols in 32:19 was 2nd MV50; Whilst PB's were recorded by 84th Pippa Brewer 34:54; 167th Helen Davies 40:42; 168th Sharon Cleverley 40:41; 283rd Carole Aston 48:32.

The first **5x5x5** off-road race of the year at Steeple Ashton saw an AVR 1-2-3 with Joe Milton, Gary MacAlister and Owen Lythell gracing the podium along with Fiona Robson who was 1st Lady.

The second race in the WRRL at the **Compton Bassett 5** saw a strong AVR presence with 57 members on the start line with Ed Knusden leading the field home in a new Club Record time of 25:54, joining Ed on the podium were 2nd place - Mike Towler; 1st - MV40 Damien Spreckley; 1st Lady - Bethan Francis; 2nd Lady - Rebecca Beck; 1st FV45 - Fiona Price; 3rd - MV60 Les Unsworth; 3rd FV55 - Tina Towler; 1st FV65 - Rose Barber.



April 2013

Michael Towler ran 33:52 to finish as runner up at the **Corsham St Georges 10K**, with Peter Veleski (37:53) and Richard Southgate (45:50) both coming away with Personal Best times.

Jo Mumford finished as second lady at the **Great Welsh Marathon** in Llanelli, recording 3:20:38

Kay Middleton finished as second lady at the tough **Endurance Life Coastal Marathon** where Jimmy Lowther took the prize as 2nd MV45 and Amelia Oughtibridge 2nd FV45.

The **Highworth 5** hosted race #4 in the Wiltshire Road Race League with Michael Towler and Fiona Price leading the club home to maximum points.

Darren Wrintmore moved on from his responsibilities at AVR to take up position as the head of Wiltshire Athletic Association. Thomas Coney also joined WAA as the county Road Running Secretary.

**April 2003**

Viv Toms completed the 54-mile **Comrades Marathon** in South Africa finishing in 11-hours and 2-minutes.

Much nearer to home, Danny Kay recorded 3:35:17 to finish as 1st MV60 at the **Taunton Marathon**.

Tina Vivian, Sue MacGregor and Denise Ellis claimed the team bronze medal at the **Bournemouth Half Marathon**.

Darren Wrintmore reached the bottom step on the podium at the **Heddington Hill climb** race finishing 3rd in 7-minutes 30-seconds for the one-mile ascent.

Doug Barber (4th) and Vanessa Moray (23rd) led home the 25 Avon Valley Runners at the **Trowbridge Lions 10K** in 36:43 and 45:20 respectively for the 'over-distance' course around Southwick Country Park.

Kevin Sparey took 16th place on consecutive weeks with 17:12 at the **Yeovilton 5K** and then 36:50 at the **Yeovil Easter Bunny 10K**.

Rosemary Barber was 3rd Lady at the **Penselwood 10K**.

April 1988

Tim Northwood finished as the 3rd MV40 at the **Devizes Easter '8'** and one week later at the **Taunton Marathon** recorded 2:53:17 to finish in 19th place overall.

Gerry Fice recorded a great time of 1:19:04 at the **Plymouth Half Marathon** and then the following weekend set a new Club Record for a 20-mile race at the **Gloucester 20** with a time of 1:58:59.

Martin Connor led home the AVR contingent at the **Corsham 10** finishing in 13th place with 58:19. In the supporting **Corsham 5**, Dave Bristow was the third Male Vet recording 28:18, whereas Judy Farr claimed the Ladies Vet title clocking 34:05.

Upcoming AVR Events and Social Events

Newport parkrun

On the 1st April, the club are heading over to Newport parkrun on the Active Trowbridge minibus. There are no more seats on the bus but it would be great to see other AVR members travel over to join in.

Bingo

Date TBC

In aid of the track refurbishment at TRFC.

Westbury 5k series

9th May, 13th June, 11th July, 12th September

Volunteers are always appreciated for these events. You can sign up to run the May event [here](#) to take advantage of the early bird offer.

Avon Valley Relay

1st July

Wiltshire Half Marathon

26th November

**LIMITED TIME
EARLY BIRD OFFER**

ALL RACES ONLY £10 EACH*

Enter the May, June or July 5k before "Go" is shouted for the May race & pay just a tenner per race

After that time, the price of the June & July races will rise to £12

*Early Bird Affiliated entry £10
Early Bird Unaffiliated entry £12
Prices will rise to £12/£14 after 7:30pm on May 9th 2023

Imber Ultra 2023

This year's Imber Ultra took place on 5th March with 90 runners taking on the 33 mile route around the plain.

Congratulations to Ra Twilley of Stroud & District AC and Una Miles of Bristol TACH for winning the male and females races. Una also set a new female course record in an incredible time of 4:26:58!

A full set of results can be viewed [here](#) on the new Imber Ultra website. The event also now has its own Twitter feed at @ImberUltra.



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!

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~~
~~22nd January – Slaughterford 9~~
~~5th February – Lungbuster~~
~~12th February – SMaRTT Smasher~~
~~18th March (Saturday) – Roundway Revenge~~



Off-road reports by Andrew Sharratt, Off-road secretary

Wiltshire Off Road League (after SMaRRT Smasher – 7 races completed, excludes Roundway Revenge – full results not yet available).

Avon Valley A Team 4th place Division 1 107 points (2 point behind Corsham RC)

Avon Valley B Team 4th place Division 2 82 points (8 points behind City of Salisbury)

	Women	Points	WORL Overall	WORL Category
1 AVR	Veryan Cranston	583	1 st	1 st FV40
2 AVR	Fiona Newman	413	12 th	2 nd FV50
3 AVR	Fiona Gibbs	340	20 th	5 th FV50

	Men	Points	WORL Overall	WORL Category
1 AVR	Gary McAlister	474	6 th	4 th MV40
2 AVR	Mike Towler	299	22 nd	4 th Msen
3 AVR	Frank Lamerton	295	26 th	1 st MV70

Lungbuster (05/02/23)

Race 7 in the WORL series. It was a bright, "cool" morning where approximately 170 runners turned up at Broad Hinton Village Hall to run 9 miles and two challenging hills. For AVR there were 9 of us up for the challenge – there is no stopping some people! Step up **Veryan Cranston** who came in 2nd lady at 01:18:13 and 1st AVR. **Scott Green** came in 10th V50 male, 41 seconds behind Veryan and **Frank Lamerton** came in 3rd V70 male in a time of 01:47:19. Detailed results are [here](#).

SMaRTT Smasher (12/02/23)

Great day for AVR as 16 of us turned up for the SMaRTT Smasher 10K along an out and back route, mostly along a former railway track with a long gradient after the turn around point. It was good to see that we had runners throughout the line up from the very (very) front and on. The day was almost warm and good ground conditions with some running in road shoes.

There were great results for AVR with **Mike Towler** winning the race outright (at 35:36, 01:06 ahead of the second person), **Veryan Cranston** came 2nd lady and 1st FV45 and **Gary MacAlister** came 3rd overall and 2nd MV40. The team comprising of **Mike Towler**, **Gary MacAlister** and **Scott Green** were the 1st male team home. **Rebekah Carrivick** came 3rd FV35 and **Adele Cooper** was 3rd FV55. Top that! Full results are [here](#).

Roundway Revenge (18/3/23)

On a Saturday morning, 141 runners turned up at Devizes Sports Club with a bit of an early start - a 09:00am gun preceded by a 10 min walk along the canal. Amongst them were 13 AVR runners (nearly 10% of the field!!) for this the last of the 22/23 season WORL races. It was a bright day which was initially cool but soon warmed up. The ground was generally good but you had to

check you still had shoes in a

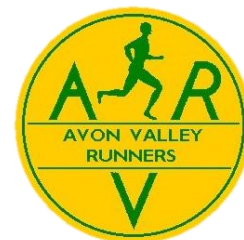
few muddy places! It was a great route with some tough hills but also flat straights to really push it. Coming out of woodlands into the open hillside gave stunning views and there were very helpful marshals.

There were also trophies for AVR. **Ben Mees** was overall 2nd and 2nd senior man. **Veryan Cranston** was 4th overall female and 1st FV40. In addition, **Rebekah Carrivick** was 7th Senior female and 13th female overall, **Frank Lamerton** was 2nd MV70, **Adele Cooper** was 3rd FV60 and **Fiona Newman** was 9th FV50. A full set of race results are [here](#).



AVR Off Road League (February and March)

The season's club off road races are now complete so we have results. Total congratulations to **Veryan Cranston** who is 1st lady and **Frank Lamerton** as 1st man. Well done to everyone who have taken part in some very tough races this year.



AVR Position	Who	Points	No. of Races
1	Veryan Cranston	39	8
2	Fiona Newman	64	8
3	Fiona Gibbs	86	6
4	Rebekah Carrivick	124	2

Very Special Mentions:

Veryan Cranston out of 8 races run came 1st AVR in 7 of them!!!

Fiona Newman out of 7 races run came AVR 4th or better in 5 of them.

26 women took part in at least one race but only 10 took part in more than one race. Over the Hills was the most popular race with 10 women running. We need to persuade more people that the views from the top of Lungbuster Hill really are worth the climb!

AVR Position	Who	Points	No. of Races
1	Frank Lamerton	99	8
2	Richard Newman	109	7
3	Gary MacAlister	111	5
4	Chris Ashton	130	6

Very Special Mentions:

Mike Towler out of 3 races run came AVR 1st in all 3 of them!!!

Gary MacAlister out of 5 races run came AVR 1st of 2nd in 4 of them.

40 men took part in at least one race but only 14 took part in more than one race. Over the Hills was the most popular race with 15 men running. Need to persuade more people that wet feet at Iford crossing are worth it for clean shoes running up past the manor!

Full results are on the AVR Members Only Facebook group [here](#).

Lots of Off Road Opportunities in April and May:

02/04/23 Combe Gibbett at Overton, 16 miles, RG25 3HD, £26 unaffiliated, £24 affiliated, 189 out of 300 places taken. <https://www.evententry.co.uk/combe-gibbet-to-overton-race-2023>

02/04/23 Forest of Dean Spring Trials, half marathon, GL16 7EL, £29 unaffiliated, £27 affiliated, 646 entered, nobody (yet) from AVR! Andrew's favourite off road half. https://www.forestofdean-halfmarathon.co.uk/spring_trails/index.php

09/04/23 Hanham Horror, 9k, No postcode yet, £18 unaffiliated, £16 unaffiliated, nobody yet from AVR, true off road lots of steps and ropes. <https://race-nation.co.uk/register/bitton-road-runners/hanham-horror-2023>

16/04/23 Dorset Ooser, ½ M (also 1M), DT2 7JA, £27 unaffiliated, £25 affiliated, expect 250.
<https://race-nation.co.uk/register/badger-trail-events/the-dorset-ooser>

16/04/23 Butleigh, 10k, BA6 8SW, no entry information yet. <http://www.somersetseries.com/butleigh-mt>

23/04/23 Stourhead Trust 10, 10K, BA12 6QD, free but car park £4 (free to NT members).
<https://www.nationaltrust.org.uk/visit/wiltshire/stourhead/events/0abd958e-bced-45b2-9e55-3bc3e18e1c16>

23/04/23 Avebury Trust 10, 10K, SN8 1RD, free but car park £7 (free to NT members).
<https://www.nationaltrust.org.uk/visit/wiltshire/avebury/events/074b9e97-6ab0-4e80-9538-f8e2a537073d>

13/05/23 Semington Slog, 10k, BA14 6JP, £10.50 affiliated, 12.50 not affiliated
<https://www.entrycentral.com/semingtonslog>

21/05/23 Dilton Dash, 10k, BA13 4 DZ, £18 affiliated, £20 not affiliated.
<https://www.entrycentral.com/festival/1498>

27/05/23 Bratton Hilly, 11k, BA3 4RN, £18 affiliated, £20 unaffiliated.
<https://www.entrycentral.com/event/111817>

28/05/23 Taunton Trail Run, 10k (also 1/2M), TA2 8BU, £23. <https://www.prosperevents.co.uk/event-details/taunton-trail-run-10k-half-marathon-22nd-may-22>

28/05/23 Stourhead Trust 10, 10K, BA12 6QD, free but car park £4 (free to NT members).
<https://www.nationaltrust.org.uk/visit/wiltshire/stourhead/events/0abd958e-bced-45b2-9e55-3bc3e18e1c16>

28/05/23 Avebury Trust 10, 10K, SN8 1RD, free but car park £7 (free to NT members).
<https://www.nationaltrust.org.uk/visit/wiltshire/avebury/events/074b9e97-6ab0-4e80-9538-f8e2a537073d>

Wiltshire and AVR Road Race season 2023

The races for this league have now been released and begin in April.

2nd April - Devizes Half Marathon
23rd April – Corsham 10k (sold out)
20th June, 18th July, 15th August – Heddington 5k (fastest time across the series counts)
17th June – Broad Town 5
29th June – Great Chalfield 10k
13th August – Langley Burrell 10k
17th September – Chippenham Half Marathon
24th September – Devizes 10k

How it all began - by Ceri Davies

12 months ago my daughter Abi, who was 16 at the time, was really struggling with her anxiety brought on by GCSE revision so we decided to attend some anxiety workshops online. All the usual advice and tips were given about exercise, parkrun being one and that's how my journey began.

In March 2022, with Abi and my good friend Tracey, I attended my first parkrun (reluctantly I will add - running was my idea of a nightmare - but doing what us parents do best, I decided that I would go and support her) and what a struggle it was. I walked more than I ran.

Abi, being a spring chicken, finished at 33 minutes while I huffed and puffed in at 40 minutes. Abi and Tracey had finished then came back to find me and spur me on until the end.

After attending a few more parkruns, I really started to enjoy it and each week I really wanted to beat my previous time. I started couch to 5k alongside to build up strength and get used to running and eventually I was running more than I was walking until an injury struck!

I'd made do with trainers I had at home, which in return gave me one swollen and sore ankle. Six long weeks went by with no running but I did purchase my first pair of Brooks which was the best decision ever.

Soon, I was back up and running (quite literally) and attending more parkruns, going out running by myself and with friends. I'd definitely caught the running bug.

By August, I decided to put my new found love for running into use, raising £350.00 for Cancer Research by running 60 miles throughout September and it felt great!

Fast forward to February 2023, with new friendships made with members of AVR (Jen) I was encouraged to join too.

Now I'm running 5 miles a time, have signed up for 2 races, am looking forward to Goal Getters and have hit a milestone of 25 PARKRUNS!!!!

Abi on the other hand gave up after 7 parkruns but thanks to her, I'm fitter, have made new friends and now look forward to running!



clubrun

For England Athletics affiliated Road Running Clubs

The England Athletics **clubrun** programme supports coaches and leaders and club runners through a series of practical sessions delivered at your club on your club night.

Organised by the England Athletics National Coach Mentoring team for Endurance, the sessions will support clubs and their runners to achieve more by helping them work towards a specific event. Sessions will:

- ◆ Consist of three visits over a a 9-12 week period, each lasting between 90 minutes to 2 hours
- ◆ Be delivered by an England Athletics National or Area Coach Mentor, or another experienced coach
- ◆ Focus on helping club runners work towards a specific race or England Athletics Championship event. Clubs can choose to focus on 5k, 10k, Half-Marathon or Marathon training.
- ◆ Include an endurance specific warm up and cool down
- ◆ Include the opportunity for informal discussion around key topics linked to training and race preparation
- ◆ Be progressive – coaches, leaders and runners are encouraged to attend all three to get the most from the series.

See you all at **clubrun!**



When

Weds 8th March: 19:00 – 20:30

Weds 19th April: 19:30 – 21:00

Weds 3rd May: 19:00 – 20:30

Where

University of Bath / TeamBath Track

Coach

Tom Craggs, England Athletics Road Running Manager, England & GB Team Leader



Coming to your club soon!

AVON VALLEY TRIATHLETES



*** AMAZING CYCLING NEWS!! ***

AVT are pleased to announce that we have agreed to formally collaborate with Westbury Wheelers Cycling Club to assist with cycling provision for AVT.

What does this mean?

They will be able to provide some occasional coaching, bike maintenance and a link person between AVT and AVR. Occasionally, they will be able to cycle through Trowbridge to collect AVT members as we know the distance can be a challenge for some new cyclists. We will advertise this opportunity.

Although there are an array of opportunities to benefit from cycling coaching outside of AVT, we recognise Westbury Wheelers as a low cost and effective way to access consistent provision for AVT cyclists who require more access to organised rides at varying levels.

Of course, Westbury Wheelers remain a separate cycling club, run for the benefit of its members in a similar way to AVR, so you can ride with them for free three times (with no obligation to join), after which, you can join with a current annual cost of £21 per year.

Westbury Wheelers ride Wednesdays, Fridays, Saturdays and Sundays with a wide mixture of capabilities catered for. More information on Westbury Wheelers here:

www.westburywheelers.co.uk

An example of their provision:

If you are available any weekend, they offer the following from the Market Place Westbury:

Saturday Green ride - new riders

Sunday, the following rides (note this is inclusive and no one is left behind however you do need to be able to ride at the advertised pace, the green ride will help assess this for you);

- Yellow ride 12 to 14 mph, 20-30 miles
- Blue ride 14 to 16 mph, 40-60 miles
- Purple ride 15 to 17 mph, 50-70 miles
- Red ride 17mph, 50-70 miles



Traditionally, there is a lot of synergy between the clubs with many members of AVT and Westbury Wheelers joining both already. Westbury Wheelers are embracing the prospect of having more multisport members by inviting two joint members (of both AVT and Westbury Wheelers) onto the Westbury Wheelers committee, Maria Harryman and Alan Best. Thanks to all involved in putting this together, especially Alan and Maria. You will start seeing occasional Westbury Wheelers events published here and we will do likewise with AVT events on Westbury Wheelers.

In addition to the coached swimming we now have in action, this now means that AVT will be pointing out coached cycling more frequently and therefore providing great support across the three disciplines of triathlon.

AVT Cycle to Breakfast

In February, 10 of us met at 8.30am in the Shearwater carpark. We set off with drizzly conditions but looking forward to blowing away the cobwebs! Alan led the group and we set off out towards Maiden Bradley. Myself and a number of the group were new to cycling or not confident. However, Alan and the rest of the group did a great job of checking in, chatting to each of us, alerting for any potholes etc. We followed the route round towards Monkton Deverill. We all felt it was a great route - nothing too strenuous but not pancake flat! By this time, we were over half way and the weather was lightening up. We headed back via Longbridge Deverill where Bob took the lead and the whole group sped up for the final section!



After this, we all popped our bikes away and got our running shoes on. We were assured it was a short run, and this was a fair representation as we ran just over a mile out and back by Shearwater lake. Running after cycling was definitely a new sensation! When we were done, we stopped at the Tea rooms to catch up on how the ride went and have a well-earned cuppa and butty.

This was such a great start to the weekend, and we all commented on how enjoyable it was! I would recommend a Cycle to Breakfast to anyone! All you have to do is show up with your bike, and the group will take care of you. 😊

This was such a great start to the weekend, and we all commented on how enjoyable it was! I would recommend a Cycle to Breakfast to anyone! All you have to do is show up with your bike, and the group will take care of you. 😊

Oldbury White Horse Sprint: Triathlon, Duathlon, Aquabike, Aquathlon - 2023

Following the cancellation of the Big T, a good AVT turnout will now be at this event: Choose from a Triathlon, Duathlon, Aquabike or Aquathlon event. All the swimming takes place in the swimming pool, with cycling and running taking place in the Wiltshire Countryside. Photos from last year below.

Any questions...ask Annalie Ibison or mail avt@avonvalleyrunners.org.uk 😊



Don't forget Long Course Weekend

An 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 on 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.lcw.wales.com/

Message: avt@avonvalleyrunners.org.uk about accommodation

AVT coached swimming session

The multi-sport season is fast approaching so now is a great time to start working on your swim technique, building up your endurance and improving your speed. AVT have coached swimming sessions at Melksham Community Campus on Thursday evenings 9-10pm. Keith Withers and Steve Clarke are enthusiastic and supportive coaches who lead these sessions. Come along and see what's on offer. Working with like-minded people is motivating and fun.

There is now a reduced price:

AVT coached swim (pay as you go) - £7 - [click here](https://calendly.com/avt-2/avt-swim)

<https://calendly.com/avt-2/avt-swim>

AVT coach swim (block book for a half term £6 per session paid up front for 5 session - £30) - [click here: https://calendly.com/avt-2/block-booking](https://calendly.com/avt-2/block-booking)

Avon Aquathlon

On Sunday 26th March, a few AVT took part in this aquathlon organised by STAR – Stonehenge Triathlon and Road. The clock change on the same day meant that everyone was up super early for the 9am start which brought rather damp weather with it too! After the 500m swim at the Durrington Fitness Centre, competitors ran the 5km route which was uphill for the first 2.5km but it made for a nice easy run back to the finish line. Congratulations to everyone who took part.



L-R: Emily Dye crossing the finish line and Paul Banfield on the run

Avon Valley Segment of the Year – April 2023





April sees the launch of the **Avon Valley Segment of the Year competition** and to recap...the idea is that you are invited to take on a Strava segment which can be incorporated into one of your training sessions and the fastest times recorded within the month (actually up to the 25th of the month as we will need time to compile the results) will get loads of kudos; with the fastest overall (Male & Female) getting 25-points. The second fastest (Male & Female) getting 24-points, the third fastest (Male & Female) getting 23-points and so on down to the 25th fastest (Male & Female) getting 1-point each; in the unlikely event that we should get more than 25 members tackling a segment then they will each get a point as well.

You can undertake a segment as many times as you like in a month and it is your best time that will be taken. Even when the month has passed you can continue cycling the segments right through until November (25th) and these will make up your Bonus-points score, with up to another 25-points on offer per segment

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. Once logged into Strava you need to join the **Avon Valley Triathletes club** which will be used for tracking cycling results on the segment.

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:

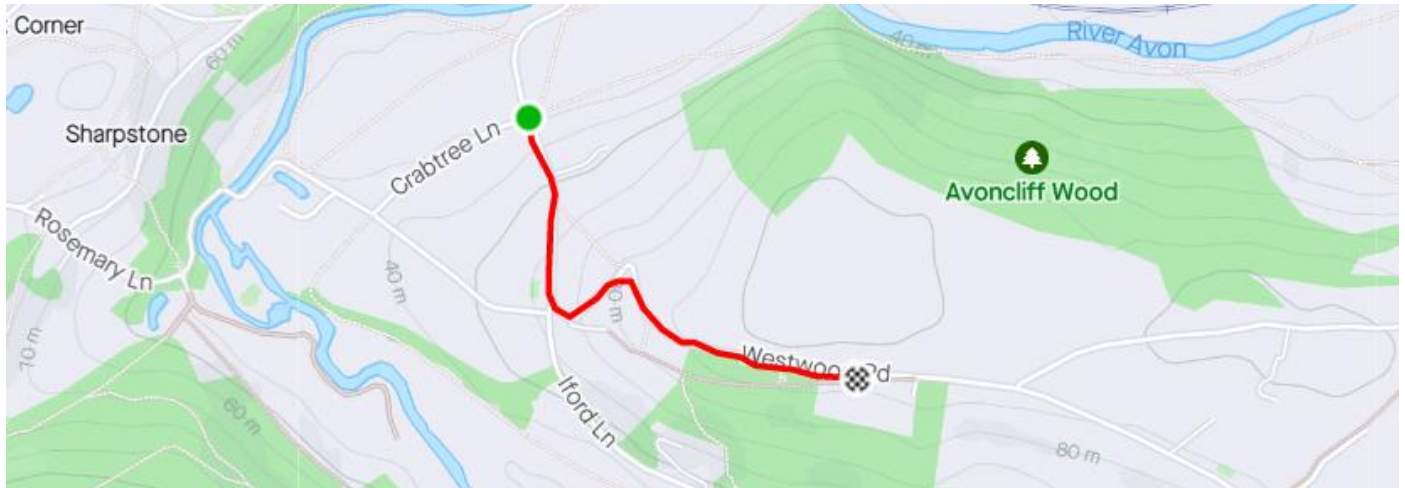
Location		Sport Type	Club Type	
Avon Valley	Location	All	All	Search

	Avon Valley Runners England, United Kingdom	260 members	Running	Club	Join
	Avon Valley Triathletes Westbury, England, United Kingdom	82 members	Triathlon	Club	Join

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.**

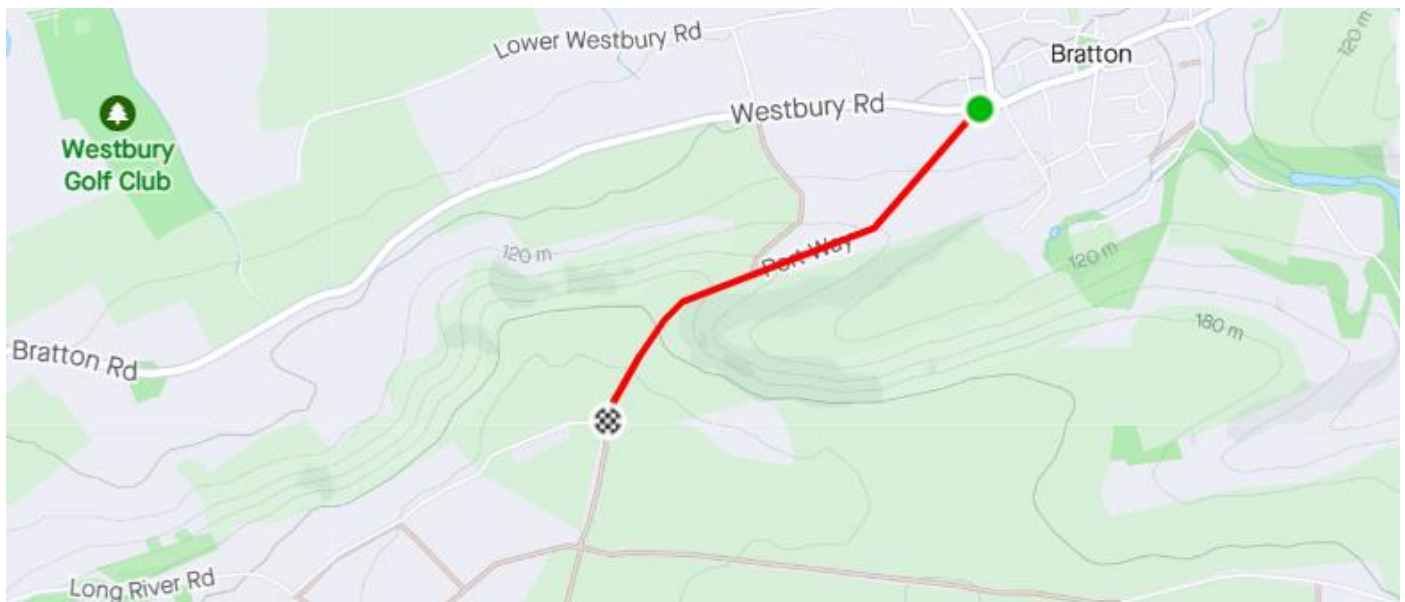
So where are the Avon Valley Strava segments?

To start us off in April, we are going to start with a hill climb at [Staples Hill \(Freshford\)](#) which is a half mile challenge just outside of Freshford that rises up at an average gradient of 9%. So far this year only **Tim Lowrie** has been brave enough to take on this hill and managed it in 4-minutes 28-seconds, can anyone break the four-minute barrier?



Keeping the hill climb theme going for April, **Will Whitmore** who finished in third place overall in last year's Strava Segment challenge competition has challenged us to take on the ascent from Bratton up to the top of Westbury White Horse. [Westbury Hill OFFICIAL climb](#), like with Staples Hill this also rises at 9% but offers almost twice the distance – gulp!

So far this year only **Jo Mumford** has taken on this climb and managed it in 7-minutes 32-seconds, will that be fast enough to take the Bonus Points at the end of the year too?



For a fuller explanation of the Avon Valley Segment of the Year competition please check out the [December 2022 edition of the Valley News](#).