

# THE VALLEY NEWS



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## Dates for your diary

- **Club Committee Meeting** – these happen in the first Tuesday of the month – 2<sup>nd</sup> May is the next one. If you have any points for discussion or would like to attend, please email [secretary@avonvalleyrunners.org.uk](mailto:secretary@avonvalleyrunners.org.uk).
- **AVR Social drinks** – these happen on the first Wednesday of every month. The next one is on the 3<sup>rd</sup> April @ 8:15pm at the rugby club bar.

## Signing off

After 5 and a half years and 63 editions (not quite beating Tim Northwood's record of 67), this is my last issue as the editor of The Valley News. It has been a pleasure to document the club's history through its pages, none of which would be possible without the army of volunteers who have supplied articles and information to me about each different section of the club over the years. I leave the news in the very capable hands of one of the club's Vice Presidents – Darren Wintmore. Darren, who has been with the club since the 80s and has a wealth of knowledge about the club, has previously been the editor and after an almost 12-year break, is picking up the reins again to add his unique touch to its pages. Thank you so much to him for volunteering. Incidentally, through a thread on Facebook, I suggested that he could write a history of The Valley News for his come-back edition but it turns out that he already did this in December 2016! I shall leave you with that article which takes you right up to Gary MacAlister's stint as editor before I took over after him.

Take care and happy running! – **Sarah Emery**



The back catalogue of The Valley News can be found on the club website [here](#).

# The Valley News – A very brief history in print (by Darren Wrintmore)

The first edition was hand typed by Honorary Secretary Ian "Stan" Farr in the Summer of 1986 - Stan kept on typing for 16 quarterly editions until Summer 1990. Club Captain, Tim Northwood took on the editorship with the benefit of a word processor and ran the Newsletter for an impressive 67 editions from #17 in the Autumn of 1990 through to #84 in November 2006, though the final edition was removed from distribution by the then committee due to a number of inflammatory remarks in the editorial. During this time from #73 in October 2004, The Valley News was accompanied by the Captain's Corner colour supplement drafted by Darren Wrintmore with assistance from fellow Captains, Susie Phillips and Tina Vivian. January 2007 saw the new Honorary Secretary of Avon Valley Runners take the Editor's chair making The Valley News a monthly publication and distributable on-line only. As part of 'Project Jubilee' to celebrate 25-years of Avon Valley Runners, all of the 'legacy' paper editions of the Newsletter were scanned and posted on the club's website. Delivering 40 full colour editions, Darren Wrintmore signed off with #125 in July 2011. Richard Morgetroyd was press-ganged into the Editor's job and brought a healthy sense of humour to 28 editions of the newsletter before retiring with #154 in December 2013, during this time the supplementary JAVR news was introduced with the first appearing with #149 in July 2013. New Year 2014 came as did another new editor in the shape of Ken Marshall and returning the newsletter to a quarterly edition, brought the club 13 editions before handing over to the current Editor, Gary MacAlister with #169 in the Summer of 2015 and is going strong with this his twelfth newsletter edition.



## Available club positions

Can you help fill any of these club positions?

- **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.
- **Club Captains** – These are roles that we are reinstating. The club are looking for a senior experienced male and female runner who have a lot of running and race experience to support, rally and encourage race participation while supporting the race secretaries. This would not be a committee role as the secretaries already perform that role but would aid them with relationships with fellow runners across the club.



Email [chairman@avonvalleyrunners.org.uk](mailto:chairman@avonvalleyrunners.org.uk) or [secretary@avonvalleyrunners.org.uk](mailto:secretary@avonvalleyrunners.org.uk) if you are interested in finding out more of what is involved.

## AVR Youth - By Debbie Ellis

The Youth section of our club has had a great start to 2023. Going from strength to strength and numbers increasing with new members joining, our young athletes are doing well. The cross country season ended on a high with several of our juniors qualifying through the school events.

**Ed Hill** was for U13 Boys was selected to represent the County at South West Champs on 8<sup>th</sup> January. Congratulations to him.

Many of the athletes have been racing on road over the last few months with some fantastic results and achievements

**George Sawyer** - Completed the Street 5K series and improving his time each race to a PB of 21:29 and was Junior Runner for the last race and for the overall series. Many congratulations to him a great achievement.

The Youth group has also had great results in the following races:



**Ed Hill** – Calne 1.5k – 1<sup>st</sup> in his age group

**Josh Dines** – 3k Bristol Track Club run

**Peter Yeomans** – 3k Bristol Track Run

**Imogen Smart** – 2k Clock Change Challenge – 4<sup>th</sup> girl Finisher

**Tony Orr** – Age related European Biathlon Qualifier race – 6<sup>th</sup> place and reserve qualifier

**Will Smith** - Age related European Biathlon Qualifier race – 1<sup>st</sup> place and qualified

**Will Smith** - Torbay Triathlon – 1<sup>st</sup> Place

## **VOLUNTEERS**

Over the last 6 months we have lost 3 key volunteers for AVRY. We are now struggling to get a full quota of people for the sessions. I am sure you will all agree this is an invaluable section of our club to encourage and develop not only young athletes but also who could represent our club in future years.

We are asking if anyone is interested and available to volunteer on a regular or adhoc basis to ensure we keep our Youth Section going. Please contact me at [juniors@avonvalleyrunners.org.uk](mailto:juniors@avonvalleyrunners.org.uk)

WE WOULD LOVE TO HEAR FROM YOU.

## **AVR trip to the seaside (plus a Marathon to run!) – by Sarah Hillman**

On Sunday 2<sup>nd</sup> April, four of us took a trip down to Brighton to run the 2023 Brighton Marathon. There were some stressful moments in the weeks before, particularly with event communication and our race numbers only turning up 5 days before the event! Brighton marathon had recently gone into administration and were only taken over by 'London Marathon Events' in December 2022.

Despite this, we all made it to race weekend and managed a quick look around Brighton the day before, taking in the seaside sights and desperately trying to calm the nerves. Race day started off grey and cold, which was a marked improvement on the rain and floods the day before! The four of us were in different waves but met for a quick 'good luck' in the start village. We were very lucky and the sun came out for us, which left Annalie very smug as she was the only one who had applied sun cream! The route had some loops back and forth which meant we got to wave to each other at various points.

**Will Natrass** and **Annalie Ibison** completed their first marathons and Paul Dredge and myself achieved PBs. Well done everyone!

Official times:

**Will Natrass:** 4:17:23

**Annalie Ibison:** 4:46:40

**Paul Dredge:** 3:19:59

**Sarah Hillman:** 4:19:09



# The London Marathon 2023



At London we had 16 runners:

Congratulations to **Ed Knudsen** who set a new Senior Men's club record with a superb 2:27:03 and finishing in 64th place overall.

- 913 - **Josh Taylor** - 2:44:21
- 10054 - **Diane Hier** - 3:35:27
- 11516 - **Fiona Price** - 3:40:33
- 47278 - **Emily Dye** - 4:09:48
- 21658 - **Daren Booth** - 4:11:41
- 15229 - **Leanne Whitcroft** - 4:19:14 (*pictured right*)
- 15861 - **Adewale Kadiri** - 4:23:23
- 26672 - **Sophie Faldo** - 4:28:19
- 27882 - **Phil Rimmer** - 4:32:25
- 38448 - **Drew Holloway** - 5:14:44
- 58256 - **David Hyde** - 5:19:08
- 29744 - **Jo Guy** - 5:43:33
- 60525 - **Terri Duddy** - 5:35:18
- 44321 - **Andrew Chappell** - 5:55:08
- 48535 - **Katy Nickless** - 8:05:09



# Upcoming AVR Events and Social Events

## Bingo

Date TBC

In aid of the track refurbishment at TRFC.

## Westbury 5k series

9<sup>th</sup> May, 13<sup>th</sup> June, 11<sup>th</sup> July, 12<sup>th</sup> 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.



## University Parks parkrun

Saturday 3<sup>rd</sup> June

For more information, see the Facebook page [here](#). Email [news@avonvalleyrunners.org.uk](mailto:news@avonvalleyrunners.org.uk) to book your seat on the minibus.

## Avon Valley Relay

1<sup>st</sup> July

## Seaton parkrun

Saturday 22<sup>nd</sup> July

For more information, see the Facebook page [here](#). Email [news@avonvalleyrunners.org.uk](mailto:news@avonvalleyrunners.org.uk) to book your seat on the minibus.



## Wiltshire Half Marathon

26<sup>th</sup> November

## Results

Avon Valley Runners results 2022 are live on the club website [here](#). Please email your results for inclusion to [results@avonvalleyrunners.org.uk](mailto: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!**

## Off-Road Opportunities in May and June:

**13/05/23 Semington Slog**, 10k, BA14 6JP, £10.50 affiliated, 12.50 not affiliated

[.https://www.entrycentral.com/semingtonslog](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>

**04/06/23 Two Tunnels**, 10k (also 5k, 1/2M, M), BA2 1LX, £25.

<https://www.relishrunningraces.com/bath-two-tunnels-railway-running-races.php>

**11/06/23 Cheddar Trail**, 10k (also 5k, 1/2M, M), BS40 1XR, £25.

<https://www.relishrunningraces.com/cheddar-gorge-challenge.php>

**18/06/23 Magic Roundabout**, 10k, HR3 5JA, £20 affiliated, £22 unaffiliated.

<https://racebest.com/races/36t8c>

**25/06/23 North Devon AONB**, 1/2M (and M), EX34 7DJ, £37,

<https://www.northdevonhospice.org.uk/support-us/events/north-devon-marathon/>

**25/06/23 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>

**25/06/23 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

Thanks to Tim Burrell for this explanation of the leagues



## Which leagues can AVR members participate in?

Every year, the Wiltshire Athletic Association (of which AVR is a member) select a number of races for inclusion in their two race leagues (see below).

Club members, provided they register for any of the included races as an AVR runner, will automatically have their scores calculated and added to the respective leagues – it is not something that the runner has to actively join.

Because the races included in the Wiltshire Road Race Leagues are also used for the AVR Race league, when you run in one of these races, you effectively get to participate in both leagues.

The races are:

1. Wiltshire Road Race League (WRRL) / AVR Road Race League [Spring and Summer races]
2. Wiltshire Off Road Race League (WORL) / AVR Off Road Race League [Autumn and Winter races]

## What are the leagues?

The AVR league is essentially a competition between your fellow club members with your results ranking both against all participating members, and against those in your same sex and age bracket.

The WRRL/WORL pits clubs and their individual members against other participating clubs in Wiltshire. It has the identical individual competition element as does the AVR League (just that you're competing against members of other clubs as well as your own), but it is also a club v club competition. Thus it's really two competitions in one.

AVR has a proud tradition of success in the WRRL in particular. It has often won the league overall, but equally impressively its 'B team' also does well in the top division. While we all know some of the amazing runners we have in the club, and they do have a big bearing on the results of the leagues, the reality is that one of the major reasons why AVR has done so well is that a high participation rate can be more important than the speed of the runners. Historically, AVR have won leagues because of this, and it's probably the case that many of our participants simply running for fun probably didn't even realise that without their involvement the league might not have been won.

## So, how does it work?

### **As an individual**

There are usually 8 races in a series, and the best 6 scores count to your individual overall total. Runners can take part in as few or as many of the races in the series as they wish. Scores are given for each race depending on your finishing position within your sex – first female place scores 100 points, second female place 99, and so on. Once you start a league race you will be given a score for each race, including those you don't race in for which your score will be a score equivalent to one place behind the last place finisher. At the end of the series, the highest score wins, both overall, and for each sex/age sub-category.

From the above, you can see that those participating in 6 (or more) races will almost certainly score higher than runners participating in fewer races, irrespective of how quick they are.



**As a team**

Like the individual scoring, the team scores count the best 6 team scores from the 8 races. In this case, the first team scores 20 points, the second 19, and so on. Club results don't take into account the age categories, just scores male and female teams, and once the scores for these teams are calculated they are aggregated to give an overall club position.

Your score as an individual will also be counted for the club results. Here, the first 5 runners count towards the 'A' Team, and the next 5 fastest towards the 'B' Team. Note that there are no A and B team 'runners', as those counted in the teams are the quickest at that particular race, and therefore if for example, there are 5 AVR female runners in a race, you are guaranteed to be counted in the A team (even if you walk!).

You'll realise, therefore, that everyone in the club can and does have an impact on the club results even if they don't consider themselves as a competitive runner.

**So why should you participate?**

Races included in the race leagues are nothing scary! They include local races, often club organised, or organised by local race organisers, so they are actually just like the races many of us would run anyway without the leagues. This means that the perception that many people have, that the standard will be too high for an 'average' runner couldn't be farther from the truth – there will be the usual mix of a few very fast runners, some run/walking, and the vast majority of us somewhere in the middle (often involving a bit of chat!).

Running in one (or both) of the race leagues is a very rewarding experience, and it's open to all. From those looking to test themselves to those simply doing it for the social aspect in a friendly and supportive environment, the leagues have something for everyone.

Here are a few reasons why you will enjoy participating in the leagues:

- Supporting your club, with the sense of achievement in contributing to the club's success
- The social aspect of running with your club; the friendships you make with both club members and other those from other clubs (while there's a sense of rivalry, it's also very friendly)
- A series to focus on through the year
- Personal challenge
- Testing yourself against other age category runners in AVR and Wiltshire
- ... and maybe a surprise trophy at the end of the year!

For further details, please ask .....

The races are as follows:

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

**Race reports by Martin Russam, Road Race Secretary****Race 1 – Devizes Half Marathon**

It had hills and wind with some great running:

We had 3 runners in the top 10 with **Tom Gurney** 2<sup>nd</sup> in a time of 1:14:38, **Josh Taylor** 4<sup>th</sup> in a time of 1:18:40 and **Dan Jewell** in 10<sup>th</sup> in a time of 1:22:56.

**Fiona Price** was 1<sup>st</sup> in her age group with a time of 1:43:15 and **Simon Reeves** was 3<sup>rd</sup> in his age group with a time of 1:45:46.

**Race 2 – Corsham 10k**

AVR had 61 runners at this event! (Some pictured right) There were loads of great performances with **Robin-Mark Schols** finishing 3<sup>rd</sup> in the MV60 category with a time of 42:18. **Jo Farion** was 2<sup>nd</sup> in the WV40 category with a time of 46:06 and **Rosemary Barber** was 1<sup>st</sup> in WV70 category with a time of 1:00:00:52.

Next up is WRRL3 at the Broad Town 5 on 17<sup>th</sup> June (with minibus confirmed), quickly followed by WRRL4 Heddington 5k Race 1 on the 20<sup>th</sup> June and then WRRL5 at The Great Chalfield 10k on 29<sup>th</sup> June. See you there!



All AVR who run 6 out of the 8 road race league fixtures will go into a draw to win a free AVR race of their choice. The club is also aiming to provide free minibus travel for all members to these races when available (can all who are running confirm on the Facebook event pages and say if you'd like a minibus place). We will continue to look at other ways in recognising runners who do the 6 out of the 8 races.

Also, congratulations to all our amazing marathon runners! Results for London and Brighton can be read on pages 4 and 5 but there were also members at Newport and Manchester.

At Newport, there were 8 runners: **Gary MacAlister**, **Ben Blackwell**, **Tim Burrell**, **Jay Hopkins**, **Joanne Mumford** (2<sup>nd</sup> in her age category with a time of 3:26:44), **Paula Farrell** and **Jayne Williams**.

At Manchester, **Helen Farion** ran 3:49:50.

Well done to everyone!

## All Those Years Ago – May 2023

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...

### May 2018

In this month the Ladies at the **Dilton Dash** were led home by AVR's Pippa Brewer with Daniel Piper leading home the Men in second place overall. Still going strong in this year was the **Bratton Hilly** which saw Vervan Cranston win the Ladies race and Daniel Piper finish second overall for the Men with 7<sup>th</sup> placed Robin-Mark Schols finishing as 1<sup>st</sup> MV50. The in-form Daniel Piper also ran out as the overall winner at the **Jack and Jill Challenge** in Midsomer Norton and also at the **Sutton Veny 10K**. The **Christchurch May Fayre 3-miler** in Bradford on Avon saw Robin-Mark Schols finish in second place overall.

Ruth Barnes clocked an incredible 34:23 to win the **Bristol 10K**. Whilst Leah Sartain was third lady at the **Dauntsey 10K**. Holly Rush was first lady at the **Casterbridge Half Marathon**, recording 1:29:04. Fiona Price and Clare Wood swapped their AVR vests for TeamGB vests as they represented the nation at the **European Masters Half Marathon championships** in Alicante, Spain.

### May 2013

The Wiltshire Road Race League was in full swing and with race #5 being in Trowbridge it ensured a good turnout from the club, at the "**Chocoholics**" 5K. So keen to claim a chocolate medal, Ruth Barnes ran an incredible 17:51 to break the club record for the distance. Former Ladies 5K record holder Jackie Rockliffe took the 1<sup>st</sup> FV40 prize with Fiona Price and Tina Towler also claiming chocolate prizes, finishing as third lady and 1<sup>st</sup> FV50 runner respectively.

The **Wiltshire Track & Field Championships** took place at Tidworth Oval and AVR were mixing it with the counties more established track clubs with Fiona Price being crowned as the Ladies 3000m Champion and Peter Jefferies the Triple Jump Champion!!! Silver medals also went to Mike Towler who achieved a personal best time of 4:07 in the 1500m and to a 14-year-old Holly Newman in the GU17 200m.



**May 2003**

The **Brafton Hilly** has been held in the village for over a quarter of a century and in this edition, Martin Connor finished in second place overall and led the AVR Men to the Team prize, supported by Bob Ellis, Simon Reeves and Ian White. Not wishing to be outdone our Ladies also grabbed the Team prize through Sue Macgregor, Denise Ellis and Viv Toms.

Having almost run for as long, the **Christchurch May Fayre 3-miler** in Bradford on Avon attracted a good group of Avon Valley Runners where Kevin Sparey led us home in second place overall recording 16:31 with Rosemary Barber as 2<sup>nd</sup> Lady in 20:32 and Susie Phillips 3<sup>rd</sup> Lady in 22:11. Keeping things fun were Alistair Bartlett and Sue MacGregor who ran out as winners at the **Westwood Fun Run**, where Susie Phillips also finished as 1<sup>st</sup> FV40.

The Ladies were back in the team prizes at the **Calne Road Relays** where Liz Ringham, Janice Betteridge and Denise Ellis finished in third place.

**May 1988**

Our neck of the woods boasted two 10-mile races with the **Trowbridge 10** which started at St Augustines School seeing Bob Roots leading AVR home in 58:50 and Martin Connor also ducking under the hour with 59:52. A week later and there was the **Southwick 10**, where Bob Roots finished third overall in 54-minutes 46-seconds ahead of 4<sup>th</sup> placed Tim Northwood in 55:02. In the supporting 4.5-mile "fun run", Darren Wintmore finished in 3<sup>rd</sup> place.

Ian "Stan" Farr had plenty of time to think about running as he took on the **Warminster 24-hour race** where he covered over 90-miles doing one mile loops around the town centre car park to finish in third place.

The following week saw the popular **Westbury 5** held in rather inclement conditions, where Martin Connor and Darren Wintmore battled to personal best times of 28:07 and 28:09 to finish in 13<sup>th</sup> and 14<sup>th</sup> places overall, leading home the 20 Avon Valley Runners in the field.



The club also celebrated its first wedding in this month with Martin Connor and Hazel Earney tying the knot before heading off for a honeymoon on the Isle of Wight where Martin ran the Marathon in under three-hours clocking 2:59:02.

**Darren Wintmore – Vice-President**

# 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 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 8<sup>th</sup> March: 19:00 – 20:30

Weds 19<sup>th</sup> April: 19:30 – 21:00

Weds 3<sup>rd</sup> 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



## AVT Focus Events

Now that the triathlon season has begun, many people from AVT will be entering triathlons in the next few weeks and months, if they haven't already. It's never too late to join in!

Here's some AVT focus event dates for your diaries:

| Date                   | Event Type  | Event Name          | AVT Lead       | Organiser           | Webpage   | Distance  |         |         |
|------------------------|-------------|---------------------|----------------|---------------------|---|-----------|---------|---------|
|                        |             |                     |                |                     |   | Swim/ Run | Cycle   | Run     |
| 21/5/23                | Triathlon   | 51 Fiver            | Caroline Scott | DBMax               | <a href="https://www.dbmax.co.uk/">https://www.dbmax.co.uk/</a>   | 1.5k      | 40k     | 10k     |
| 25/6/23                | Triathlon   | Frome Triathlon     | Annalie Ibison | Frome Tri club      | <a href="https://clubs.britishtriathlon.org/frometriathlonclub/FromeTriathlon">https://clubs.britishtriathlon.org/frometriathlonclub/FromeTriathlon</a> | 400m      | 20k     | 5k      |
| 30/6-2/7/23            | Multiple    | Long Course Weekend | Caroline Scott | Long Course Weekend | <a href="http://www.lcwwales.com">www.lcwwales.com</a>  | Various   | Various | Various |
| July - September (TBC) | Time Trials | Kinetic 10 mile TT  | Alan Best      | DBMax               | <a href="https://www.dbmax.co.uk/">https://www.dbmax.co.uk/</a>   |           | 10mile  |         |
| 4-6/8/22               | Triathlon   | Centurion           | Annalie Ibison | Mumbles Centurion   | <a href="https://www.mumblescenturion.com/">https://www.mumblescenturion.com/</a>   | 2km       | 78km    | 20km    |

This information has been compiled by the AVT Working Group.

A big shout out to some of the key members of the AVT Working Group who do anything from coach swimming to lead on AVT focus events, to support, to compile results, to organise, to post advertising, to share their wisdom, to writing news or getting people involved and generally just being totally amazing!

If you'd like to be part of this awesome energy, then mail Caroline at [avt@avonvalleyrunners.or.uk](mailto:avt@avonvalleyrunners.or.uk). We meet virtually, 8pm, usually on the last Friday of the month.

### Run/Cycle to Breakfast Dates

Organiser: Caroline Scott

|    | Date | Run or Cycle | Buddy                   | Description  |
|----|------|--------------|-------------------------|--|
| 6  | May  | RTB          | <b>Caroline</b>         | Half marathon - build to LCW (looking to do two loops to include those that are keen on half the distance) |
| 13 | May  | RTB          | <b>Vicky</b>            | 10k Semington Slog and hot dog after and drinks and nibbles at Vicky's (next to the start line)            |
| 20 | May  | RTB          | <b>Caroline</b>         | 10k relaxed round Troebridge with breakfast at Valeroso  |
| 27 | May  | RTB          | <b>Alan to do route</b> | Half marathon - Build to LCW (looking to do two loops to include those that are keen on half the distance) |
| 3  | June | CTB          | <b>Maria</b>            | Green ride?  |
| 10 | June | RTB          | <b>Jen</b>              | 10 mile trail run route  |
| 24 | June | CTB          | <b>Alan</b>             | Green ride?  |
| 1  | July | RTB          | <b>Bob</b>              | 6 miles - easy pace  |

Thanks to everyone who volunteers to bring these sessions to life. It really is a great way to combine exercise with a bit of social.

### AVT Swim - organisers: **Annalie, Caroline, Steve and Keith**

We have had an awesome start to the term with swim sessions focussed around the Oldbury tri and, with the season underway, will now move to a focus on training for 51fiver, Frome Tri and other triathlons. With Keith Withers and Steve Clarke coaching and more AVT swimmers coming along, this session is not one to be missed! Join us 9pm Thursdays: [www.calendly.com/avt-2/avt-swim](http://www.calendly.com/avt-2/avt-swim)  
Note that although this is not a learn to swim session, it is for developing swimmers who can swim front crawl.

### Southampton Fast Twitch - By Alan Best

Having missed out on the Cheddar Tri (note to self, enter early!) I had to undertake a Triathlon of some sort to say I had completed one. I found one in Southampton and off I went flying the AVT flag.

It started quite badly in the pool with a panicked swim and then trying a wet transition for the first time - talc was a lifesaver here although quite slow overall. The bike made up for the swim and surprisingly was not cold despite being wet and the AVT tri suit was perfect for the job. I have to admit to enjoying the ride but was a little concerned on how I would be able to run afterwards. Transition 2 seemed easier and as I ran out of transition I turned the corner to be faced with a hill - great! I really wanted to walk with wobbly legs but forced myself to keep going and even managed a little sprint at the finish line.

Great fun and despite being a poor swimmer, I will have to do a few more!

## Time Trials - By Alan Best

We have had a couple of 10 Mile Time Trials at Castle Combe this year with AVT turnout (2<sup>nd</sup> January and 19<sup>th</sup> April) with the next one due Wednesday 10<sup>th</sup> May. These are undertaken around a race track so the only traffic is other cyclists.

We also have the Westbury Wheelers Open Time Trials starting on Monday 22<sup>nd</sup> May taking place around quiet country roads near Warminster which are very reasonably priced. These are also 10 miles in length and a great opportunity of practising race pace.

Next one: <https://www.dbmax.co.uk/events/castle-combe-10-mile-tt-may-2023-2023>

## Oldbury Triathlon – by Annalie Ibison

With nearly 20 AVT members signed up for the Oldbury White Horse triathlon, this event always had the potential for a great morning and it didn't disappoint. The start line comprised of first timers to the slightly crazy world of multi-sport and also more practised individuals but what stood out was the camaraderie and the smiles of people's faces as they crossed the finish line. With people speeding their way through the water, whizzing along the roads and speeding through their runs, it was a fabulous morning. A massive thank you also has to go to all the fabulous supporters who waved the flags, shouted loudly, banged the cow bells and erected the gazebo and new AVT banner. Your support and enthusiasm was invaluable. thank you.

Oldbury White Horse triathlon is a well organised and welcoming event for all people of all abilities. If you are interested, LPS run a series of similar events throughout the summer based at the lakes in the Cotswolds. I would definitely recommend them.

Special mentions:

- **Jo Farion** was first in her category in the aquathlon and third lady overall!
- **Rosemary Barber** 1<sup>st</sup> in her age category
- **Annalie Ibison** 2<sup>nd</sup> in her age category
- **Gemma Knudsen** 2<sup>nd</sup> in her category
- **Jen Natrass** was 3<sup>rd</sup> in her age category
- **Sarah Jewers** 3<sup>rd</sup> in her age category
- **Maria Harryman** 4<sup>th</sup> in her age category
- **Emily Dye** 4<sup>th</sup> in her age category



## Annalie's Account of Avon Aquathlon – by Annalie Ibison

The clock change made it an early start for the Avon Aquathlon on Sunday 26<sup>th</sup> March. This was a small, early season event but we still amassed 5 AVT entries, including Mark Spiers who was competing in his first ever multisport event. In contrast to the sunshine of the day before, we all woke up to grey skies and rain which was far from ideal!



The aquathlon, based at Durrington Leisure Centre, was hosted by Stonehenge Triathlon and Road Club and comprised of a 500m pool swim followed by a 5km run on a mix of paths, trails and road on Salisbury Plain.

The pool swim was straightforward enough. There were a variety of swimming styles: head up breast stroke, front crawl, tumble turns and flip turns. Counting the lengths was made easier by the officials at the end of each lane who dipped a bogey board into the water when we all had 50m (2 lengths to go). If only they could have helped with the exit out of the pool but no, we all had to clamber, rather ungracefully, out of the deep end, without the use of the steps. That wasn't my finest hour!



After the swim, we ran into transition, where we slipped on our now soggy trainers and off we ran. The 5km run was a challenge, not helped by the poor signage and lack of marshals to point us in the right direction. The first half was uphill, with many twists and turns at the beginning of the run. At one point, a couple of us almost ran into a white fence as we simply couldn't see the sign signaling the gap in the fence! Over two small bridges, through puddles, through mud and uphill we ran to the turn-around point. Then, thankfully, we knew the second half of the run would be easier. However, the run ended with a lap of the playing field – yet more soggy grass and mud!

Despite the weather and the tough run, we all enjoyed ourselves and some of us gained medals and celebratory chocolate! Well done to Mark, Paul, Scott, Emily and Annalie for flying the AVT flag and showing that multisport is an inclusive, fun and challenging sport.

Stonehenge Triathlon and Road Club are organising a sprint triathlon on 14<sup>th</sup> May 2023. Follow their Facebook page if you are interested.

## 51 Fiver Update - By Caroline Scott



**Above: AVT Relay 51Fiver 2022**

51 Fiver is almost upon us! There's been a little shifting around with some of the teams due to injuries and like but here's the current team plan. We do have injuries in team 5 so if you'd like to run, it may not be too late, send an email to Caroline at [avt@avonvalleyrunners.org.uk](mailto:avt@avonvalleyrunners.org.uk).

This is a cracking AVT focus event suitable for all levels of ability. Choose anything from Standard Distance Triathlon to taking part on the relay (choose from 1500mtr lake swim, 40k bike or 10k run). Last year we entered over 10 AVT teams and had a gazebo right on the lake shore. This year we already have 11 confirmed relay teams and about 5 people doing the whole triathlon event.

|   |   |  |
|---|---|--|
| Team 1<br>Diane Hier - swim<br>Andrew Jeffries - run<br>Mark - run          | Team 2<br>Richard Morgetroyd. - run<br>Darren Wrintmore - bike<br>Sarah Jewers - swim   | Team 3<br>Keith Withers - swim<br>Jo Mumford - bike<br>Hayley Anderson - run   |
| Team 4<br>Alan Best - Swim<br>TBC - bike<br>Wendy Staden - run              | Team 5<br>Sue Porto - bike<br>Vicky Bodman - swim<br>Run – Hayley Southgate   | Team 6<br>Annalie Ibison - swim<br>Simon Down - bike<br>Hayley Chapman - run   |
| Team 7<br>Jayne Williams - swim<br>Bike - TBC<br>Jenny Natrass - run        | Team 8<br>Drew Holloway - swim<br>(but will go on to complete the whole event)<br>Caroline Scott - bike<br>Gary MacAlister- run | Team 9<br>Izzy McNally - Swim<br>Bike - Michael Guy<br>Helen Farion - run  |
| Team 10<br>Jo Farion - Swim<br>Maria Harryman - Bike<br>Sarah Hillman - run | Team 11<br>Anne Marie - swim<br>Dave Clarke - Bike<br>Viv Panther - Run   | Solo entries include we know about so far include:<br>Drew Holloway<br>Stephen CLar<br>Simon Williams<br>Will Whitmore |

This will be a storming event! If you are spectating, come early, the event starts about 7.30am when we see the swimmers off. It's at Lake 32 which is stunning and there is a lovely coffee shop on the lakeside and some great spots around there to cheer on your team mates. Do let us know if you are coming on the AVT Facebook event page.

## Stuart Mackie and his journey from C25K into triathlon – By Stuart Mackie

Triathlon.....I'll say it again. Triathlon! An event that to many people is the pinnacle of fitness, endeavour and personal achievement. So how did I end up associating with a bunch of folks whose dedication and drive seemed way above my league? Well I'll tell you. At 53 I decided to get 'fit'. I joined the C25K program run by AVR, paid my subs and became a full time member, completing the C25K which culminated in me being nominated on the shortlist for Best Beginner at the AVR presentation Awards in Feb this year. That gave me some drive to continue my 'running journey' with the club and also parkrun.

It was at a meeting for Goal Getters and 'Me vs Me' that I became aware of AVT and the fact that both AVR and AVT are actually one big family. I'd met with some of the AVT members while volunteering for the AVR Half Marathon last year and also at the Presentation Night, but was still in awe of what they do. Then I found out you could gain GG points for AVT related activities...well, 'how am I going to do that?' I thought.

Boom....AVT are doing a Run to Breakfast at Southwick parkrun on 15<sup>th</sup> April. I was in. We met in the morning, did some photos together and ran the 5k to breakfast. It was great to all meet up at the

cafe afterwards, to sit and talk with people who I never saw myself sitting with less than a year ago. It was a friendly atmosphere with AVR and AVT folks of mixed abilities and mixed ages. It was an inclusive, supportive and enjoyable morning, chatting together with like like-minded people over a coffee and food. A very pleasant way to end a run. And on that point I would like to say thank you to AVT for including an achievable goal for all, especially beginners like myself and others. I for one am looking forward to meeting more of the AVT family in the future. Who knows what's next for me....



### Sportives - a great way to enjoy cycling and train for events

Well done to Caroline and Alan who completed 100 miles on the bike last weekend in the Taunton Flyer Sportive. For those new to cycling, sportives are a great way to get some extended riding in without the pressure of a race. Just search online and you will find hundreds around the country. Alan and Caroline did this sportive ride in preparation for Long Course Weekend, an AVT focus event in July. They are doing the full distance over 3 days along with Annalie and Emily and a few others and there are many other AVT entries of varying distances. One day swim, one day bike and one day run. Enter any distance and any discipline.



## Duathlon at Castle Combe

Well done to **Alan Best** and **Graham Anderson** who competed today at the DBMax Chilly Duathlon at Castle Combe in March! A storming effort from both who amassed a little team of AVT supporters!



## The Tri season has begun!

Jen Natrass took on "The Taurus Beast Duathlon" in the Forest of Dean in March. It involved a 5k run, 40k cycle and a 5k run. It was a hilly and challenging event. The cycle was especially tough with 2 huge climbs which basically took up 2/3 of the race. Amazing effort!



### AVT KIT - By Caroline Scott

Don't forget, AVT kit from Halo can take up to 8 weeks to arrive so best to get your orders in early: <https://www.halosports.co.uk/clubs/avon-valley-triathletes/> Password: Avon Valley 18

You can also see kit options here (some that aren't available through Halo) <https://www.avonvalleyrunners.org.uk/avt-kit>


Here's the new AVT vests - you'll start seeing these little beauties out on the field!




## Avon Valley Segment of the Year – May 2023

April showers and what a lot of them were the main feature of the first round of the Avon Valley Segment Challenge competition, as a result we had a rather subdued start with only a handful of members venturing out onto the wet roads and facing the almost constant headwinds.

At [Staples Hill \(Freshford\)](#) which is a half mile climb just outside of Bradford on Avon that rises up at an average gradient of 9% towards Westwood, saw Will Whitmore and Alan Best leave it until the last day of the monthly challenge to record the fastest times with just 3-seconds separating them. Also leaving it late, were Caroline Scott, Annalie Jane and Jenny Nattrass but it was defending champion Caroline who took the full 25-points for the Ladies.

| Rank  | Name                 | Date         | Speed    | Time |
|---|----------------------|--------------|----------|------|
|  | Will Whitmore        | Apr 25, 2023 | 9.7 mi/h | 3:01 |
| 2   | Alan Best            | Apr 25, 2023 | 9.5 mi/h | 3:04 |
| 3   | Martin Disney        | Apr 20, 2023 | 8.1 mi/h | 3:35 |
| 4   | Darren Wrintmore     | Apr 2, 2023  | 7.0 mi/h | 4:09 |
| 5   | Caroline Scott (AVT) | Apr 25, 2023 | 6.5 mi/h | 4:28 |
| 6   | Annalie Jane         | Apr 25, 2023 | 6.2 mi/h | 4:42 |
| 6   | Jenny Nattrass       | Apr 25, 2023 | 6.2 mi/h | 4:42 |
| 8   | Andrew Jefferies     | Apr 25, 2023 | 3.6 mi/h | 8:07 |

Our second segment in April was another climb, this time being 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. Not a problem though for our mountain goats, Will and Alan who again took full points, as did Caroline for the Ladies:

| Rank  | Name                 | Date         | Speed    | Time |
|---|----------------------|--------------|----------|------|
|  | Will Whitmore        | Apr 22, 2023 | 8.8 mi/h | 5:46 |
| 2   | Alan Best            | Apr 8, 2023  | 8.7 mi/h | 5:50 |
| 3   | Martin Disney        | Apr 3, 2023  | 8.2 mi/h | 6:08 |
| 4   | Darren Wrintmore     | Apr 7, 2023  | 6.8 mi/h | 7:26 |
| 5   | Caroline Scott (AVT) | Apr 25, 2023 | 6.5 mi/h | 7:45 |
| 6   | Jenny Nattrass       | Apr 24, 2023 | 6.5 mi/h | 7:50 |
| 7   | Annalie Jane         | Apr 24, 2023 | 6.2 mi/h | 8:07 |
| 8   | Andrew Jefferies     | Apr 25, 2023 | 6.0 mi/h | 8:30 |
| 9   | Keith Withers        | Apr 23, 2023 | 5.4 mi/h | 9:19 |

So, after the scores achieved for the April Segment of the Month have been locked in and the Bonus Points achieved so far calculated, the overall leader board looks like this:

| Rank | Athlete          | Total Points | SotM Ridden | SotM04a | SotM04b | SotM Points | Bonus Segments | SotY04a | SotY04b | Bonus Points |
|------|------------------|--------------|-------------|---------|---------|-------------|----------------|---------|---------|--------------|
| 1    | Will Whitmore    | 100          | 2           | 25      | 25      | 50          | 2              | 25      | 25      | 50           |
| 2    | Alan Best        | 96           | 2           | 24      | 24      | 48          | 2              | 24      | 24      | 48           |
| 3    | Martin Disney    | 92           | 2           | 23      | 23      | 46          | 2              | 23      | 23      | 46           |
| 4    | Darren Wrintmore | 88           | 2           | 22      | 22      | 44          | 2              | 22      | 22      | 44           |
| 5    | Andrew Jefferies | 83           | 2           | 21      | 21      | 42          | 2              | 20      | 21      | 41           |
| 6    | Keith Withers    | 40           | 1           | 0       | 20      | 20          | 1              | 0       | 20      | 20           |
| 7    | Tim Lowrie.      | 21           | 0           | 0       | 0       | 0           | 1              | 21      | 0       | 21           |

| Rank | Athlete              | Total Points | SotM Ridden | SotM04a | SotM04b | SotM Points | Bonus Segments | SotY04a | SotY04b | Bonus Points |
|------|----------------------|--------------|-------------|---------|---------|-------------|----------------|---------|---------|--------------|
| 1    | Caroline Scott (AVT) | 99           | 2           | 25      | 25      | 50          | 2              | 25      | 24      | 49           |
| 2    | Jenny Natrass        | 95           | 2           | 24      | 24      | 48          | 2              | 24      | 23      | 47           |
| 3    | Annalie Jane         | 92           | 2           | 24      | 23      | 47          | 2              | 24      | 21      | 45           |
| 4    | Jo Mumford           | 25           | 0           | 0       | 0       | 0           | 1              | 0       | 25      | 25           |
| 5    | Vanessa Lucas        | 22           | 0           | 0       | 0       | 0           | 1              | 0       | 22      | 22           |

With just 10-segments to count out of the possible twelve there is still plenty of time to get on the leader board and the Bonus-points can be earned at any time throughout the year up until 25<sup>th</sup> November.



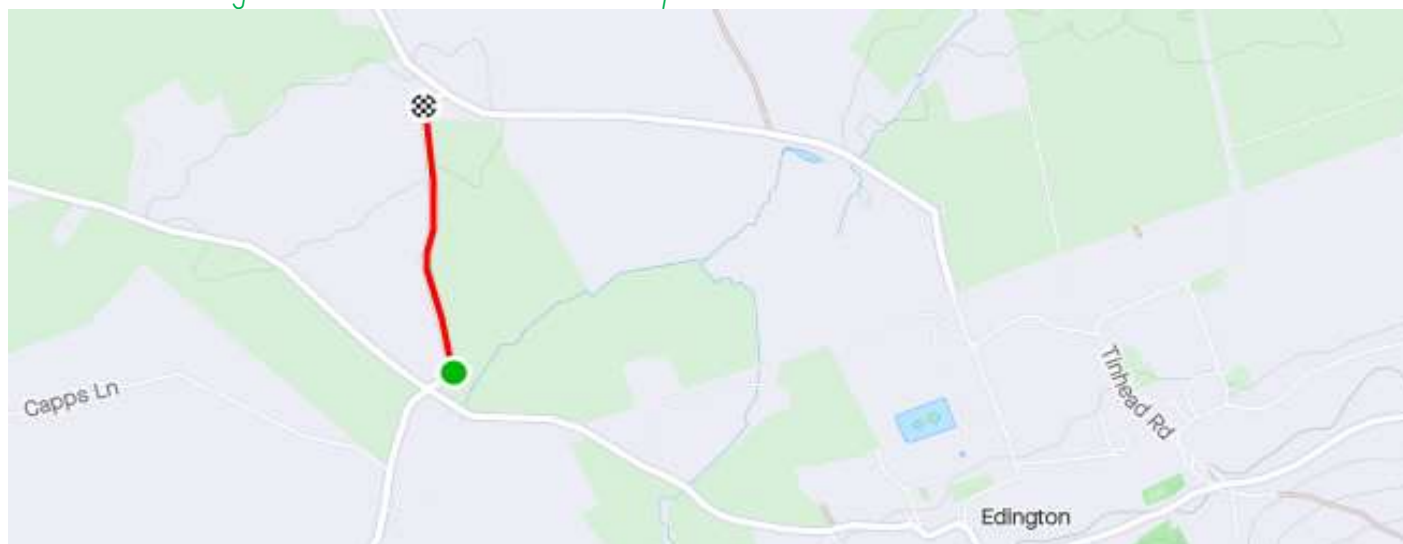
In order to participate you will need to register for a (free) account on Strava if you have not already done so, which will log your miles recorded from your Garmin or other compatible GPRS device. Once logged into Strava you need to join the **Avon Valley Triathletes club** which will be used for tracking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

**Please can I ask that you check your privacy settings on Strava so that results are visible to the AVT leader board, otherwise your efforts may not record any points against them.**

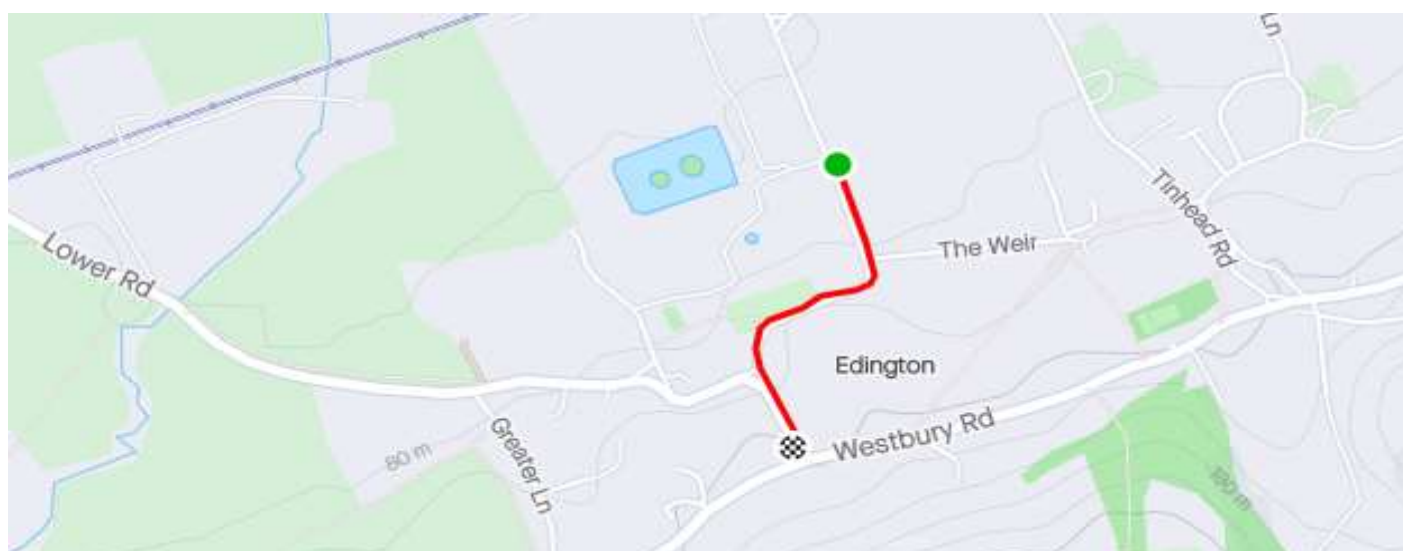
So on to our next round in the monthly element of the competition...

The month of May brings two new Segments for us to try our legs over.

Sean Price challenges you to take on the [Bratton Crossroads Assent](#) which is a swift 0.5-miles at a 1.4% average gradient. So far this year 17 club members have taken on this segment with Darren Wrintmore (1:29 / 20.3mph) and Izzy McNally (1:38 / 18.3mph) being the quickest.



Our second segment for May is brought to us by Sally Frawley and is quite close to the first segment making both achievable in a single ride, with the [Edington Church Bell climb](#) ascending at 3% for just a third of a mile. 0.3-miles, ascends at 3% Of the four club members who have taken on the segment so far this year, Tim Lowrie is the quickest with 1:37 equating to a 12.4mph average speed.



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

**Darren Wintmore – Vice-President**