



## Welcome to The Valley News

Our cover picture this month is one of my favourites and comes from former member, Matt Caldwell who wore his AVR vest on an expedition to the Himalayas back in 2011 and was featured in issue #126.

If you have a favourite photograph which you would like to have featured as a cover image on your favourite monthly Avon Valley based newsletter then please send it along with a few words to [news@avonvalleyrunners.org.uk](mailto:news@avonvalleyrunners.org.uk)

The deadline date for articles, results or any other submissions to make the next edition is the 25<sup>th</sup> of the month.

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SotM2306

## The Newsletter of Avon Valley Runners

### Issue #254 – June 2023



Please send any news, articles or achievements to [news@avonvalleyrunners.org.uk](mailto:news@avonvalleyrunners.org.uk).

## Wrinty's Ramblings

I will kick off this first editorial on my return to the Editors chair with a thank you to Sarah Emery for keeping it warm for me and also to Richard Morgetroyd, Ken Marshal and Gary MacAlister for producing the 120 editions that have been published since my last issue back in July of 2011.

During the intervening 12-years quite a bit has changed at AVR, for starters we have a different demographic and with a younger membership we now have a youth section (AVRY) and also a Multi-sports section with Avon Valley Triathletes (AVT). Some things though have not changed and I will keep this theme going through the regular "All those years ago" feature.

**For those of you that do not know me:** I first joined AVR back in 1987 and claimed the club record for 5K in 1988 when I recorded 16:42 at Midsomer Norton - *the Ladies club record for 5K is now faster!* After moving out of the area in 1990 I retired from running, only to recommence some 10-years later and re-joined AVR following a short spell with London based Cambridge Harriers. In 2003 I became the Men's Club Captain and then in 2007 took on the role of Honorary Secretary and stayed in the post until 2012 when I moved on to become the Chairman of Wiltshire Athletic Association and Manager of the counties Senior Teams. I was awarded Life membership of AVR in 2012 and also elected as a Vice-President. In 2018 I finally hung up my running shoes but transitioned to becoming a cyclist and I am now having great fun on two wheels with AVT.

I am now looking forward to catching up with Sarah's 63-issues, just 23 to-go for me but I cannot do it without your input, so if you have any news, race reports or photographs that you would like to share with our members through these pages then please drop me a line at [news@avonvalleyrunners.org.uk](mailto:news@avonvalleyrunners.org.uk) before the 25<sup>th</sup> of the month so that I have a fighting chance of publishing your favourite Avon Valley based newsletter on time.

**Darren Wrintmore (Wrinty)**

## AVRY News

Last month at the Wiltshire Track and Field championships held at Swindon, AVRY were represented in the U17 males by Dylan Neale in the 800m who came away with a bronze medal and an 8-second PB (2:10). Dylan has suffered with an injury since January that ruined his XC season. So, his return to training is very recent, making this result all the more exciting.



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# Trowbridge “Coronation” 5K

Trowbridge celebrated the coronation of King Charles III with a number of events around the town including a five-kilometre run and it was good to see so many club members taking part either as participants or answering the call of “The Big Help Out” to act as course marshals and sweepers.

This gave our Goal-Getters a chance to earn some points, our racing snakes to claim personal best times over the certified accurate course around the town and for others a chance to dress up and immerse themselves in the occasion.



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# A Marathon Goal

*Drew Holloway was recently asked a set of questions on how she accomplished her goal to run a Marathon and how being part of Avon Valley Runners helped her to achieve it:*

## **How important was Avon Valley Runners in getting you running / developing your running?**

Avon Valley Runners have been there every step of the way. I joined their Couch to 5km programme in 2021 and felt so welcomed into the community they have built. From this, I stayed with the club and completed their own goal-based programme which saw me set my PBs, nominated for most-improved in the club and complete the Bath Half Marathon - something I had never dreamed of.

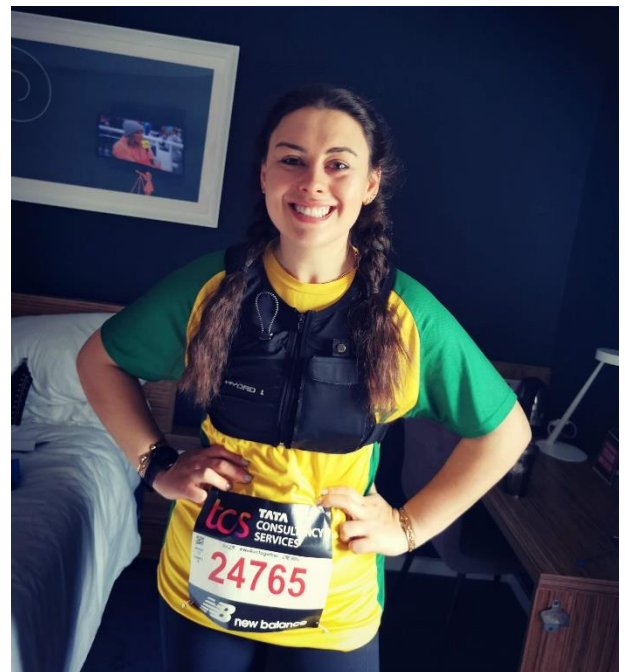
In 2022, I signed up for an EA membership when I saw a post that indicated we were a few members short to secure another London Marathon ballot place. After this, I entered the general ballot but lost out, and put my name in the hat for an AVR club space and found out I secured this in December!

I had so much support from the club and people wishing me well.

## **How did the club help you train for the marathon?**

I commenced my training for the London Marathon with my primary goal to complete the training, hit consistent pacing on the day and stay injury free. I followed the official beginners London Marathon training plan and incorporated AVR sessions into this, including regular club runs, local races and intervals sessions.

The support from AVR members has been phenomenal - from support on form and cadence, to sociable runs being adapted so I could accommodate running all or part of my easy long runs with people. It not only helped with getting distance under my legs, but grew my self-confidence. I loved the training, it felt intense at times, but I had so much support and backing behind me.



## **Did you run with fellow club runners in London on the day?**

I found another AVR member in my starting wave, and we had already made a group chat with other AVR members to support each other emotionally, practically and in every which way! We set off together, but naturally separated due to different paces, but it was so reassuring to have a friendly face at the start line.

**Some thoughts on your experience on the day – perhaps running with club members, seeing so many other club runners out, anything of note that happened to you or that you saw?**

I had such a great experience; you definitely start to pick up on other club runners - especially those with their names printed on their t-shirts. The atmosphere was amazing and running over Tower Bridge was a moment I will never forget.

I made friends on the Marathon and it feels like a bond that is unique - as you start off as strangers but end up counting on their support.

I followed official pacers for the most part, and their support, words of encouragement and pacing was incredible.



I clearly thoroughly enjoyed the process and experience - as I've actually entered into the general ballot for next year and am already keeping my eyes peeled for my next marathon!

The day holds a special place for me, as shortly after my partner proposed to me and I am now engaged - never going to forget that date!

**Drew Holloway**

## All those years ago

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...

### June 2018

In this month five years ago, AVR achieved a 1-2-3 at **The Great Chalfield 10K** with Vervan Cranston leading home the Ladies field with Pippa Brewer and Fiona Price joining her on the podium. For the Men, Ed Knudsen led the 240 strong field home in 34:22 just ahead of ahead of 2<sup>nd</sup> placed Damian Spreckley.

Ed was again on the top-step of the podium by winning the **Two Tunnels 10K**, this time with Mike Towler in the runners-up position.

Mike Towler got his winning way at the **Clevedon 10K** where he clocked 32:00 and also at the **Westbury 5K** where he set a new course record of 15:33 to hold off Max Davis, whilst Jackie Rockliffe finished as first lady in 18:55. Jackie also claimed victory at the **Heddington 5K**

### June 2013

In this month ten years ago, **The Great Chalfield 10K** attracted a good AVR showing with Fiona Price finishing as 2<sup>nd</sup> Lady recording 39:29 and Diane Hier claiming the 1<sup>st</sup> FV50 prize.



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## June 2003

In this month twenty years ago, our Ladies team of Liz Ringham, Rachel Bown and Sue Macgregor were the second Ladies team at the **Calne Relays** at Heddington.

Danny Kay recorded 3-hours 34-minutes to finish the **Lake Vyrnwy Marathon** in Wales as 1<sup>st</sup> MV60. At the other end of the age spectrum, Michael Bryant finished as 1<sup>st</sup> Junior at the **Springfield 5K** in Corsham, clocking 19:20.

Martin Connor finished as 3<sup>rd</sup> MV40 at the hilly **Norton Radstock Half Marathon** in 1:23:28.

Susie Phillips claimed the 1<sup>st</sup> FV50 prize at the **Broad Town 5** in 41:12, with 74<sup>th</sup> placed Stan Farr (45:10) and 98<sup>th</sup> Tony Bartlett (55:00) completing the AVR contingent.

## June 1988

In this month 35-years ago the club membership was reported in the pages of the Valley News to stand at 91.

The **Great Hinton Agony Run** saw victory for Darren Wrintmore who recorded 15:10 with Judy Farr claiming a victory for the Ladies in 18:27. A week later and Darren Wrintmore was back on the podium with a second-place finish at **Worton & Marston**.

Meanwhile at the **Lockeridge 5**, Bob Roots finished in third place overall and set a club record time of 27:22 - *which still stands today as the club's MV40 record*.

Martin Connor clocked another good sub-3hour at the **Swindon Marathon** with a time of 2:52:28 to finish 21<sup>st</sup>, whilst 91<sup>st</sup> placed Danny Kay clocked 3:33:38.

The AVR team of Phil Mitchell, Richard Bailey, Bob Ellis and Darren Wrintmore took the third-place team prize at the **Chippenham Carnival 6**.

The clubs racing snakes headed to the **Bath City Centre Road Races** with creditable 5K times being recorded by Richard Marsh (17:12), Mike Hehir (17:14); Darren Wrintmore (17:17); Tim Northwood (17:18); Dave Bristow (17:33) and Bob Ellis (17:34).



## C25k and then what?

Some of you may remember I shared with you my journey from couch to 5K in the December newsletter; since then, you may have seen my posts on Facebook thanking various people for their support as I tackle the Goal Getter challenges. I want to keep sharing so that others, who may not be sure if they should join AVR, can see this is a club which really is for everyone and you can see the positive impact your words have too; it's really appreciated.

So, on Tuesday 9<sup>th</sup> May I ran my first chip timed race at the Westbury 5K; I came last and I knew that I would before I even stepped out of my house but I still achieved a personal goal with the help of so many other people.

The volunteers who were marshalling and tail running who cheered me on, my fellow mentees with their gentle (sometimes loud) words of encouragement, Jay, who led the C25k course which got me into all of this and who cycled alongside me on the final leg; David who takes one of the interval sessions that I attend who doubled back to run alongside me for a while. I could write a long list.



When you know or think that you know you're going to be last and that everyone is waiting for you to finish so they can go home/head for the bar, you can feel guilty that you're holding everyone up; but genuinely I have never been left feeling that way at AVR.

As I did a final sprint and crossed the finish line, I was enveloped in hugs and people telling me that I had achieved my personal goal. It wasn't a course record but it was a very big PB. When Ceri, who signed up just to run with me for which I'm eternally grateful, posted on Facebook that I'd shaved six minutes off my target the shared delight from others was awesome to read.

Less than a year ago, exercise wasn't in my regularly used vocabulary, now I am walk/running two or three 5ks a week – if I can do it and still do it, then so can anyone. In my last article I said all I wanted was a medal – I have just had an email to say that I've got a Goal Getter bronze medal with the time that I achieved yesterday. I am beyond chuffed.

A big thank you to all of you in AVR – you have given me the confidence to keep going.

**Wendy Butt**

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## The 51 Fiver

What a day for AVT at the DBMax 51Fiver Cotswold Olympic distance Tri.

We had eleven incredible relay teams and a few individual entries too, with 35 club members in total. Lovely to see so much positive engagement, successes and newbies having a go alongside some old hands delivering some stunning performances. 🏆 Super proud day for AVT!



The Relay results:

Team	Swimmer	Cyclist	Runner	Time	Result
AVT50+ team 2	Sarah Jewers	Darren Wrintmore	Richard Morgetroyd	02:11:34	1 <sup>st</sup> Relay team
AVT team 11	Anne-Marie Withers	Simon Butt	Gary MacAlister	02:19:40	2 <sup>nd</sup> Relay team
AVT team 1	Diane Heir	Andrew Jeffries	Mark Spiers	02:33:16	4 <sup>th</sup> Relay team
AVT team 3	Keith Withers	Jo Mumford	Hayley Anderson	02:33:31	5 <sup>th</sup> Relay team
AVT team 6	Annalie Ibison*	Simon Down	Hayley Chapman	02:37:54	7 <sup>th</sup> Relay team
AVT team 10	Jo Farrion	Maria Harryman	Sarah Hillman	02:48:49	8 <sup>th</sup> Relay team
AVT team 8	Drew Holloway*	Caroline Scott	Caroline Scott	02:54:21	9 <sup>th</sup> Relay team
AVT team 4	Alan Best	Heather Brooks	Wendy Staden	02:59:48	10 <sup>th</sup> Relay team
AVT team 7	Jayne Williams	Pauline Bradley	Jenny Nattrass	03:03:22	11 <sup>th</sup> Relay team
AVT team 9	Isabella McNally	Martin Russman	Helen Farrion	03:04:29	12 <sup>th</sup> Relay team
AVT team 5	Vicky Bodman*	Vicky Bodman	Hayley Southgate	03:13:27	13 <sup>th</sup> Relay team

\* went onto complete the whole Olympic Triathlon distance of 1500m swim, 40K bike and 10K run.

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As mentioned above we also had some individual entries too:

Triathlete	Swim time	T1	Bike time	T2	Run time	Total time	Result
Tom Gurney	17:50	01:54	01:00:55	01:48	35:54	01:58:22	3 <sup>rd</sup> Overall
Drew Holloway	31:04	04:28	01:41:41	01:38	62:37	03:21:30	462 <sup>nd</sup>
Will Whitmore	25:50	03:02	01:12:16	01:41	44:15	02:27:05	106 <sup>th</sup>
Scott Green	24:29	02:45	01:19:10	01:32	47:32	02:35:31	169 <sup>th</sup>
Annalie Ibison	24:00	03:05	01:24:09	02:10	54:27	02:47:52	294 <sup>th</sup>
Simon Williams	24:42	02:48	01:11:48	02:42	48:22	02:30:24	128 <sup>th</sup>
Vicky Bodman	27:37	04:42	01:39:37	02:15	69:43	03:23:57	466 <sup>th</sup>
Dan Colman	20:28	01:51	00:59:50	01:33	37:21	02:01:04	5 <sup>th</sup>

For Vicky Bodman and Drew Holloway, they both completed their first Olympic distance triathlon with flying colours!



Gary MacAlister captured the event on video and his AVT edit can be found on YouTube: <https://www.youtube.com/watch?v=wfHoPXzAHeo&feature=youtu.be>

**Caroline Scott**

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# Where to Run...or Ride...or Swim

A selection of forthcoming events which may be of interest:

Date	Event	Distance	Details	
Tuesday 13 <sup>th</sup> June	<a href="#">Westbury 5K</a>	5K	Organised by AVR; flat and fast.	
Wednesday 14 <sup>th</sup> June	<a href="#">Kinetic-One TT</a>	10 or 25- miles	Cycle Time Trial organised by DB Max at Castle Combe circuit.	
Saturday 17 <sup>th</sup> June	<a href="#">The Broad Town 5</a>	5-miles	Organised by Royal Wootton Bassett Hounds; This is Race #4 of the Wiltshire Road Race League.	
Sunday 18 <sup>th</sup> June	<a href="#">Rood Rampage</a>	4.5-Miles	Organised by DB Max just outside of Trowbridge; plenty of obstacles to tackle on this run.	
Tuesday 20 <sup>th</sup> June	<a href="#">Heddington 5K</a>	5K	Organised by Calne Running Club; This is the first of this year's series and also counts as Race #3 of the Wiltshire Road Race League.	
Wednesday 21 <sup>st</sup> June	<a href="#">The Longest Day 10K</a>	10K	Organised by DBMax; Held in Chippenham.	
Thursday 22 <sup>nd</sup> June	<a href="#">The Mob Match</a>	7-miles	AVR closed race on our "Over the Hills" course only in reverse and challenging our local rival clubs - <i>contact Robin-Mark Schols for details.</i>	
Sunday 25 <sup>th</sup> June	<a href="#">Frome Triathlon</a>	Sprint	400m/20K/5K; AVT focus event.	
Thursday 29 <sup>th</sup> June	<a href="#">The Great Chalfield 10K</a>	10K	Organised by Stampede Sports; Starting from Broughton Gifford Common; This is Race #5 of the Wiltshire Road Race League.	
Friday 30 <sup>th</sup> to Sunday 2 <sup>nd</sup> July	<a href="#">Long Course Weekend</a>	Ironman	2.4-miles/112-miles/26.2-miles; do them all or just one or two; AVT focus event in Tenby.	
Saturday 1 <sup>st</sup> July	<a href="#">The Cotswold Way Relay</a>	various	Organised by Team Bath; 103-miles / 10-legs following the Cotswold Way from Chipping Campden and finishing outside Bath Abbey; many AVR teams – <i>contact Gary MacAlister for details.</i>	
Tuesday 11 <sup>th</sup> July	<a href="#">Westbury 5K</a>	5K	Organised by AVR; flat and fast.	
Friday 14 <sup>th</sup> July	<a href="#">Hazelbury Hurrah!</a>	6-miles	Organised by Corsham Running Club; Starting from Leafy Lane Playing Fields in Corsham. Pie and a beer for all finishers!	
Tuesday 18 <sup>th</sup> July	<a href="#">Heddington 5K</a>	5K	Organised by Calne Running Club; This is the second of this year's series and also counts as Race #3 of the Wiltshire Road Race League.	
Wednesday 19 <sup>th</sup> July	<a href="#">The AVR Track champs</a>	various	Closed race; Organised by AVR at Bath Sports village.	
Wednesday 19 <sup>th</sup> July	<a href="#">Kinetic-One TT</a>	10 or 25- miles	Cycle Time Trial organised by DB Max at Castle Combe circuit.	
Wednesday 21 <sup>st</sup> July	<a href="#">The Chippenham River Run</a>	5K	Off-road 5K organised by Chippenham Harriers.	

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## Multi-sports News...



**AVT in Canada!** - The amazing Cliff and Emily Dye were representing AVT in Canada on 14th May at the Run Around the Square 10K. Cliff came 2nd in his category and Emily came first!

**The Westbury Wheelers Hard Rider** - A tough Time Trial with 495 metres of elevation over such a short distance. Well done to Pauline Bradley, Alan Best, Jo Mumford, Simon Williams and Caroline Scott who gritted their teeth, overcame a few starting line nerves and went for it on this gruelling course. Thank goodness most Time Trials are much flatter!

**Royal Wootton Bassett Sprint Triathlon** - Incredible performance by Will Whitmore on who got first in age category with a pretty amazing time: 1:13:36 for the 400m swim; 20K bike and 5K run.

**What a day at the DBMax Kinetic One Time Trial** - Amazing efforts at the 10-mile Time Trial on 10th May: Will Whitmore - 1st in age category; Andy Jeffries - 1st in age category; Sue Porto - 1st in age category; Annalie Ibison - 3rd in age category; Emily Dye - 4th in age Category; Caroline Scott 4th in age category; Alan Best - 5th in age category; Cliff Dye - 4th in age category.

*Don't forget that Time Trials are full of maximum power and maximum heart rate pretty much for the duration. They are a great way to get faster. Outside of the races it can really help with longer rides as you know you can go much faster and in a higher heart rate zone so you can go much harder with an understanding of what your body can do so that no matter what you can still make it home.*

That said... get yourself out there and have a go. The next one in the series is on Wednesday 14th June.



**The next AVT focus event:** The Frome Triathlon on Sunday 23<sup>rd</sup> June; come and join your fellow club members in either the Sprint (400m swim; 23K bike; 5K run) or the "Go Tri" (300m swim; 8K bike; 2.5K run). We have a discount code: FromeTriAVR23 which means that the Sprint Tri is £45 and the "Go Tri" is only £15 which is a bargain! Please contact Annalie Ibison for more details.

Coming up we also have: [The Long Course Weekend](#) at Tenby from Friday 30<sup>th</sup> June until Sunday 2<sup>nd</sup> July and then we have [The Mumbles Centurion](#) at Swansea from Friday 4<sup>th</sup> August until Sunday 6<sup>th</sup> August.

## AVT SotM2306

The conditions proved a little drier for this last month giving the opportunity for a few attempts at our May segments.

At the [Bratton Crossroads Assent](#) which is a swift 0.5-miles at a 1.4% average gradient we had fifteen members take on the challenge. Will Whitmore put in a huge effort to cover the distance in one minute and 14-seconds which equates to a 24.5mph average speed to bag the full 25-points for the Men. Jenny Natrass took the maximum points for the Ladies, averaging 20.3mph to complete the distance in one minute 27-seconds.



Rank	Name	Date	Speed	HR	Time
1	Will Whitmore	May 16, 2023	24.5 mi/h	173 bpm	1:14
2	Martin Disney	May 14, 2023	23.5 mi/h	162 bpm	1:17
2	Alan Best	May 23, 2023	23.5 mi/h	164 bpm	1:17
6	Jenny Natrass	May 5, 2023	20.8 mi/h	114 bpm	1:27
7	Caroline Scott	May 25, 2023	20.1 mi/h	149 bpm	1:30
8	Caroline Tassell	May 11, 2023	19.3 mi/h	-	1:34

Our second segment in May was another climb, this time being the ascent in Edington with the [Edington Church Bell climb](#) rising at 3% for just a third of a mile. Sixteen members listened out for them and Will Whitmore definitely wouldn't have heard them as he sped by at 22.3mph, neither would have Caroline Scott at her 16.3mph.

Rank	Name	Date	Speed	HR	Time
1	Will Whitmore	May 16, 2023	22.3 mi/h	169 bpm	54s
2	Alan Best	May 16, 2023	21.1 mi/h	173 bpm	57s
3	Martin Disney	May 18, 2023	18.5 mi/h	-	1:05
5	Caroline Scott	May 23, 2023	16.3 mi/h	158 bpm	1:14
6	Jenny Natrass	May 19, 2023	15.4 mi/h	109 bpm	1:18
8	Annalie Jane	May 25, 2023	14.0 mi/h	-	1:26

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So, after the scores achieved for the May Segment of the Month have been locked in and the Bonus Points achieved so far calculated, the Top-10 leader board looks like this:

Rank	Athlete	Total Points	SotM Ridden	SotM Points	Bonus Segments	Bonus Points	Movement
1	Will Whitmore	200	4	100	4	100	▢
2	Alan Best	192	4	96	4	96	▢
3	Martin Disney	186	4	93	4	93	▢
4	Darren Wrintmore	173	4	87	4	86	▢
5	Andrew Jefferies	167	4	85	4	82	▢
6	Keith Withers	120	3	60	3	60	▢
7	Simon Reeves	76	2	38	2	38	↑
8	Sean Price	70	1	18	3	52	↑
9	Martin Russam	50	1	18	2	32	↑
10	Tim Lowrie.	38	0	0	2	38	↓

Rank	Athlete	Total Points	SotM Ridden	SotM Points	Bonus Segments	Bonus Points	Movement
1	Caroline Scott	197	4	99	4	98	▢
2	Jenny Natrass	192	4	97	4	95	▢
3	Annalie Jane	180	4	91	4	89	▢
4	Caroline Tassell	90	2	45	2	45	↑
5	Sarah Jewers	86	2	43	2	43	↑
6	Rosemary Barber	77	2	39	2	38	↑
7	Gemma Knudsen	39	1	20	1	19	↑
8	Jo Mumford	25	0	0	1	25	↓
9	Vanessa Lucas	22	0	0	1	22	↓
10	Izzy McNally	20	0	0	1	20	↑

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.

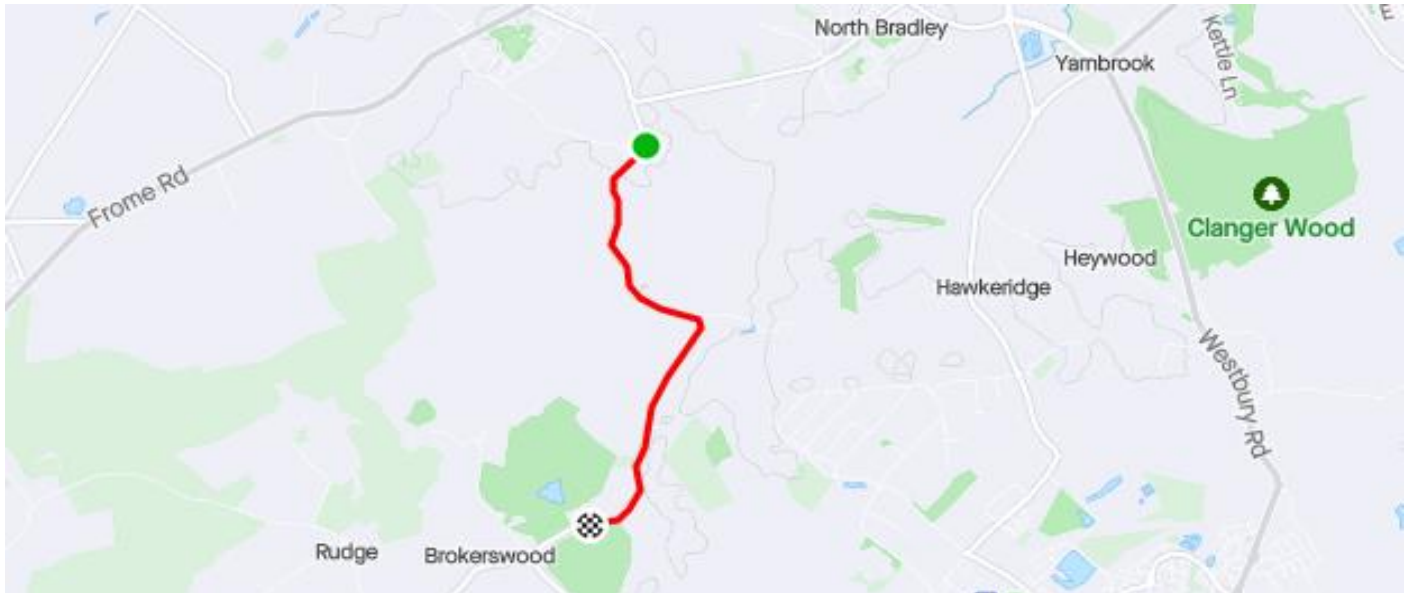
**Please can I ask that you check your privacy settings on Strava so that results are visible to the AVT leader board, otherwise your efforts may not record any points against them.**

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

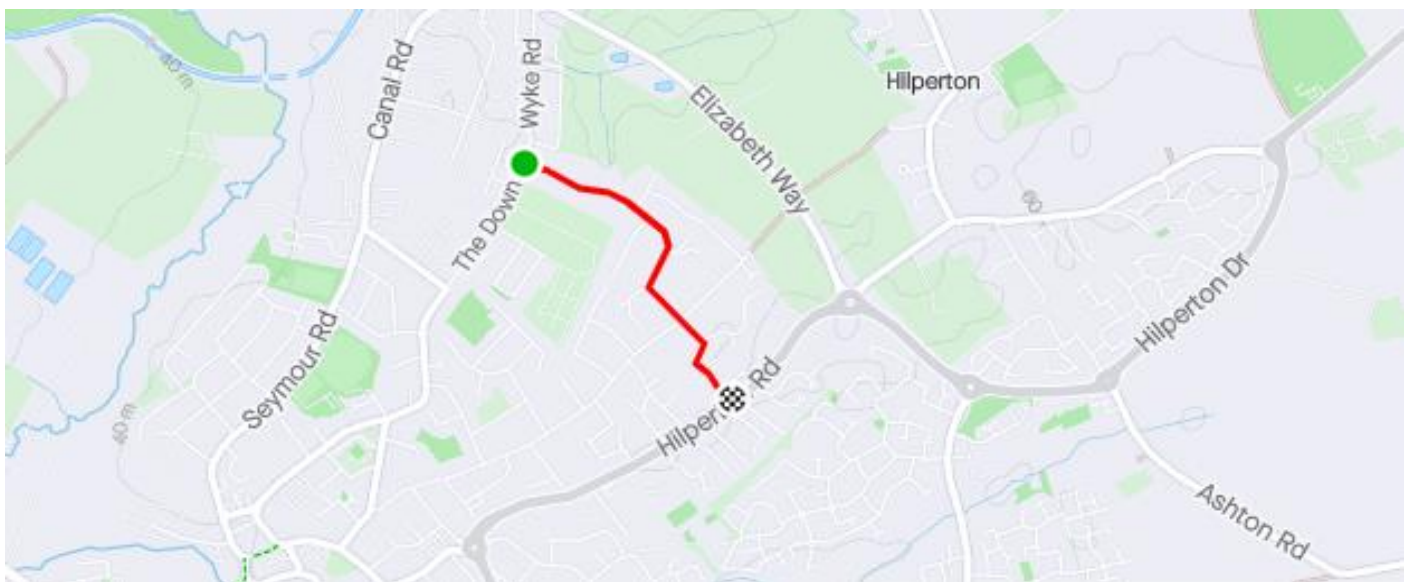
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The month of June brings two new Segments for us to try our legs over.

Jenny Nattrass challenges you to tackle the [Brokerswood Road Lumps](#) segment which presents an undulating 1.7-mile route. So far this year 24 club members have ridden the segment with Martin Disney and Annalie Jane being the quickest so far.



Our second segment of the month in June takes you into our county town, as last year's Avon Valley Segment Challenge winner Caroline Scott invites you to fly up the [Victoria Road climb](#) segment of 0.5-miles. So far this year only three club members have cycled up this gently inclining road with Darren Wintmore and Caroline Tassell being the fastest.



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

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