



Welcome to The Valley News

Our cover picture this month comes from Dot Reeves and shows the Avon Valley Runners contingent gathered before Bratton Hilly 11K run which took place on the 28th May. For Simon Reeves this was his twenty fifth running of this event.

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

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

In this issue:

Wrinty's Ramblings

AVR do University
Parks parkrun

Conquering Cardiff

All those years ago

Ultimate Human Race

The Westonbirt Sprint

Where to Run...

Multi-sport News

SotM2307

The Mob Match

The Newsletter of Avon Valley Runners

Issue #255 – July 2023



Please send any news, articles or achievements to news@avonvalleyrunners.org.uk.

Wrinty's Ramblings

Thank you for the kind words marking my return to the editors chair of the Avon Valley News. One of my reasons for wanting to make the return was to ensure the continuity of the newsletter which I believe is an important tool for documenting the progress of the club and its members.

Those of you that have known me for a good few years may recall the presentation that I delivered at the clubs Silver Jubilee party at Cumberwell Golf Club back in 2011 where I had crunched the numbers from 25-years worth of AVR results and determined who the "Greatest Avon Valley Runners" were by attributing a weighted score against all of our performances. This was based on "data" but what the Valley News provides through your race reports and success stories is the all important context.

When you see a result, a good result (*or a poor one*) was this the product of a six month training plan, was the runner in a neck and neck battle with a rival, did the runner have to get a hurry-on to avoid paying the babysitter for another hour or other such motivation. Sometimes this can be revealed through reading the pages of the Valley News and we have a full archive available on the [club website](#).

Anyway as a reminder of that "Greatest" exercise which was undertaken now some twelve years ago, here are the top-10 men and ladies:

Pos.	Name	Appearances	Team	Top-10	Podium	Wins
1	Alistair Bartlett	321	24	131	66	13
2	Kevin Sparey	223	13	103	92	5
3	Stan Farr	677	1	7	14	0
4	Martin Connor	285	7	74	33	7
5	Bob Ellis	324	9	41	11	2
6	Darren Wrintmore	149	3	39	44	7
7	Neil Fyfe	176	4	39	26	1
8	Anthony Hickson	273	0	7	24	0
9	Danny Kay	246	1	4	30	0
10	Gerry Fice	173	13	34	17	2



Pos.	Name	Appearances	Team	Top-10	Podium	Wins
1	Rosemary Barber	531	36	41	297	3
2	Judy Farr	570	19	28	217	2
3	Joyce Field	334	17	2	58	0
4	Susie Phillips	236	11	3	62	0
5	Denise Ellis	304	13	1	6	0
6	Linda Brown	108	12	12	45	0
7	Sue MacGregor	198	13	4	23	0
8	Jackie Rockcliffe	135	21	14	27	1
9	Viv Toms	182	7	0	16	0
10	Tina Vivian	169	3	1	15	0



Darren Wrintmore (Wrinty)

Please send any news, articles or achievements to news@avonvalleyrunners.org.uk.

AVR do University Parks parkrun

Another AVR parkrun trip and another incredibly early alarm which buzzed me awake at 5:45am to be at the meeting point on Bowerhill by 6:20am.

After the long trip, we pulled up outside Oxford University. Pauline Bradley, who was with us on the bus, works there and organised parking for us. We had a nervous few minutes after she'd jumped out to open the gate, where the minibus wouldn't start again to drive through. We started having images of AVR being stranded in Oxford forever until someone worked out it was only because the side door hadn't clicked shut properly – phew!

We were all instantly enthralled by the university and likened it to being like Hogwarts almost immediately – a sentiment that would return while eating breakfast later on.

A short walk later, we found ourselves at the start in the park and met Holly Newman and Toby Firkins who both attend Oxford Brookes University. We all took the obligatory group photo around the purple pop-up sign and listened to the first timer's briefing. There seemed to be loads of tourists which was boosted by us but also because there was a pride event on in Oxford that day. Their average finisher count is 380 but, on this day, there were 574!



With so many runners, the start was a bit slow but it spread out reasonably quickly to take in the flat, two lap course on offer. The course operates a 'run on the right and overtake on the left' policy which is really tricky to do when most of the parkruns at home are the opposite! There were lots of things to look at on the way round including a group of students playing Frisbee, a father and son playing catch, other morning runners going in reverse to everyone else and plenty of birds and other wildlife by the river and surrounding rugby pitches and tennis courts. There just wasn't the chance to be bored at all!

Please send any news, articles or achievements to news@avonvalleyrunners.org.uk.

It was very busy at the end and a strict two-funnel finish was in operation. I'm not entirely sure how it worked if I'm honest but it involved them handing out letters of the alphabet to some runners and handing out tokens to one funnel and then the other. Whatever magic they used, it was extremely well rehearsed and very slickly done. There seemed to be a million barcode scanners too meaning that everyone could get away quickly.

A massive shout out and well done must go to Mark Spiers. Before the event, he asked if someone would help to pace him following a really good result on the 10k run of the 51Fiver Triathlon a week before. Holly stayed with him and he achieved 24:48 which is a massive parkrun PB as his previous fastest was at Southwick in December last year at 27:52 – a difference of 3-minutes and 4-seconds!

We walked back to the university afterwards to find the dining hall laid out exactly like the aforementioned Hogwarts with tables reserved especially for us. It was an incredible all-you-can eat affair with full English plates along with huge pastries and cakes too!



What a day!

Thank you to Rich Newman for being our driver for the day, Pauline for arranging the parking and the food, also to everyone who made the day a great sociable morning out enjoying this hobby of ours.

Our next away event: [Seaton parkrun](#) on Saturday 22nd July 2023

Sarah Emery

We came, we ran, we conquered Cardiff!

I only joined AVR in February of this year and heard about Goal Getters, so I thought let's give it a try!

The thought of being paired with a mentor was quite daunting as I didn't really know anyone in the club at that point!

We all met at the rugby club and names were pulled from the hat and I then it came to my name being pulled and then the other name was pulled but unfortunately my mentor-to-be wasn't there (I will never let him forget this lol) but it wasn't long until we were in contact and we arranged a meet up and a run!



Fast forward 3-months and I have the most brilliant & supportive mentor who is always there at the end of a message to say good luck! And we have been out for more runs since.

So, looking back now I don't really know why I was worried...So far, I have really enjoyed the challenges that you need to complete and I have tried new things that I'd never thought I would have been able to do! I would recommend it 100%.

If I can do the challenges then anyone can!

On Sunday 4th June myself and my 2 friends took a jolly to Cardiff to take part in the Conquer Cardiff 5k! as two of us were doing Goal Getters, this was a perfect race for us!

We arrived at the beautiful Bute Park next to Cardiff Castle for Challenge #27 - a run outside of England, where I also had the opportunity to complete Challenge #31 - a photo in front of a landmark...perfect!

The run itself earned me another point in Challenge #26 - a timed event outside of 5k in total earning me 3 points for my overall goal!

What a beautiful scenic run route it was too! Along the river, crossing a weir, through the woods and surrounded by nature. I would definitely recommend this race!

Thank you for reading this and as a result I have gained yet another goal getters point! (Challenge number #12 - contribute to the AVR Valley News).



Tracey Webb

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...

July 2018

In this month five years ago, Owen Lythell ran out as the winner at the **Bowerhill Bomber 5K** at Melksham. Whilst Chris Roxburgh (16:32), Daniel Sheppard (16:43) and Niall Thorne (16:49) finished in 2nd, 4th and 5th positions at the **Westbury 5K**, whilst Bethan Francis (18:45) just edged out Jackie Rockliffe (18:47) to win the Ladies race.

Going a lot further was Pete Veleski who recorded 10-hours 37-minutes and 37-seconds to complete a metric century at the **Round Reading Ultra-Marathon 100K** to finish in fourth place.

At the **Frome Half Marathon**, Ed Knudsen had to settle for the runners-up spot, recording 1:17:31.

July 2013

In this month ten years ago, we attracted thirty teams to the fourth running of the **Avon Valley Relay** starting at Christie Miller Sports Centre in Melksham and finishing at Bradford on Avon Rugby Club in Winsley. It was a double victory for AVR, with Richard Morgetroyd, Chris Roxburgh, Kyle Pepperman-Hackett and Mike Towler leading home overall ahead of Wootton Bassett Hounds and our Ladies team of Julia Green, Jackie Rockliffe, Jo Mumford and Fiona Price taking the win too.



The **Legion Lollop** at Warminster saw victory for Thomas Coney in 34:35 ahead of Peter Veleski in 36:30. Twelfth placed Bernie Hobbs clocked 44:13 to finish as 1st MV60.

At Corsham, the popular **Springfield 5K** saw a double victory for AVR with Michael Towler leading home the men in 16:33 and Fiona Price the first lady in 19:42.

Jackie Rockliffe claimed the prize for 1st FV40 at the **Chippenham River Run**, finishing in 20:40.

July 2003

In this month twenty years ago, fifth placed Alistair Bartlett led the AVR contingent home at the **Three Downs Challenge** race held at Batheaston, recording 56:10 over the nine-mile course, 17th placed Martin Connor (61:54) and 53rd place Anthony Hickson (79:56) made up the rest of our team.

At the **Tarrant Monkton 5** Brett Flook made the podium clocking 35:05 on the tough five-mile course, whilst Rosemary Barber finished as 2nd Lady in 41:43. In the 10-miler, Kevin Sparey finished as second vet in 62:46 ahead of Bob Ellis in 71:09.

Thirtieth placed Darren Wrintmore just dipped under 20-minutes with 19:57 at the **Chippenham River Run**, with Rachel Bown being first lady in 20:26. Rosemary Barber (22:19), Bob Sales (22:23), Anthony Hickson (22:45) and Susie Phillips (24:03) completed the AVR challenge.

Charlotte Maurissen took the Ladies victory at the **Bath Sprint Triathlon** recording 10:59 for the 750m swim, 49:28 for the 20K ride and 23:30 for the 5K run. Neil Whitehead was first MV55 over the Olympic distance, recording 31:43 / 1:35:06 / 48:44 for the 1500m swim, 40K bike and 10K run.

July 1988

In this month 35-years ago, Richard Bailey and Darren Wrintmore headed up the M5 to take part in the **Tewkesbury Mile** with the former clocking a new Club Record of 4-minutes 55-seconds and Darren just a few seconds behind.

At the **Biddestone 6**, Gerry Fice claimed overall victory in 33-minutes 15-seconds with Darren Wrintmore fifth in 34-minutes dead and Phil Mitchell ninth in 35:41.

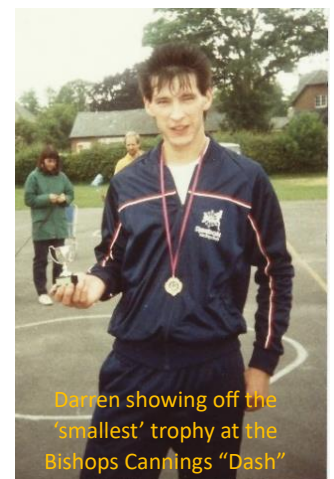
At the misleading named **Bishops Cannings 5000m Dash** (*it is neither a dash nor is it 5K*), Darren Wrintmore finished on the podium in third place recording 18:32 ahead of fourth placed Richard Bailey in 18:46.

At the **Westwood 7**, Bob Roots finished in second place overall recording 42:15 whilst fifth placed Tim Northwood clocked 45:05.

Darren Wrintmore headed to the **Midsomer Norton 5K** and set a new Club Record for 5K of 16:42 whilst Dave Bristow had a good run in 17:07 to finish as 1st MV40.

Fifteen AVR members took part in the **Heytesbury Road Relays** where Gerry Fice, Martin Connor and Bob Ellis finished as the 2nd Men's Team. Kerry Fice, Fay Merrell and Judy Farr finished as the 2nd Ladies Team.

July 1988 saw the first ever running of the Tom Roberts Handicap race and also the unveiling of the AVR lollipop which has accompanied the club at many events throughout the years, though there may be an analogy to be had with the infamous "Triggers Broom" 😊



Darren showing off the 'smallest' trophy at the Bishops Cannings "Dash"

Darren Wrintmore

The Ultimate Human Race

The 11th June saw my third completion of the mighty Comrades Marathon – the 87.7km (54.5-miles) run from Pietermaritzburg to Durban in KwaZulu-Natal, South Africa. This race is always epic, but this edition seemed even more so - the crowds seemed larger, noisier, more intense, the numerous and regular aid stations more manic.

I finished in 11-hours and 14-minutes which was slower than I had hoped (*I was looking for around 10:30*) but just to be part of this amazing piece of South African sporting theatre was worth the trip.

I would encourage anyone who thinks they can, to try to do this race at least once. Yes, it is tough - this was the Down Run (the direction of the course alternates every year) and it still had almost 4,000 feet of elevation, and the steep descents towards the end will shred your quads, but trust me, even the London Marathon does not have an atmosphere like this.

This is something very different.

(Adewale is one of only three Avon Valley Runners to have completed this challenge – the other two being Viv Toms and Tim Northwood).

Adewale Kadir



Endure 24

We had a brilliant weekend at Endure 24 at Leeds with the wonderful Hayley Chapman, Andrew Jefferies & Gareth Rickerby (*not forgetting Basil the dog*).

It was a hard slog but we all managed 8 x 5-mile laps each to achieve a team total of 120-miles.

Warm conditions but helped by cold beers.



The Westonbirt Sprint

It's been a while since I've competed in a triathlon. I thought it was pre-Covid until I was reminded of the exact one when I saw a photo of this same race while wearing a mandatory face mask in transition in August 2020. I signed up with a free entry after marshalling at the Chilly in February so I figured, if it all went horribly wrong, at least I hadn't paid for it!

It was a lovely day in the end (I had been dreading lots of rain following the terrible winter we've had) but the sun was shining. The only issue was the wind which ended up being a head wind pretty much the whole way round the bike route!

After racking my bike and taking my trainers and towel to the mini transition outside the pool (there's a 550m run to main transition to get on your bike) I milled around watching others trying to quieten the butterflies in my stomach.

Just before entering the pool, the marshal explained about lane etiquette and how/when to pass others who may be swimming slower than you. Once in the water, it was clear that the swimmer behind me was much faster so I let her through after 75m and she whizzed past others too. However, the swimmer I ended up behind, wouldn't move to let me past after tapping her ankles for about 100m which took away a lot of the enjoyment of the swim for me. In the end, I told the lane counter who then asked her to let me through and I could get on my way. The pool water was surprisingly warm which sapped some of my energy too must I completed this in 9:26.



The run to transition felt like it went on for ever but once on the bike, my legs felt like they were on a hamster wheel and just propelled me on. It's an undulating course but there aren't any huge hills that would be too daunting and I enjoyed looking at all of the huge, beautiful houses in the villages on the way through. There was a mandatory foot-down junction towards the end that I approached in completely the wrong gear which wasted some of my time to sort out. The bike too me 55:42.

The run felt awful! Three laps of the same route was mentally tough and my calves were screaming at me! It was also slightly longer than 5km which I completed after 32:09 – much slower than usual.














I compared this year's overall time of 1:43:20 which was 18 minutes slower than 2020. I spent a while feeling a bit sorry for myself but I've had to remember to remind myself that during Covid and thereafter, I haven't done proper triathlon training or taken part in anything like it so on the face of it, it's a good base to start from for the next one. I have no idea what the next one will be but I'm really looking forward to it!

Sarah Emery



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

A selection of forthcoming events which may be of interest:

Date	Event	Distance	Details	
Saturday 1 st July	The Cotswold Way Relay	various	Organised by Team Bath; 103-miles / 10-legs following the Cotswold Way from Chipping Campden and finishing outside Bath Abbey.	
Tuesday 11 th July	Westbury 5K	5K	Organised by AVR; flat and fast.	
Friday 14 th July	Hazelbury Hurrah!	6-miles	Organised by Corsham Running Club; Starting from Leafy Lane Playing Fields in Corsham. Pie and a beer for all finishers!	
Tuesday 18 th July	Heddington 5K	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 th July	The AVR Track champs	various	Closed race; Organised by AVR at Bath Sports village.	
Wednesday 19 th July	Kinetic-One TT	10 or 25-miles	Cycle Time Trial organised by DB Max at Castle Combe circuit.	
Wednesday 21 st July	The Chippenham River Run	5K	Off-road 5K organised by Chippenham Harriers.	
Sunday 30 th July	The Bowerhill Bomber	5K & 10K	Brought to you by Redfish Events, a popular off-road run at Melksham.	
Friday 4 th to Sunday 6 th August	The Mumbles Centurion	100K	2K swim, 78k bike and 20k run; do them all or just one or two; AVT focus event in Swansea	
Sunday 13 th August	The YAW100K	100K	A metric Century ride starting from Melksham to raise funds for Youth Action Wiltshire	
Sunday 13 th August	Lightning Bolt 10K	10K	Organised by DB Max at Langley Burrell; Flat and Fast and hosts the county championships for the distance as well as WRRL.	
Tuesday 15 th August	Heddington 5K	5K	Organised by Calne Running Club; This is the third of this year's series and also counts as Race #3 of the Wiltshire Road Race League.	
Wednesday 16 th August	Hilly Helmet Challenge	4-miles	Got a head? then wear a hat or in this case a helmet. Organised by Orange Helmet Events in Westbury.	



Saturday 1st July – Bob Washbourne will lead you on a 6-miler starting from Hartley Farm at BoA (just off the Winsley bypass) at 08:30.

Saturday 8th July – Jen Nattrass will lead you on a 12K run, meet at the Acreshort playing field in Steeple Ashton at 8.30.

Saturday 15th July – Caroline Scott will lead you to the Avonfield Kitchen in Hilperton after running 6-miles @08:30

Don't forget on **Friday 14th July** is the Summer Social (Run, Ride or Walk) from Pound Lane to the Cross Guns at Avoncliff, leaving Pound Lane in BoA @18:00

Please send any news, articles or achievements to news@avonvalleyrunners.org.uk.

WRRL Update

The Broad Town 5 miler (WRRL3) had a great attendance with 35 runners from the club in very hot humid conditions (believe it or not it did rain at the beginning for 2k!).



Results to highlight were Peter Veleski 5th MV40; Tim Burrell 5th MV50; Robin-Mark Schols 2nd, Bob Nixon 3rd, Mark Harris 4th & Simon Reeves 5th in the MV60 category and Peter Campbell 4th MV70+, Emily Dye 3rd Senior Female; Fiona Price 5th FV50; Paula Bray 3rd & Ceri Sonnet 4th in the FV60 category along with Rosemary Barber winning her FV70+ category. Well done all & I know there were a few PB's by others also!

WRRL Division 1			Race #1		Race #2		Race #3	
Position	Team/Club	Total Pts	Race Score	Race Pts	Race Score	Race Pts	Race Score	Race Pts
1	Royal Wootton Bassett Hounds RC - A	60	859	20	864	20	855	20
2	Avon Valley Runners - A	55	634	18	843	19	799	18
3	Chippenham Harriers - A	54	608	17	732	18	820	19
4	Corsham Running Club - A	48	678	19	648	16	464	13
5	Calne Running Club - A	45	596	16	437	13	638	16
6	Stonehenge Striders RC - A	45	414	14	458	14	657	17
7	Avon Valley Runners - B	42	206	11	649	17	470	14
8	Royal Wootton Bassett Hounds RC - B	42	395	12	639	15	604	15
9	Calne SMaRTT - A	36	399	13	388	12	180	11
10	Devizes Running Club - A	35	589	15	322	11	72	9
11	Swindon Harriers - A	22	0	0	245	10	433	12
12	Calne Running Club - B	19	0	0	147	9	145	10

Next up was the Heddington 5K WRRL4 Race #1 or 3 with notable category results being Stuart Avery - 3rd MV40; Robin-Mark Schols - 3rd MV60; Emily Dye 1st FV35 & Pauline Bradley 1st FV55 category.

Please send any news, articles or achievements to news@avonvalleyrunners.org.uk.

A balmy evening in Broughton Gifford gave us race #5 in the Wiltshire Road Race League with the Great Chalfield 10K, where Tom Gurney led us home in 34:26. Tim Burrell and Robin-Mark Schols were also amongst the prizes as 1st MV50 and 1st MV60 respectively.



Gary Day

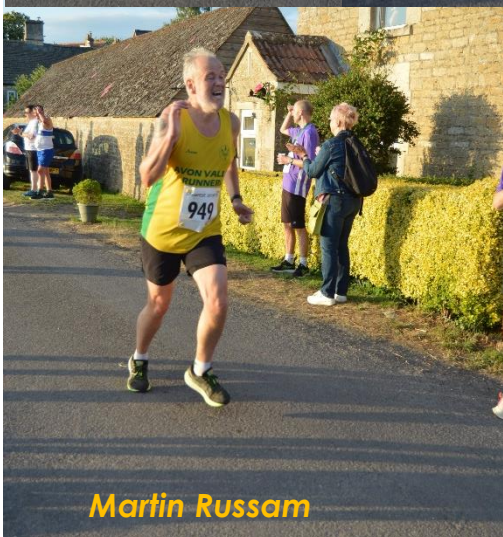


Fiona Price

Emily Dye



Alex Fearon



Martin Russam



Hayley Southgate



Sarah Emery

Please send any news, articles or achievements to news@avonvalleyrunners.org.uk.

Multi-sports News...

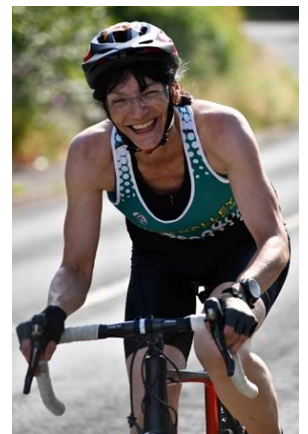
What an incredible turn out for AVT at the **Frome Triathlon** on Sunday 25th June!

Fourteen club members entered this event with some amazing successes - Robert Washborne, Viv Panther and Hayley Southgate were all category winners; New member Jen Davies won the **Go Tri** outright; Annalie Ibison was 2nd in her category, whilst Sarah Jewers and Alan Best were both 3rd in their age categories.



A few personal comments from Wendy Staden who is new to triathlon and took part in **Frome Triathlon**: A Sprint Triathlon in Frome? I lived in Frome many years ago, it's local, it's not too far for any of the swim-bike-run sections (400m swim, 24k bike, 5k run), so it sounded like a pretty perfect intro to triathlon? And yes, it really was. Not being quick, I had the delicious first wave starting at 08:15 - pool side intro and a great warm up from the oh-so-friendly Frome Tri gang.

Swimming is not my strength and I haven't got my front crawl breathing sorted yet, so I opted to do breaststroke. Felt like a long 11 minutes in the pool, then out to the transition - cheered on by Caroline & Annalie (thank you). I am rubbish if I'm not comfortable, so I confess to putting talc on my feet before putting my socks on, but it meant I was able to forget about my feet! The Frome tri bike route has three big hills - and the middle one is proper hard! By the time I was heading back into T2 it was 09:30 and a really lovely warm sunny day. The run route was not great - they'd had to change it at the last minute & it was shorter than 5k with a lot of running around sloping fields a little bit randomly. As I ran across the line, my name was called out as the first of the AVT athletes to finish, noting we were out in force today. I felt very proud running in my AVT colours.



Being all done by just after 10:00 meant I could watch the AVT gang come in from their bike rides, transition to the run & finish as the temperature started to rise. It ended up being a hot one. But what a great morning - so enjoyable. Being part of the AVT gang was just brilliant you're such a great group of people. & the Frome tri club were super friendly, lovely helpful people too. I've definitely been bitten by the tri-bug.

Please send any news, articles or achievements to news@avonvalleyrunners.org.uk.

Some words of wisdom on Time Trials and statistics from Alan Best...

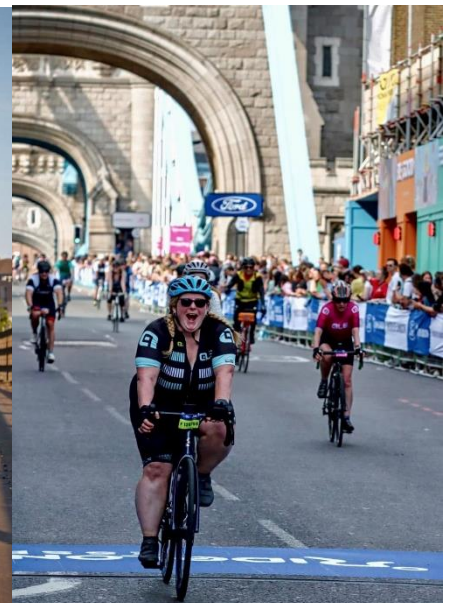
We had a good turnout at Frome Tri which I am going to use to illustrate the value of practising Time Trials. The difference in the swim times ranged from 5:08 to 14:46 with quite a nice even spread of 50 triathletes swimming times up to 8 minutes and another 50 triathletes recording 8-minutes to 10-minutes with the remainder in the 10+ minutes time category.



The bike split times ranged from 38:31 to 1-hour 27-minutes with the first fifty finishers ranging from the fastest to 52:20 and the next 50 triathletes to 1-hour 02-minutes and then the rest doing more than this. So apart from lots of numbers what does this tell us? More numbers.....

The difference in the swim is a maximum of 9-minutes 38-seconds between first and last whereas on the bike it's 49-minutes. The slowest person in the swim finished overall in 33rd place. The slowest person on the bike came last. So, if we look at training to move from 100th place in the swim to 50th you would gain 2 minutes 5 seconds. Doing the same on the bike you would gain 10-minutes 13-seconds. Ideally you would gain in both disciplines however shouldn't triathletes do more time trials?

Two club members headed to the capital for the **RideLondon-100**, for Darren Wintmore it was his eighth time at this event and came away with a new personal best time for the 100-mile distance of 4-hours 36-minutes 17-seconds (*on a borrowed bicycle*). For Jay Simms it was her first century and crossed the finish line on Tower Bridge in 7-hours 5-minutes 48-seconds.



Vicky Bodman took part in the **Cotswolds Big Swim** on Saturday 17th June at Lake 32.

The event is held twice a year in June and September and hosted by Shouty Dave, so you know you'll get support whatever you do!

There are options to swim 750m, 2km, 4km, 5km or 10km. I'm training for an event which will have a 2km swim in it later in the year, so I went for that option. I knew I could do it in the pool, but wasn't sure about going non-stop in the lake for the duration.

I felt prepared, although I broke my wetsuit the week before so had to get a new one which luckily came in time. The day before I got an email saying the temperature of the lake kept getting warmer so we might not be wearing wetsuits. In the end we had the option to wear them or not so I put mine on.

I really enjoyed the swim. I didn't go all out as it was about seeing how I got on with the distance in the lake. I found sighting a bit harder as the people became more dispersed but it was definitely good practice. I came 6th in my category which I'm chuffed with, and yes there were more than six swimmers in my category!

I think this is a great event and they even said if you realised 1 lap was enough (it was 2 laps for 2km) they'd just put you down as completing 1km rather than DNF.



Well done to Emily Dye, Graham Anderson and Ben Mees for their performances at the **Bowood "Super Sprint" Triathlon**.

Emily was 2nd in her age category and Ben Mees was 16th overall in his debut event.



AVT SoTM2307

A rather warm month for tackling our June segments.

At the [Brokerswood Road Lumps](#) segment which presents an undulating 1.7-mile route out from Southwick, we had seventeen members take on the challenge. Alan Best put in a huge effort to cover the distance in 4-minutes and 15-seconds which equates to a 24mph average speed to bag the full 25-points for the Men. Caroline Scott took the maximum points for the Ladies, dipping just under 5-minutes and averaging over 20-mph.



Rank	Name	Date	Speed	HR	Time
	Alan Best	Jun 4, 2023	24.0 mi/h	165 bpm	4:15
2	Will Whitmore	Jun 10, 2023	23.3 mi/h	169 bpm	4:23
3	Darren Wrintmore	Jun 3, 2023	21.5 mi/h	-	4:44
5	Caroline Scott (AVT)	Jun 6, 2023	20.5 mi/h	149 bpm	4:59
6	Jenny Natrass	Jun 14, 2023	20.3 mi/h	133 bpm	5:02
8	Annalie Jane	Jun 14, 2023	19.2 mi/h	-	5:19

Our second segment in June was an urban climb, this time being up the [Victoria Road climb](#) segment of 0.5-miles at a gradient of 1.7%. Twelve members took on the climb with Alan Best clocking 1-minute 27-seconds with Caroline Scott in 1:43 for the Ladies.

Rank	Name	Date	Speed	HR	Time
	Alan Best	Jun 24, 2023	22.7 mi/h	171 bpm	1:27
2	Darren Wrintmore	Jun 3, 2023	20.4 mi/h	-	1:37
3	Caroline Scott (AVT)	Jun 24, 2023	19.2 mi/h	150 bpm	1:43
4	Andrew Jefferies	Jun 18, 2023	18.6 mi/h	102 bpm	1:46
5	Jenny Natrass	Jun 18, 2023	18.5 mi/h	153 bpm	1:47
6	Caroline Tassell (Hot Chilli Tri)	Jun 1, 2023	18.3 mi/h	-	1:48

So, after the scores achieved for the June 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	Alan Best	292	6	146	6	146	↑
2	Darren Wrintmore	267	6	134	6	133	↑
3	Andrew Jefferies	255	6	130	6	125	↑
4	Will Whitmore	248	5	124	5	124	↓
5	Martin Disney	224	5	110	5	114	↓
6	Keith Withers	205	5	103	5	102	▢
7	Simon Reeves	76	2	38	2	38	▢
8	Tim Lowrie.	73	1	18	3	55	↑
9	Sean Price	68	1	18	3	50	↓
10	Martin Russam	49	1	18	2	31	↓

Rank	Athlete	Total Points	SotM Ridden	SotM Points	Bonus Segments	Bonus Points	Movement
1	Caroline Scott	298	6	149	6	149	▢
2	Jenny Natrass	287	6	145	6	142	▢
3	Caroline Tassell	179	4	90	4	89	↑
4	Sarah Jewers	169	4	85	4	84	↑
5	Rosemary Barber	154	4	79	4	75	↑
6	Vicky Bodman	83	2	38	3	45	↑
7	Gemma Knudsen	56	1	20	2	36	▢
8	Jay Sims	45	1	18	2	27	↑
9	Jo Mumford	45	0	0	2	45	↓
10	Diane Hier	45	0	0	2	45	↑

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 25th November.

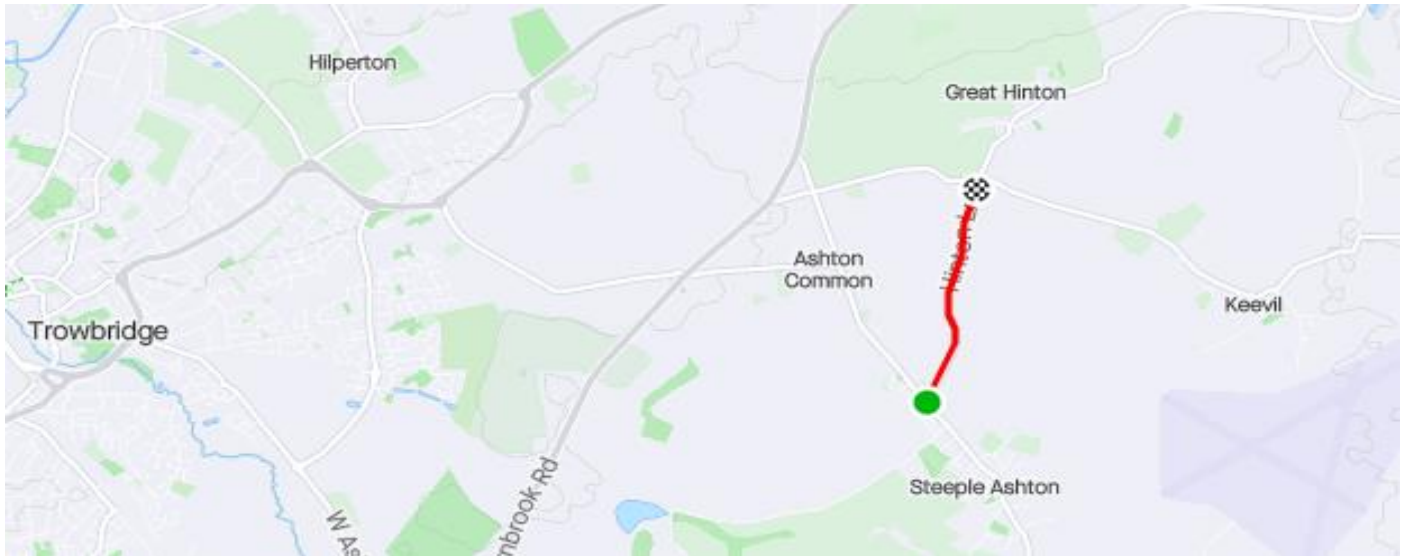
In order to participate you will need to register for a (free) account on Strava if you have not already done so, which will log your miles recorded from your Garmin or other compatible GPRS device. Once logged into Strava you need to join the **Avon Valley Triathletes club** which will be used for tracking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

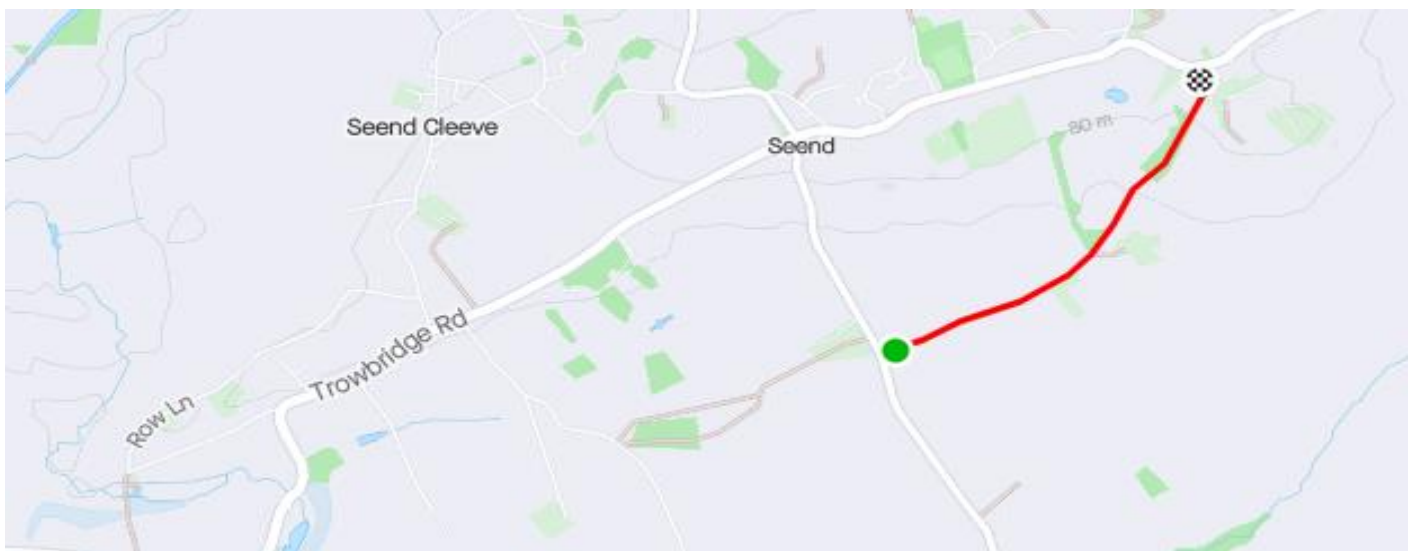
So on to our next round in the monthly element of the competition...

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

Club Chairperson, Sara Robert challenges you to tackle the [Petrol Station to Junction Sprint](#) segment between Steeple Ashton and Great Hinton, so far this year 23 club members have ridden the segment with Darren Wintmore and Izzy McNally being the quickest so far over this 0.8-miler.



Our second segment of the month in July was suggested by last year's runner-up, Alan Best and is another ascent, this time it is the [Inmarsh Climb](#) near Seend. So far this year only two club members have ridden the segment with Darren Wintmore being the quickest so far over this 0.75-mile segment which starts smoothly enough before kicking up to over 7% gradient towards the end.



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

Please send any news, articles or achievements to news@avonvalleyrunners.org.uk.

The Mob Match

Thursday 22nd June saw the annual running of the club Mob Match, a night where we invite our close neighbouring clubs to come and run the Over the Hills route with us, but with the route reversed just for the night. It means no river crossing but still provides a challenge to all who take part. The event is one of self-navigation with no signs or marshals but there is a sweep to make sure we get everyone back who went out from the start.

A balmy night saw the 58 participants set off from the Tithe Barn with the first finishers completing the course in around the 45-minute mark. First home by a whisker was Chris Moore from Team Bath with Jake Stephens from Chippenham Harriers right on his shoulder. Stewart Padget (Chippenham Harriers) was next closely followed by Lee Davis and David Warren (both Corsham Running Club). First lady across the line was Jenny Natrass, representing the host club Avon Valley Runners.



As usual, the evening was enjoyed by everyone with some enjoying themselves so much they added extra bits onto the route before deciding to return to hearty applause at the finish line.

Prizes were presented after the last finisher crossed the line with warm congratulations to Chippenham Harriers for taking both the first male and female team prizes as well as scooping the lucky dip prize of an entry to Over the Hills, which was won by Balazs Nagy.

A big thank you to those from AVR who helped get the event on looking after registration, the finish line marshals and sweeps. We look forward to hosting you all again same time next year.

Robin-Mark Schols

AVR/AVT Summer Social

On Friday 14th July you are invited to join a summer social Run / Ride / Walk from Pound Lane, Bradford on Avon (BA15 1LF) to the Cross Guns at Avoncliff.

Meeting at 17:50 for a quick photo or two (so *please wear club colours*) and heading off from the clubhouse at 18:00 to reach our destination by 20:00 for food and drink.



We have options for all abilities:

- Andy Jefferies and Fiona Price will lead a 10-mile run/jog around a slightly shorter version of our Midford Loop route. There will be shorter alternatives too.
- A leisurely one-mile walk directly to the pub
- Sean Price will be organising a 20–25-mile cycle route, suitable for all road bikes.
- Or why not let the train take the strain with both Bradford on Avon and Avoncliff stations being very conveniently located to the start and end points.

Fiona Price

AVR Results

I try and keep the results page up to date and where possible, enter results once they have been ratified – some results can take longer than others (*I usually leave a day between results being released and being updated, in case any errors are spotted by the organisers*).

Please remember to enter races as an Avon Valley Runners member, as I usually sort results by club. I don't want to miss you!

It is worth a look before submitting any result as it may have already been processed, so please take a look at the club website just before doing so.

If your results are not on the website, please email results@avonvalleyrunners.org.uk and please include the following:

- Race name
- Race date
- Distance
- Finish Time
- Position
- Link to the official results for the event, as these are the only results that will be used
- Comments, eg PB, CPB, Club Record (please note space for comments is limited!)

Best of luck with all your runs!

Sharon Firkins

Please send any news, articles or achievements to news@avonvalleyrunners.org.uk.