



Welcome to The Valley News

Our cover picture this month comes from Caroline Scott and shows the “Fab-four” from Avon Valley Triathletes sporting some impressive bling and finding their names on the Tenby Long Course Weekend board after completing the Full Ironman distance (2.4-mile swim / 112-mile cycle / 26.2-mile run) over three days at the beginning of July.

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.

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- Multi-sport News

The Newsletter of Avon Valley Runners

Issue #256 – August 2023



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

Wrinty's Ramblings

In the last month I have observed races from three different perspectives, as a Race Director; Race Participant and also as a Spectator. In each of these viewpoints I have observed other athletes and questioned "why did they do that?" or more precisely "why did they **not** do that?".

I am sure that the participants were all physically prepared for their event and that their training had gone well but it was the little things as the sound of the starting gun neared that I was questioning and so I would like to offer the following:



- If you need to drive to the race location, do you know where the best car parking is and will you need to pay (*don't get me started on car parking apps*). Have you plotted a route from the car park to the Race HQ or Start Area?
- Do you know where the Race HQ is? This assumes that you actually need to go to the Race HQ, if race numbers have been sent out in advance, then probably not and you can go straight to the Start area, but do you know where that is and have you allowed sufficient time to get there before the race starts?
- Have you completed the medical back-print on your race number and if you have listed an emergency contact (*especially if they are not in attendance*) are they aware that you have done so and able to come and assist you if required?
- The above assumes of course that you can find your race number – if it has been sent to you in advance then why not pin it to your race kit the evening before race day and then you also avoid that last minute scramble around looking for your lucky safety pins?
- The same applies to having the rest of your race day kit ready, and if you are doing a multi-sport event then have you got everything that is required ready – wet suit, swim hat, bike numbers, helmet stickers, cycle shoes, Garmin etc. I actually keep a printed-out checklist to cover everything that I may need.
- Also have you read and understood the Event Guide (*this can be included in an acceptance eMail from the event organisers*) and any FAQs to avoid any race day surprises? It pays to do this a few days in advance and if any clarifications are required you can raise the question with the event organisers – note that queries left until race day are unlikely to be answered.

If you can think of anything else then please feel free to share your thoughts.

Darren Wrintmore (Wrinty)

AVR do Seaton

It was an early start for AVR on Saturday 22nd July. We had to be on the Active Trowbridge minibus by 6:15am but luckily, it was to attend a wonderfully welcoming parkrun by the sea.

After a long drive with a couple of loo and car-sickness stops along the way, we arrived in Seaton with plenty of time to spare. We made ourselves known to the volunteering team and listened in on the informative run brief.

At the beginning, the weather wasn't too bad - just a little windy and our interest was focused on the unusual pebble beach start straight. It was amazing how loud they became when nearly 300 runners started moving across them in a Bambi-like fashion. Once off the pebbles and onto a more solid footing, it felt exactly the same as when you stop bouncing on a trampoline and walk along the floor!



The esplanade was nice and flat for the majority but the pebbles at the opposite end were much smaller so they were a fun challenge to navigate a couple of times but it just made us smile every time because we were having so much fun!

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The weather became increasingly windy and rainy and was pretty awful when we all finally finished. A couple of us had planned on a dip in the sea but changed our minds when we saw how choppy it was but that didn't stop Nicola who dived straight in!



A thank you must go to all of the volunteers who stood out in the rain to cheer us on. It was a tough job for the first 2 along the esplanade who stood in the middle of the course with the tall direction arrows - that many runners running a them from both directions must be such a daunting sight! AVR all certainly appreciated them so that we could enjoy our trip.

Afterwards, we dried off and ate a delicious breakfast in the Pebbles Cafe nearby. It's just a shame that the weather was so rubbish as we may have stayed even longer but there are plenty of opportunities should anyone want to return another day when the sun is shining.

Despite the terrible weather, we all had a great time.

Sarah Emery



AVR Track Championships

The Avon Valley Track Championships took place at Bath University on Wednesday 19th July:












100m			400m			200m		
1	Oscar Jarman	14.30	1	Jack Prout	1:03	1	Jack Prout	26.89
2	Orson Pace	15.27	2	Oscar Jarman	1:04	2	Stewart Avery	28.79
3	Doug Watkins	16.74	3	George Sawyer	1:18	3	Ryan Smith	33.00
4	Lola Knight	17.77	4	Lilou Gagneux	1:23	4	George Sawyer	33.07
5	Fabrice Gagneux	18.21	5	Joel Romain	1:23	5	Lilou Gagneux	34.58
6	Joel Romain	18.64	6	Imogen Smart	1:24	6	Lola Knight	36.25
7	David Hyde	19.40	7	Lola Knight	1:24	7	David Hyde	36.69
8	Sarah Fenby	19.68	8	Fabrice Gagneux	1:25	8	Peter Yeomans	36.97
8	Stuart Mackie	19.68	9	Rose North	1:36	9	Joel Romain	37.59
9	Debbie Ellis	20.51	10	Zoe Yeomans	1:37	10	Imogen Smart	37.99
10	Zoe Yeomans	21.75	11	Debbie Ellis	1:43	11	Debbie Ellis	42.30
11	Karen Applegate	25.49	12	Maria Harryman	1:51	12	Zoe Yeomans	43:23
800m			1500m			13	Jen Natrass	44.35
1	Stewart Avery	2:28	1	Oscar Jarman	4:50	14	Sharon Firkins	46.65
2	Orson Pace	2:29	2	Stewart Avery	4:51	15	Maria Harryman	47.66
3	Sebastian Jarman	2:40	3	Jack Prout	5:06			
4	Doug Watkinson	2:51	4	Sebastian Jarman	5:08			
5	Ryan Smith	2:54	5	Peter Yeomans	5:52			
6	Joel Romain	3:01	6	George Sawyer	6:00			
7	Peter Yeomans	3:05	7	David Bagshaw	6:05			
8	Rose North	3:30	8	Lilou Gagneux	6:06			
8	Debbie Ellis	3:37	9	Zoe Yeomans	6:34			
9	Sharon Firkins	3:41	10	Fabrice Gagneux	6:36			
10	Maria Harryman	3:55	11	Jen Natrass	6:37			



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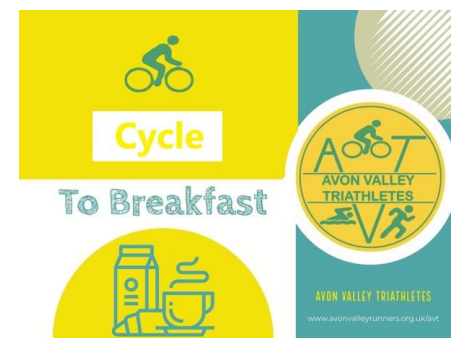
Where to Run...or Ride...or Swim

A selection of forthcoming events which may be of interest:

Date	Event	Distance	Details	
Friday 4th to Sunday 6th 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	
Wednesday 9 th August	Kinetic-One Time Trial	10 or 25-miles	Cycle Time Trial organised by DB Max at Castle Combe circuit.	
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.	
Sunday 20 th August	Two Tunnels races	5K – 50K	Organised by Relish Running and taking you through the two tunnels – several times.	
Saturday 2 nd September	Flying Monk 10K	10K	Organised by DB Max at Malmesbury	
Sunday 3 rd September	Carnival Chase 10K	10K, 3K or 1.2K	Organised by Redfish events at Warminster and offering a choice of distances.	
Tuesday 12 th September	Westbury 5K	5K	Organised by AVR; flat, fast and handicapped.	
Wednesday 13 th September	Kinetic-One Time Trial	10-miles	Cycle Time Trial organised by DB Max at Castle Combe circuit. Includes the AVT TT Championships.	



Check the [AVT Facebook page](#) for details of these events which take place on a Saturday morning.



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 somethings 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...

August 2018

In this month five years ago:



Chris Roxburgh took victory at the prestigious “**Race the Train**” 14-mile XC race in Tywyn, Wales.

Ed Knudsen finished in 1st position at the **Pewsey Stripped Back’ Bustard Five** in 26:45 with Gemma Lawton 2nd Lady in 35:09.

Andrew Sharratt – 1st MV60 at the **Salisbury 54321** (20K) in 1:58:10

Mike Towler was the winner of the **Heddington 5K** clocking 15:51 with Rich Harding in 4th place finishing as 1st MV40 in 17:34. Fiona Price was second lady and 1st FV45; Adele Cooper was 1st FV55.

There was an AVR double at the **Old Down estate 5K** with Dan Piper coming home as the first man and Jo Farion as first lady. Dan Piper was also 2nd overall at the **Bridport Jurassic Coast 10K** in 45:44

Ruth Barnes finished as first lady at the **Westbury 5K** in 16:50 whilst Mike Towler had to settle for 6th place overall with his impressive time of 15:37.

August 2013

In this month ten years ago:

Fiona Price was first lady at the **Brecon 10-mile road race**, clocking 66:06. Fiona also finished as third lady at the **Cursa Nocturna del Seguici 5K** at Tarragona in Spain.

Castle Combe hosted the **Wiltshire 10K championships** as well as the Wiltshire Road League and saw plenty of good AVR performances with Mike Towler leading the club home in second place overall in 33:51 whilst Ruth Barnes clocked 36:28 to earn a county gold medal.



Thomas Coney outsprints Peter Veleski at Castle Combe

The Avon Valley Runners team of Michael Towler, Joby Hobbs, Thomas Coney and Tim Lowrie claimed the Men’s team prize at the **Foxtrot 5** in Broughton Gifford.

August 2003

In this month twenty years ago:

Martin Connor led the AVR contingent home at the ominously named “**Corfe Beast**” 16-mile multi-terrain race with Laurie Irwin, Susie Phillips and Viv Toms also conquering their fears and the distance. Martin was also our first man home at the **Vale of Pewsey Half Marathon** clocking 1:23:26 and also at the **Pewsey Five** where he finished 9th in 30:03.



Susie Phillips and Genevieve Sharam finished as second and third ladies at the **Southwick 3**.

Kevin Sparey got the better of Alistair Bartlett at the **Battle of Sedgemoor 10K** in Langport recording 35:25 for 11th place overall. Kevin also clocked a personal best time of 16:38 at the **Yeovilton 5K**.

Bob Ellis took the runners-up spot at the **Ifracombe Fun Run** in Devon.

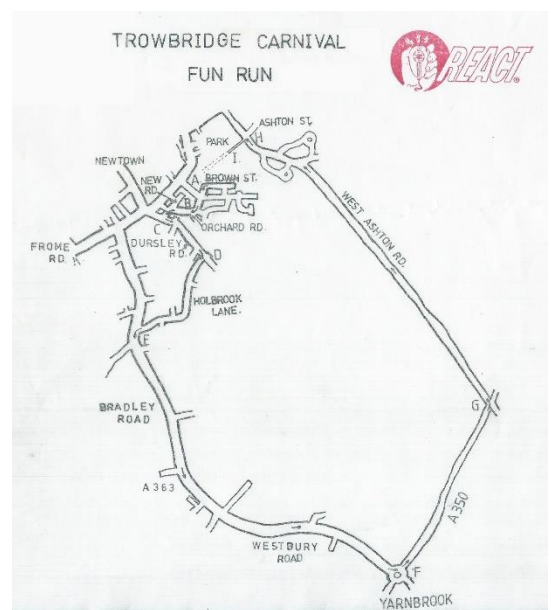
August 1988

In this month thirty-five years ago:

Who would have thought that you could hold a race which runs along the A350 from Yarnbrook to West Ashton? Well, the **Trowbridge Carnival Fun Run** did and twenty-two Avon Valley Runners took part with 6th placed Gerry Fice and 41st placed Judy Farr leading us home to the finish back in the town park.

Judy Farr also finished as first lady at the **Potterne Fun Run**.

Bob Ellis got the better of Tim Northwood at the **Monmouth 7** with less than 10-seconds between the pair who finished in 23rd and 25th places respectively.



Tim Northwood ran 1:18:30 for 49th place at the **Welwyn Half Marathon** and then a week later was 1st Vet at the **Devizes Half Marathon** clocking 1:17:37.

Richard Bailey clocked 35:47 to finish 68th at the **Staunton Beer Race** in Gloucestershire.



Also in Gloucestershire, the **Standish Woodland Chase** at Stonehouse saw Martin Connor lead home the Avon Valley Runners as he finished in 28th place over this challenging 10-mile course.

At the **Swindon “Open” 3000m** Gerry Fice led the way recording 09:51 ahead of Richard Bailey in 10:02, Phil Mitchell in 10:09 and Martin Connor 10:10.

Gerry Fice also led the AVR contingent home on the track in the **Melksham “Open” 5000m** at Christie Miller, recording 17:11 with Martin Connor fourth in 17:24, Bob Ellis sixth in 17:41, Phil Mitchell seventh in 17:45 and Richard Bailey finishing in 18:08. In the ladies 1500m, Kerry Fice claimed the silver medal position.

Multi-sports News...

Long Course Weekend - Caroline Scott

This special event at Tenby in South Wales had been selected by those attending on the AVT calendar planning day late last year. Originally Keith Withers idea, the event was appealing due to its multiple distance and event offerings. You could select many distances for swim, bike or run – one discipline a day over the course of a weekend. Fourteen AVTers took part in the many distances with four opting to do the full distance of 2.4-mile swim, 112-mile bike and a 26.2-mile Marathon run - a Full Ironman over 3-days.

My personal experience found this challenge to be a lot more than I had bargained for. I just about managed the swim as my hands got so cold - Sea swimming is not my strength but I really had to have words with myself and get on with it!

The bike was very hilly with one climb (ridden twice) was rising up at a 16% gradient... in fact, I wasn't even sure it was possible to get through all those hills in the cut off time!

The night before the Marathon I was really not convinced it was even physically possible. How could I do a sub-6-hour Marathon with all those hills!!! I was not alone in my doubts but we convinced ourselves that if we walked the hills then it would be fine. Amazingly, I delivered... let me rephrase that, my body delivered and we delivered!

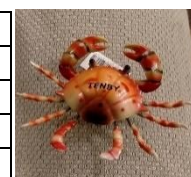
Out of the 650 entrants only 238 actually managed to complete it, that included four of us from AVT: Emily Dye, Annalie Ibison, Alan Best and myself. The other ten AVTer's doing one or more of the alternative swim, ride or run options...*sleeping in a garage forecourt does not count - Gareth Rickerby – we saw you!*



More than anything, it was the friendship and teammates which was the repetitive theme throughout the whole weekend, even in pre-race discussions banishing negativity. Time and time again we saw the AVT team stopping to support each other, to give a hand when times got tough, from bad knees, to run and bike bonks to hill issues to those that just found it tough to keep up. What's clear is the strength of the team and their ability to support each other from start to finish. I feel very proud to be part of that.

Well done to everyone who participated and supported AVT at such a fabulous event as the Long Course Weekend (Tenby)!

Pos.	Triathlete	Swim 2.4-miles	Bike 112-miles	Run 26.2-miles	Total Time
94 th	Alan Best	1:26:53	7:17:53	4:11:15	12:56:03
211 th	Emily Dye	1:20:34	9:06:32	4:34:03	15:01:10
250 th	Annalie Ibison	1:21:31	9:06:27	5:12:16	15:40:15
259 th	Caroline Scott	1:40:47	9:06:32	5:12:18	15:59:39



Cotswolds Lake 62 Summer events - Annalie Ibison

The summer evening event race 3 was held on 19th July. Keith Withers, Jen Davies and Paul Banfield entered the sprint triathlon which comprised of 400m swim, 16K bike & 4.5K run. It was Jen's first ever sprint triathlon and despite a few challenges which included losing her timing chip at the beginning of the swim, she flew across the finish line with huge smiles. She herself said "*I absolutely loved it!*"



Paul Banfield and Keith Withers raced confidently and reached the finish line with only a minute separating them. Annalie Ibison entered the aqua bike which also comprised of a 400m swim and 16K bike. If you're not a fan of running, then Aquabike is definitely the way forward!

On Sunday 23rd July, LPS Events hosted their Summer Standard Distances Triathlon Series event at Lake 62. Although the weather had cleared slightly from the day before, it still didn't look inviting: grey skies, drizzle, rain showers and gusty winds were all out in force. The dismal weather did not deter the AVT entrants. Sally Frawley and Will Natrass completed the duathlon which comprised of a 4.5K trail run, 39K bike and 6K trail run. The bike course was undulating and, for several kilometres, was into a tough headwind and the run course was a tricky trail run around the lake. Well done to Sally and Will for completing a gruelling race. Congratulations to Sally for winning her age group! Alan Best, Vicky Bodman and Annalie Ibison avoided the muddy lakeside run by completing the Aquabike race which comprised of a 1500m swim and a 39K bike. Vicky was delighted to achieve a PB for her open water swim despite having to stop several times to sort out her leaky goggles!

Alan was also delighted with his swim. By his own admission, 9 months ago he struggled to swim 25m front crawl and now he is confidently swimming 1.5km in open water. Finally, James Crawford flew the AVT colours in the standard distance triathlon, coming second in his age category.

Well done to every single AVT team member who took part in these events. Your smiles, raucous cheering and team spirit was tremendous. LPS Events are hosting more events at Lake 62 over the summer. It is worth checking out their website to see what they offer as there are many different multisport options available.

- Annalie Ibison - 1st in Age Group on both 19th & 23rd July
- James Crawford - 2nd in Age Group on 23rd July
- Sally Frawley - 1st in Age Group on 23rd July
- Vicky Bodman - 2nd in Age Group on 23rd July

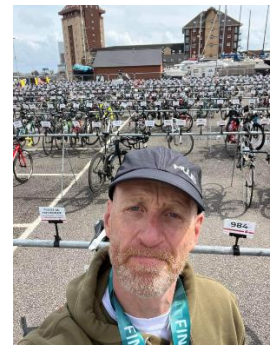
Titan Middle Distance Triathlon - Diane Heir

Titan Brecon Middle Distance Triathlon starts with a 1.2-mile swim and takes place in the park lake followed by the 60-mile bike course. The final 13.1-mile run is a three-lap route around the lake and the park. According to Diane "*The Titan is a challenging triathlon and a race that I will hopefully do again. The weather was atrocious but this just added to the challenge. Well done DB Max for a super race!*"

- Diane finished as 1st in Age Group

Ironman Swansea 70.3 - Will Whitmore

Will participated in Swansea 70.3 (1.2-mile swim, 56-mile hilly bike and a Half Marathon to finish it off!) - a race in a destination featuring the sweeping waterfront of Swansea Bay leading to the vibrant seaside village of The Mumbles, before cycling onto the beautiful Gower Peninsula.



Andover Tri – Andrew Jeffries

For some time, I have been looking at the AVT results & I was not down as completing one this year. Had a bit of a setback at Calne & this has been in the back of my mind to complete a Tri this year. I found one in Andover so thought 'what the heck... let's get it done!

So off I went on an early Sunday morning with my trusty dog for company!

I found the event pretty easy which is not always the case. Everyone was so friendly at registration and the car parking was easy. Before I knew it, I was off to the pool, trying to feel confident... but in truth thinking about it all night & on the journey down! I was in the second group and I seriously don't know how I managed! I didn't know what my speed was. I didn't start off too bad but then it all went wrong on the fourth length, when total panic set in. Somehow, I had to do twenty more lengths!

Anyway, with a lot of help from the person in charge of my lane and the next group all clapping me home on the last two lengths, I completed it! Phew! I was so pleased to see the bike. It was a lovely bike route of 30K. It was a bit windy and hilly but that was same for everyone.



I made lots of progress and overtook many. Now I am much more confident on the bike. Despite a bad transition, I got into the run and did fairly well a nice 8k route. I had a really good day and finished in a respectable place. However, I hope that someday my swimming will improve! Old dogs' new tricks does come to mind.

I would highly recommend Andover Tri as people great and nice routes. I will have to book another on now hopefully with my AVT friends this time.

Qualify for the GB Age Group Team - Emily Dye

Early this year, I decided I wanted to try to qualify for the GB Age Group team for either triathlon or aquathlon. I'm fairly new to multisport – I did my first duathlon in 2021. I don't have a coach, so I don't approach training with any kind of structure and probably do more of what I enjoy than what I should focus on. So, Age Group qualification seemed like a big challenge.

When I found out a qualifying event was being held locally, at Bowood, I entered just to have a crack at it. The qualifier was for the World Super Sprint Championships, hosted in Pontevedra in September. The qualification process is fairly complex. I think I needed to finish top-4 in my age group, or else have a time within 115% of the winner. I normally finish mid-pack in my age category so this was a big ask.

The race at Bowood was a 300m swim in the lake, 12K on the bike, all fairly flat, and a horrific 2K hilly, grassy run. I swam well, had a bit of a horror show on the bike (my chain came off, and I lost a shoe coming into the dismount, how is that even possible?!), and didn't particularly enjoy running up the hills in the heat.

Considering I didn't have the best race, I was shocked to see I finished 2nd in my age group, and the girl who beat me only did so by a couple of minutes. As she had already qualified, I am listed on the British Triathlon website with a Q1 next to my name – I still can't quite believe it!

The race in Pontevedra is going to be short and fast. It's a 300m swim, 6K bike and 1.6K run. It's going to be flat out from the hooter. With so little room for error, I'm really hoping my shoes stay attached to my pedals this time! I'm looking forward to putting on the GB tri suit and giving it everything. And I'm hoping to watch the elite races while I'm there – that will be inspirational, I'm sure!

If Age Group racing is something you've been considering, go for it! You might just do it, despite what you think of your own abilities.

AVT Swim - Annalie Ibison

Thursday 20th July saw a temporary stop to the AVT coached swim sessions as we all take a break over the summer holidays. Our final session before the summer break started with a special surprise presentation to our two fabulous swim coaches, Keith Withers and Stephen Clark, without whom our sessions would not exist. Keith and Steve have given up hours of their time to plan and deliver the sessions. Alongside a small gift, Keith and Steve also received personal messages of thanks from the AVT swimmers. These messages were unanimous in their support of our fabulous swim coaches.

If you haven't attended one of our coached swim sessions, then why not give it a go. They will start up again on September 7th. They are held during term time only, on Thursday evenings from 9-10pm at Melksham Community Campus. Look out for the posts on the AVT Facebook page for more information about how to book on.

Summer Swimming Plan – Keith Withers

As we have all found out at some stage swimming can be quite technical. Unlike running or cycling, a small issue in swimming generally has a knock-on negative impact as the water your in contact with has a horrible tendency to move around, unlike the ground on a run or bike. So, for anybody wanting to master the water, understand it and use it, I have pulled the following article together for consideration in your swim sessions over the summer (pool or lake). **I always remember BLABT.**

B = BODY position. Lower your head so that the waterline is just about level with your eyebrows, but look forward under the water. Generally, slope your body downward a couple of degrees so that your feet are just under the water.

L = LEGS the key element here is to think, long straight legs all the way down to your toes. Kick from your hip (not your knees as this creates unhealthy pressure) and try and get your big toes to touch each other. As for how fast, try and count 2 or 4 leg kicks to every complete arm (both arms) rotation.

A = ARMS for those that have done a session of two you'll likely remember Steve and I talking about two lines coming forward from your nose and shoulder socket on each side. Make sure your hand enters and stays within these lines all the way through the stroke. Practice touching your thigh with your thumb before bringing your hand out for an overwater recovery. Stay long and strong!!

B = BREATHING these last two areas are more complicated but are key in tying the components together. Make sure that you're breathing out under water... practise forcing out some big bubbles, then breathing by turning your head ever so slightly to the side. Don't over rotate otherwise you'll end up 'snaking' down the pool/course. If your able to breathe to both sides continue practicing that as well.

T = TIMING arguably the most challenging and difficult for me to describe, but there is a rhythm to aspire to. We work in this on the Thursday sessions, but for the summer period concentrate on keeping a constant kick throughout your swim distance, with the same number of kicks for every two arm pulls.

In Summary, BLABT is a good way of sense checking the 5x core components of Front crawl and you can add in lots of variations into the above 5x areas to break up the monotony.

Rather than write sessions for the summer, you can take a run session or a cycle session and break it down to make it suitable for swimming. *E.g. Running set 10x 90s efforts with 45s recovery could become Swimming Set 10x 75m with rest interval (RI) of 45s between each 75m.*

Practice these snippets and then when we return in September, you'll be able to link them together to give you a more efficient and powerful front crawl.

Have a great summer and hope to see you in the water soon.

AVT KIT - Contact: Caroline Scott

Our kit suppliers are Halo, AVT kit 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/>

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

The AVT League

The AVT League is performance-based. We take your best result in each of 10-mile Time Trial, Aquathlon, Duathlon, Triathlon and Aquabike, and express it as a %. For example, if there were 100 finishers and you came 57th, you'd get 57% for that event. We then average your results across each of the above events. If you didn't do a particular event, you are awarded 100%. Lowest score wins.

Name	Time Trial	Aquathlon	Aquabike	Duathlon	Triathlon	League place	Average
Alan Best	36.17	100	39.39	50.41	20.95	1	49.38
Will Whitmore	47.27	100	100	100	9.02	2	71.26
Paul Banfield	100	33.33	100	100	46.75	3	76.02
Tom Gurney	100	100	100	100	0.61	4	80.12
Ben Mees	100	100	100	100	6.64	5	81.33
Graham Anderson	100	100	100	71.07	36.98	6	81.61
William Bridges	100	100	100	100	12.83	7	82.57
Andrew Jefferies	75.38	100	100	81.82	57.29	8	82.90
Simon Down	100	100	100	100	17.93	9	83.59
Steve Clark	100	100	100	100	22.42	10	84.48
Simon Williams	100	100	100	100	25.86	11	85.17
Scott Green	100	100	100	100	29.69	12	85.94
Keith Withers	100	100	100	100	48.05	13	89.61
Cliff Dye	81.82	100	100	100	68.61	14	90.09
Guy Farrell	100	100	100	100	58.33	15	91.67
David Clarke	100	100	100	100	67.15	16	93.43
Will Natrass	100	100	100	71.43	100	17	94.29
Bob Washbourne	100	100	100	100	73.68	18	94.74
James Crawford	100	100	100	100	78.95	19	95.79
Nigel Beardsley	100	100	100	100	84.21	20	96.84
Mark Spiers	100	93.33	100	100	100	21	98.67

Name	Time Trial	Aquathlon	Aquabike	Duathlon	Triathlon	League Place	Average
Annalie Ibison	92.31	53.33	51.52	100	38.69	1	67.17
Emily Dye	87.27	40	100	100	36.50	2	72.75
Jenny Natrass	100	100	100	37.5	47.92	3	77.08
Diane Hier	100	40	100	100	45.56	4	77.11
Jen Davies	100	100	100	100	5.26	5	81.05
Paula Farrell	100	74.29	100	100	48.39	9	84.54
Gemma Knudsen	100	100	100	79.55	46.35	7	85.18
Caroline Scott	93.85	100	100	100	43.07	8	87.38
Sarah Jewers	100	100	100	100	47.45	9	89.49
Jo Farion	100	54.55	100	100	100	10	90.91
Maria Harryman	100	100	100	100	57.81	11	91.56
Laura Waterhouse	100	100	100	100	64.85	12	92.97
Linda Unsworth	100	100	100	100	65.47	13	93.09
Sarah Emery	100	100	100	100	70.94	14	94.19
Jayne Williams	100	100	100	100	72.92	15	94.58
Hayley Southgate	100	100	100	100	73.68	16	94.74
Sue Porto	80	100	100	100	100	17	96.00
Vicky Bodman	100	100	90.91	100	89.58	10	96.10
Vivienne Panther	100	100	100	100	81.75	20	96.35
Pauline Bradley	100	100	100	100	82.69	21	96.54
Wendy Staden	100	100	100	100	86.86	22	97.37
Sally Frawley	100	100	100	92.86	100	23	98.57
Drew Holloway	100	100	100	100	93.33	24	98.67
Rosemary Barber	100	100	100	100	93.75	25	98.75
Becky Janes	100	100	100	100	94.79	26	98.96

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

AVT SotM2308 – Darren Wrintmore

A warm though often wet month for tackling our July segments.

At the [Petrol Station to Junction Sprint](#) segment between Steeple Ashton and Great Hinton, which presents a good 0.8-mile segment, we had sixteen members take on the challenge. Strava could not separate Alan Best and Will Whitmore who both put huge efforts to cover the 0.8-mile distance in 1-minute and 53-seconds which equates to a 26mph average speed to bag 25-points each for the Men. Caroline Scott took the maximum points for the Ladies, recording 2-minutes 20-seconds and averaging over 21-mph.



Rank	Name	Date	Speed	HR	Time
	Alan Best	Jul 11, 2023	26.6 mi/h	174 bpm	1:53
	Will Whitmore	Jul 25, 2023	26.6 mi/h	164 bpm	1:53
3	Darren Wrintmore	Jul 6, 2023	24.9 mi/h	143 bpm	2:01
5	Caroline Scott (AVT)	Jul 25, 2023	21.5 mi/h	-	2:20
6	Jenny Natrass	Jul 24, 2023	20.9 mi/h	123 bpm	2:24
7	Annalie Jane	Jul 25, 2023	20.7 mi/h	-	2:25

Our second segment in July was the [Inmarsh Climb](#) near Seend which is a 0.75-mile segment which starts smoothly enough before kicking up to over 7% gradient towards the end. Twelve members took on the climb with Alan Best clocking 2-minutes 11-seconds and Caroline Scott in 2:54 for the Ladies to take the max-points.

Rank	Name	Date	Speed	HR	Time
	Alan Best	Jul 11, 2023	21.1 mi/h	177 bpm	2:11
2	Will Whitmore	Jul 23, 2023	20.8 mi/h	166 bpm	2:13
3	Darren Wrintmore	Jul 6, 2023	18.9 mi/h	150 bpm	2:26
4	Caroline Scott (AVT)	Jul 11, 2023	15.9 mi/h	158 bpm	2:54
5	Jenny Natrass	Jul 22, 2023	15.0 mi/h	136 bpm	3:04
6	Caroline Tassell	Jul 2, 2023	14.6 mi/h	-	3:09

So, after the scores achieved for the July Segments of the Month have been locked in and the Bonus Points achieved so far calculated, the Top-10 leaderboard now looks like this:

Rank	Athlete	Total Points	SotM Ridden	SotM Points	Bonus Segments	Bonus Points	Movement
1	Will Whitmore	394	8	197	8	197	↑
2	Alan Best	392	8	196	8	196	↓
3	Darren Wrintmore	357	8	179	8	178	↓
4	Andrew Jefferies	296	7	151	7	145	↓
5	Martin Disney	224	5	110	5	114	□
6	Keith Withers	219	5	102	6	117	□
7	Simon Williams	114	2	42	4	72	↑
8	Sean Price (Westbury Wheelers)	114	2	38	5	76	↑
9	Simon Reeves	97	2	38	3	59	↓
10	Graham Anderson	79	2	40	2	39	↑

Rank	Athlete	Total Points	SotM Ridden	SotM Points	Bonus Segments	Bonus Points	Movement
1	Caroline Scott (AVT)	398	8	199	8	199	□
2	Jenny Natrass	384	8	193	8	191	□
3	Annalie Jane	358	8	181	8	177	□
4	Caroline Tassell (Hot Chilli Tri)	269	6	135	6	134	↑
5	Rosemary Barber	235	6	121	6	114	↓
6	Sarah Jewers	169	4	85	4	84	↑
7	Gemma Knudsen	132	3	60	4	72	↓
8	Vicky Bodman	88	2	38	4	50	↑
9	Fiona Price	72	1	18	3	54	↑
10	Diane Hier	62	0	0	3	62	↑

With eight segments of the twelve completed will Whitmore moves back into the top-spot for the Men's whilst Caroline Scott remains sitting pretty at the top of the Ladies leaderboard. Further down the order there has been some movement with members revisiting earlier Monthly segments and grabbing some bonus points; these I may have mentioned can be earned all the way through 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.

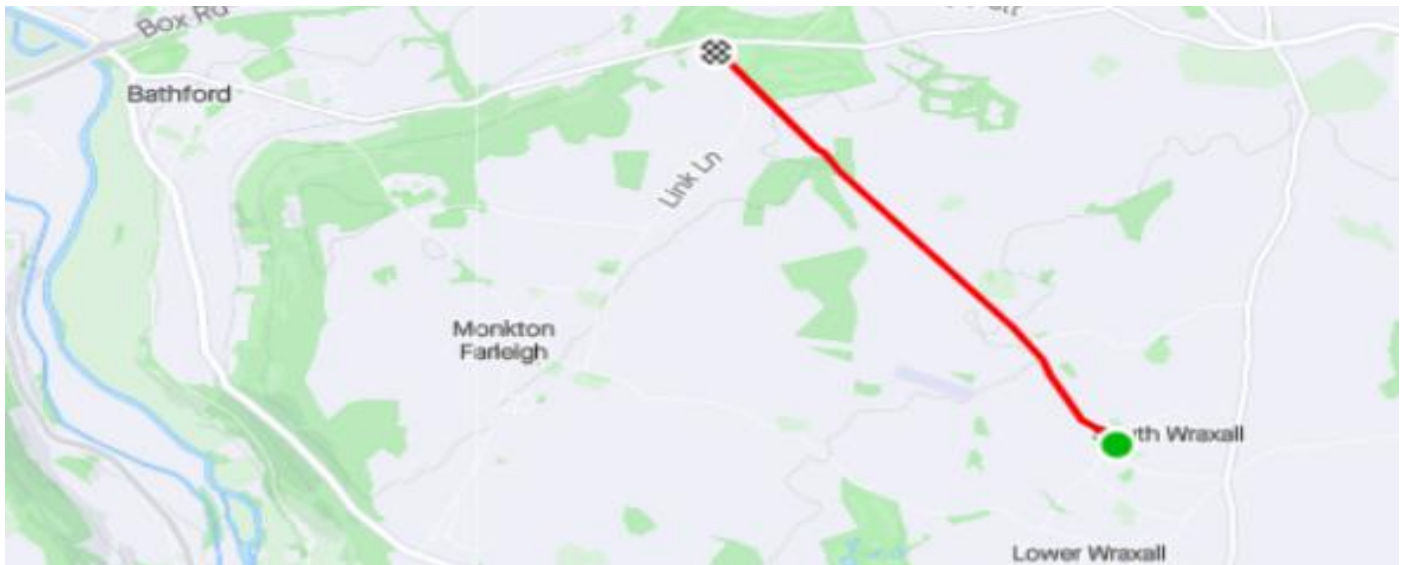
Once logged into Strava you need to join the **Avon Valley Triathletes club** which will be used for tracking cycling results on the segment.

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.

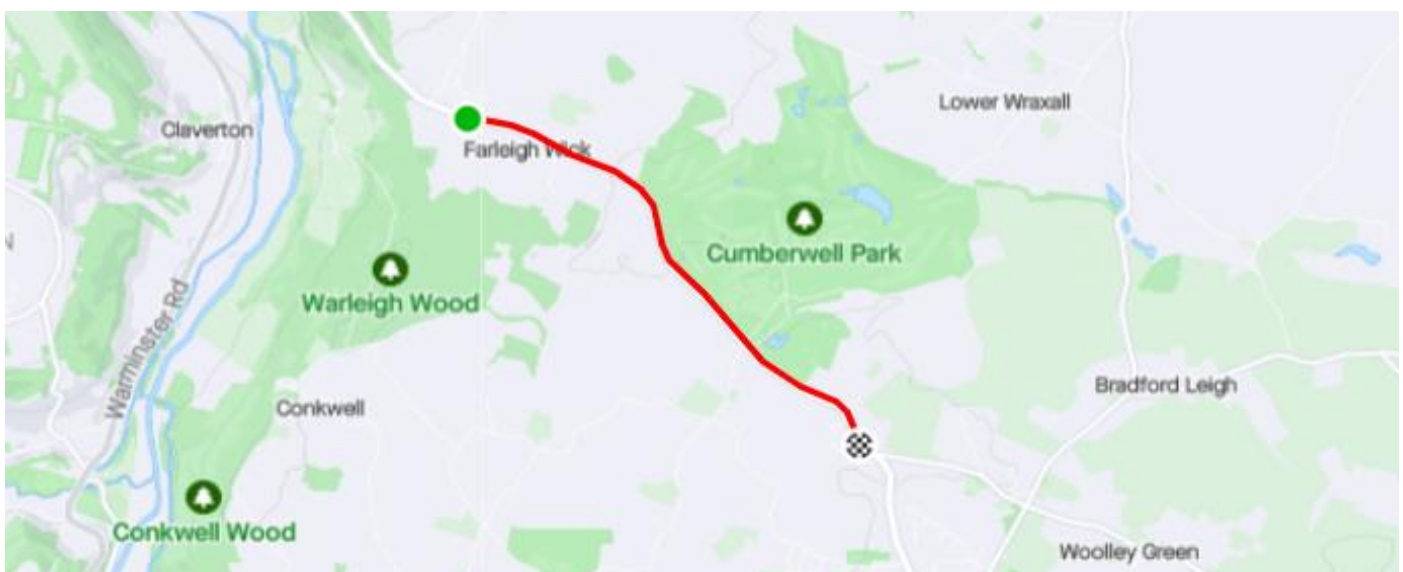
So on to our next round in the monthly element of the competition...

The month of August brings our penultimate round of monthly segments:

Annalie Jolie challenges you to take on the [South Wraxall drag to Kingsdown Golf Club](#) which presents a climb of 1.8-miles at an average gradient of just shy of 3%. So far this year nine club members have ridden this segment with Martin Disney and Jo Mumford being the quickest so far.



Our second segment of the month for August to counter the climb at South Wraxall was suggested by last year's Segment of the Year winner, Darren Wintmore who invites you to speed along from [Farleigh Wick into BOA](#). So far this year only six club members have ridden the segment with Darren Wintmore and Annalie Jane being the quickest so far over this 1.8-mile segment which drops for the best part of a mile at 4% allowing some good speeds to be reached on the nice wide road before it starts rising at Cumberwell Park Golf Club all the way back into Bradford on Avon.



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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