



## Welcome to The Valley News

Our cover picture this month comes from Vicky Bodman who bagged a Goal Getters point in her AVR vest at the Eden Project back in June of this year (#27 - Post a photo wearing AVR Kit at a landmark).

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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## The Newsletter of Avon Valley Runners

### Issue #257 – September 2023



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

## Wrinty's Ramblings

My observational comments last month generated some interesting feedback to my Inbox from some fellow Race Directors who would like to highlight a few of their own particular bug-bears.

Why is it that you can have race entries open for getting on for six months or more and as soon as entries close then you get the inevitable – *"I really wanted to enter this race but see that entries have closed"* message? Now you may get lucky if the entry limit has not been reached and the Race Director is in a good mood, there may even be entries on the day available. However, if the race limit has been reached then it is highly unlikely, as there are good reasons that a limit has been set: this is typically the capacity of the roads and trails to be traversed, agreements with landowners and/or local authorities, limitations on available car parking or the amount of race supplies that have been secured for the event.

Why do people not read the FAQ's, this acronym means "Frequently Asked Questions" and if you have a question about a race the chances are that it has been asked before and if asked more than a few times then a Race Director will add it to the FAQ which can normally be found on the event website. The next few questions normally feature:





- *"Can I wear headphones?"* – if the event is held on roads which are open to traffic then probably NOT, this is borne out by UK: Athletics rule #55 which states: *"The wearing of headphones, or similar devices, (other than those medically prescribed), is not permitted in races on any single carriageway road that is not wholly closed to traffic... Headphones that work by conducting sound through bones and do not sit in the ears are acceptable but a Competition provider may determine that they cannot be used in their race."*
- *"My son/daughter is x-years old can they run in your 5K race?"* - You must be above the minimum age for the advertised distance on the day of the event: 5K = 11-years; 5-Miles = 15-years; 10K = 15-years; 10+miles = 17-years.
- *"Where do I wear my race number?"* – on your front and visible; you wouldn't believe how many runners will pin it on their back or wear it under a jacket; even chip timed races cannot detect RFID through a sweaty hoodie.
- *"I cannot attend your race anymore can I have my money back please?"* – probably not, your entry fees would have been invested in the event to pay deposits for race venues, toilets and purchase race supplies such as medals and numbers – all of which are driven by entrant numbers. Some races offer entry insurance at the time of signup which should be considered. However, Race Directors (*particularly local or club ones*) are not unsympathetic and will usually allow you to transfer your place to another runner. Though transferring your race number without notifying the race organisers is viewed very dimly and can have very serious consequences, such as notifying the wrong parties in the event of an accident, invalidating individual event insurance coverage or less serious but really annoying – awarding prizes to the incorrect runner, *"just how did the youthful "Speedy Steve" get awarded the 1<sup>st</sup> FV60 trophy?"*

For the purposes of balance, what would you like to see race organisations do more of to support you the participants?

**Darren Wrintmore (Wrinty)**

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

A selection of forthcoming events which may be of interest:

Date	Event	Distance	Details	
Saturday 2 <sup>nd</sup> September	<a href="#">Flying Monk 10K</a>	10K	Organised by DB Max at Malmesbury	
Sunday 3 <sup>rd</sup> September	Carnival Chase 10K	10K, 3K or 1.2K	Organised by Redfish events at Warminster and offering a choice of distances.	
Saturday 9 <sup>th</sup> September	<a href="#">Swindon "Trails" Half</a>	Half Marathon	A flat off-roader starting and finishing in Lydiard Park and organised by Only Footprint Events	
Sunday 10 <sup>th</sup> September	<a href="#">Nose To Trail 10K</a>	10K & 5K	An Off-Road event from Hartley Farm at Winsley.	
Sunday 10 <sup>th</sup> September	<a href="#">Cotswolds Lake 62 End of Season Events</a>	Various	Just about every combination of multi-sport is going on here.	
Tuesday 12 <sup>th</sup> September	<a href="#">Westbury 5K</a>	5K	Organised by AVR; flat, fast and handicapped.	
Wednesday 13 <sup>th</sup> September	<a href="#">Kinetic-One Time Trial</a>	10-miles	Cycle Time Trial organised by DB Max at Castle Combe circuit. <b>Includes the AVT TT Championships.</b>	
Sunday 17 <sup>th</sup> September	<a href="#">Chippenham Half</a>	Half Marathon	A local favourite organised by our friends at Chippenham Harriers.	
Sunday 24 <sup>th</sup> September	<a href="#">Devizes 10K</a>	10K	Organised by LPS events and part of the 2023 WRRL.	
Sunday 8 <sup>th</sup> October	<a href="#">Westbury Lions 10K</a>	10K	Organised by Westbury Lions group – from White Horse Country Park to Bratton and back.	
Sunday 8 <sup>th</sup> October	<a href="#">Thrupton TT Festival</a>	11-miles	Organised by DB Max offering a choice of TT events including a 4up and Mixed Relay.	
Sunday 15 <sup>th</sup> October	<a href="#">Bath Half Marathon</a>	Half Marathon	Still surprisingly popular.	
Sunday 22 <sup>nd</sup> October	<a href="#">White Horse Gallop</a>	7'ish miles	The 2023/24 WORRL kicks off with this hilly challenge at Westbury	
Sunday 29 <sup>th</sup> October	<a href="#">Lightning Bolt 10K</a>	10K	Organised by DB Max at Langley Burrell; Flat and Fast 10K.	



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



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## WRRL Update

The Lightning Bolt 10K at Langley Burrell was the South West County Championship race as well as #6 in the 2023 Wiltshire Road Race League. We had 25 Avon Valley Runners on the start line, including Gemma Knudsen who was representing Wiltshire. Lots of good runs as Personal and Season's Best times aplenty were recorded.

Some notable results were Rosemary Barber finishing as 2<sup>nd</sup> FV70; Robin Mark Schols, Bob Nixon & Simon Reeves all in the top 10 of the MV60 category. Fiona Price finished in the top-10 of the FV50 category and both Debbie Ellis & Pauline Bradley performed well in the FV60 category.

### Martin Russam



## Volunteer Opportunities

We are now starting the recruitment process for The AVR Wiltshire Half Marathon with volunteers needed for Sunday 26<sup>th</sup> November.

If you loved being part of our event last year, or you're new to volunteering and would like to become part of this magnificent event, please either comment or email me at [victoriabodman@gmail.com](mailto:victoriabodman@gmail.com)



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# The Bern-Col Relay

Well done everyone who took part in the Bern-Col Relays...



See you all next year. 😊

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# 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...

## September 2018

In this month five years ago:

Daniel Piper and Pete Veleski finished first and second at the **Warminster Carnival Chase 10K**, Gemma Lawton grabbed the prize as first Lady whilst in sixth place Ed Knudsen finished as the first Cani-X runner. Lewis Green won the supporting 3K run.

The **Mells Scenic 7** race saw Ed Knudsen take the victory with Daniel Piper in third place.

27 club members lined up at the **Bristol Half Marathon**, where ninth placed Michael Towler set a new club record of 1:10:28 for the distance. Mike Towler was back in action at the **Devizes 10K** where he ran out as winner in 34:40 with 4<sup>th</sup> placed Damian Spreckley in 36:24 the 1st MV40 and 27<sup>th</sup> Andy Stanley in 41:21 the 1st MV50.

## September 2013

In this month ten years ago:

Fiona Price was third placed lady at the **Malmesbury Half Marathon**, clocking 1:29:20. Fiona also became a **British Masters** Vet champion over 10,000m at Kingston upon Thames. Then Fiona took the silver medal at the **BMAF Track & Field championships 5000m** at Birmingham.



AVR at the Malmesbury Half Marathon

Ken Marshal was 1<sup>st</sup> MV60 at the **Grand Pier Half Marathon** at Weston Super mare, recording 1:40:20, whilst Warren Wade was 1<sup>st</sup> MV40 at the **Ash Excellent 8**, taking place in deepest darkest Somerset.

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## September 2003

In this month twenty years ago:

Kevin Sparey finished in third place overall at the **Shepton Mallet 10K**, recording 36:22, Rosemary Barber was third Lady recording 45:55.

A double victory for AVR at the **Warminster Forest 10-miler** with 5<sup>th</sup> placed Martin Connor (1:04:07), 7<sup>th</sup> Doug Barber (1:04:33) and 9<sup>th</sup> Darren Wrintmore (1:07:02) taking the Men's Team prize, whilst 58<sup>th</sup> placed Linda Unsworth (1:26:29), 61<sup>st</sup> Susie Phillips (1:27:20) and 65<sup>th</sup> Denise Ellis (1:28:29) claimed the Ladies team prize. Linda also claimed the prize for 1<sup>st</sup> FV45 and Viv Toms the 1<sup>st</sup> FV55 award.



Double Team winners at the Warminster Forest 10

## September 1988

In this month thirty-five years ago:

Our Ladies team of Kerry Fice, Linda Fice and Denise Ellis ran out as winners at the **Tidworth Road Relays**. The Men's team of Gerry Fice, Phil Mitchell and Bob Ellis finished second overall.

Gerry Fice finished in third place at the **West Wiltshire XC Championships** over a minute ahead of fourth placed Martin Connor. Their relative positions were reversed a couple of weeks later at the **Chippenham '10'** as they both went under the hour (39<sup>th</sup> – Martin in 58:41 & 42<sup>nd</sup> – Gerry in 58:46), along with Mike Hehir (46<sup>th</sup> – 58:59) who himself had gone under the hour the previous week at the **Warminster '10'** where he had managed 8<sup>th</sup> place in 57:56 and Ann Bull had finished as second Lady in 1:10:00.



Darren Wrintmore was runner up at the **Fieldways Fun Run** in Hilperton and a week later took part in the 2<sup>nd</sup> edition of the **"Race Against Time"** organized globally by Sport Aid, with several million runners ('yes' millions!) taking part in 10K races at thousands of locations around the world, with Darren travelling to Portsmouth and recording 36:11. *The number 1,000,001 was worn by Madonna who ran her 10K in New York.*

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# Multi-sports News...

## AVT does Centurion - Annalie Ibison

Medal Monday goes to all the AVT & the AVR athletes who took part in **The Mumbles Centurion**. This was a 3-day triathlon event set in the stunning Gower countryside. It started with a 2km swim on Friday evening (only 50-hours after a sewage overspill). There was a definite swell in the water, making it a challenging swim.

Saturday was a 78km cycle sportive in howling winds, driving rain and precipitous hills. Storm Antoni did it's best to defeat us but we all made it to the end. Sunday was a very challenging yet picturesque 20km trail run along the coast. There were some notable performances: Congratulations to Will Whitmore who came home as 1st in Vet 50 for the run, 2nd for the sportive and 2nd for the overall Centurion event. What a huge achievement. Congratulations also to Annalie Jane who came home as 1st Vet 50 for the 2km swim.

Possibly one of the biggest achievements goes to Caroline Scott who showed great strength of character in the sportive. She suffered a very nasty fall on the bike but picked herself up and finished the race. There were other adventures and stories to tell but notably it was the team spirit and support which shone through. We would all recommend the Mumbles Centurion and many of us are keen to return next year.



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## My Triathlon Journey – Jen Davies

In June, I went to a friend's house for drinks. Fast forward two weeks, and I had completed my first triathlon, something that I never thought I'd do. Here's how it happened...

My friend had an assortment of fancy looking bikes in her garden, which led to me buying one. Having been a runner for a few years now, a road bike seemed like a logical addition. So, for a triathlon, that left two things: swimming and the transitions. Luckily, AVT put on a great transition training session, and offers fantastic swimming coaching sessions, so off I went to those. Feeling inspired, I entered the Go Tri section of Frome Triathlon. The support from AVT and AVR in the run up was amazing, with lots of top tips and help with kit. On the day, it felt awesome turning up with my bike and kit, cheering the other AVT athletes on, and then completing my section.

The buzz of completing the **Frome Triathlon** was amazing, which led to me signing up for **Dorney Lake Triathlon** that evening, a sprint distance with a 750m open water swim, something I possibly regretted a little the next day as I'm quite scared of open water! However, off to Vobster I went, and, with a lot of encouragement, I managed to swim around the course.

Next was an evening sprint tri at Lake 62, my first open water race, which was great to have the support of fellow AVT athletes at. Despite a few hiccups with my timing chip falling off and being too scared to put my head under in the swim, I absolutely loved the experience.

Another completion made Dorney seem a little less daunting, and, despite the 4am start, it was amazing to race there, especially cycling over the Olympic bridge.



To round it off, I went back to Lake 62 to do the evening sprint triathlon again, and to try and be a little braver with the swim, which I was, but I did fall off my bike instead! So, trail runner to triathlete in two months!

**For anyone thinking about doing a triathlon, I say just do it!** It's the friendliest sport I've competed in, and the competitions I have been to have all been so helpful, understanding and inclusive to beginners. The training, support and new friendships from AVT have made all this possible, so I'm truly grateful to the club for starting me off on this exciting new sporting journey.

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## Bustinskin Aquathlon – Maria Harryman

The Bustinskin Aquathon series is held on Wednesday evenings through the summer and consists of a 1km swim out of Bowleaze Cove and 5km-ish run along the Promenade in Weymouth.

There were a good mix of youth, Regional and GB athletes as well as have-a-goers like myself lined up at the start of Round 10 on 23<sup>rd</sup> August. It was a really good, inexpensive (less than a tenner) and well organised event. On a balmy summers evening, and with a bag of chips on the way home what's not to like.

There still one event to go this year, on Wednesday 6<sup>th</sup> September. Details are on their [Facebook page](#) and registration is on the night.

Bustinskin events also have some interesting looking coastal runs and triathlons for 2024...food for thought!



## Will's Bling and other notable achievements



Alan Best finished as 1<sup>st</sup> in category at the LPS Lake 62 Weekday Aquathlon;

Cliff Dye was 2<sup>nd</sup> in his category at the Aquabike LPS Lake 62 Weekday Events;

Emily Dye was 2<sup>nd</sup> in her category in Aquabike LPS Lake 62 Weekday Events;

Keith Withers was 1<sup>st</sup> in his category at Aquabike LPS Lake 62 Weekday Events;

Sally Fawley was 3<sup>rd</sup> in her category at the DB Max KineticOne 10-mile TT at Castle Combe.

A big shout out to Will Whitmore who finished as 2<sup>nd</sup> MV50 at the Mumbles Centurion where he was also 2<sup>nd</sup> MV50 in the bike and 1<sup>st</sup> MV50 on the run.

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## AVT SofM2309 – Darren Wrintmore


The weather proved to be a rather a mixed bag for tackling our August segments but folks still got out and gave it their best shot.

Ten club members took on the [South Wraxall drag to Kingsdown Golf Club](#) segment which presents a climb of 1.8-miles at an average gradient of just shy of 3%, Will Whitmore claimed the top spot, clocking 6-minutes and 14-seconds and for the Ladies it was Annalie Jane who got the top-marks by spinning up the climb in 8-minutes and 12-seconds.



Rank	Name	Date	Speed	HR	Time
	Will Whitmore	<a href="#">Aug 23, 2023</a>	17.4 mi/h	171 bpm	6:14
2	Alan Best	<a href="#">Aug 22, 2023</a>	16.2 mi/h	171 bpm	6:42
3	Darren Wrintmore	<a href="#">Aug 25, 2023</a>	15.3 mi/h	149 bpm	7:05
6	Annalie Jane	<a href="#">Aug 25, 2023</a>	13.2 mi/h	-	8:12
7	Jenny Natrass	<a href="#">Aug 25, 2023</a>	13.1 mi/h	136 bpm	8:15
8	Caroline Scott (AVT)	<a href="#">Aug 22, 2023</a>	13.1 mi/h	155 bpm	8:17

Our second segment in August was from [Farleigh Wick into BOA](#) with the 1.8-mile segment which drops for the best part of a mile at 4% inviting 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. Of the eleven club members who tackled this segment, it was Darren Wrintmore who led the way clocking 4-minutes 02-seconds (an average speed of 27.4mph) and Jenny Natrass in 5-minutes 03-seconds for the Ladies (21.6mph) to take the max-points.

Rank	Name	Date	Speed	HR	Time
	Darren Wrintmore	<a href="#">Aug 25, 2023</a>	27.4 mi/h	150 bpm	4:02
2	Will Whitmore	<a href="#">Aug 24, 2023</a>	27.3 mi/h	165 bpm	4:03
3	Alan Best	<a href="#">Aug 22, 2023</a>	26.2 mi/h	168 bpm	4:13
4	Jenny Natrass	<a href="#">Aug 25, 2023</a>	21.9 mi/h	138 bpm	5:03
5	Annalie Jane	<a href="#">Aug 25, 2023</a>	21.7 mi/h	-	5:06
6	Caroline Scott (AVT)	<a href="#">Aug 22, 2023</a>	21.6 mi/h	140 bpm	5:08

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So, after the scores achieved for the August 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	492	10	246	10	246	▢
2	Alan Best	486	10	243	10	243	▢
3	Darren Wrintmore	453	10	227	10	226	▢
4	Andrew Jefferies	381	9	194	9	187	▢
5	Martin Disney	268	6	132	6	136	▢
6	Keith Withers	219	5	102	6	117	▢
7	Simon Williams	154	3	62	5	92	▢
8	Sean Price	118	2	38	5	80	▢
9	Simon Reeves	97	2	38	3	59	▢
10	Tim Lowrie.	92	1	18	4	74	↑

Rank	Athlete	Total Points	SotM Ridden	SotM Points	Bonus Segments	Bonus Points	Movement
1	Caroline Scott (AVT)	490	10	245	10	245	▢
2	Jenny Natrass	482	10	242	10	240	▢
3	Annalie Jane	456	10	230	10	226	▢
4	Rosemary Barber	318	8	165	8	153	↑
5	Caroline Tassell	311	6	135	8	176	↓
6	Sarah Jewers	169	4	85	4	84	▢
7	Gemma Knudsen	128	3	60	4	68	▢
8	Jo Mumford	85	0	0	4	85	↑
9	Vicky Bodman	84	2	38	4	46	↓
10	Fiona Price	74	1	18	3	56	↓

With ten segments of the twelve completed Will Whitmore starts to make a gap at the top of the Men's leaderboard, whilst Caroline Scott remains sitting pretty at the top for the Ladies. Further down the order there has been little movement, however things should now prove interesting as points will get deducted for completing more than 10-segments so that only your best results remain. And with members revisiting earlier Monthly segments and grabbing some bonus points there could be changes right though the table.

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.

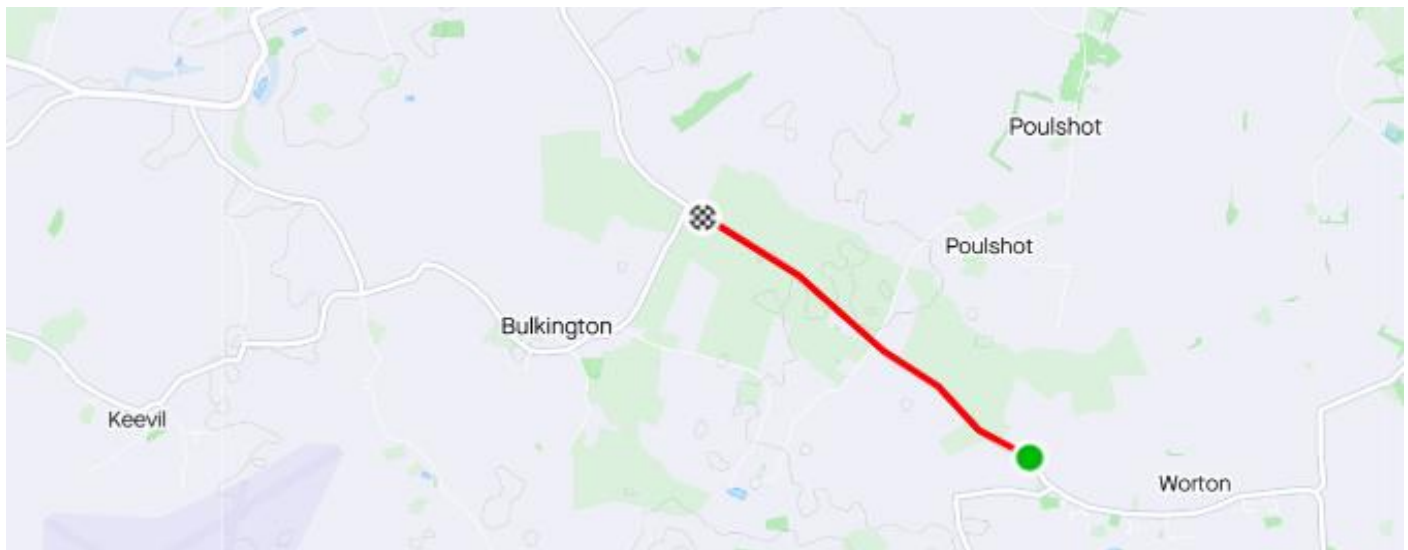
Once logged into Strava you need to join the **Avon Valley Triathletes club** which will be used for tracking cycling results on the segment.

**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 final round in the monthly element of the competition...

The month of September brings the following two segments:

Fiona Price has suggested the [Flat'n'fast](#) segment at Worton which is pretty flat over its 1.3-mile length and it seems appropriate that Fiona and Sean Price have been the fastest two club members so far this year of the 34 who have ridden it, both clocking three minutes and twenty-seven seconds.



The final segment is at **Castle Combe Race Circuit** where we will once again stage an **Avon Valley Time Trial** as part of one of the Kinetic-1 10-mile TT races which would be a good time to put in your effort on the [Castle Combe Lap #2](#) segment, which is 1.82 miles in length and the road surface makes it really quick.



So far this year Dan Coleman has been our fastest man around the circuit in a phenomenal 3-minutes 28-seconds, which equates to more than 31mph!!!

For the Ladies, Anne Clark has been quickest recording 4:58 which is 22mph.

[The 2023 AVT Time Trial championships will take place at Castle Combe circuit on Wednesday 13<sup>th</sup> September.](#)

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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# #Social Gallery

To tail-end this edition, some of my favourite posts, pictures and comments from the various Avon Valley Social Media pages that have been published over the past month...



**Gretchen Tucker:** Very warm sunny evening for a lovely social run along the canal



**Tracey Webb:** Today was all about time! I needed to beat my time for my Goal getters and I did it!



**Stuart Mackie:** Tuesday Night 12-13mm Buddy Run



**Gretchen Tucker:** Well done to the Tuesday group



**Wendy JB:** AVR shirt on tour - Temple of Luxor



**Sarah Fenby:** Things you do for a bloody point!

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