



Welcome to The Valley News

After a break of sixteen years, Rosemary Barber returned to the streets of Bath to complete her sixth Half Marathon there, and finished as the 3rd FV70.

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.

The Newsletter of Avon Valley Runners

Issue #259 – November 2023

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

Wrinty's Ramblings

Last month I mentioned that I likened in terms of effort and gravitas "riding a sub-5-hour Century on the bike to running a sub-3-hour marathon". This was based solely on my belief rather than applying any science or data to it. So, using my own best performances as either a runner or a cyclist as points of reference, I have attempted to create a comparison table for some of the most common cycling and running distances. At the top level I have used what would be considered world beating performances i.e., *Eluid Kipchoge's sub-2-hour marathon in 2019 would be comparable to Jonathan Shubert's sub-3-hour century ride in 2020 – both were performed in slightly artificial conditions and both were the first and to-date only athletes to achieve them.* I should also add that I have made no consideration of age, gender or course topology. I would be interested in your feedback on any of your own comparative performances and if it fits my model:

100-mile Ride time	100-mile speed	Marathon Run time	Marathon pace	100K Ride time	100K speed	Half Marathon Run time	Half Marathon pace
7:00:00	14.29mph	4:00:00	9:10	4:20:00	14.34mph	2:00:00	9:10
6:40:00	15mph	3:50:00	8:47	4:10:00	14.91mph	1:55:00	8:47
6:20:00	15.79mph	3:40:00	8:24	4:00:00	15.53mph	1:50:00	8:24
6:00:00	16.67mph	3:30:00	8:01	3:50:00	16.2mph	1:45:00	8:01
5:40:00	17.65mph	3:20:00	7:38	3:40:00	16.94mph	1:40:00	7:38
5:20:00	18.75mph	3:10:00	7:15	3:30:00	17.75mph	1:35:00	7:15
5:00:00	20mph	3:00:00	6:52	3:20:00	18.63mph	1:30:00	6:52
4:40:00	21.43mph	2:50:00	6:29	3:05:00	20.15mph	1:25:00	6:29
4:20:00	23.08mph	2:40:00	6:06	2:50:00	21.92mph	1:20:00	6:06
4:00:00	25mph	2:30:00	5:44	2:35:00	24.04mph	1:15:00	5:44
3:40:00	27.28mph	2:20:00	5:21	2:20:00	26.62mph	1:10:00*	5:21
3:20:00	30mph	2:10:00	4:58	2:05:00	29.81mph	1:05:00	4:58
3:00:00	33.34mph	2:00:00	4:35	1:50:00	33.88mph	1:00:00	4:35
25-mile Ride time	25-mile speed	10K Run time	10K pace	10-mile Ride time	10-mile speed	5K Run time	5K pace
1:45:00	14.29mph	60:00	9:41	38:00	15.79mph	30:00	9:41
1:40:00	15mph	57:15	9:14	36:15	16.56mph	28:15	9:07
1:35:00	15.79mph	54:30	8:47	34:30	17.4mph	26:30	8:33
1:30:00	16.67mph	51:45	8:21	32:45	18.33mph	24:45	7:59
1:25:00	17.65mph	49:00	7:54	31:00	19.36mph	23:00	7:25
1:20:00	18.75mph	46:15	7:28	29:15	20.52mph	21:30	6:56
1:15:00	20mph	43:30	7:01	27:30	21.82mph	20:00	6:27
1:10:00	21.43mph	40:45	6:34	25:45	23.31mph	18:30	5:58
1:05:00	23.08mph	38:00	6:08	24:00	25mph	17:00	5:29
1:00:00	25mph	35:15	5:40	22:15	26.97mph	16:00	5:10
0:55:00	27.28mph	32:30	5:15	20:30	29.27mph	15:00	4:50
0:50:00	30mph	29:45	4:48	18:45	32mph	14:00	4:31
0:45:00	33.34mph	27:00	4:21	17:00	35.3mph	13:00	4:12

* Pro-Tour rider Tom Doumalin finished 21st overall in last month's Amsterdam Half Marathon, recording 1:10:06.

Darren Wrintmore (Wrinty)

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

Chicago – My kind of town?

Following on from London, Berlin, Boston and New York I was heading back stateside to complete my fifth of the world marathon majors at the Chicago marathon.



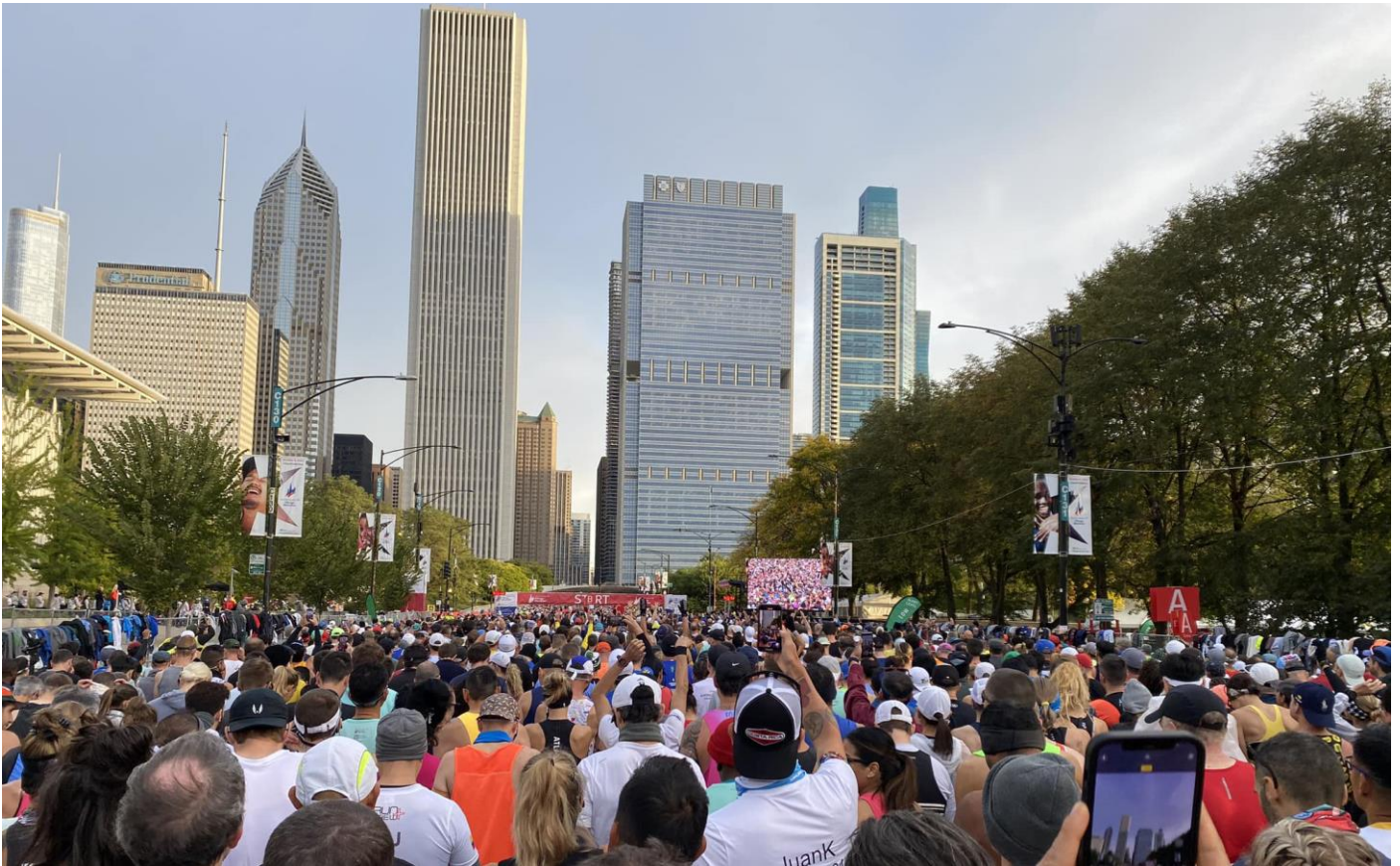
We stayed in an area called Addison right next to a red line station, and when I say next to, I mean probably less than 20-feet from the platform. Consequently, we had a very loud environment which made sleep almost impossible, from both the noise and vibrations of the very regular trains and some of the colourful characters who used the platforms to discuss, sorry 'holler' at each other, trade insults and generally behave badly between the hours of 2am and 5am (*maybe their bed time*) almost every night we were there. Add to that to the effect the time difference has on you while abroad and it left us quite tired for the whole trip.

First day there I went to the Expo to collect my race number and have a look at 'the merch'. It was full of very excited people buying anything and everything, with Nike dominating the hall with a seemingly endless amount of stock and assistants very keen to help you with your purchase. Overall, I thought the designs were uninspiring and while the jackets were a nice colour, the quality was very poor so I kept my bucks in my money clip as I had somewhere else that I wanted to spend my money, I did though buy a nice pair of Chicago socks and collected a few of the freebies including the poster everyone says is a must get.

Once done at the Expo, I walked to the downtown area alongside Lake Michigan, passing the Bears stadium at Soldier Field and walked through Grant Park where they were setting up the marathon village. Amazingly, despite not having any maps I found the Tracksmith shop I wanted to visit and luckily for me they still had the singlet in stock and in my size. It wasn't cheap but it was cheaper than the Nike offering, more exclusive and much better quality and other than the finishers medal, it was the one thing that I was hoping to get my hands on while there.

After all this, I met up with some Danish friends who I was staying with for the architectural boat tour. It was fab and if you're ever in Chicago, you should do it, even the rain didn't spoil it. On the Saturday I headed downtown again and saw stuff that I'd previously missed and after a grocery shop, had a Saturday night in and I cooked dinner. Yes, I can't believe it either.

For the first time ever, I wasn't worried about not waking up in time to leave in the morning and I was out of bed and dressed and fed and watered ready to go to the train by 05:40. A 20-minute ride saw me joining the crowds as 45,000 runners filtered into Grant Park to join the queues for the bag drop and Porta Johns. I was in coral C in the first wave and seemed to be so far back from the actual start line but still considered to be the 'fast runners. As it transpired, we had to wait outside the actual running surface as runners filtered forwards but it all worked well enough and I was soon on my way across the start line, taking around five minutes to cross the actual line.



At this point I should add that training hadn't gone so well this year compared to previous years. After the Berlin marathon last year, I had focused on setting new club age record times at various distances and after completing that mission had decided not to train for a spring marathon as I should have a rest. It might have been the worst idea ever, as running after the new year suddenly became much harder than it had been. I started getting a mental block and wanting to stop for a little rest every so often. I was really struggling with my breathing which also made me keep stopping. I was lagging behind the boys on a Thursday even more than before and it all added up to a massive drain in my confidence. Luckily for me, I got chatting with a friend who I used to do long runs when I was at Frome Running Club. She was an awesome marathon runner before she got injured and stepped away from running all together as it came with painful side effects. She'd just started back again and had room for a sociable mid-week run, so we started that, running alternate weeks at each other's neighbourhood. The change of pace, surroundings and company really helped even though the runs were as much about the chat as the actual running.

Over the last 4 months, I also changed my job, taking on an hour drive each way every day. This also didn't help and contributed to my being more tired too. My Sunday longer runs had started to become a chore and despite the smiling help of some of my good friends, I was struggling. I had two runs of 16-miles that both ended with me feeling shattered. On one of them, I actually had to walk the last 2-miles. It wasn't looking good at all as on race day there were another 10-miles to add on, how was I going to manage?

Then things started to come together. I accepted I wasn't going to be competitive and very much took a conservative mental approach to the job in hand. I was going to be realistic and manage my race and take whatever I got as long as I finished.

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On the day I was delighted to find myself pumped up and feeling ready. Three hours twenty as a finish time was optimistic to say the least but, in my mind 3:30 would be great. I got a decent start but then at a couple of miles in, I really needed the toilet and was dismayed to see that I had just missed one. It seemed to take an age but then at 4-miles I spotted another and stopped then, figuring if I also took my gel, it meant that I wasted the least amount of time. I saw my wife Judy and our new friend Dan at around mile 7. It was really cool as we hadn't realised that we would be running through the neighbourhood that we were staying in and it almost felt like home as we ran through.

From here to half way I got a good manageable pace going, crossing the halfway point at 1:40, bang on for a 3:20! I was still in decent shape at 15-miles but then as mile 16 came up, I suddenly started to feel very sore in my right knee. It was like a jarring and very painful and I had to stop and assess what was going on. I stretched and composed myself and started to run again but had to do so much more slowly, I thought that it was something I would be able to manage. Unfortunately, just a mile later, things got worse for me.

From nowhere, my left heel was now producing an agonizing pain every time that my foot hit the road. Again, I stopped and did some kerb-side stretches and other exercises to see if I could improve things. Sadly, these two problems completely changed what had been a respectable effort into a fall back of just getting to the end to 'tick the box' and get my 5th major done.



Did I let these things spoil my day? No - I took the opportunity to suck in the atmosphere, interact with people I would never normally interact with. I high-fived the kids and the big kids, I got hugged by a unicorn and banked so many smiles and words of encouragement. I laughed at the signs and encouraged others as I passed them, staying with several to share words of encouragement and hopefully give them a little lift for a few minutes.

I tripped on a grate on one of the bridges at around mile 21 but got scooped up by a nice guy who didn't have to stop for me but did. It was temporary relief to have something sorer than my knee and heel to distract me and give me a little more pace.

I finally crossed the finish line in 3-hours 53-minutes, my slowest marathon time ever but it was as equally enjoyable as all my others. The time though was not going to spoil my day, I had a great day.

I had a good post-race nice night out at a local eatery/micro-brewery to celebrate, with friends who also ran the marathon. The next day I met up with Chris Hunt from Corsham Running Club and we headed to Under Armor to get our medals engraved as they were doing it for free. The queues were nuts, so we didn't bother and instead we headed to Millenium Park to see 'The Bean', a big tourist attraction and a traditional spot to pose with your medal. Sadly, it was under reconstruction and fenced off, a real shame to miss it.

We looked around as best we could and then paid a visit to Tracksmith for a free finisher poster and went for coffee. After that we walked along the Lake again, people spotting and taking in the sights. I also smooth talked a couple of police officers to pose with me for my traditional 'Robin with medal and local police officer' shot in front of their squad car.



So, was Chicago my kind of town? Well yes and no. Yes, it was a great fast course. Yes, the crowds lining the route were the absolute best. Yes, the skyline takes your breath away. Yes, walking alongside Lake Michigan was beautiful. I was upset at some of the poverty though, there were a lot of beggars about, more than I'd witnessed at NYC or Boston. I didn't think our neighbourhood made me feel very safe either and wouldn't have ventured out very late at night. One alarming sight was the local Police precinct had homeless people living inside their station as well as right outside on the sidewalk, even having a Porta John sited outside for them. They're migrants with nowhere to go and the situation we witnessed is happening right across Chicago as they do their best to help find homes for them.

In summary, Chicago was never a must do race for me other than being one of the six majors but I really enjoyed my time there and it was a great race. The event suffered slightly though, as having increased the capacity of entry, the infrastructure wasn't quite up to it in some areas. Baggage collection when we finished was nothing short of a nightmare with little in the way of orderly queues and having to stand and shuffle for my bag for over half an hour after running so far wasn't ideal given how much I suffered. Luckily, once I got my bag and headed for the meet up area, it didn't take long to find each other and get on my way back home.

Now it's time to get my heel checked out and have a rest before I start on my next training block, where I know I can do much better.

Robin-Mark Schols

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Also running the Chicago Marathon...

Below is a photo upon finishing the Chicago marathon on the 8th October in a time of 4-hours, 42-minutes.

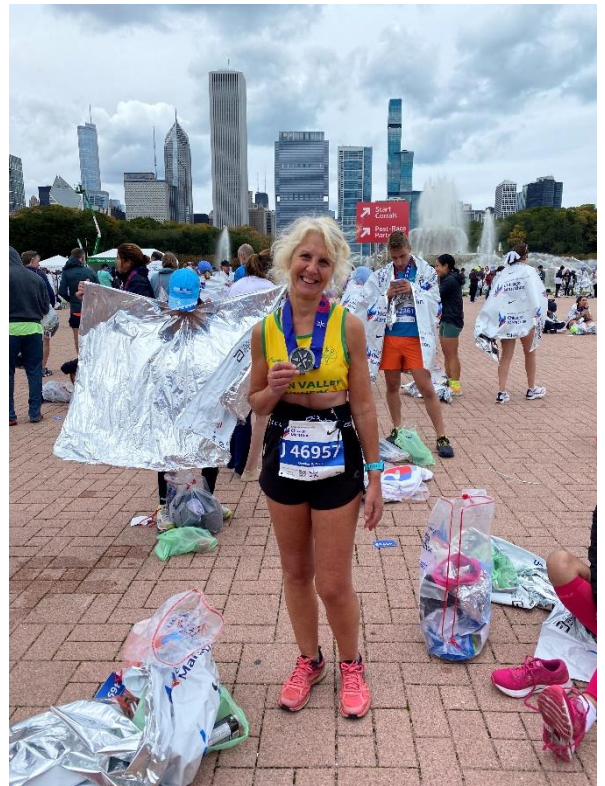
This was my second world marathon major and I originally gained a Good For Age (GFA) place at Chicago in 2021. I couldn't attend as there were no flights to USA at the time due to COVID restrictions still being in place and then in 2022 I was injured.

But I made the 2023 edition, despite injury earlier this year and not a great deal of training. What a marvelous experience it was!

The atmosphere was electric with crowds lining the streets over the entire 26.2 miles, 17 fuel/water stations and the ideal climate for running the flat course.

I am hoping to participate in New York and Berlin in the near future.

Pauline Bradley



Multi-Sport Musings

Thankfully the weather in October seemed to get a little confused and for most of the month it still felt like summer, good news for those of us trying to extend the waning multisport season. Personally, I've been trying to keep acclimatised to the water at Vobster ready for the glow swim at the end of the month before I put my wetsuit away for the winter (*more on that next month*). Thruxton seems to have featured heavily in this month's news with many AVT members participating across two weekends in duathlons and the TT Festival. If you have ever wondered what it might feel like to pull on the GB vest, or you are debating entering some qualifiers for 2024, then Emily Dye shares an article on her first experience at the World Sprint Triathlon Championship finals in Spain.

Also, a reminder that the AVT league and "How Hard did you Tri" standings can be viewed on the [AVT page of Avon Valley Runners website](#), there are still a couple of months left to get your events and results in.

Please reach out on AVTnews@avonvalleyrunners.org.uk with your ideas of what you would like us to cover as a team.

Maria Harryman

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Mass Attack

On Sunday 1st October a small team from Avon Valley Triathletes had a crack at the Mass Attack Duathlon held at Thruxton race track, it was also an Age Qualification race for GBR.

It was a warm cloudy day & quite windy the far side of the course on the hill, but all of us gave everything for the cause & AVT green & yellow team. In the Standard event of 10K run, 38K bike and 3.8K run, Alan Best did what he does smashed it. Jo Mumford recorded 2:20:45 and finished as 3rd FV50 section which qualified her for a place in the European championships. Ken Piper recorded 2:22:39 and Andy Jefferies with 2:33:17.

In the Sprint race of 5K run, 19K bike and 3.8K run, Jenny Natrass did great with a time of 1:13:50 for 9th place in her category.

Well done everyone – **Andrew Jefferies**



The World Super Sprint

In September, I travelled to Pontevedra, in north-west Spain, to represent the Great Britain Age Group team in the **Super Sprint World Championships**. This was my first time donning the Union Jack tri suit – and what an experience! I travelled to Spain with Cliff, and met fellow AVTers Steve Clark and Kathryn Butt there, along with Sarah Jefferies and Esther Frawley. I was so grateful to have them there, they are seasoned pros when it comes to international events.



We were able to recce the bike and swim courses in the days before the race. The distance for the Super Sprint bike course was 6.4km – hardly worth the hassle of travelling with bikes! – not terribly technical with one climb and a fast ride back down the hill to transition at the stadium.

The river was still fairly salty and tidal at the pontoon, and thanks to recent wind and rain there was a lot of debris floating in it. Swim entry was down a ramp – I didn't manage to dive in and keep my goggles in place, my best belly flop would have to do on race day! The swim was 300m, swimming with the current on the way out, and having to work against it on the way into swim exit.

Thursday was all about registration at the Expo in Pontevedra. This is probably the first time the scale of the event hit home for me. People were queueing up in their countries' kit. There were people from Mexico, Australia, United Arab Emirates, Japan, Brazil, Canada, the USA, New Zealand, Turkey – everywhere!

We were treated like pro-athletes in registration – we had to get our photographs taken. These would be displayed on the gantry as we finished the race the next day.

We also attended the Team GB race briefing. I wish I hadn't, as it made me so nervous. People were asking all sorts of questions about transition, the course, the rules – it was so much to think about!

The Team GB photo followed, and thanks to Kathryn and Sarah, the four of us girls ended up at the front and in the centre holding the Union Jack - And we managed to hold it the right way up too!



Friday was race-day and I woke up feeling extremely nervous, I struggled with my breakfast. I slowly gathered my things, put my body transfers on (*I've never needed them before, again, I felt like a pro! A very nervous pro!*). I met the rest of the team and cycled into Pontevedra. We were so early; racking wasn't even open!

That little ride sorted me out and by the time racking opened, I was feeling a lot better. It was another event, time to get down to business. I was fine until I was issued with my box for transition. I've never used a box before! I didn't know if running shoes had to start in the box, or if it was for discarded equipment. Luckily a kind technical official told me it was for stuff we were taking off, running shoes could start on the ground.

My wave was the second-to-last to go, so Esther and I got to watch Steve, Kathryn and Sarah come out of the swim – they all looked strong! Then, it was our turn on the pontoon. The start was two athletes every 10 seconds. Esther and I lined up together, wished each other luck, and we were off!

My belly flopping worked a treat – my goggles stayed in place. That set me up for a really strong swim. I was worried about going off too fast, so just took it easy, tried to stay long and smooth. A couple of girls overtook me, but I overtook a couple of them before the exit. Mercifully there was water available immediately on getting out of the river, to get rid of the salt taste. I got my wetsuit half-off easily and raced for T1.

T1 was a blur, I think I was fairly quick and efficient. It was a bit bumpy getting the bike out onto the road, and one of my elastic bands came off which meant I struggled somewhat to get my foot in my shoe. But once it was in, I was off.

It was very hard not to draft people with so many athletes out on such a short course. Luckily, everyone seemed to understand "on your left!" The climb wasn't as painful as I thought it would be, and I got some good speed down the hill. I was super pleased with my flying dismount, just before the line. However – as I started to push my bike towards T2, I realised I needed to press the lap button on my watch. My bike started to wobble as I adjusted my wrist to get at the button. To my horror, the wobbling got worse and I dropped my bike! On the world stage with hundreds of people watching! Luckily only my dignity was damaged. I went back, picked it up, and ran as fast as I could to T2.

The run was 1.6km with 4 dead turns. And it was 7 minutes of pain – it hurt so much! Hitting the blue carpet was amazing. I had done it; I was officially an international athlete!

Unfortunately, the finish area was really small so I wasn't allowed to hang around to see my photo appear on the gantry – I'll take their word for it that it did! But I collected my medal with pride, and got so many hugs and congratulations from my teammates and supporters. That was when I pulled out my phone and found out I had finished 10th in my age group of 20 athletes. I'm officially 10th In the world!



I'm so thrilled with that result in my first outing – and with obvious room for improvement! There were top-10s all around, Esther was 4th, Sarah 5th, Kathryn 7th. Steve was 15th but his age group was massive, he was still well in the top 50%.



I still consider myself fairly new to triathlon. Two years ago, I didn't even know what the age group team was, or that there was this opportunity for mere-mortal athletes like me to have a world championship experience. This is one of the things that makes triathlon such a great sport in my opinion.

The atmosphere was so different – still friendly and supportive, but everyone was there to compete. Everyone brought their A game.

I'm so thankful that I was able to wear the GB tri suit and represent my now-home country on the world stage.

And I'm lucky enough to be able to do it again in Malaga 2024 and I can't wait!

Emily Dye

Thruxton TT Festival

With AVT member Alan Best picked out as the "poster-boy" for the Thruxton TT Festival, how could we do anything other than take part and put in an Avon Valley Triathletes team for the fast and furious "**Precision Hydration Mixed Gender Relay**". Each of us would need to cycle one lap of Thruxton motor racing circuit which measures out at 2.4-miles, but that ".4-miles" is a 4% climb culminating in a tight chicane before leading into the finishing straight.

First though we had the small matter of a **4up Team Time Trial** to contend with. AVT were represented in this five-lap event by Darren Wrintmore, Alan Best, Will Whitmore and former member Tim Lowrie. Maria Harryman, Fiona and Sean Price were also there representing Westbury Wheelers. For all of us this was going to be a new and somewhat daunting experience and having watched several videos on how to best ride one of these races, decided to split each lap into five sections with the lead rider peeling off at key points allowing the other three to come through and we would of course maintain formation; our other key consideration was to stay safe, the last thing that we wanted was to come a cropper - *we aren't as bouncy as we once were*.

With my ~~calling~~ yelling out the changes we got our first two laps completed in 11-minutes, but then the gaps in our formation were starting to show as we went down to three and then a lap later down to just two riders. As it was the third rider to score, we had no option but to cut our pace until we could at least form back as a group of three to finish and all four of us crossed the finish line within 30-seconds – safely!



Heading out for the 4upTTT – Darren, Alan, Will & Tim

An hour later and it was on to the Team Relay and I was first off for AVT having earlier taken on the first event of the day: "**The Pronto Bikes Individual Time Trial**" over five laps of the circuit and clocked a 10-mile split-time of 23:58. This time though it was full gas for a single lap and got us underway with 5:33 which matched some of my fastest lap times from earlier. Handing over then to Alan Best who clocked 5:53. Then it was onto Izzy McNally as our third rider, who had also not only taken part in the earlier 4upTTT but had won the Ladies team prize with Pronto Bikes (*Dan Coleman was also representing Pronto bikes and put in some typically speedy performances in the 4upTTT and Relay*), anyway Izzy lapped around in 5:56. Finally it was onto the anchor man and Event Director, Will Whitmore to bring us home with a 5:32 lap, finishing as the sixth relay team.

A date of Sunday 13th October has already been set by DB Max for next year's Thruxton TT festival and it would be good to get a few more AVT teams on the circuit.

Darren Wrintmore – Vice-President

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AVT Segment of the Year - 2023



With the monthly element of our Strava Challenge competition now complete it is down to revisiting earlier segments to bag some bonus points in order to move up the club leaderboard. So, of the twelve segments we had in 2023, these are the best times that have been recorded this year and you have until 25th November to join the list:

April - [Westbury Hill OFFICIAL South-west Climbs](#) – tackled by 14 members so far this year.

Rank	Name	Date	Speed	HR	Time
	Will Whitmore	Apr 22, 2023	8.8 mi/h	158 bpm	5:46
2	Alan Best	Apr 8, 2023	8.7 mi/h	167 bpm	5:50
3	Martin Disney	Apr 3, 2023	8.2 mi/h	155 bpm	6:08
5	Jo Mumford	Mar 2, 2023	6.7 mi/h	136 bpm	7:32
6	Caroline Scott (AVT)	Apr 25, 2023	6.5 mi/h	155 bpm	7:45
7	Jenny Natrass	Apr 24, 2023	6.5 mi/h	148 bpm	7:50

April - [Staples Hill \(Freshford\)](#) – tackled by 14 members so far this year.

Rank	Name	Date	Speed	HR	Time
	Will Whitmore	Apr 25, 2023	9.7 mi/h	162 bpm	3:01
2	Alan Best	Apr 25, 2023	9.5 mi/h	165 bpm	3:04
3	Martin Disney	Apr 20, 2023	8.1 mi/h	-	3:35
7	Caroline Scott (AVT)	Apr 25, 2023	6.5 mi/h	155 bpm	4:28
8	Annalie Jane	Apr 25, 2023	6.2 mi/h	-	4:42
8	Jenny Natrass	Apr 25, 2023	6.2 mi/h	119 bpm	4:42

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May – [Edington Church Bell Climb](#) – tackled by 20 members so far this year.

Rank	Name	Date	Speed	HR	Time
	Will Whitmore	May 16, 2023	22.3 mi/h	169 bpm	54s
2	Alan Best	May 16, 2023	21.1 mi/h	173 bpm	57s
3	Martin Disney	May 18, 2023	18.5 mi/h	-	1:05
5	Caroline Scott (AVT)	May 23, 2023	16.3 mi/h	158 bpm	1:14
7	Jenny Nattrass	May 19, 2023	15.4 mi/h	109 bpm	1:18
8	Diane Hier	Jun 7, 2023	14.1 mi/h	125 bpm	1:25

May - [Bratton Crossroads Assent](#) – one of our most popular segments this year with 36 members taking on the gentle slope.

Rank	Name	Date	Speed	HR	Time
	Will Whitmore	May 16, 2023	24.5 mi/h	173 bpm	1:14
2	Darren Wrintmore	Sep 2, 2023	23.8 mi/h	146 bpm	1:16
3	Martin Disney	May 14, 2023	23.5 mi/h	162 bpm	1:17
3	Alan Best	May 23, 2023	23.5 mi/h	164 bpm	1:17
5	Andrew Jefferies	May 8, 2023	21.6 mi/h	105 bpm	1:24
6	Caroline Scott (AVT)	May 26, 2023	21.1 mi/h	141 bpm	1:26
7	Jenny Nattrass	May 5, 2023	20.8 mi/h	114 bpm	1:27
8	Keith Withers	Sep 8, 2023	19.9 mi/h	174 bpm	1:31
9	Caroline Tassell	May 11, 2023	19.3 mi/h	-	1:34
10	Sarah Jewers	May 5, 2023	18.7 mi/h	100 bpm	1:37

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June - [Victoria road climb](#) – tackled by 17 members this year.


Rank	Name	Date	Speed	HR	Time
	Alan Best	Jun 24, 2023	22.7 mi/h	171 bpm	1:27
2	Will Whitmore	Jun 17, 2023	20.6 mi/h	145 bpm	1:36
3	Darren Wrintmore	Jun 3, 2023	20.4 mi/h	-	1:37
4	Caroline Scott (AVT)	Jun 24, 2023	19.2 mi/h	150 bpm	1:43
6	Jenny Natrass	Jun 18, 2023	18.5 mi/h	153 bpm	1:47
7	Caroline Tassell	Jun 1, 2023	18.3 mi/h	-	1:48

June - [Brokerswood Road Lumps](#) – another popular segment, tackled by 35 members so far this year.

Rank	Name	Date	Speed	HR	Time
	Alan Best	Jun 4, 2023	24.0 mi/h	165 bpm	4:15
2	Will Whitmore	Jun 17, 2023	23.5 mi/h	162 bpm	4:20
3	Darren Wrintmore	Jun 3, 2023	21.5 mi/h	-	4:44
4	Andrew Jefferies	Jun 6, 2023	21.2 mi/h	111 bpm	4:49
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
7	Martin Disney	May 26, 2023	19.6 mi/h	125 bpm	5:12
8	Keith Withers	Jun 3, 2023	19.2 mi/h	176 bpm	5:18
9	Annalie Jane	Jun 14, 2023	19.2 mi/h	-	5:19
10	Caroline Tassell	Jun 3, 2023	19.1 mi/h	-	5:21

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July - [Inmarsh Climb](#) @Seend – tackled by 16 members so far this year.

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 Nattrass	Jul 22, 2023	15.0 mi/h	136 bpm	3:04
6	Caroline Tassell	Jul 2, 2023	14.6 mi/h	-	3:09

July - [Petrol Station to Junction Sprint](#) @Great Hinton – tackled by 32 members so far this year.

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
4	Andrew Jefferies	Jul 25, 2023	21.8 mi/h	106 bpm	2:18
5	Caroline Scott (AVT)	Jul 25, 2023	21.5 mi/h	-	2:20
6	Jenny Nattrass	Jul 24, 2023	20.9 mi/h	123 bpm	2:24
7	Annalie Jane	Jul 25, 2023	20.7 mi/h	-	2:25
8	Caroline Tassell	Jul 2, 2023	20.6 mi/h	-	2:26

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August - [South Wraxall drag to Kingsdown Golf Club](#) – tackled by 15 members this year.


Rank	Name	Date	Speed	HR	Time
	Will Whitmore	Aug 23, 2023	17.4 mi/h	171 bpm	6:14
2	Alan Best	Aug 22, 2023	16.2 mi/h	171 bpm	6:42
3	Darren Wrintmore	Aug 25, 2023	15.3 mi/h	149 bpm	7:05
4	Martin Disney	Aug 23, 2023	14.7 mi/h	-	7:21
5	Andrew Jefferies	Aug 20, 2023	13.9 mi/h	110 bpm	7:49
6	Annalie Jane	Aug 25, 2023	13.2 mi/h	-	8:12
7	Jenny Natrass	Aug 25, 2023	13.1 mi/h	136 bpm	8:15
8	Caroline Scott (AVT)	Aug 22, 2023	13.1 mi/h	155 bpm	8:17

August - [Farleigh Wick into BOA](#) – tackled by 13 members this year.


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

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September - [Castle Combe Lap #2](#) – this year 18 members lapped (anti-clockwise) around Castle Combe circuit.

Rank	Name	Date	Speed	HR	Time
	Dan Colman	Apr 7, 2023	31.5 mi/h	149 bpm	3:28
2	Darren Wrintmore	Sep 5, 2023	27.3 mi/h	155 bpm	4:00
3	Will Whitmore	Jun 14, 2023	26.2 mi/h	166 bpm	4:10
6	Esther Frawley	Sep 5, 2023	22.7 mi/h	-	4:48
9	Anne Clark	May 23, 2023	22.0 mi/h	140 bpm	4:58
10	Caroline Scott (AVT)	Sep 19, 2023	21.9 mi/h	149 bpm	4:59

September - [Flat'n'fast](#) @Worton – saving the best until last, this is our most popular Strava segment this year with 45 members flexing their fast twitch muscle fibres.

Rank	Name	Date	Speed	HR	Time
	Alan Best	Sep 17, 2023	27.3 mi/h	168 bpm	2:57
2	Will Whitmore	Sep 2, 2023	26.7 mi/h	163 bpm	3:01
3	Darren Wrintmore	Sep 16, 2023	26.1 mi/h	-	3:05
4	Fiona Price	Sep 5, 2023	24.4 mi/h	143 bpm	3:18
4	Caroline Scott (AVT)	Sep 17, 2023	24.4 mi/h	150 bpm	3:18
6	Sean Price	Sep 5, 2023	24.0 mi/h	151 bpm	3:21
7	Andrew Jefferies	Sep 19, 2023	23.3 mi/h	94 bpm	3:27
8	Martin Disney	Apr 17, 2023	22.9 mi/h	138 bpm	3:31
9	Esther Frawley	May 30, 2023	22.8 mi/h	160 bpm	3:32
10	Jenny Nattrass	Sep 10, 2023	22.4 mi/h	155 bpm	3:35

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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 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...

November 2018

In this month five years ago:

The **Wickstead Wander** run near Highworth hosted WORRL Race #3 and saw an Avon Valley 1-2 with Ed Knudsen and Michael Towler occupying the top two steps on the podium; Leah Sartain and Gemma Lawton also made the Ladies podium with second & third places.

At the **Chilly 10K** at Castle Combe Michael Towler took top-spot recording 32:21 with Ed Knudsen third in 32:54. Damiean Spreckley finished as 1st MV40 and Andrew Stanley the 2nd MV50. Fiona Price ran 42:39 to finish as 2nd FV50 and Tina Towler was 2nd FV60.



The **Roundway Revenge** trail race at Devizes saw Ed Knudsen come out as the race winner with Ben Blackwell 2nd MV40; Robin-Mark Schols as 3rd MV50 and Mandie Bygrave as 3rd FV50.

In Devon, Ruth Barnes set a new club FV40 record as she ran out as the Ladies winner at the **Bideford 10** in 57:43.

November 2013

In this month ten years ago:

At the **Wiltshire Road Relays** held at Castle Combe, our Men's team of Kyle Hackett, Pete Veleski & Mike Towler were the overall winners ahead of Chippenham Harriers and Salisbury A&RC. Our Ladies team of Fiona Price, Diane Hier & Jackie Rockliffe finished second behind Swindon Harriers. Whilst our team of Will Crudgington, Cameron McBarnett & Guy Whelon finished second and our team of Finn Ross, Ollie Weedon & Holly Newman finished third in the Junior Relay.



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November 2003

In this month twenty years ago:

The annual club coach trip down to the south coast picked up 22 passengers for the **Hayling Island 10** with 18th placed Kevin Sparey leading our Men home in 56:06 and Liz Ringham the Ladies in 71:47.

Going a little further afield, we had several club members head off for the sun, at the Lanzarote running festival in the Canary Islands:

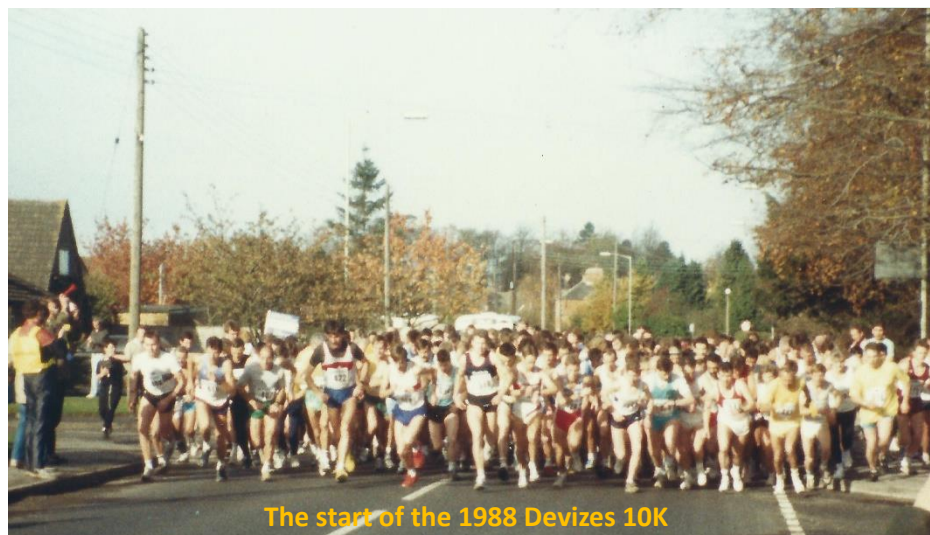
<p>Lanzarote Half Marathon 124th Susie Phillips - 01:52:18 193rd Glyn Phillips - 02:03:08 228th Alan Meadow - 02:32:35</p>	<p>Lanzarote 10K 58th Susie Phillips - 49:49 176th Glyn Phillips - 50:09 88th Joyce Field - 53:25 104th Jan Hunt - 56:30 216th Stan Farr - 65:42</p>	<p>Lanzarote Beach 5K 47th Susie Phillips - 28:03 180th Glyn Phillips - 30:03 80th Joyce Field - 31:31 91st Jan Hunt - 32:31 196th Stan Farr - 37:09</p>
<p>Lanzarote 13K Ridge Run 54th Susie Phillips - 1:08:07 173rd Glyn Phillips - 1:09:20 77th Joyce Field - 1:12:11 96th Jan Hunt - 01:15:35</p>	<p>Lanzarote Trans Island 23K 55th Susie Phillips - 2:01:22 63rd Joyce Field - 2:06:01 179th Glyn Phillips - 2:06:02 83rd Jan Hunt - 2:13:45</p>	

November 1988

In this month thirty-five years ago:

At the **Bowood 5-miler**, Keith Elsey finished in second place overall in a new club record time for the distance of 26:42 and led our Men's team including Phil Mitchell and Bob Ellis home for the win.

Both Keith Elsey and Darren Wrintmore achieved Personal Best times of 34:25 and 34:31 respectively whilst battling it out at the **Devizes 10K**, with Tim Northwood finishing in 35:48 to complete the AVR Men's team challenge.



Darren Wrintmore also took on the **Silver Knight road race series** at Christian Malford, finishing in 8th place at the 5K in 17:22 and 12th for the 10K in 35:09.

At the **Griffleton Ladies 10K**, 11th placed Ann Bull was 1st FV40 in 42:20 and 14th placed Judy Farr 2nd FV45 in 43:48.

Three club members took on the **New York Marathon** with Tom Roberts leading AVR home in 3:15:39.

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The Gallop

There was a great turn out for the first race of the WORL offroad season. In a sold-out event thirty of us were at Westbury for the **White Horse Gallop** trail run (*only 29 from Chippenham Harriers– I just had to check!*). A 7'ish mile race mostly off road. Brilliant blue sky, not too warm and good underfoot.



Running up the side of the White Horse has not gotten any easier, and the narrow tracks where you can't see your feet were a bit of a challenge. However, there were some fantastic stretches of trailing running through the woodlands and great marshalling all the way around.



Ed Knusden came in 2nd overall and was the first Avon Valley Runner, whilst Ben Mees came 4th overall and Dan Colman our third man. Gemma Knusden led home our ladies in 4th place followed by Veryan Cranston in 7th (*who was awarded the 1st FV50 prize*), Isabella McNally was our third lady.

Next race in the Wiltshire Off-Road Race League is our very own "**Over the Hills**" at Bradford on Avon on Sunday 5th November, this is a unique event with everything over an 11km distance.

Andrew Sharratt

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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	
Sunday 5 th November	Over the Hills	12K	AVR's flagship race at Bradford on Avon.	
Sunday 12 th November	Mo-running Bristol 10K	5K & 10K	Support "Movember" at Ashton Court.	
Saturday 18 th November	Trowbridge Santa Dash	2K	Festive fun run in Trowbridge town park... And it is FREE to enter!!!	
Sunday 19 th November	The Chilly Duathlon	2 / 10 / 2 miles	Castle Combe Run/Cycle/Run from DB Max Individual relay options too.	
Sunday 19 th November	The Chilly 10K	10K	DB Max invite you to run a closed road 10K around the motor racing circuit.	
Sunday 26 th November	AVR Half Marathon	Half Marathon	Volunteers needed for our Half which starts at Edington.	
Sunday 3 rd December	Bromham Pudding Run	10K	A flat, fast, two lap course.	
Sunday 10 th December	Tri-counties XC Championships	various	Wiltshire XC Championships at Bath Uni alongside Avon & Somerset.	
Sunday 10 th December	Hullavington Secret Santa	10-miles & 5K	Flat course and a gift from Santa's sack when finishing.	
Tuesday 26 th December	Stan Farr 5K	5K	The 63 rd running of our Boxing Day race. Closed to AVR members only.	
Saturday 30 th December	Plain Crazy	12'ish - miles	Redfish Events challenge you to burn off the festive excess with this trail run at Warminster, dropping by Imber.	

CALLING ALL SWIMMERS & BEGINNERS....

Many of you will hopefully have read the email announcing the pilot of our collaboration with the Hot Chilli Tri club to maximise our access to local pool time and provide greater focus for beginners. The sessions are running from the 30th October for six weeks and cost £7; you can attend as many or as few of these coached sessions as you wish on a Pay-As-You-Go basis.

Sessions are: Mondays - 7am-8am (Trowbridge Pool); Tuesday - 7am-8am (Trowbridge Pool); Wednesday - 9-10pm (Trowbridge Pool) - *Beginner focused*; Thursday - 9-10pm (Melksham Pool) - *normal AVT session/booking*; Friday - 7am-8am (Trowbridge Pool) - *Beginner focused*.

For booking details, please contact Annalie Ibsen or Caroline Scott and look for links which will be posted on the [AVT members Facebook page](#).

Road Race Update

At the **Chippenham Half Marathon** - Race #7 of the Wiltshire Road Race League (WRRL) which this year was supporting the South West Inter-Counties Road Race championships, we had fifteen runners in the field with Ed Knudsen representing Wiltshire finishing in 6th place overall, Bob Nixon was 5th in the MV60 category; Holly Stables FV40 and Fiona Price FV50 both in their respective top 10's.



The **Devizes 10K** was the final road race in this year's WRRL and we had 19 runners on the start line with Fiona Price 2nd in the FV55 category, Rosemary Barber 3rd in the FV65 category, Peter Veleski 4th & Gary Day 5th in the MV40 category, Robin-Mark Schols was 2nd & Bob Nixon 5th in the MV60 category and Peter Campbell finished 3rd in the MV70 category. Well done to all you ran in the road race league.



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The final WRRL standings saw AVR finish as runners up to Royal Wootton Bassett Hounds. Individual honours went to: Fiona Price who was 3rd female overall & won the FV50 category & Rosemary Barber the FV70 category. We also had Sharon Firkins, Annalie Jane & Emily Dye in the top 25. For the Men we had Robin-Mark Schols win the MV60 category & Peter Veleski, Gary Day & Paul Dredge in the top-10 with Tim Burrell & Scott Green in the top 25.

Well done to all who ran in the Road Race League series. **Martin Russam**

Division 1

Club	Points
Royal Wootton Bassett Hounds RC - A	118
Avon Valley Runners - A	115
Chippenham Harriers - A	108
Corsham Running Club - A	102
Calne Running Club - A	100
Stonehenge Striders - A	93
Royal Wootton Bassett Hounds RC - B	92
Avon Valley Runners - B	87
Swindon Harriers - A	76
Devizes Running Club - A	73
Calne SmarTT - A	68
Calne Running Club - B	64



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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...



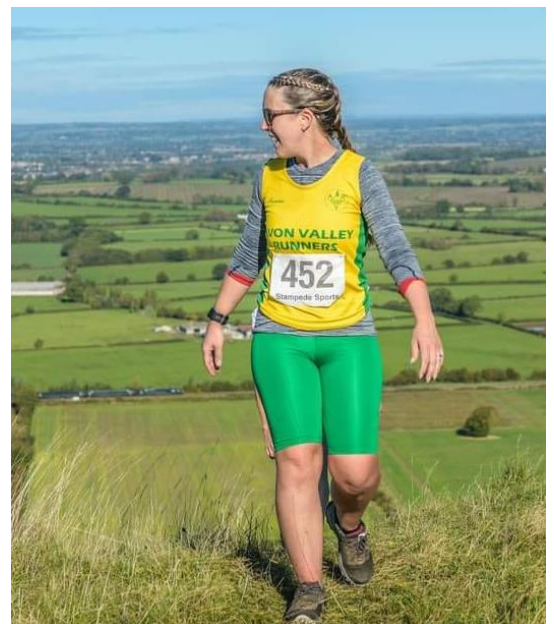
Molly Braham: A wonderful morning for the Westbury 10K!



Tracey Webb: Today I wore my AVR top with pride! I ran my first ever Half Marathon in Bournemouth!



Terri Duddy: Great day with even better company. We all completed The Great South 2023



Sarah Emery: White Horse Gallop 2023

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