



## Welcome to The Valley News

Our cover image this month comes from Andrew Jefferies who celebrated his first international race in Team GBR colours at the European Duathlon championships in Coimbra, Portugal.

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.

### In this issue:

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**The Newsletter of Avon Valley Runners**

**Issue #267 – July 2024**



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

## Wrinty's Ramblings

Twenty years ago, I answered the call of one of my running heroes, Steve Cram who made an appeal on the BBC for people to come forward as Race Organisers to stage an event to commemorate fifty years since Sir Roger Bannister broke the 4-minute barrier for the mile. The idea was that hundreds of one-mile runs could be staged across the country on Saturday 10<sup>th</sup> July 2004. The initiative was held under the umbrella of Sport Relief and the theme for this year was to invite people to 'Go the Extra Mile'.

In 2004 I had never organised a race before but I had run in hundreds and also, I had at the time, ten years' experience as a Project Manager to help me; Sport Relief also offered their full support.

My initial thought was to stage the race in Whitley near Melksham utilising the downhill of Littleworth Lane and finish at the Pear Tree public house which could serve as the Race HQ. I spoke to the landlord and although he was agreeable to the idea, he was not overly enthused. Stan Farr though then mentioned to me that the Woolley Street Festival was going to be taking place in Bradford-on-Avon the same weekend as was proposed for the Sport Relief Mile and they would have a fully closed road for several hours.

Stan put me in touch with one of the organisers who liked the idea and the potential that a hundred or so runners could stay on to support the wider festival. It also turned out that the Woolley Street Festival organiser was also Team Manager for the British Triathlon squad.



We staged two races: A "Time Trial" mile for the racing snakes who felt that they could complete the mile course along the length of Woolley Street and back to the George Inn under seven-minutes and also a "Free style" mile for those who wanted to enjoy the occasion and raise some extra money for charity.



We had around one hundred and fifty runners sign up with AVR's Alistair Bartlett leading home the field in 5-minutes 5-seconds.

Overall, I felt that my first time as a Race Director was a success and I even went onto volunteer again when Sport Relief called for Mile runs to be staged again in 2006, which in turn led to the birth of the Avon Valley Mile.

Nationally some 80,000 people took part in that first Sport Relief Mile including then Prime Minister Tony Blair who donned his running shoes as did Prince William, Sir Steve Redgrave, Jonathan Ross, Dame Tanni Grey-Thompson, Frank Bruno, Rachel Stevens, Jo Brand and we had Team GB Triathlete Julie Dibens. Our event raised over a thousand pounds which fed into the £16.8 million pounds raised overall that year by Sport Relief.

**Darren Wrintmore (Wrinty)**

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# All those years ago

Avon Valley Runners has now been around as a club for over 38-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...

## July 2019

In this month five years ago:

Fiona Price set a new FV50 club record, at the **Two Tunnels 10K** in Bath, where she a brilliant time of 41:38, beating the previous record by 24 seconds!

Forty-five club members turned out for the **Hilly Helmet Challenge** held in Westbury. Joby Hobbs led the AVR charge finishing second closely followed by David Warren in third place. Jen Marlow was first lady over the line and Jenna Lovelock took the prize for the best helmet.

Max Davies set a new club record with a lightning fast 14:52 clocking at the **Westbury 5K**, finishing in second place overall. Bethan Francis took the win for the Ladies with 19:04. Max then went on to set a new club record for 5-miles with 25:09 at the **Compton Bassett 5** near Calne.

## July 2014

In this month ten years ago:

The fifth running of the **Avon Valley Relay** attracted 35-teams with the "Flying Pig Jon-Jons" (Mark Harrison, Rich Ayling, Mike Rose and Tim Lowrie) taking victory. The "Mixed Valley Team" (Fiona Price, Ruth Barnes, Dominic Beddis and Mike Towler) were less than a minute behind in second place overall. The "Valley Girls" (Jackie Rockcliffe, Jen Ford, Jules Green and Diane Hier) collected the Ladies team prize.



July 2004

In this month twenty years ago:

Six club members travelled to Brockenhurst in Hampshire for the **New Forest 10**: 165<sup>th</sup> Liz Ringham - 74:02; 174<sup>th</sup> Jim Anderson - 74:38; 374<sup>th</sup> Mike Pratt - 84:09; 431<sup>st</sup> Viv Toms - 86:58; 636<sup>th</sup> Julia Shaw - 1:41:18; 637<sup>th</sup> Sue Cook - 1:41:19.

Kevin Sparey finished in 12<sup>th</sup> place overall and 2<sup>nd</sup> MV45 at the **Portland 10** near Weymouth with a time of 58:38.

Five club members took part in the **Chippenham River Run 5K**: 11<sup>th</sup> Doug Barber - 18:41; 17<sup>th</sup> Michael Bryant - 19:12; 18<sup>th</sup> Tom Frost - 19:19; 51<sup>st</sup> Tina Giles - 22:15; 53<sup>rd</sup> Mitzi Barber - 22:22.

Susie Phillips was the 1<sup>st</sup> FV45 at the **Tarrant Monkton 5** in Dorset. In the 10-miler Douglas Barber was our first finisher in 14<sup>th</sup> place with 63:51, ahead of 35<sup>th</sup> Bob Ellis - 70:55; 115<sup>th</sup> Mark Kirkpatrick - 87:06; 124<sup>th</sup> Glyn Phillips - 90:35; 142<sup>nd</sup> Dennis Mellor - 99:45; 145<sup>th</sup> Judy Farr - 1:42:59.

July 1989

In this month thirty-five years ago:

At the **Biddestone Half Marathon**, Martin Connor was our first man back, in 5<sup>th</sup> place overall and clocking 1:17:17 with Ann Bull the second Lady in 1:33:46. In the supporting six-miler, Mike Hehir recorded 34:27 to finish as third vet man.

A week later and Avon Valley Runners dominated at the **Westwood 7** where Martin Connor was first over the line, recording 42:50 and Linda Brown the first Lady in 53:55. In the supporting 3-miler, D. Cleverly was the first to finish overall in 19:05.

Nick Rosier was our sole entrant at the **Spye Park 5** where he finished in 8<sup>th</sup> place in 28:51.

Danny Kay clocked 3-hours 24-minutes at the **Sandwell Marathon** with Ann Bull just two minutes behind.

Judy Farr was the first Lady to finish at the **Donhead Road Race**.

Our Ladies team of Judy Farr, R. Jones and L. Fice took the victory at the **Woodford Road Relays** whilst our Men's team of Gerry Fice, D. Cleverley and R. Cleverley finished just off the podium in 4<sup>th</sup> place.

**The Silver Knight Race series** at Christian Malford saw an increased AVR presence – **in the 5K**: Gerry Fice - 17:11; Mike Hehir - 17:33; Bob Ellis - 17:46; Dave Bristow - 18:20; Ann Bull - 21:00; C. Beirne - 22:21; Mike Beirne - 22:26. **For the 10K**: 22<sup>nd</sup> Bob Ellis - 36:35; 24<sup>th</sup> Mike Hehir - 36:54; 30<sup>th</sup> Dave Bristow - 37:26; 33<sup>rd</sup> Tim Northwood - 37:51; 67<sup>th</sup> Ann Bull - 44:24; 79<sup>th</sup> Judy Farr - 46:15; C. Williamson - 46:45; Mike Beirne - 46:55. **For the 10-miles**: 14<sup>th</sup> Gerry Fice - 59:09; 22<sup>nd</sup> T. Chapple - 61:18; 31<sup>st</sup> Mike Hehir - 63:00; 32<sup>nd</sup> Dave Bristow - 63:22; 36<sup>th</sup> Nick Rosier - 64:54; 62<sup>nd</sup> Ann Bull - 74:42; 76<sup>th</sup> Mike Beirne - 78:50; 78<sup>th</sup> C. Williamson - 79:12.

## Multisport Musings

The multi-sport season is now well underway with open swim trips to Vobster or the Cotswold Water park being a weekly feature of many training sessions. Please see the AVT Facebook page for booking and training session details or contact [AVT@avonvalleyrunners.org.uk](mailto:AVT@avonvalleyrunners.org.uk) for further information.

AVT members have also been participating in lots of events this past month, and in this edition of the newsletter we are focussing on three particularly: The Royal Windsor Triathlon, Ride London and The European Championships out in Portugal.

**Maria Harryman**

## The Royal Windsor Triathlon

I'm beginning to realise triathlon events have less sociable start times than running events. Windsor was AVT focus event for June and a group of us were entered, but with a mix of start times between 6am-7:15am we all decided to drive up the day before to register, rack our bikes and look with trepidation at the Thames (and geese) that we would be facing the next morning.

My black sense of humour had a little chuckle at the red sign saying "DANGER, WEIR" just after where we were meant to turn to exit the swim, I was chuckling less the next morning when the sun reflecting off the water meant I couldn't see the marker buoys.

The event involves a swim in the Thames, cycling the countryside surrounding Windsor and a lapped run in the grounds of Windsor Castle - a beautiful backdrop, lined with supporters giving it a great atmosphere. Annalie Ibison, Jenny Natrass, Graham Livingstone and Linda Unsworth all represented AVT in the Sprint distance and myself and Jayne Williams in the Olympic distance. We were also supported by Steve Clark and Sally Frawley cheering us on from the sideline. All in all, everyone had a great weekend of racing.



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## RideLondon-100

The RideLondon-100 was a fabulous event - the weather started unpredictable with rain forecast all day and was changeable - it kept away for me and some of the others AVT cyclists but if you were out early then you got soaked!

Having never completed this event before, I was taken aback by the volume of people entering this sportive. The roads into Essex and back were closed to traffic which allowed for some fast cyclists in the outside lane looking out for a good time alongside those at a more measured pace in the inside lane. It was certainly suitable for beginners. If you're excited about chain gangs then there's some good opportunities for jumping on board and taking part. Personally, I had a great day and would definitely consider doing it again.

If you want to do the event next year, then you have a short window of opportunity to book your place, with entries open now at [www.ridelondon.co.uk](http://www.ridelondon.co.uk)

The RideLondon100 is one of a set of three events held, which alongside the London Marathon and Swim Serpentine will earn you a coveted London Classics medal.

We had eleven club members take on the 100-mile challenge...



1 – Darren Wintmore embarks on his ninth RideLondon; 2 – Caroline Scott & Alan Best celebrate good debut rides; 3 – Andrew Jefferies a recent convert to cycling; 4 – Linda Unsworth with her finishers medal; 5 – Kat Taylor-Laird completes her first RideLondon; 6 – Cliff & Emily Dye show off their finisher's medals; 7 – Simon Williams & Pauline Bradely rode in the colours of Westbury Wheelers; 8 – Robin-Mark Schols rode 100-miles and still had the energy to lift his bike.

### Caroline Scott

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# Europe Triathlon Multisport Championships

What must it feel like to pull on a GB kit and represent your country; To compete amongst the best in Europe?

Several of our club members have done just that competing at the ETU Europe Triathlon Multisport Championships in Coimbra, Portugal 2024 . Congratulations to all. Here is what they had to say about the experience.

*WOW – goosebumps, nerves, excitement, everybody shouting your name.*

*Wearing GB kit was amazing, I was so proud.*

*The experience was at times overwhelming and terrifying but also exciting and exhilarating.*

*Its living the dream, racing for your country. Plus, all the new friends made we've made from competing.*

- Sally Frawley - 14th in Europe for her age group for Sprint Duathlon
- Emily Dye - 11th in Europe for her age group for Sprint Duathlon
- Jenny Natrass (Doyle) - 8th in Europe for her age group for Sprint Duathlon
- Andy Jeffries - 13th in Europe for his age group for Sprint Duathlon
- Annalie Ibison - 11th in Europe for her age group for Aquathlon
- Suze McQuie - 12th in Europe for her age group for Aquathlon



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## Segment of the Month – July 2024

Our first segment for June was the [Edington Road North](#), which begins near the start of our AVR Wiltshire Half Marathon at Edington and then goes all the way into Steeple Ashton finishing at the village shop some 2.6-miles later. We had nine club members tackle this segment and it was Darren Wrintmore in 6:28 (24.4mph) and Jenny Natrass in 8:04 (19.5mph) who took the full points for the segment.

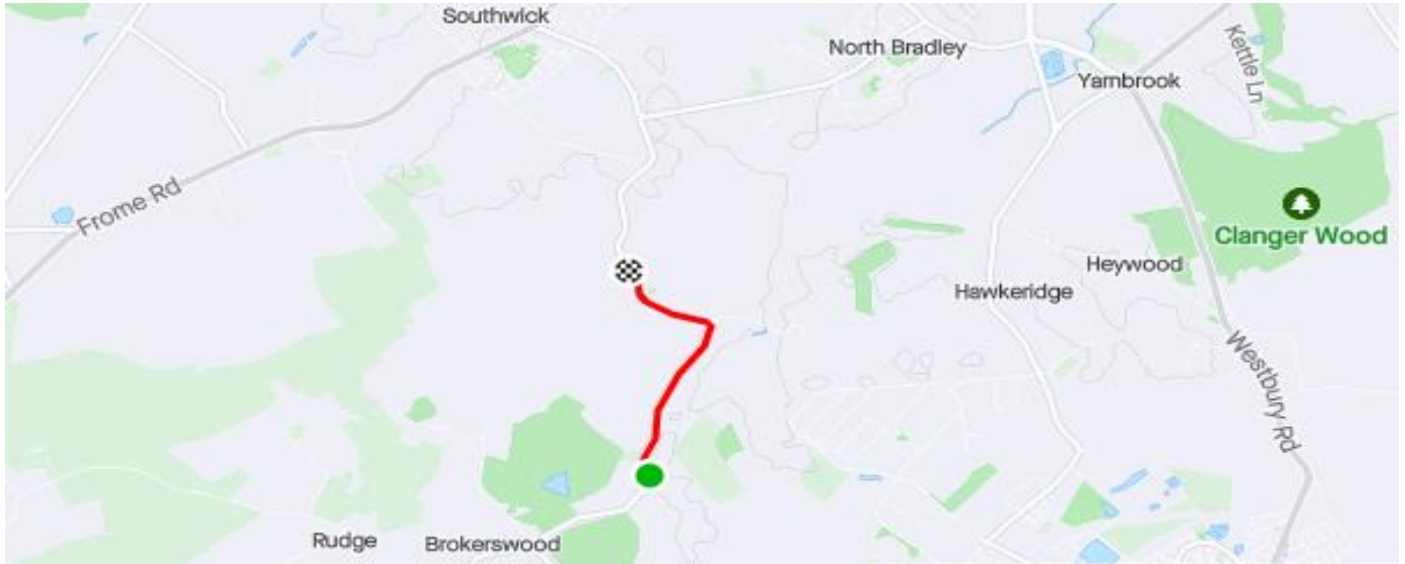
Rank	Name	Date	Speed	HR	Time
	Darren Wrintmore	<a href="#">Jun 13, 2024</a>	24.4 mi/h	157 bpm	6:28
2	Tom Carpenter	<a href="#">Jun 15, 2024</a>	23.4 mi/h	151 bpm	6:44
3	Jenny Natrass	<a href="#">Jun 23, 2024</a>	19.5 mi/h	163 bpm	8:04
4	Paul Banfield	<a href="#">Jun 20, 2024</a>	19.4 mi/h	121 bpm	8:07
5	Annalie Jane	<a href="#">Jun 12, 2024</a>	19.4 mi/h	-	8:08
7	Emily Dye	<a href="#">Jun 20, 2024</a>	17.7 mi/h	121 bpm	8:55

Our other segment in June was nearby at the [Bratton VC Sprint](#) which measured in at an undulating 0.82-miles. We had nineteen members take on this challenge and it was new club member Tom Carpenter who proved quickest clocking 1:47 (27mph) along with Jenny Natrass, who was second overall on the segment with her impressive 2:05 (23.8mph).

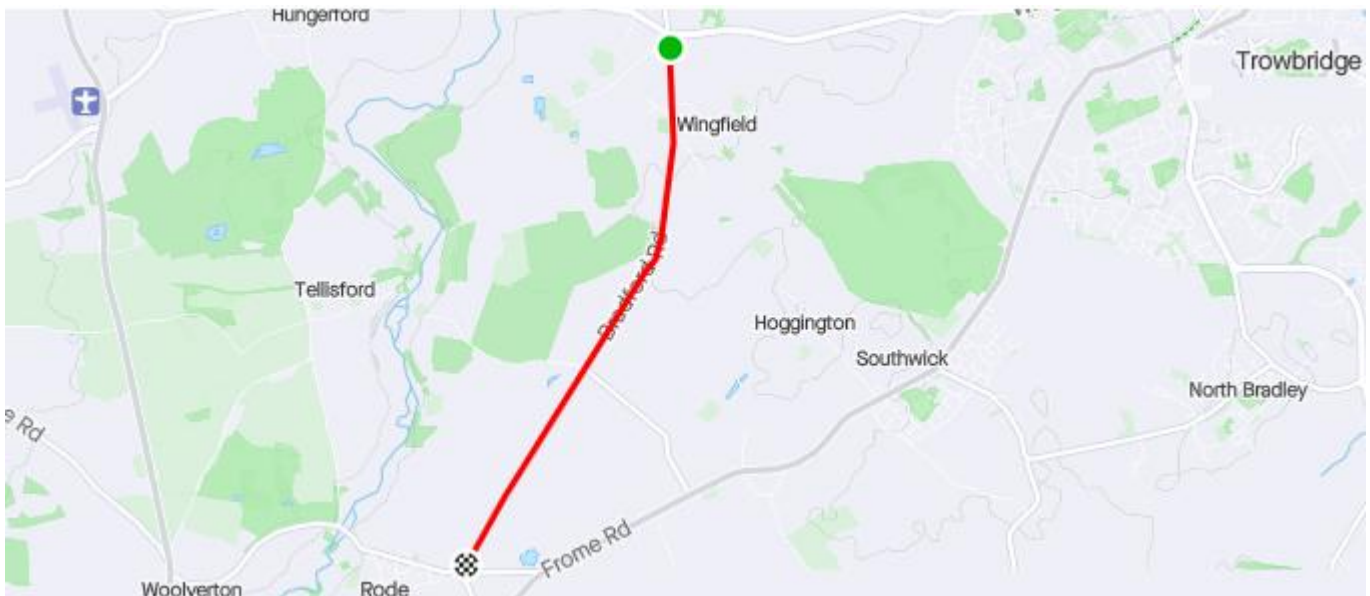
Rank	Name	Date	Speed	HR	Time
	Tom Carpenter	<a href="#">Jun 15, 2024</a>	27.8 mi/h	145 bpm	1:47
2	Jenny Natrass	<a href="#">Jun 23, 2024</a>	23.8 mi/h	164 bpm	2:05
3	Alan Best	<a href="#">Jun 5, 2024</a>	23.3 mi/h	146 bpm	2:08
3	Darren Wrintmore	<a href="#">Jun 16, 2024</a>	23.3 mi/h	-	2:08
6	Annalie Jane	<a href="#">Jun 12, 2024</a>	20.5 mi/h	-	2:25
9	Caroline Tassell	<a href="#">Jun 2, 2024</a>	18.7 mi/h	154 bpm	2:39



For July we have two new segments, Rosemary Barber offers up the [Brokerswood Rd Lump](#) segment which measures at just shy of a mile with an average gradient of 1.2% but don't let that fool you as it is a back-loaded route with the final yards rising at over 4%. We have had twenty-four club members take on this segment so far this year with Darren Wrintmore in 2:52 and Jo Mumford in 2:59 being the quickest so far.



Our second segment is a lengthier one measuring in at 2.2-miles with the [Bradford Road Straights \(AVT\)](#) heading out from Wingfield down to Rode where it starts to kickup and finishes 20m or so short of the road junction. Darren Wrintmore and Vanessa Lucas have been the quickest of the six members who have rode this way so far in 2024 – clocking 6:15 and 7:21 respectively.



For a fuller explanation of the Avon Valley Segment of the Year competition and full list of segments in the challenge, check out the [January 2024 edition of the Valley News](#).

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So here is the Top-10 Leaderboard after 3-rounds...

Rank	Athlete	Total Points	SotM Ridden	SotM Points	Bonus Segments	Bonus Points	Movement
1	Tom Carpenter	292	6	146	6	146	□
2	Darren Wrintmore	276	6	138	6	138	↑
3	Paul Banfield	260	6	130	6	130	↑
4	Alan Best	232	5	116	5	116	↓
5	Will Whitmore	194	4	97	4	97	↓
6	Andrew Jefferies	155	4	77	4	78	□
7	Simon Williams	120	3	60	3	60	↑
8	John Naish	116	2	33	5	83	↑
9	Gary Day	112	3	57	3	55	↓
10	Stephen Clark	97	3	49	3	48	↓

Rank	Athlete	Total Points	SotM Ridden	SotM Points	Bonus Segments	Bonus Points	Movement
1	Jenny Natrass	293	6	147	6	146	↑
2	Caroline Tassell	271	6	138	6	133	↑
3	Annalie Jane	270	6	136	6	134	↑
4	Caroline Scott (AVT)	225	4	98	6	127	↓
5	Rosemary Barber	199	5	98	6	101	□
6	Esther Frawley	125	2	43	4	82	□
7	Jo Mumford	122	2	38	4	84	↑
8	Sarah Jewers	97	2	44	3	53	↑
9	Anne Clark	96	2	29	4	67	↓
10	Sue P	95	2	39	3	56	↓

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

A selection of forthcoming events which may be of interest:

Date	Event	Distance	Details	
Sunday 7 <sup>th</sup> July	<a href="#">Frome Triathlon</a>	400m/23k/5km	AVT focus event for July	
Tuesday 9 <sup>th</sup> July	<a href="#">Westbury 5K</a>	5K	The third of AVR's 5K race series for 2024 and race #3 in the 2024 WRRL.	
Friday 12 <sup>th</sup> July	<a href="#">Hazelbury Hurrah</a>	2K & 6-miles	Sixth running of the popular trail run near Corsham.	
Sunday 14 <sup>th</sup> July	<a href="#">The Rood Rampage</a>	4.5-miles	Organised by DB Max just outside of Trowbridge; plenty of obstacles to tackle on this run.	
Wednesday 17 <sup>th</sup> July	<a href="#">Pronto-Bikes TT</a>	10-miles 25-miles	DB Max hosted TT races at Castle Combe circuit	
Sunday 21 <sup>st</sup> July	<a href="#">Lightning Bolt 10K</a>	10K	A quick 10K at Langley Burrell.	
Sunday 4 <sup>th</sup> August	<a href="#">Westonbirt 10K</a>	10K	Two lap course from iCompete at the stunning stately Westonbirt House.	
Tuesday 13 <sup>th</sup> August	<a href="#">Westbury 5K</a>	5K	The final of AVR's 5K race series for 2024 and test out your assigned handicap.	

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## The Great Chalfield 10K

A warm but breezy evening greeted the sixteen Avon Valley Runners who took part in the 13<sup>th</sup> edition of The Great Chalfield 10K run at Broughton Gifford. The route which starts on the Common, took runners on a playfully undulating and certified accurate course passing both Holt Manor and the National Trust's Great Chalfield Manor before finishing back on Broughton Gifford Common.

Leading the way home for AVR was Daniel McPherson who took the runners up spot in 37:05, followed by Chris Redshaw in 10<sup>th</sup> place recording 39:08.

Other Avon Valley Runners were: 15<sup>th</sup> Andrew Evans – 41:36; 23<sup>rd</sup> George Sawyer – 43:45; 59<sup>th</sup> Simon Woodhead – 51:19; 89<sup>th</sup> Sonia Pateman – 57:58; 104<sup>th</sup> Eve Green – 61:55; 105<sup>th</sup> Sam Grant – 61:57; 112<sup>th</sup> Nicola Applegate – 63:07; 113<sup>th</sup> Paula Bray – 63:07; 114<sup>th</sup> Theresa Edwards- 63:32; 115<sup>th</sup> Sarah Collins- 64:13; 116<sup>th</sup> Philip Rockliffe – 64:37; 129<sup>th</sup> Colin Sawyer 68:37; 132<sup>nd</sup> Gemma Mason – 73:40.



Dan McPherson was pleased with his run



Andrew Evans, finishing strong



AVR on the Common

# #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...



**Emily Dye, Sally Frawley & Jenny Natrass** at the European Multisport championships in Coimbra, Portugal



**Hayley Southgate with Melky the mascot:** completing her "Flake Run" (99<sup>th</sup> Parkrun) at Bournemouth.



**AVR at the Broad Town 5**

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