



Welcome to The Valley News

Our cover image this month comes from the July running of the AVR Westbury 5K with our team of volunteers and pacers.

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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The Newsletter of Avon Valley Runners

Issue #268 – August 2024



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

Wrinty's Ramblings

"What do you call an injured runner? - a cyclist!" which I guess means that I am the butt of an oft-repeated joke, and I think a rather cruel joke, as I am writing this whilst entering my third week off of training due to being injured :-)

It has made me think back on the catalogue of injuries that dogged my running career. My first was a pain that I experienced in the front of both of my lower legs when I first took up road running back in the early 1980's. This turned out to be anterior tibial shin-splints and led to the discovery that I have flat-feet and this meant that the shock of repeated foot-fall was not being absorbed particularly well. A diet of ibuprofen and a regime of strengthening/stretching (*my favourite being hooking my feet under the sofa and trying to lift it using my toes*) helped to resolve this along with some very rudimentary orthotics for my running shoes. Unfortunately, the injury area shifted around my lower leg and became the bane of my younger running days, as posterior-tibial tendonitis became a thing. This manifested itself as a severe pain on the inside of my lower legs, regular stretching of my calf/soleus muscles helped but it would soon flare up again sometimes even making walking painful. Eventually I ceded to having surgery which led to a significant layoff from running but it did lead me to try some cycling, which I kind of enjoyed :-)

As the 1980's drew to a close and a hurty knee kept me from pounding the pavements, so reluctantly I decided to stop running. Nearly ten years passed before I donned my trainers once more and it wasn't too long before the injuries followed. Knee pain, hip pain, shin-splints and even a Morton's neuroma - a rare condition where a nerve becomes inflamed as it passes between certain metatarsals in your foot.



The most insidious injury of them all though was a recurrent hamstring pain which no amount of stretching would shake. I could layoff of the running for a month maybe longer and then as soon as I started to run - bang there was the pain back in my hamstrings. Several frustrating years passed before I decided to take the private medical route and have an MRA scan done; the result: absolutely nothing wrong with my hamstrings!!!

It did however show that two of the vertebrae in my lower back had degenerated and were pressing on my sciatic nerve, which when running created the symptoms of a pulled hamstring - "*you may wish to consider alternative forms of exercise*" was the prognosis and not the words that any runner wants to hear, so of course I ignored those words of wisdom. Six months or so of painful running later and the fateful day at the end of 2018 arrived when I woke up one morning and I could not move - literally!

It took an emergency callout to a chiropractor to get me mobile again but alas my running days were over and 2019 became the year that I took up cycling seriously. The discipline seems to agree with my body a lot more than running ever did but we do have the occasional falling out, though thankfully it is very much the exception rather than the norm.

Darren Wrintmore (Wrinty)

The Cotswold Way Relay

The Cotswold Way Relay covers 103-miles in 10-stages, starting at Chipping Campden in Gloucestershire and finishing outside of Bath Abbey. AVR fielded two teams under the captaincy of Gary MacAlister and finished 12th & 37th respectively.



Stage 1 from Chipping Campden to Stanway House covered 12-miles with John Naish finishing 36th and Doug Watkinson 80th.



Stage 2 from Stanway House to Cleeve Common covered 11.8-miles with Tim Burrell 55th and Robin Mark Schols 57th.

Whilst **Stage 3 from Cleeve Common to Hartley Lane** saw Gary MacAlister fly solo for AVR and finish in 21st place over the 10.9-mile leg.



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Stage 4 from Hartley House to Painswick Beacon covered 10.8-miles and saw Gary Day finish 11th and Vicky Fletcher in 91st.



Stage 5 from Painswick Beacon to Ebley Mill over 10.7-miles saw Ed Knudsen take the overall stage victory and Rebecca Evans finish 52nd.



Stage 6 from Dudbridge to Dursley over 8.7-miles saw Kevin Gover finish 52nd and Rich Wood finish just one place behind.

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Stage 7 from Durley to Wootton-under-Edge is the shortest Leg at 7.5-miles but it is certainly one of the toughest and saw Claire Riches finish 96th and Stuart Argyle in 99th.

Stage 8 from Wootton-under-Edge to Old Sodbury is the longest leg, coming in at 12.1-miles and Dan Jewell finished a good 16th place with Fiona Gibbs in 99th place.



Stage 9 from Old Sodbury to Cold Ashton covers 9.3-miles and saw Peter Campbell finish 87th and Andrew Sharratt 90th.

Stage 10 from Cold Ashton to Bath saw Ben Mees finish 12th and Hayley Anderson 83rd.



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 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...

August 2019

In this month five years ago:

AVR member Robin Mark-Schols held the third running of the **Hilly Helmet Challenge** in aid of Brain Tumor Support. Forty-five club members took part in the four-mile run which raised a whopping £4337.98!

AVR entered four teams into the **Two Tunnels Relay** where five runners had to each complete a 10K run. Of the 26 teams entered, AVR finished 4th, 5th, 10th and 20th. During the event Fiona Price managed to set a new FV50 club record time of 41:38.

Mike Towler clocked 15:38 and Bethan Francis 18:52 in the final race in the 2019 AVR Westbury 5K series.



August 2014

In this month ten years ago:

Gary Daniel became an Ironman after completing the full distance triathlon in Zurich.

Richard Ayling clocked 35:50 to take third place at the **Malmesbury 10K** and lead the AVR men's team to victory along with 4th placed Mike Rose, 7th placed Pete Veleski and 10th placed Thomas Coney. Fleur Ross-Harris finished as 3rd Lady and Ken Marshall took home the 1st MV60 prize.

Frank Lamerton ran 40:01 to finish as 1st MV60 at the **Warminster Carnival Canter**.

Mike Towler ran an impressive 26:36 at the **Foxtrot 5** to finish second overall and along with 6th placed Pete Veleski and 7th placed Dominic Beddis won the men's team prize. Not to be outdone the AVR ladies' team of Anita Mellodew, Jennifer Ford and Tina Towler won the ladies team prize.

Ruth Barnes was the winning lady at the tough **Cheddar Gorge Half Marathon** – finishing in 6th place overall, clocking 1:55:03 over the multi-terrain course.

Amelia Jobling won the **Barbary Horseless Steeple Chase** race near Swindon.



August 2004

In this month twenty years ago:

Viv Toms conquered the 86-miles of the **Ridgeway Run** to finish 13th overall and the 1st FV50.

Genevieve Sharam was third lady at the **Southwick 3**.

Kevin Sparey ran 1:21:36 to finish as 3rd MV40 at the **Sturminster Newton Half Marathon**. Doug Barber ran 1:37:47; Liz Ringham - 1:44:18; Les Unsworth - 1:46:07; Laurie Irwin - 2:07:46; Joyce Field - 2:11:15.

Mike Pace, Rachel Bown and Stuart Macgregor travelled to Tywyn in Wales to **Race the Train** and the train won 😊

Fifteen Avon Valley Runners travelled to Langport in Somerset for the Battle of Sedgemoor 10K: 15th Kevin Sparey - 35:53; 19th Alistair Bartlett - 36:45; 116th Mike Maidment - 42:48; 173rd Rosemary Barber - 45:47; 260th Dave Cox - 51:29; 269th Mark Kirkpatrick - 52:03; 282nd Tanya Maidment - 52:55; 284th Joyce Field - 53:24; 287th Neil Whitehead - 53:37; 289th Julia Cox - 53:43; 315th Michael Gerrish - 55:39; 327th Dennis Mellor - 56:55; 345th Judy Farr - 58:50; 362nd Stan Farr - 61:49; 386th Tony Bartlett - 70:21.

Darren Wrintmore recorded 38:57 to finish 76th at the **British 10K** in London.



August 1989

In this month thirty-five years ago:

With six runners to score it was AVR who took the team prize at the **Grittleton Ladies 10K** with 5th - Linda Brown, 8th - Judy Farr, 9th - Ann Bull, 44th - L. Fice, 52nd - Denise Ellis and 55th Joyce Field all on top form.

Judy Farr was third placed Lady at the **Cranham Chase** six-miler.

Ann Bull was 1st Lady at the **Devizes Marathon**, recording 3:31:25. In the Devizes Half Marathon we had: 10th Martin Connor - 1:15:15; 18th T. Chappell - 1:16:36; 31st Tim Northwood - 1:20:56; 36th Bob Ellis - 1:21:36; 52nd Tony Frost - 1:25:51; 67th Peter Bray - 1:27:34; 69th Colin Stiles - 1:27:47; 85th Malcolm Gerrish - 1:32:37; 103rd Stan Farr - 1:35:33; 111th Denis Mellor - 1:37:25; 124th G. Babb - 1:39:45; 169th Mike Beirne - 1:58:31.

Tom Roberts recorded 3-hours 25-minutes at the **Elgin Marathon**, whilst Ian Craig clocked 1-hour 40-minutes in the supporting **Elgin Half Marathon**.

The **Trowbridge Carnival Fun Run** over 5.4-miles saw Martin Connor take the third step on the podium in 30:01, followed by: 10th Neil Fyfe - 31:46; 11th Tim Northwood - 31:55; 12th Nick Rosier - 32:07; 16th Neil Whitehead - 33:02; 19th Ted Rockliffe - 33:11; 23rd Colin Stiles - 34:34; 26th L. Greening - 35:45; 28th Pete Chapple - 36:12; 30th Darren Earney - 36:42; 31st Mike Carpenter - 36:49; 32nd Stan Farr - 37:20; 33rd Denis Mellor - 37:25; 34th J. York - 37:52; 40th G. Babb - 40:18; 41st Frank Allen - 40:32; 48th Miles Holland - 43:39; 50th C. Beirne - 46:31; 51st Mike Beirne - 46:33; 65th K. Beirne - 56:49.

O-L-M-P-I-C-S

With the Paris Olympics starting on July 26th the AVR Goal Getters challenge for the month was set to run a route to spell out OLYMPICS using road names. First up was **Eve Green** who took advantage of the quiet streets around Trowbridge whilst the final of the Euros was in progress and recorded 5K to bag the following street names:



Next, we had **Nia Lewis** who also chose to run around Trowbridge and clocked 3.75K...



Third to post on the [GoalGetters FB page](#) was **James Gorman**:



Special mentions also to **Katie Oliver, Samantha Grant, Gemma Stone** and **Fiona Kiely** who also completed the challenge before we went print.

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Multisport – Scores on the Doors

Here are the Top-10 AVT results of the Open and Ladies league so far this year, where your best performances count towards your overall “Average” score:

Name	Time Trial	Aquathlon	Aquabike	Duathlon	Triathlon	League place	Average
Keith Withers	100	100	38.89	74.41	19.87	1	66.63
Simon Williams	100	100	22.22	100	17.31	2	67.91
Graham Livingstone	100	100	44.44	100	34.62	3	75.81
Andy Jefferies	100	100	100	66.14	31.41	4	79.51
Alan Best	100	100	100	53.54	69.15	5	84.54
Paul Banfield	100	100	100	100	30.86	6	86.17
Darren Wrintmore	32.81	100	100	100	100	7	86.56
Graham Anderson	100	100	100	100	38.27	8	87.65
Scott Green	100	100	100	100	41.98	9	88.40
Steve Clark	100	100	100	100	43.58	10	88.72

Name	Time Trial	Aquathlon	Aquabike	Duathlon	Triathlon	League Place	Average
Annalie Ibison	100	57.89	77.78	83.86	28.21	1	69.55
Emily Dye	71.88	75	100	73.33	37.04	2	71.45
Jen Natrass	100	100	100	66.93	33.33	3	80.05
Jen Davies	100	100	100	75	52.56	4	85.51
Caroline Scott	100	100	100	100	39.74	5	87.95
Caroline Tassell	100	100	100	100	42.95	6	88.59
Jayne Williams	100	100	65.38	100	100	7	93.08
Eve Green	100	100	100	100	66.67	8	93.33
Maria Harryman	100	100	100	100	71.24	9	94.25
Viv Panther	100	100	100	100	75.00	10	95.00

In the “How Hard Did You Tri” competition, it is the number of kilometres covered in competition that counts:

Rank	Name	Total Distance (km)	Rank	Name	Total Distance (km)
1	Cliff Dye	205.75	1	Emily Dye	239.25
2	Andy Jefferies	189.15	2	Annalie Ibison	161.4
3	Keith Withers	155.4	3	Pauline Bradley	107.65
4	Alan Best	142	4	Jen Natrass	81.75
5	Simon Williams	138.95	5	Eve Green	53.65
6	Graham Anderson	76.75	6	Caroline Scott	53.65
7	Adrian Holland	55.8	7	Maria Harryman	51.5
8	Dave Clarke	53.65	8	Jen Davies	48.9
9	Steve Clark	51.5	9	Jayne Williams	41.5
10	Graham Livingstone	48.65	10	Linda Unsworth	29
11	Darren Wrintmore	32	11	Viv Panther	28.4
12	Leslie Unsworth	29	12	Rosemary Barber	28.4
13	Will Gilsenan	25.25	13	Caroline Tassell	28.4
13	Scott Green	25.25	13	Vicky Bodman	25.25
13	Paul Banfield	25.25	13	Sarah Emery	25.25
16	James Gorman	24.4	16	Nicola Johnson	16
17	Will Whitmore	16			
Grand Total		1294.75	Grand Total		1019.95

Please submit your results to avtresults@avonvalleyrunners.org.uk

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Segment of the Month – August 2024

Our first segment for July was the [Brokerswood Rd Lump](#) segment which measures at just shy of a mile with an average gradient of 1.2%. We had fourteen club members tackle this segment and it was Tom Carpenter who maintained his good form to complete it in 2:30 (23.3mph) and Caroline Scott in 3:01 (19.3mph), both taking the full points for the segment.

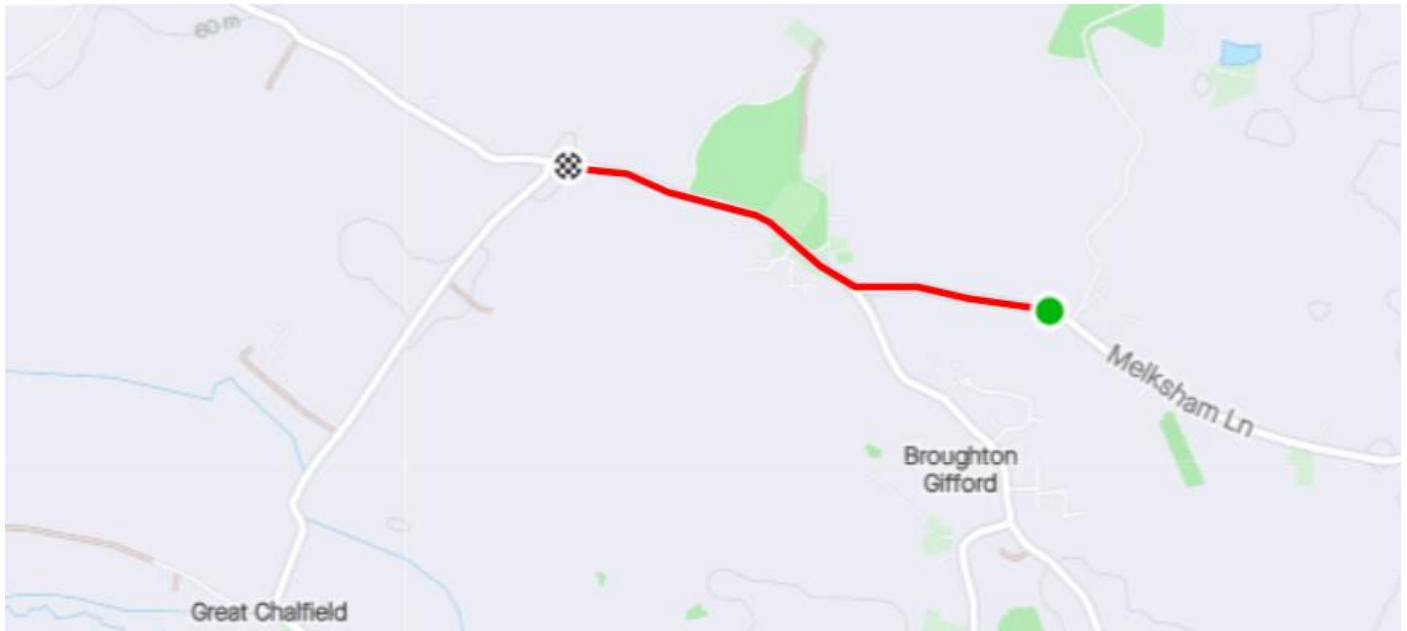
Rank	Name	Date	Speed	HR	Time
	Tom Carpenter	Jul 7, 2024	23.3 mi/h	152 bpm	2:30
2	Darren Wrintmore	Jul 20, 2024	21.4 mi/h	155 bpm	2:44
3	Alan Best	Jul 23, 2024	21.1 mi/h	166 bpm	2:46
4	Caroline Scott (AVT)	Jul 23, 2024	19.3 mi/h	154 bpm	3:01
5	Jenny Natrass	Jul 19, 2024	18.7 mi/h	94 bpm	3:07
8	Sarah Jewers	Jul 10, 2024	16.7 mi/h	132 bpm	3:30
8	Caroline Tassell	Jul 25, 2024	16.7 mi/h	150 bpm	3:30

Our second segment in July was the [Bradford Road Straights \(AVT\)](#) heading out from Wingfield down to Rode measures in at 2.2-miles. We had twelve members take on this challenge, on which some temporary traffic lights unexpectedly appeared to scupper some attempts but that didn't deter Caroline Scott who proved quickest clocking 5:32 (23mph) with Alan Best leading home for the Men in 5:36 (22.7mph).

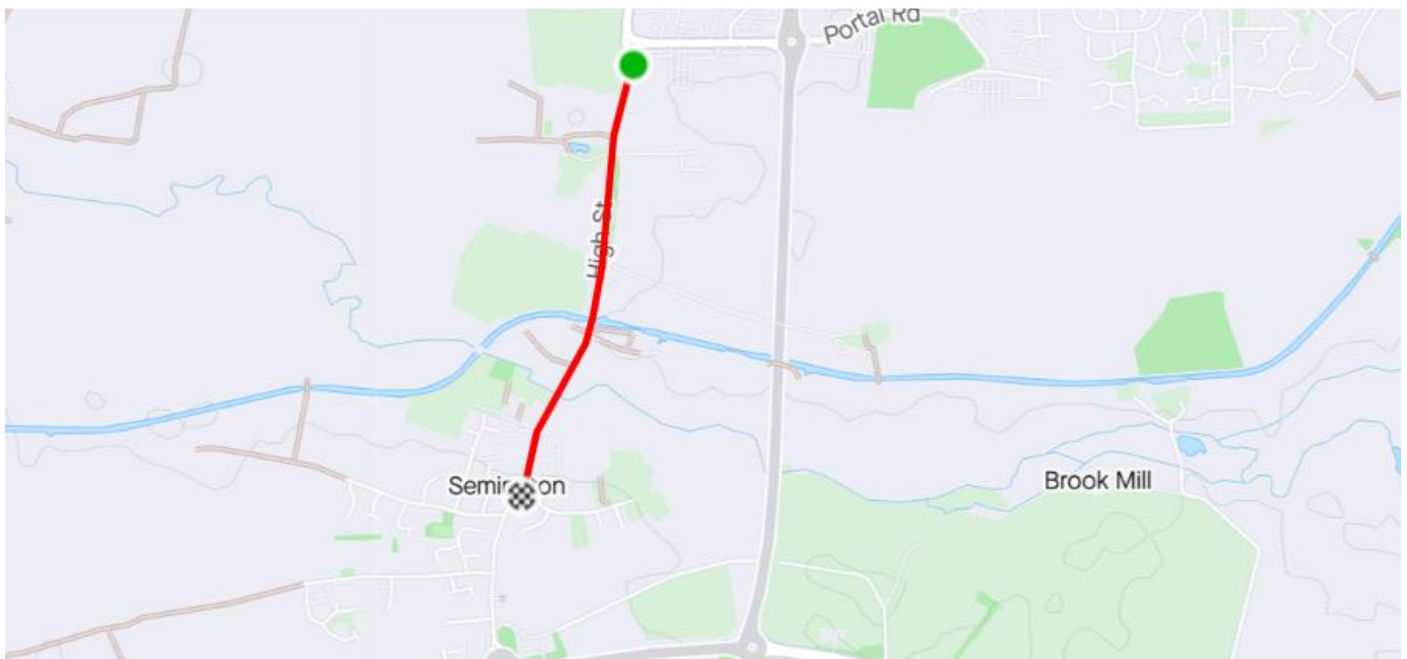
Rank	Name	Date	Speed	HR	Time
	Caroline Scott (AVT)	Jul 23, 2024	23.0 mi/h	156 bpm	5:32
2	Alan Best	Jul 23, 2024	22.7 mi/h	169 bpm	5:36
3	Tom Carpenter	Jul 21, 2024	22.5 mi/h	144 bpm	5:39
4	Jenny Natrass	Jul 19, 2024	21.6 mi/h	149 bpm	5:53
5	Cliff Dye	Jul 19, 2024	21.4 mi/h	110 bpm	5:57
6	Annalie Jane	Jul 15, 2024	21.3 mi/h	-	5:58

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For August we have two new segments, we have [Up Broughton Gifford](#) suggested by Jenny Natrass which is a gentle climb of 0.8-miles starting at the Norrington Common junction in the village and finishing at the turnoff to Great Chalfield. We have had fifteen club members take on this segment so far this year with Darren Wrintmore in 2:30 and Jenny Natrass in 3:00 being the quickest so far.



Our second segment for August is [The Semington Drag!](#) and was suggested by our late Chairperson Sara Robert; this segment provides a gentle climb of 0.7-miles through the village starting by the Police HQ and finishes at the Church Street turning. Darren Wrintmore and Esther Frawley have been the quickest of the twenty-seven members who have rode this way so far in 2024 – clocking 1:56 and 2:11 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 4-rounds...

Rank	Athlete	Total Points	SotM Ridden	SotM Points	Bonus Segments	Bonus Points	Movement
1	Tom Carpenter	390	8	195	8	195	□
2	Darren Wrintmore	366	8	183	8	183	□
3	Alan Best	328	7	164	7	164	↑
4	Paul Banfield	259	6	130	6	129	↓
5	Andrew Jefferies	239	6	120	6	119	↑
6	Will Whitmore	194	4	97	4	97	↓
7	Cliff Dye	176	3	67	6	109	↑
8	Simon Williams	139	3	60	4	79	↓
9	John Naish	132	2	33	6	99	↑
10	Gary Day	112	3	57	3	55	↓

Rank	Athlete	Total Points	SotM Ridden	SotM Points	Bonus Segments	Bonus Points	Movement
1	Jenny Nattrass	388	8	195	8	193	□
2	Caroline Tassell	352	8	181	8	171	□
3	Caroline Scott (AVT)	323	6	148	8	175	↑
4	Annalie Jane	315	7	159	7	156	↓
5	Rosemary Barber	274	7	141	8	133	□
6	Jo Mumford	186	3	58	6	128	↑
7	Sarah Jewers	179	4	88	5	91	↑
8	Esther Frawley	124	2	43	4	81	↓
9	Eve Green	112	3	48	5	64	↑
10	Fiona Gibbs	101	1	20	5	81	□

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

A selection of forthcoming events which may be of interest:

Date	Event	Distance	Details	
Sunday 4 th August	Westonbirt 10K	10K	Two lap course from iCompete at the stunning stately Westonbirt House.	
Wednesday 7 th August	Pronto Bikes TT	10-miles 25-miles	DB Max offer two distances at Castle Combe circuit for potentially fast times on two wheels.	
Wednesday 7 th August	Hilly Helmet challenge	4'ish miles	Don your helmet for this hilly charity fundraiser at Westbury.	
Sunday 11 th August	Lightning Bolt 10K	10K	A quick 10K at Langley Burrell near Chippenham from iCompete.	
Tuesday 13 th August	Westbury 5K	5K	The final of AVR's 5K race series for 2024 and test out your assigned handicap.	
Sunday 18 th August	YAW100K	62-miles	Cycle event from Melksham to raise money for Youth Action Wiltshire.	
Saturday 31 st August	Malmesbury 10K	10K	Another 10K from the team at iCompete.	
Saturday 7 th September	Cotswold Big Swim	Various	DB Max invite you to Lake32 in the Cotswolds for some watery fun.	
Wednesday 11 th September	Pronto Bikes TT incorporating the AVT TT championships	10-miles	Cycle Time Trial organised by DB Max at Castle Combe circuit.	

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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...



Frank Lamerton: A few stints of weeding has uncovered the 10 metre markers around the track



Sarah Collins: AVR GG greetings from the Fornells Tower in Menorca!



A huge thank you to everyone who helped out at Active Festival 2024 in Trowbridge Park,

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