



Welcome to The Valley News

Our cover image this month comes from the “Plank Challenge” which took place as part of the Avon Valley Summer Social, held in memory of Sara Robert.

Holly Newman and James Waugh held the position longest at 8-minutes 20-seconds and 10-minutes 22-seconds respectively.

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 #270 – October 2024



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

Wrinty's Ramblings

I was recently trawling through some of my mother's old photographs and found a few that brought back some interesting memories.

The first, was one of my brother and I taken in 1976 with Liverpool FC player Peter Cormack. We were on a family holiday at Butlins in Minehead and they had a football camp. I fancied myself as the next Kevin Keegan, however what the camp did show was that although I didn't have the necessary skill to make it as a footballer, I could run around a lot and so a future as a distance runner may be on the cards even if I wasn't going to be signed up by Liverpool :-)

The other pictures were of me back in 1984 at the inaugural Westbury Fun Run, which was organised by the local Lions group and took runners on a 5-mile route all the way from the High Street, down Station Road, around West Wilts Trading estate and back up Hawkeridge Road, past the mine-hole ponds, along Frogmore, through the Market Place and Edward Street before returning into the High Street.

What stood out for me was the lack of 'proper' running gear - I was wearing Dunlop tennis shoes, a rugby shirt, my old school gym shorts and the race number was hand written - yet according to the certificate (*which looked like it had been printed off on the xerox machine in the town library*), I had finished in 13th place and ran 27-minutes - you had to record your own time and my mum took my time from the clock in the window of the Newsagents in the High Street 😊

Darren Wrintmore (Wrinty)












Wot – No Garmin



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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 6th October	Westbury Lions 10K	10K	Organised by Westbury Lions group – from White Horse Country Park to Bratton and back.	
Sunday 6th October	Cirencester Slog	10-miles 5K	Race #1 in WORL over 3 short and sharp climbs with 200m total elevation over 10 multi-terrain miles	
Sunday 6th October	Cyclefest	Various	Possibly the last chance to ride at Castle Combe in 2024.	
Sunday 13 th October	Thrupton TT Festival	Various	DB Max offer a choice of TT events including a 4up and Mixed Relay.	
Sunday 20 th October	The White Horse Gallop	7-miles	Get up close and personal with Westbury White Horse at this challenging trail run.	
Sunday 27th October	The Stickler	10.1-miles	Hosted by Dorset Doodlers, The Dorset Three Peaks challenge, involves over 1500ft of gruelling climbing at Shillingstone, also Race #2 in WORL.	
Sunday 3 rd November	Over the Hills	12K	AVR's flagship race at Bradford on Avon; Race #3 in WORL.	
Sunday 17th November	Avebury 8 Nine	9-miles	Marlborough RC present WORL Race #4 taking runners on fields and tracks to Yatesbury and over the Neolithic 'causewayed enclosure' of Windmill Hill and back to the village High Street.	
Sunday 24 th November	AVR Half Marathon	Half Marathon	Volunteers needed for our Half which starts and finishes at Edington.	



Our **Over the Hills** race at Bradford on Avon is looking for lots of lovely volunteers to make the event a success.

I can't promise good weather, but I can offer a fantastic atmosphere with coffee and cake afterwards!

If you can help out on Sunday 3rd November then please comment, message or email:

overthehills@avonvalleyrunners.org.uk

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AVR Beginners 2024



Please can you give a massive welcome to the AVR C25K class of 2024

The first session had forty-six new runners which was fantastic with several helpers which I really appreciate.

This is a fantastic number and I cannot wait to see the progression over the next few weeks.



Dave Hyde

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The AVT Time Trial Championship

The AVT focus event for September was the AVT TT Championship and this also counted as a closed event for those seeking a Goal Getter point.

The 10-Mile Time Trial consisted of cycling five and a bit laps around the Castle Combe racing circuit on the evening of Wednesday 11th September.

Darren Wrintmore and Jenny Natrass were crowned AVT TT champions but well done to all who battled with the wind - staying upright on the bike around the corners was an "experience".

Pos	Name	Time	Age Cat Pos (Gen Pos)
+ 15	Darren WRINTMORE #72 Male Vet50	25:45.21	3 (15)
+ 17	Alan BEST #62 Male Vet50	25:54.45	4 (17)
+ 20	Tom CARPENTER #64 Male Vet40	26:36.88	2 (19)
+ 28	Jenny NATRASS #70 Female Vet40	29:58.92	2 (6)
+ 29	Annalie IBISON #54 Female Vet50	31:35.21	4 (7)
+ 30	Maria HARRYMAN #71 Female Vet40	31:59.92	3 (8)



As we now move out of the Triathlon Season, there isn't an AVT focus event for October, but we will be planning more for 2025, so if you have an event you would like to propose then please let one of the AVT Working Group know.

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

Multisport News

AVT pool swims are back for Autumn

We meet at Melksham Community Campus. Keith Withers, Steve Clarke and Sarah Jewers will be leading the coaching. We have lanes booked every Thursday from 9-10pm. Use the links on the AVT members Facebook page (See featured posts) to book onto these sessions.

AVT Coached open water swim session

The club was offered a free coached swim at Vobster (members just had to pay the cost of entry to the facility). The session included sighting, drafting, fast turns, open water race starts and dealing with race situations. There was lots of laughter and hopefully everyone went away having learnt something new. Big thanks to Christian!



New AVT Club kit...

TRI SPEEDSUIT WITH SLEEVES



After much discussion and research (*big thanks to Annalie Ibison who did most of the work!*), we have found a new supplier for our AVT tri-suits. EPIC custom kit come highly recommended. Their tri suits are comfortable, come in sleeved and sleeveless, have a great fit and a quicker delivery time. <https://www.epic-custom.com/>

After asking club members, there was an overwhelming desire to keep our existing design and EPIC has provided us with this design which is as close a match as possible to our current one.

AVT will be subsidising an initial purchase so the discount can be honoured as we didn't get quite enough for a group order. New tri-suits can still be ordered on an ongoing basis. Please message Annalie Ibison or Caroline Scott for further details.

Segment of the Year 2024

Our final segments for the year were the [Hinton Services Climb](#) with a 3% climb over 0.56-miles starting at Cold Harbour (just off of the A350) and climbing up to the cross-roads at Great Hinton. We had 12 club members tackle this segment with Tom Carpenter taking the full 25-points with his 1-minute 43-seconds clocking (19.7 mph) and also Jenny Natrass with her 2-minutes 6-seconds (16.1 mph).

Rank	Name	Date	Speed	HR	Time
	Tom Carpenter	Sep 1, 2024	19.7 mi/h	147 bpm	1:43
2	Alan Best	Sep 15, 2024	18.6 mi/h	163 bpm	1:49
3	Jenny Natrass	Sep 24, 2024	16.1 mi/h	114 bpm	2:06
4	Caroline Scott (AVT)	Sep 15, 2024	15.6 mi/h	149 bpm	2:10
5	Darren Wrintmore	Sep 15, 2024	15.1 mi/h	-	2:14
6	Annalie Jane	Sep 25, 2024	13.1 mi/h	-	2:34

Our “second” segment for September was set to tie into the AVT Time Trial Championships at Castle Combe, however with the event being held in a different direction to that which we initially believed, we brought in a third segment to cover the clockwise riding with the ‘original’ second segment being retained for those who had made attempts at the anti-clockwise direction at other sessions held at Castle Combe.

On the anti-clockwise lap Tom Carpenter and Caroline Scott each visited one of the Tuesday evening “Andy Cook” sessions at the circuit and clocked the fastest lap times of the month with 4-minutes 33-seconds and 4-minutes 49-seconds, whilst going clockwise it was Darren Wrintmore and Jenny Natrass who led the way, on the way to their victories in the AVT Time Trial championships with 4-minutes 39-seconds and 5-minutes 25-seconds respectively.

This meant that Tom and Darren each took the maximum 25-points, as did Caroline and Jenny.



So here is the Top-20 Leaderboard after completion of all 12 of the monthly segments...

Rank	Athlete	Total Points	SotM Ridden	SotM Deductions	SotM Points	Bonus Segments	Bonus Deductions	Bonus Points	Movement
1	Tom Carpenter	491	12	47	246	12	46	245	=
2	Alan Best	480	11	22	240	12	45	240	=
3	Darren Wrintmore	471	12	42	235	12	42	236	=
4	Andrew Jefferies	357	8	0	163	10	0	194	↑
5	Paul Banfield	346	8	0	174	8	0	172	↓
6	Cliff Dye	275	5	0	107	10	0	168	=
7	Stephen Clark	199	5	0	87	7	0	112	↑
8	Will Whitmore	194	4	0	97	4	0	97	↓
9	John Naish	193	2	0	33	9	0	160	↓
10	Sean Price (Westbury Wheelers)	163	1	0	20	10	0	143	↑
11	Simon Williams	156	3	0	60	5	0	96	↓
12	Adrian Holland	150	3	0	57	6	0	93	↓
13	Richard Newman	143	3	0	47	8	0	96	↓
14	Martin Disney	138	1	0	16	7	0	122	↑
15	Ian White	130	2	0	37	7	0	93	↑
16	Gary Day	111	3	0	57	3	0	54	↓
17	Graham Livingstone	90	2	0	34	4	0	56	=
18	James Waugh	88	1	0	8	8	0	80	=
19	Daren Booth	76	2	0	39	2	0	37	=
20	Paul Thorne	72	2	0	23	4	0	49	=

Rank	Athlete	Total Points	SotM Ridden	SotM Deductions	SotM Points	Bonus Segments	Bonus Deductions	Bonus Points	Movement
1	Caroline Scott (AVT)	495	10	0	247	12	45	248	↑
2	Jenny Natrass	489	12	47	246	12	43	243	↓
3	Caroline Tassell	431	10	0	224	10	0	207	↓
4	Annalie Jane	425	9	0	206	10	0	219	↑
5	Rosemary Barber	381	10	0	203	12	21	178	↓
6	Sarah Jewers	294	6	0	131	10	0	163	=
7	Maria Harryman	267	4	0	90	9	0	177	↑
8	Jo Mumford	222	3	0	58	8	0	164	↓
9	Esther Frawley	216	3	0	63	8	0	153	=
10	Fiona Price	184	1	0	21	10	0	163	=
11	Fiona Gibbs	146	1	0	20	8	0	126	=
12	Anne Clark	136	2	0	29	7	0	107	=
13	Pauline Bradley	118	2	0	31	7	0	87	=
14	Emily Dye	115	1	0	22	5	0	93	=
15	Sue P	111	2	0	39	4	0	72	=
16	Eve Green	109	3	0	48	5	0	61	↓
17	Amélie Higgins	104	2	0	38	5	0	66	=
18	Melanie Ward-Nicholls	102	3	0	44	5	0	58	↓
19	Samantha Grant	82	2	0	37	3	0	45	=
20	Jayne Williams	80	1	0	19	4	0	61	=

Riders now have until November 25th to revisit any of the segments to try and improve upon their bonus points scores.

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](#).

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

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...

October 2019

In this month five years ago:

Rich Harding broke the long-standing MV40 Marathon club record, which had been held by Tim Northwood since 1986 – it had taken 33-years but it was beaten by just over one minute by Rich at the **Abingdon Marathon** with a time of 2:47:51. In the same race, Pete Veleski recorded 3:15:29 and Ray Pemberton 3:24:43.

Michele Platten completed the **Lisbon Half Marathon**; Ed Knudsen set a new PB at the **Budapest 10K**; Jay and David Bagshaw completed the **Toronto Half Marathon**; Also in Canada, Michael Guy completed the **Niagara Falls Marathon** which crosses the USA/ Canada border.



October 2014

In this month ten years ago:

Avon Valley Runners cleaned up with the prizes at the **Badminton Horseless Trials**, with the Men's team of Mike Rose, Peter Slade, Domonic Beddis, Richard Morgetroyd and Darren Wrintmore taking the team title over 5-miles. The Ladies team of Rebekah Carrivick, Kiersty Barnett, Liz Gard, Gill Perry and Fiona Gibbs doing likewise. Whilst in the 9-mile event, Thomas Coney, Peter Veleski, Tim Lowrie, Sean Carrivick and Warren Wade also brought home the Team Prize.



The **Devizes Half Marathon** hosted the county championships for the distance and saw Rich Ayling claim the silver medal, running 1:18:00.

Ruth Barnes was the first lady at the **Salisbury Half Marathon**, recording 1:23:41.

Third placed Michael Towler clocked 34:14 at the **Calne Clock Change Challenge 10K** to lead AVR with Rich Ayling and Mike Rose to the Men's team prize. Whilst Fiona Price clocked 40:38 for first place in the Ladies race and took the Team prize too, with Anita Mellodew & Kiersty Barnett scoring.

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October 2004

In this month twenty years ago:

Denise Ellis and Tina Vivian put in a massive effort to complete the tough **Karrimor Mountain Marathon** in 16-hours 27-minutes and 7-seconds for 54th position.

Rachel Bown recorded 3:49:55 at the **Dublin Marathon**, whilst dressed as Scooby Doo!

The club outing to Amsterdam was well attended...

Viv Toms recorded 4:30:37 in the **Marathon**.

In the **Half Marathon** we had:
 78th Doug Barber - 1:23:49; 113th Darren Wrintmore - 1:25:45;
 217th Bob Ellis - 1:29:03; 322nd Mike Pace - 1:30:54; 464th Derek Jarvis - 1:33:52; 625th Mike Maidment - 1:35:55; 871st Stuart Macgregor - 1:38:31; 873rd Sue Macgregor - 1:38:32; 1283rd Laurie Irwin - 1:42:17; 1441st Paul Symns - 1:43:24; 2273rd Mark Hayward - 1:49:17; 2504th Denise Ellis - 1:50:40; 3098th Joyce Field - 1:54:18.

Whilst for the **10K** we had:
 1488th Tanya Maidment - 56:18;
 1801st Genevieve Sharam - 58:33; 2412nd Stan Farr - 63:29.

**October 1989**

In this month thirty-five years ago:

Gerry Fice set a new club record of 16:21 at the **Melksham 5K** and was followed home by Darren Wrintmore in 17:04 and Alex Keay in 18:14 who was the first Junior to finish.

Going long, Bob Ellis clocked 3:07:35 at the **Berlin Marathon**. M. Bailey recorded 4:57:08 at the **Athens Marathon**. A little closer to home Martin Connor finished 7th overall at the **Gloucester Marathon** in 2:44:32 with Ted Rockliffe - 3:08:18; T. Harrison - 3:26:45; Danny Kay - 3:38:00; Denis Mellor - 3:39:12, whilst Ann Bull recorded 3:28:52 to finish as the third placed lady at the **Weston Super-mare Marathon**, with Danny Kay recording the same time and Colin Stiles 3:34:00.

Over the half distance we had notable performances at the **Cricklade Half Marathon** where Martin Connor came 5th in 1:17:46 and at the Stroud Half Marathon where Gerry Fice led us home in 141st position clocking 1:17:31, followed by: 246th Phil Mitchell - 1:21:54; 289th Bob Ellis - 1:23:26; 449th Tom Roberts - 1:27:34; 508th Danny Kay - 1:28:26; 578th Colin Stiles - 1:29:42; 1285th I. Craig - 1:45:01 and 1310th R. Porter - 1:45:36.

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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...



Nicky Jane: I took on the **Sea to Summit Challenge**. Up and down Ben Nevis then 8 miles to the finish – 29-miles in total.



Ali Anderson & Samantha Grant: we took on the **City to Sea Half Marathon**, wearing our AVR colours. It was a lot tougher than we anticipated, but we did it!



Vicky Bodman: Collecting the poo off the track! **The things I do for this club!**



Ali Atkinson: Flying the AVR flag in County Offaly, Ireland at the **Bord na Mona Tullamore Harriers Half Marathon**.

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