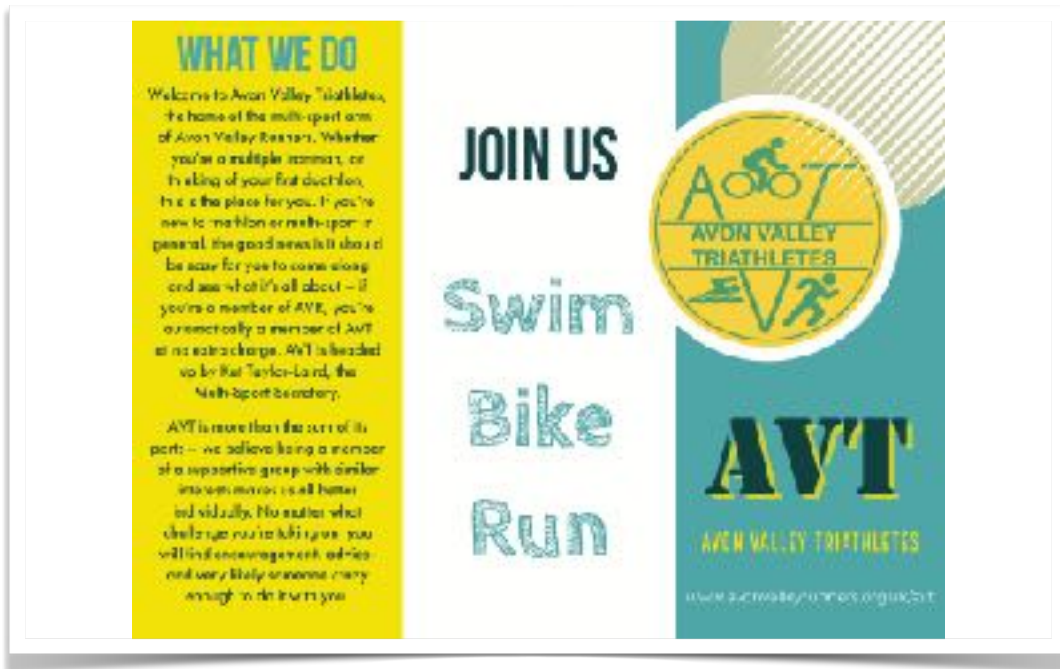


AVT News



Welcome to the first edition of the dedicated AVT News.

We hope that this will help to keep you up to date with everything that is AVT. If you have anything that you would like to feature in future issues of AVT News please e-mail avt@avonvalleyrunners.org.uk.

Please come and join us for our social swim, bike and run sessions. See Facebook for more details.

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SEGMENT OF THE MONTH

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Social Swim

Join us for our weekly social swim at Trowbridge pool 1815 every Friday



Social Ride

Join us on a Sunday morning for a social ride - see Facebook for ride details



Run to breakfast

Saturday mornings are our run to breakfast sessions. See Facebook for run details.

My triathlon journey, by Steve Clark

From never having attempted a triathlon until March 2014, where I competed on the 100km bike leg of the Abu Dhabi Triathlon in a relay team at age 57 and nearly 113kgs (over 17 1/2 st), eight months later I successfully completed Challenge Bahrain 70.3, weighing in at 88kgs (under 14 st).

Turning the bend into the finishing straight with the red carpet and crowds was one of the best feelings I've ever had. I crossed the finish line in 6:05:11; seventh oldest person in the event, finishing in the top 50% out of over 800 competitors, I was hooked!

Since Challenge Bahrain I've gone on to complete two full Ironman events in Austria and Barcelona and numerous half Ironman distance races. Since my triathlon journey began I have always thought about qualifying for GB at Age Group level. It was a dream maybe – and we all have to dream!

BUT, in November 2018 I received an email from British Triathlon saying I had qualified to represent GB as an Age Grouper in the 2019 ITU Multi-sport World Championships in Pontevedra, Spain. Dreams really can come true!

It all started while I was based in the Middle East in a senior management role, with a full on job working all hours. I really was that couch potato – sleep, work, eat, sleep repeat! Other than the odd cricket match in my 40's and six lengths in the pool now and again, I hadn't taken part in any sport for around 30 years. I grew up with sport, achieving representative honours in Basketball, Football and Cricket.

The Olympics in London in 2012 certainly left a legacy with me. Watching from that couch I went and purchased my first bike in



35 years and set myself a challenge of riding from London to Paris in September 2013, 350 miles! That was the start of me getting back into participating in sport again.

Starting sport again certainly changed my life and health completely. In July 2013 a visit to the doctors was met with "This time next year Mr Clark, I will be treating you for Type 2 diabetes!" Everything was at the limit, blood pressure, cholesterol, blood sugar levels. It was the kick I needed. Fast forward one year and the same doctor said I was an advert for "doing something about my health problems rather than sitting there and waiting for a miracle". No sight of being Type 2 diabetic, all other levels were normal.

Plus, I had lost almost four stones in weight.



In 2019 I won my age group at the Eton Dorney Sprint qualifier and qualified for the 2020 ITU Sprint Distance World Championships, but Covid had something to say about that unfortunately. I've been fortunate enough again in qualifying for GB Age Group for the WTCS 70.3 Europeans in Bilbao in September and Sprint and Aquabike Worlds in Abu Dhabi in November.

I love the buzz of race day and race across all distances from Sprint to 70.3 plus the Ironman distance (there might be one more left in me in 2023 . but don't tell Mrs C !!)

If I can do it, then so can others.

Don't limit your challenges, challenge your limits!

Castle Combe Chilly Duathlon Race Report – by Tim Lowrie

Having not raced competitively since competing in the Standard Distance Duathlon European Championships in Spain two years ago, I thought it time to find my competitive spirit again.

Having raced in the Chilly Duathlon before, I thought this would be a good one to enter and start my journey back to being a competitive athlete.

As much as I love competing, I do tend to expect a lot of myself and heap loads of pressure on myself to always perform to the best of my ability. This always results in a lot of race day nerves.

I've quite enjoyed not having this pressure over the last two years but equally missed the high from completing an event I'd worked hard towards.

My entry was in, I had started some form of training but wasn't really bike fit.

To make matters slightly more interesting was the forecast for two major storms over the race weekend.

This meant that in terms of bike choice and trainers it was back to basics as deep dish carbon wheels were banned and the TT bike would be too dangerous to ride in high winds. My training bike with slim profile aluminium wheels it was to be then.

The wet and muddy (in places) run route was certainly no place for posh carbon road shoes so my non-carbon trainers it was.

The positives of all this would be a true test of fitness without the benefits of marginal gains and it would be an even playing field.

Race day arrived; the nerves were building as was the wind (meteorologically speaking). Castle Combe is well known for being windy on the nicest of days, but this was something else.

On the start line we were informed that the 7-lap bike leg was being reduced to 5 laps. We were later to find out why. On the plus side I only need count to five.

With the rain lashing down and the wind blowing a gale we were off. The 5k run was an out and back course. The first half was great as the wind was behind us and we were all relatively sheltered.

Obviously, this meant that we had a full-on head wind on the return to transition. Coming in just under 20 minutes I was pleased with my start.

Transition could have been slightly better, however given the wet gloves, cold hands, and freezing fingers I cut my self some slack. Helmet on first, road shoes off, cycle shoes on, grab the bike, run to the mount line and away we go.

With adrenaline pumping and the wind behind me this felt amazing - until that is we rounded the first corner.

Bike control was everything, the front end was twitching slightly so I just went with it rather than fight it. This was precisely why deep-dish wheels were banned, they would have acted like sails and thrown you from the bike. Safely round the first corner I was now full on into the wind.

Never before have I put so much effort into going so slow. In an effort to reduce frontal drag I tried in vain to get as low as I could while still in control of the bike.

This helped me achieve a rather speedy 10 mph. Finally, around the next bend things improved slightly. Once past the chicane the wind was finally behind me again.

Now the fun really started. Down as low as I could go, legs turning as quickly as I could make them, pushed along by the wind I was now achieving speeds in excess of 35mph.



Then bang back into the wind. Having previously felt a little short-changed about the reduction in laps I was now feeling extremely grateful.

Finally, on to the end of the last lap feeling very wind swept and legs very fatigued I rolled up to the dismount line. Rack the bike first, helmet off, wet trainers on. Again, my transition was a little slow and I lost two places. However, they were both marked men. I gradually tracked them down on the run and took them 800m from the finish.

Finish line in sight; I tried a sprint finish but didn't have much to give finally crossing the line. By no means my fastest duathlon, but certainly one of the most memorable and strangely enjoyable ones. Also finishing 7th in my age group was an added bonus.

My return to competitive racing had begun. Now looking forward to getting bike fit and race ready for later in the year. Although there may be some swimming involved and a swimmer I am not. It does us good to get out of our comfort zone occasionally or so they say.

Avon Valley Cycling Segment of the Year

– April 2022



April sees the launch of the **Avon Valley Segment of the Year competition** and to recap...the idea is that you are invited to take on a Strava segment which can be incorporated into one of your training sessions and the fastest times recorded within the month (*actually up to the 25th of the month as we will need time to compile the results*) will get loads of kudos and as part of this new competition the fastest overall will also get 25-points. The next fastest (Male & Female) get 24-points, the next fastest (Male & Female) get 23-points and so on down to the 25th fastest getting 1-point and in the unlikely event that we should get more than 25 members tackling a segment in a month then they will each get a point as well.

You can undertake a segment as many times as you like in a month and it is your best time that will be taken. Unlike in previous years though, you can continue cycling the segments right through until November and these will make up your Bonus-points score, with up to another 25-points on offer per segment

In order to participate you will need to register for a (free) account on Strava if you have not already done so, which will log your miles recorded from your Garmin or other compatible GPS device. Once logged into Strava you need to join the Avon Valley Triathletes club which will be used for tracking cycling results on the segment.

Simply search for the words “Avon Valley” from the Strava Dashboard, being sure to change the default setting from “Athletes” to “Clubs” using the drop-down list:



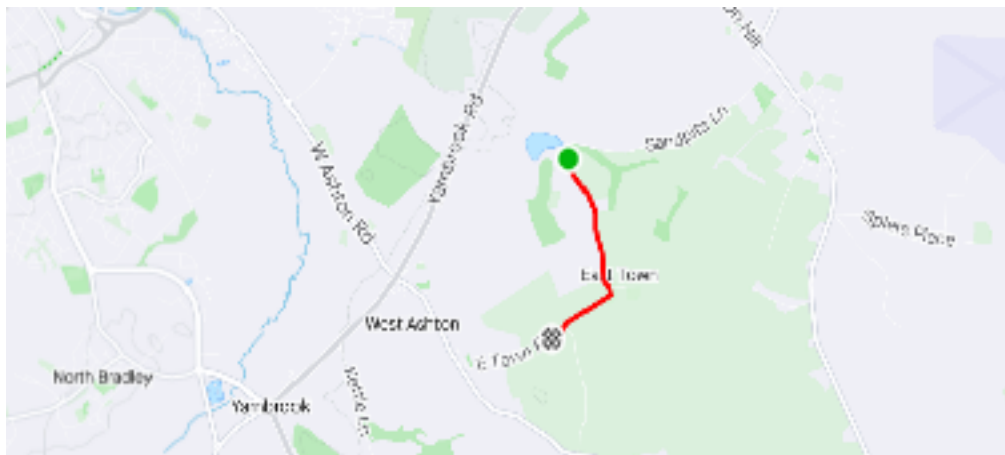
Of course, it goes without saying, but I am going to say it anyway that **undertaking these Strava segment challenges is done at your own risk.**

So where are the Avon Valley Strava segments?

To start us off in April, the clubs cycling guru and Life-Member Sean Price offers the [Keevil Rise](#) segment, which is a gentle two-mile long climb starting just outside of Great Hinton and finishing near to Bulkington. Thirty two AVT members went this way last year with Tim Lowrie and Jo Mumford being the quickest and so far, this year 14 AVT members have gotten on the leader-board with Paul Banfield (6:44) and Jo Mumford (7:10) in the frame for the 25 bonus points on offer.



Also, in April we will have the [Sandpits Climb](#) segment proposed by Paul Banfield and as the name suggests is a climb, of just shy of one-mile at an average gradient of 2%, Paul recorded the fastest AVT time on this segment in 2021 clocking 3-minutes 40 seconds with Sarah Jeffries just four seconds adrift of that mark. So far this year only two AVT members have gone this way with Paul Banfield recording 3-minutes 52-seconds ahead of Tim Lowrie with a four-minutes and four seconds clocking.



For a fuller explanation of the Avon Valley Segment of the Year competition please check out the [December 2021 edition of the Valley News](#).

Darren Wrintmore – Vice-President

AVT AWARDS!

After a 2-year hiatus (due to a covid-induced lack of events), AVT Awards are back! If you're putting any effort into multi-sport this season, it's even more worthwhile knowing there is bling to compete for. AVT will present the following awards on the Presentation Evening 2023. So, dust off your bike, dig out your wetsuit and give it a go!

How Hard Did You Tri

This one's easy - We'll add up every distance of every leg of every multi-sport event you participate in. Whoever goes the farthest, wins. There are men's and ladies' titles to compete for.

Qualifying disciplines are duathlon, aquathlon, time trial (up to 10mile) and triathlon.

AVT League

The league consists of how well you performed across the same four disciplines: duathlon, aquathlon, time trial and triathlon (any distance).

Using your best result for each of these disciplines, we'll turn your overall finishing position into a percent. So if you came 57th out of 100 finishers, that's 57%. We'll then take the average percent across all four disciplines. The lowest average wins.

If you didn't complete an event in a discipline, you will be given 100%. If one type of multi-sport isn't your thing, you're still in with a chance, you don't have to complete all four disciplines to be up for consideration.

There are men's and ladies league titles.

AVT Inspire and Motivate Award

The winner of this award is chosen by the AVT Working Group and is given to the person who is seen to promote AVT within AVR and wider circles and encourages people to get involved.

Strava segment of the month award

To qualify for How Hard Did You Tri and the League, you need submit your results to avtresults@avonvalleyrunners.org.uk. We don't get results automatically sent to us, so if you don't submit them, we don't know about your achievements

Good luck, can't wait to see you at the Presentation Evening!

AVT Results

Avon Valley Triathletes results 2022 are now live on the club website. Please email your results for inclusion to avtresults@avonvalleyrunners.org.uk. The deadline for results to be submitted from any races completed is before the end of the following month as with AVR results. Unfortunately, any results submitted after these deadlines will not be included.

When submitting results, a link to the results page for the event and a screen grab of your detailed results are ideal. If this isn't possible, please provide the below information:

Event Date

Event Name

Event Type (if not obvious) eg. Aquathlon, Tri, TT

Distances of each discipline

Times for each discipline including transitions

Overall Finish Time

Position

Number of competitors (required for inclusion in AVT League)

Category Position

Prizes

PBs

CPBs

Thank you!