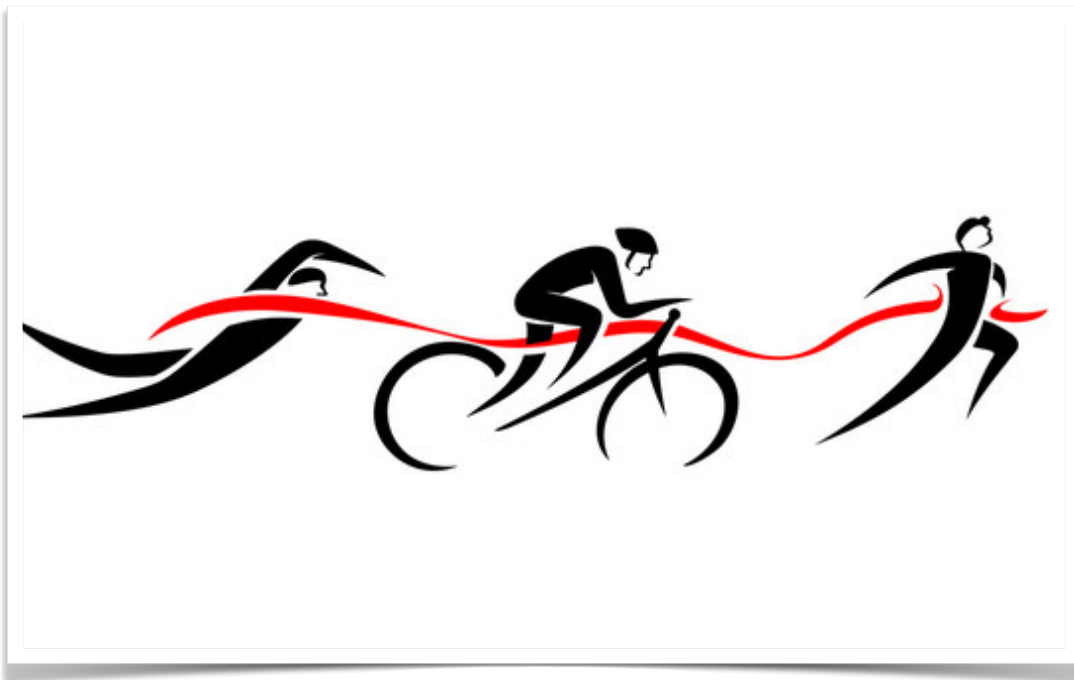


# AVT News



## Swim, Bike, Run. Come and join us for one of our social sessions.

You don't have to be a triathlete to come and join us for one of our sessions. If you are interested in any of our groups, come along and give it a go. Triathlon is inclusive and fun.

1

### MY TRIATHLON JOURNEY

by Annalie Ibison

2

### REST AND RECOVERY

by Steve Clark

3

### SEGMENT OF THE MONTH

by Darren Wrintmore



### 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 Annalie Ibson.

“Me? Enter a triathlon? Why would I want to do that?”

“Because you are a really good swimmer, you cycle out and about and you’re part of AVR so you can obviously run!”

This was a conversation between my friend and I way back in 2019, before the pandemic hit, when she persuaded me that a triathlon should be our next big challenge.

Fast forward 20 months and I am proud to say I have now completed one super sprint triathlon and two sprint triathlons.

Furthermore, I have met lots of wonderful people in AVT, become a member of the AVT working party and have 3 more triathlons booked for this year.

So why get into triathlons? In short, triathlons are fun and exciting. They are a great way to get active and by taking on the three different elements of swimming, cycling and running, your training will immediately become more varied and interesting. Moreover, when you join a tri club such as AVT, you’ll immediately make friends. And remember, as part of AVR you automatically become a member of AVT, a friendly, supportive and growing tri club. Over the past few months, I have made many new friends with whom I have shared many laughs and good times. Come along to an AVT session and I promise enthusiastic and friendly people. That said, I



offer this invitation with a slight word of warning! Have your wits about you as before you know it, you’ll have been persuaded by someone who thinks its normal behaviour to:

- cycle to and from parkrun
- meet up at 7.30am in the middle of nowhere on a Saturday for an early run-to-breakfast run
- wear your AVT swim hat in a public location (not necessarily the swimming pool!)
- swim in a lake when the water temperature is only 12degrees!
- dismiss a coffee stop because you are not far enough into your long cycle

None of these things are “normal” behaviour for the average Joe Bloggs but as soon as you enter the world of triathlons, you will find your new obsession will quickly grow!

To everyone out there who is thinking of entering a triathlon, I'd say “Do it!” To anyone out there who thinks they would never be able to complete a triathlon, I'd say “You never know until you try.”

Yes it is hard work – the training, the race-day preparation and the sheer exhaustion during the event- but the sense of achievement afterwards is immense.



## Rest and Recovery - by Steve Clark

It's a hot topic for me personally. I'm always making sure I rest and recover after a hard race or training session. In my early days of taking part in multi sport races and training I made some pretty stupid mistakes, so now I make sure I rest and recover properly.

Exercise is widely known as a positive influence on immunity, but like anything, there are limits.

Endurance athletes are a different breed though - we develop a different mindset towards what 'moderate' is.

Here are some aspects that commonly arise as causing a depression in immunity in athletes;

- Inadequate recovery times (particularly after high intensity sessions) - Recovery also includes sleep quality and quantity,

rest days, refuelling...

- Prolonged High Intensity Efforts - like Race Season, or very high intensity weeks.

- The 24-48 hours post endurance race/ prolonged efforts like above is known as the 'open window' when you are most susceptible to infection.

**Nutrition plays a huge role here in maintaining and supporting immunity.**

**Key areas include -**

- Energy restricted diets and those attempting to 'lose weight' while training hard can be at high risk.

- Low carb availability, particularly when training long distances or high intensity efforts. Keeping muscle and liver glycogen stores full and restored is critical.

- Protein deficiency impairs immune function in the cells.

- Poor hydration practises throughout the day. Water and Electrolytes and salt replenishing.





An awareness to all these things is necessary to maintain a strong immune system. That said, we also need to accept when our bodies simply need a break to recuperate, particularly now that the world has reopened and our bodies are exposed to all the infections again. Be kind to yourself and your body. :-)

### **Immunity and exercise**

Your immune system is a network that protects your body from infection. Exercise when utilised moderately can improve the efficiency of this system

### **Factors that influence how 'strong' your immune system is include:**

Genetic predisposition, Environmental stress, Physiological stress, Psychological stress

### **Exercise related factors:**

Inadequate recovery times, Prolonged high intensity efforts, 24-48 hours post race / very intense efforts = an "open window"

### **Exercise related factors (2): NUTRITION**

Energy - restricted diets, Low Carb, Protein deficiency, Poor Hydration.

---

**Have something interesting you would like put in the newsletter? E-mail [avt@avonvalleyrunners.org.uk](mailto:avt@avonvalleyrunners.org.uk)**



# Avon Valley Cycling Segment of the Year

## – May 2022



The results are in for the first round of our Avon Valley Segment of the Year competition and what a competitive start it was too. Just three seconds separated our first four men and twenty-four seconds separated the first four Ladies over the [Keevil Rise](#) segment. Twenty club members tried their legs out over the gentle two-mile long climb starting just outside of Bulkington and finishing near to Great Hinton.

It was Will Whitmore and Fiona Price who rode away with the maximum 25-points each. With Will's time being the fastest time of the Year so far over the segment and therefore took another 25-points as a Bonus. Fiona however only takes 24-points as a Bonus as Jo Mumford's performance over the same segment

in March means that she is the current custodian of the maximum 25 Bonus Points – but can they hold on to these Bonuses as this part of the score can flex as the year progresses.

Rank	Name	Date	Speed	HR	Power	Time
	Will Whitmore	<a href="#">Apr 24, 2022</a>	20.5mi/h	165bpm	-	5:52
2	Darren Wrintmore	<a href="#">Apr 8, 2022</a>	20.4mi/h	155bpm	-	5:54
2	Paul Banfield	<a href="#">Apr 23, 2022</a>	20.4mi/h	143bpm	-	5:54
4	Alan Best	<a href="#">Apr 22, 2022</a>	20.3mi/h	168bpm	-	5:55
5	Stephen Clark	<a href="#">Apr 21, 2022</a>	18.0mi/h	137bpm	173W ⚡	6:41
Rank	Name	Date	Speed	HR	Power	Time
	Fiona Price	<a href="#">Apr 24, 2022</a>	17.1mi/h	161bpm	-	7:01
2	Anne Clark	<a href="#">Apr 21, 2022</a>	17.1mi/h	155bpm	178W ⚡	7:02
3	Caroline Scott	<a href="#">Apr 22, 2022</a>	16.5mi/h	141bpm	-	7:17
4	Jo Mumford	<a href="#">Apr 10, 2022</a>	16.2mi/h	119bpm	-	7:25
5	Sara Robert	<a href="#">Apr 25, 2022</a>	14.4mi/h	154bpm	-	8:22

Our second segment in April was the [Sandpits Climb](#) just outside of Steeple Ashton and as the name suggests is a climb, it was just shy of one-mile at an average gradient of 2%. Thirteen members took on the challenge and once again it was Will Whitmore and Fiona Price who rode away with the maximum 25-points each and also took the full Bonus points.

So, after the scores achieved for the April Segment of the Month have been locked in and the Bonus Points achieved so far calculated, the overall scoreboard looks like this

The month of May brings two new Segments for us to try our legs over.

Rank	Athlete	Total Points	SotM Ridden	SotM04a	SotM04b	SotM Points	Bonus Segments	SotY04a	SotY04b	Bonus Points
1	Will Whitmore	100	2	25	25	50	2	25	25	50
2	Paul Banfield	96	2	24	24	48	2	24	24	48
3	Darren Wrintmore	94	2	24	23	47	2	24	23	47
4	Sean Price (Westbury Wheelers)	82	2	20	22	42	2	19	21	40
5	Simon Williams	76	2	19	19	38	2	20	18	38
6	Cliff Dye	74	2	18	21	39	2	15	20	35
7	martin watters	61	2	15	18	33	2	12	16	28
8	David Clarke	56	1	0	20	20	2	17	19	36
9	Tim Lowrie.	55	1	17	0	17	2	16	22	38
10	Andrew Jefferies	45	1	14	0	14	2	14	17	31
11	Alan Best	44	1	22	0	22	1	22	0	22
12	Stephen Clark	42	1	21	0	21	1	21	0	21
13	Martin Russam	29	1	16	0	16	1	13	0	13
14	Dan Colman	18	0	0	0	0	1	18	0	18
15	Ben Vincent	11	0	0	0	0	1	11	0	11

Rank	Athlete	Total Points	SotM Ridden	SotM04a	SotM04b	SotM Points	Bonus Segments	SotY04a	SotY04b	Bonus Points
1	Fiona Price	99	2	25	25	50	2	24	25	49
2	Caroline Scott	92	2	23	24	47	2	21	24	45
3	Sara Robert	86	2	21	23	44	2	19	23	42
4	pauline bradley	73	2	18	22	40	2	13	20	33
5	Anne Clark	68	1	24	0	24	2	23	21	44
6	Jo Mumford	47	1	22	0	22	1	25	0	25
7	Esther Frawley	43	1	0	21	21	1	0	22	22
8	Emma Gage	36	1	20	0	20	1	16	0	16
9	Liz Gard	33	1	19	0	19	1	14	0	14
10	Isabella McNally	22	0	0	0	0	1	22	0	22
11	Sarah Jeffries	20	0	0	0	0	1	20	0	20
12	Sue Porto	18	0	0	0	0	1	18	0	18
13	Sarah Jewers	17	0	0	0	0	1	17	0	17
14	Diane Hier	15	0	0	0	0	1	15	0	15

Tizzie Robinson-Gordon challenges you to take on the [Row Lane blast](#) at Seend Cleeve which is only 0.6-miles in distance but kicks up to a quad burning 10% gradient. Somewhat unsurprisingly only two members have tackled the climb this year with Emma Gage setting the benchmark time of 3:36.

What goes up must come down and so Sarah Emery invites you to spin down the [Sandridge Hill Descent](#) just outside of Melksham which matches the 0.6-miles in length of the [Row Lane blast](#) but drops at 5% making speeds in excess of 30mph achievable, something which both Simon Williams and Darren Wrintmore have accomplished so far this year on the segment.

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. Ride Safe**

***Darren Wrintmore – Vice-President***

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

## 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 57<sup>th</sup> 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](mailto: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](mailto: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!

---

## Avon Valley Triathletes swim hats

Swim hats are still available for £5 each.  
E-mail [avt@avonvalleyrunners.org.uk](mailto:avt@avonvalleyrunners.org.uk).

We also have hoodies, and soon we will have training T-shirts available at sports bug.

