

AVON VALLEY NEWS

Issue 213

September 2019



In this issue...

- Dates for your diary including JAVR
- New club record
- Bingo Night
- Hilly Helmet fundraising total
- Light please!
- AVR Leagues and results
- A Beginner's Journey to Half Marathons and AVR beginners reports
- Run Disney
- Jurassic Weekend
- 5k success
- AVR at the Euro Masters in Italy
- AVR Christmas Party and Awards Night
- PB Corner
- Avon Valley Triathletes

Dates for your diary

- Every first Wednesday – **post training social** in the TRFC bar – next date: 2nd October
- Every second Tuesday – **post training social** in the TRFC bar – next date: 8th October
- **AVR Over the Hills** – 3rd November at 10am
- **AVR Half Marathon** – 13th October at 11am
- **Bingo Night** – 15th November at TRFC from 7pm
- **Christmas Party** – Friday 13th December from 7pm at TRFC
- **Awards Night** – Saturday 1st February – Civic Centre Trowbridge
- **JAVR dates...**

October: 12th Gwent Cross Country Fixture – Llandaff Fields
19th Chippenham Youth Challenge – part of WJRL
23rd Training at TRFC not Bath Uni.
27th JAVR 2K and Dash at Southwick Country Park.

November: 9th or 10th (TBC) Gwent Cross Country Fixture – Pembrey Country Park.
20th & 27th Training at TRFC not Bath Uni.
30th JAVR 2K & Dash Southwick Country Park.

December: 4th, 11th & 18th Training at TRFC not Bath Uni.
7th Gwent Cross Country Fixture – Blaise Castle, Bristol.
11th Open fun training session – 12 Days of Christmas.
18th Final Training session of 2019
18th JAVR Christmas social – meal after training.
28th JAVR 2K and Dash at Southwick Country Park.



January: 8th First session back for the year at Bath Uni
26th JAVR 2K and Dash at Southwick Country Park.

February: 8th or 9th (TBC) Gwent Cross Country Fixture – Chepstow Race Course.
19th Training at TRFC not Bath Uni.
29th JAVR 2K and Dash at Southwick Country Park

March: 4th Training at TRFC not Bath Uni
28th JAVR 2K and Dash at Southwick Country Park
29th Gwent Cross Country Fixture – Singleton Park, Swansea.

New Club Record

Fiona Price has done it again! She has beaten her own FV50 10k club record, which was only set last month, at the Cardiff 10k. She took another 48 seconds off the time and ran in 40:50! Congratulations once again from the whole club.



Bingo Night – By Vicky Bodman

Come along to another of our popular bingo nights at TRFC! This is a fun event aimed at all the family. Most games will award chocolate prizes and there will be one cash prize for adults only. It's sure to be a fun night!



Funds raised from tickets sales and on the night will be split as 50% to the charity Mind, 25% to JAVR

and 25% to AVR. The social committee hope to see as many of your there as possible at what is sure to be a fab event.

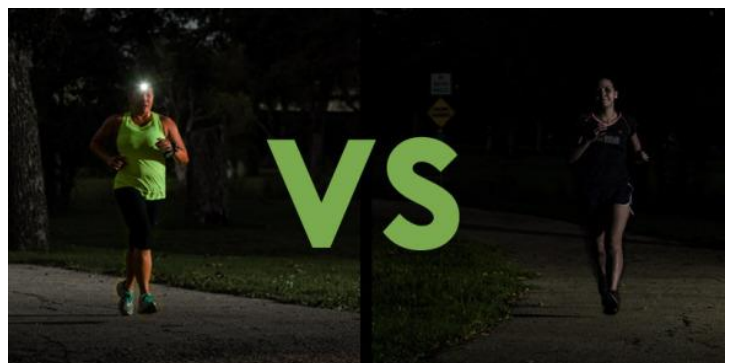


Hilly Helmet Challenge fundraising total

In August, AVR member Robin held the third Hilly Helmet Challenge in aid of Brain Tumour Support. The amount raised this year far surpasses the £2600 raised in 2018 at a whopping £4337.98! Congratulations to Robin once again for a fantastic and successful event.

Lights please!

Whether you're running out with an AVR group or running elsewhere on your own, please make sure you can be seen now that the nights are drawing in. It's so important to be seen and wearing bright clothing at a minimum.



AVR Leagues

AVR LEAGUES 2019

2019 Road Race league races:

<http://www.avonvalleyrunners.org.uk/index.php?page=road-race-series-2019>

2019 Off-Road Race league races:

<http://www.avonvalleyrunners.org.uk/index.php?page=off-road-race-series-2019>

All information on the **Wiltshire leagues** can be found here:

<https://wiltshire-athletics.org.uk/road-running/wiltshire-road-race-league/>

<https://wiltshire-athletics.org.uk/cross-country/wiltshire-off-road-league/>

ROAD LEAGUE:

Chippenham Half Marathon (race 9) – 35 members took on this beautiful, flat one lapper in Chippenham and seven members came away with a PB! Gemma Knudsen, Daniel Miles and Jen Marlow had also been selected to run for Wiltshire at this event. Daniel was the first AVR member over the line in 1:20:22 in 31st place with Gemma the first AVR female cross the line in 1:30:25. We also took home the female team prize thanks to Gemma, Jen and Emily Dye!



L-R: Gary Day, Gary MacAlister, Tim Burrell and Jackie Hall all running PBs at Chippenham

Photo credit: Matt Johnston Photography

https://www.facebook.com/pg/allactionphotos/photos/?tab=album&album_id=2464583607111887&tn=-UCH-R

Devizes 10k (race 10) – 19 members of the club took part in this penultimate race of the season. Chris Suter was the first AVR over the line in 39:05 and in 9th place overall. He was also the first MV50. Jen Marlow was the first female AVR in 45:31 and taking the VF35 top prize too!



Right: Chris and Jen with their prizes after the Devizes 10k.

Current standings in the AVR road league:

Men	Women
1 st Tim Burrell – 48 points (9 races)	1 st Gemma Knudsen – 50 points (9 races)
2 nd Gary MacAlister – 59 points (8 races)	2 nd Jen Marlow – 65 points (8 races)
3 rd Dan Miles – 77 points (7 races)	3 rd Emily Dye – 108 points (7 races)

FUTURE ROAD LEAGUE RACES

The final race in the road calendar is race 11 at the Calne Clock Change Challenge 10k on 27th October: <https://www.riderhq.com/events/83996/clock-change-challenge---autumn-3>

OFF-ROAD LEAGUE:

Brinkworth Bash (race 3) – this fixture clashed with Devizes in the road race league. Gemma Knudsen was the first AVR over the line in 47:41 in 22nd place followed closely by Scott Green in 23rd in a time of 48:54.



The AVR contingent at Brinkworth and Scott Green at the finish line

Current standings in the AVR off-road league:

Men	Women
1 st Simon Taylor – 10 points (3 races)	1 st Gemma Knudsen – 3 points (3 races)
2 nd Alan Button – 21 points (2 races)	2 nd Adele Cooper – 13 points (3 races)
3 rd Paul Hosking – 26 points (3 races)	3 rd Jen Marlow – 31 points (2 races)

FUTURE OFF-ROAD LEAGUE RACES

Race 4 in the league is Marshfield Mudlark on 6th October:

<https://store14459888.ecwid.com/>

The rest of the championship fixtures have also recently been announced as:

- Roundway Revenge (Devizes) – 16th November
<https://events.englandathletics.org/event/roundway-revenge/profile>
- Plain Crazy (Warminster) – 29th December
<https://www.entrycentral.com/event/109723>

Wiltshire Athletics Junior League

Race 7 in the Junior League was JAVR's very own XC at Southwick Country Park (*pictured right*). JAVR's Jack Pitts won the race in a time of 7:45 with Imogen Gray crossing the line as 3rd female in 8:35. Race 8 was JAVR's 2k event, also at Southwick Country Park on 28th September.



The final race in the Wiltshire Junior league is the Chippenham Youth Challenge organized by the Chippenham Harriers Youth. Entries here:

<https://chippenhamharriers.fullonsport.com/event/chippenham-youth-challenge-2019/profile>

Full details of the league can be found here: <https://wiltshire-athletics.org.uk/juniors/junior-race-league/junior-league-fixtures/>

Would you like to write for the newsletter?

The club is looking for a regular writer for the JAVR section of the newsletter. Each month, we'd like to share the achievements of our younger runners and let them know what races are upcoming. It would be the perfect opportunity for the parents of the club to get involved.



We would also encourage members of JAVR to write race reports too! Your published work can be celebrated and shared at school as well as with the whole club. Email news@avonvalleyrunners.org.uk to register your interest or to send articles through.

A Beginner's Journey to Half Marathons – by Liz Mason

I joined the AVR beginner's group in September 2017 at the age of 57 years with no expectations of advancing beyond the first session. I have always been relatively fit, but I had never seen the point in running anywhere, and whenever I tried, got out of breath after the first 100 yards and usually gave up. I surprised myself by returning each week and slowly but surely, with the support of the group advanced towards my final goal of completing a park run. That was where it was all going to stop, but then 3 things

happened: Firstly, I actually realised running could be enjoyable (some of the time); secondly I started to find running is addictive; and thirdly my Brother announced he was running a half marathon in each European country before Brexit and I jokingly said I would join him before the (then) deadline of March 2019.

I was lucky enough to join the AVR Goal Getters scheme in its first pilot year and set myself a goal to complete the AVR half marathon in November 2018. I had so much support from the group and from my mentor Ian Isaacs that I gradually increased my distances from 5k, 10k, 10 miles and finally the Half Marathon. This was a great year as all my races were a first for me and I had no expectations other than getting through the finish line before the sweep vehicle. The AVR Half was a great place to do my first half marathon and the support was fantastic. I try to hold on to that feeling now when I am setting new goals, as I don't want the pressure of new PB's to spoil the experience of running.

My next main goal was the Half Marathon with my Brother and Sister-in-law, and the Verona Half (pictured) just happened to fall in the February half term holiday and on my 59th Birthday. This was such a stunning way to see Verona for the first time, it is known as a Valentines run and also follows a tourist route through the old city. The course was flat, the weather perfect, the atmosphere celebratory and I was so busy looking at the sites I actually enjoyed the whole run and couldn't stop smiling. I also began the year with a new PB for the Goal Getters.



After this I went downhill a bit, literally, a few falls through the winter (one ending a short-lived off-road night running career) and I had started to lose my confidence, particularly running in the dark and/or running off road. I adjusted, making sure my evening runs are not at the end of the week when I'm tired, and working on my posture. The Wednesday interval training has been brilliant for this as I regularly get reminded to keep my head up and focus on how I'm running.

On the 8th September this year I did the New Forest Half Marathon which is a multi-terrain run through scenery ranging from redwood forest to open moors and is truly spectacular. It wasn't a PB for me but had the potential for one if I'd put my mind to it instead of being a tourist. It's a flat course on mainly gravel tracks and a perfect introduction to a multi terrain course. The only downsides are the traffic near Lyndhurst (although camping is possible on Saturday night) and the fact that it clashed with the Chippenham Half.

Thanks to all in AVR for making this possible, it's a truly amazing club. Next year will take me into a new age category, I will never be a really fast runner, but I feel so lucky to be fit and healthy at my age, I know it isn't a given. Who knows, I just may try an amateur triathlon next year.....

Beginners September 2019 – By Nettie Holley and Sally Frawley

This course was supported by Jay Sims, Sean Price and an array of weekly LIRFs and Volunteers: Mandy Moore, Max Bygrave, Linda Unsworth, Helen Thorne, Jenna Lovelock, Claire Heathcote, Carrie Almeida, Anthony Hickson, Sandra Sharratt and Paul Warner. A couple of the beginners wanted to share their experience...

My beginners experience has been one of the best things I've ever done it has given me an achievement that I thought I wouldn't be able to do it's so much fun I've been able to do so much more than I have ever thought. I feel energised happy, fantastic! The support has been amazing Jay has been an amazing mentor making running so much fun. Lots of AVR runners support us - Helen Thorne, Mandy Moore, Linda Unsworth and more. You have never left us behind and we feel we've achieved so much in such a short time. Most of all we feel part of a brilliant group of people, I've made so many friends from running, my daughter also runs with me and we love it.

Sally Frawley

I started running in February this year, running on my own using a couch to 5k app and going to local parkruns. I wanted to improve my mental health (I have lived with depression and general anxiety disorder for several years) and I wanted to feel fitter, especially as I'll celebrate my half century in January 2020! Although I completed the app and could run/walk 5k, I still hadn't really enjoyed actually running. I always felt very self-conscious and like I wasn't a 'real' runner. I was very close to stopping it altogether when I saw a Facebook post about the AVR beginner's running course so I thought I would give running one more try.

We're now 4 weeks into the course and I'm loving running! The coaches, helpers and other runners on the course are amazing! Friendly, welcoming, supportive, encouraging are just a few words I'd use to describe them. The best thing for me is that everyone at AVR is so friendly, and treats us all like we're already part of the AVR 'family'. As part of my 'running homework' this weekend I ran parkrun, in heavy rain and wind. I did my best to remember my balloon and my bucket of water all the way round! Not only did I get a new personal best but most importantly I had a fantastic time and felt amazing afterwards!!

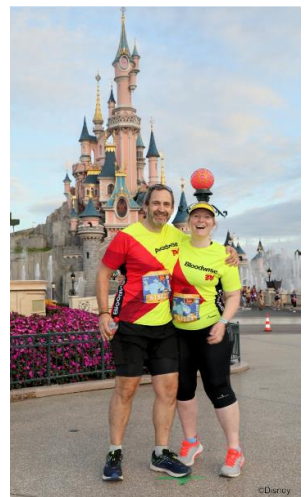
I look forward to running now rather than treating it as a chore I have to do.

Nettie Holley

Run Disney Race Report – Liz Richardson and

Ian Issacs

As first-timers to Disney parks, we weren't sure what to expect from Run Disney. For any Disney/Marvel/Star Wars fan, Disneyland Paris is a rather fun place to be. It is also practical and safe. Hotels are close by, clean and quiet. There are security gates on every entrance. There are toilets everywhere. The food is excellent. The paths are smooth, well maintained and relatively flat. Really, it is hard to believe Run Disney has only been going for four years as they cater so well to the needs of runners. The weekend includes a 5k, 10k and Half Marathon road races. Participants can compete in one, or sign up to the 31k (10km and HM) or 36k (all three events). We signed up for the



36k, having been lured by the promise of five medals (one for each race, the 31k and the 36k) and five Disney t-shirts. They were worth it!



The expo was great and surprisingly quick to complete everything. We were handed a bag each with our t-shirts – all great fitting technical t-shirts with a classic Disney theme - and one number to see us through all three races. We weren't sure this was possible knowing the state of bibs by the end of some races. But, as it turns out, Disney makes theirs from the same material as Captain America's shield. So, that helped.

On Friday evening, we arrived in our coral for the 5km night run alongside 9,500 others, adults and children alike. The only downside was we had to wait 40 minutes for our start. At first turn, the Disneyland Park and its illuminated fountains greeted us. Next, came a particularly amazing 500m through the Night of the Living Dead set. It would take most of this newsletter to tell you everything, but

needless to say it was spectacular. So spectacular that, before we knew it, we were running through the streets of a post-apocalyptic London and into the finish.

At 5am, only 7 hours after we completed the 5km, the alarm went off and we headed to the 10km. The route wasn't dissimilar to the first, but it took in more of both parks so it felt different. Not long after we started, we were running down Main Street at sunrise and straight towards Sleeping Beauty's Castle. Nothing really prepared us for a view like that. And it certainly made the next few kilometres go a bit faster. There were more staff cheering us on in this event which was great fun. And we were soon back in 'London' heading to the finish.

Another early start on Sunday, but it was a great atmosphere as we arrived in the coral. The first 5 miles or so took us around the parks again, with even more staff, and loads of other spectators. Then we headed to the surrounding village, a local lake, and then along a closed highway. Although now outside the park, there was still plenty of entertainment, toilets and drink/food stations along the way. At around 10 miles, we arrived back at Disney. The atmosphere was incredible, just in time for those last hard miles. All in all, it was the best event of the weekend thanks to the spectators, the finish and the medal... followed by two other medals to celebrate our weekend efforts. And what fantastic medals they are.



In summary, Run Disney is as fun as it sounds like it will be and it is a very well organised, inclusive and professional event. Whether you have a strong standing on 'Power of 10', or if you are looking for a perfect first Half Marathon that will make you forget you are even running at times, it is definitely for everyone.

Jurassic Weekend - by Michael Guy

New to the running calendar for 2019 White Star Running bring the 'RunJurassic' set of races over the weekend of 28th and 29th September. Upon first hearing about this race I looked at the available options, these being 10k, Half Marathon, Marathon, Ultra (50k) and a Chaos Race (a bit of fun) and a kid's race, in short something for everyone.

So with those choices, what did muggins stump for? Yep it was the ultra and also yes it was going to be my first shot at 50k. Well what was the worst that could happen?

For anyone that knows the Jurassic coast it can at best be described as a 'bit lumpy' which means in reality there is hill upon hill with some more hills to go with those hills. This meant I would need some hill training and at this point I have to thank Jo Farion for pushing me as I couldn't have done this training alone.

Fast forward to race day, approx. 200 starters at Durdle Door on a very windy morning at 8:00am set off on what the race director described more of an adventure than a race – err yep!



Starting from just below the car park at Durdle Door, you run downwards to the coastal path where you then get sight of the first hill, OMG I wondered if they supplied crampons and ropes for this thing – talk about steep. I climbed my way up that one, down the other side only to be faced with another one that was just as steep and longer (the picture doesn't do it justice). I cleared that one only to be faced by another hill even longer, less steep. So that was nice.



From here the next few miles were relatively gentle, undulating over multi terrain of grass trail and tarmac (yes weird hard stuff for a trail race), this took us on our merry way to Weymouth. Getting through the town was a challenge in itself with holidaymakers all over the place and you're just trying to spot a hi-vis hero to guide your way through. I made it on to the correct route, more tarmac – on trail shoes – YUK!



This took us out to the coastline path again which runs opposite Chesil Beach, this was mostly runnable trail and stunning scenery with the beach to one side and beautiful countryside to the other. Heading inland a bit (a re-route around a protected section of coast) took us up another heinously lumpy section, thankfully easier underfoot than those at the start but nonetheless very challenging.



So that was more than 20 miles gone by the time we were back on the coastline so what more did we have in store to the end? We knew it would be something 'interesting', ah yes a shingle beach (Chesil). Oh my days what evil was this? On fresh legs this would have been difficult but on tired legs..... well there might have been a little swearing going on. Okay a lot of swearing.

We got to the 'end' of that to be greeted by the now infamous 'Lovestation'TM where we could refuel with all sorts of goodies, including ale. What the rotten sods didn't let on at that point was there was another ¾ mile along Chesil beach in deep shingle that your foot just sunk into with every step. How thankful was I to see the next marshal that directed us into fields to follow the path to Freshwater Bay Holiday Park. There were just a couple more hills before the final descent down the path to the end. Somehow I managed to put in a 'sprint' finish at the end, not that there was anyone near me as most had finished already.

That was that. 50k done, a great medal, bottle of beer, neck cowl and a bottle of beer (that didn't last long). Well, the race director was right that was an adventure and by far the hardest race that I have ever taken on. Do I regret any of it? Hell no, despite it being a real challenge I loved it all, great support from the marshals and random strangers along the route. Would I do it again? Hmmm, ask me in a week or two but the answer right now is 'probably'.

That was my race. Andrew Jefferies did the Marathon and took 3rd in his age group while Sarah and James Waugh completed a very soggy Chaos race. The races set for Sunday 29th September were sadly cancelled due to apocalyptic weather overnight deeming the route too dangerous to send 400-500 runners over. A crying shame for all those concerned.



5k top 6!

Rosemary Barber is well known in the club for holding a variety of FV50 and FV60 records, so it's no surprise that after the final 5k Summer series event at Yeovilton Rosemary was the overall FV65 winner and her time put her in the top 6 in the UK for her age category! She celebrated her 70th birthday recently so we can only expect more good things from her in the future.

European Masters Athletics – by Sean Price

Fiona Price and Robin-Mark Schols represented Avon Valley Runners, South West Vets AC and Great Britain when they went to Venice in Italy to run the Half Marathon distance on 22nd Sept 2019.

Fiona and Robin both had injuries leading up to the event and were unsure of the outcome spending most of the year training hard for this their target event.

The temperature was an exhausting 31 degrees but they both made the start line and despite the early gun they were off. Fiona was aware early that she was dehydrated and although there were drink stations Fiona also took full advantage of the sponge stations but instead of using the liquid to cool her head, she starting sucking on the, not so clean, sponges, to take in more liquid. She complained it tasted of disinfectant but that didn't stop her. We imagine she looked like a Bulldog chewing a wasp. It's a little strange as when she quaffs a little celebratory glass or two of wine, she has to have the New Zealand Marlborough Sauvignon Blanc as she can't stomach the Chilean version!

Fiona finished 7th in her age group, 2nd Brit and GB won the Silver team medal in a time of 1:34:53. The presentation of the medals took some time and when they came to present Fiona with her medal they told her they had been stolen and Fiona is still waiting for her silver bling. Robin had repercussions from his injury and finished a very respectable 1:41:23 but we are sure that a 100% Robin may well have hit the medals too. Robin shows amazing resilience in adverse situations and still thoroughly enjoyed the experience and we wish him well for his up and coming adventure to the New York Marathon.

Fiona is elated with her performance and her medal and forever grateful to Avon Valley Runners and their members for all the amazing she receives from them it is truly a medal for the whole club, but Fiona will look after it for you when it arrives 😊

62 nations throughout Europe came to compete in the European Championships in the age ranges from 35 to 100+. It included many track and field events in addition to the road races and cross country.

Uber fans Sean and Judy (Robin's wife) were also in attendance and could be heard cheering them on, from quite a distance.

Fiona and Robin hope to compete in the same event next year when it takes place on 4th April 2020, they will travel to Madeira, we hope to persuade some AVR top vet HM athletes to the race. Why not come along to spectate and enjoy the Madeira party!





Sean with Italian super vet Angelo Squadrone MV90 who ran the Half marathon and won gold. Yes aged over 90 and this is not the first time I have seen him at the International Masters competitions.



Fiona with her Silver Medal team mates on the rostrum, (Without medals)

Christmas Party – By Vicky Bodman

It may only be September, but the social committee have been hard at work planning for the festive season. This year we thought it would be fun to go on a fun Christmas themed run before the party. Wear your Christmas hat, jumper, suit or tinsel for the run, then join us for a party at the rugby club after. Everyone is welcome.

This is traditionally the event when the club ballot for the London Marathon is announced too. Details about how to qualify for this ballot will be announced nearer the time.



Save the date! The awards night is coming in the New Year. This year's theme is black red and gold!

Tickets are available now on Entry Central at £20 each – get them quick to beat the price rise on 1st January to £25.

Price includes a buffet dinner and amazing entertainment. All AVR members and their partners are welcome.

https://www.entrycentral.com/event/111281?fbclid=IwAR1qOxalBCgQuuO9v80sCiY8Kuu3H20xLhE9vtEyK_3YBrr810K52cq4N08

PB CORNER

If you want to be recognised on the wall of fame, then make sure you send your results, position, time plus a link to your race results to results@avonvalleyrunners.org.uk

WALL OF FAME

5km

<u>Yeovilton</u>	Sara Robert	25:34
	Tim Burrell	19:44

10km

<u>Cardiff</u>	Sara Robert	54:24
	Fiona Price	40:50 *NEW FV50 CLUB RECORD*
<u>Warminster Carnival</u>	Gemma Knudsen (CPB)	43:02

7 miles (off road)

<u>Mells Scenic 7</u>	Gemma Knudsen (CPB)	56:55
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Half Marathon

<u>Chippenham</u>	Jackie Hall	2:27:43	Martin Bull	1:55:27
	Emily Dye	1:40:41	Ray Pemberton (CPB)	1:36:30
	Tim Burrell	1:31:42	Gemma Knudsen	1:30:25
	Gary Day	1:26:08	Gary MacAlister	1:23:26
<u>Salisbury</u>	Sara Robert	2:07:42		

Southwick parkrun

Sara Robert (CPB)	26:35	Kristian Barnett (CPB)	26:04
Ben Mees (CPB)	18:14		

Melksham parkrun

James MacAllister (CPB)	37:04	Simon Woodhead (CPB)	24:32
Fiona Johnston (CPB)	30:16	Sue Macgregor (CBP)	27:28
Gary MacAlister (CPB)	18:35	Ian White (CPB)	27:51
Ben MacAlister (CPB)	23:03		

Other parkruns

<u>Bath Skyline</u>	Sharon Firkins (CPB)	27:17
	Toby Firkins (CPB)	20:42
<u>Chipping Sodbury</u>	Annette Holley (CPB)	35:06

AVON VALLEY TRIATHLETES

By AVT secretary, Lil Morris

Autumn has well and truly landed and we find ourselves nearing the end of the multisport season, there are still a number of events happening up to the end of the year, check out the AVT Members Facebook page for updates.



AVT Big Bobble hats



As I'm typing it's absolutely chucking down outside and I'll be heading up to the JAVR session on the track shortly, my new AVT Big Bobble hat will definitely be coming in handy! I still have a limited number available at £18 per hat. Please contact me at avt@avonvalleyrunners.org.uk if you are interested and I will add you to the Facebook Messenger group where you will find details on how

to make payment and collection.

Multisport training/workshops

I want to gather members' feedback/ideas on multisport training sessions and/or workshops for the New Year. There is a discussion thread on the AVT Members Facebook group and we have already received some fantastic feedback with ideas such as:

- Beginners cycling/social bike ride
- Brick sessions including transition skills
- Swim training
- Bike maintenance

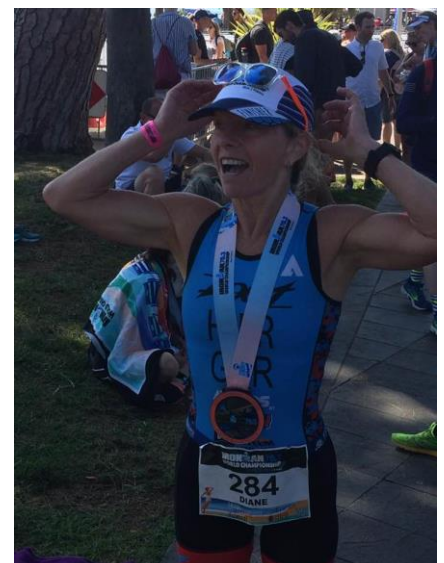
Please keep the ideas coming.

September 2019 events

Linda Unsworth, Rich Ayling, Scott Macklin and Bob Washborne took part in the Cotswold Sprint Tri earlier this month. It was Linda's first open water triathlon and Rich finished first in his category – congratulations all!

Paul Hosking took part in his final triathlon of the season heading down to the coast for the Exmouth Sprint Tri whilst Tim Lowrie continues to step out of his comfort zone (Tim's words!) by taking part in the Darley Moor Sprint duathlon this month.

Diane Hier (*pictured right*) raced at the 70.3 championships in Nice earlier this month finishing 23rd in her age group, 3rd Brit and with a time of 6:02 – fantastic!



Darren Wrintmore has been racking up the miles taking part in a huge amount of Sportives and Time Trials this year including Ride London. This month saw Darren at the Watercress Cup TT, which is a 10 mile TT at Longbridge Deverill.



Upcoming events

- Bowood House Duathlon (13th October)
- DB Max Chilly Duathlon (24th November)

When entering events, it really does help if you enter any multisport events as **Avon Valley Triathletes**; this makes it easier to check results whenever needed. Please remember that if you are a paid up AVR member, then you are already automatically a member of AVT.

