

AVON VALLEY NEWS

Issue 219

March 2020



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Dear Members

Following the Government Announcement, we are following the England Athletics guidelines which are that all face-to-face activity such as club training sessions, events, competitions, club committee and face-to-face meetings, athlete camps, running groups and social events should be suspended until the 31 May 2020.

This will see the postponement the 5x5 event for May, the first of the Westbury 5k races and the Tony Bartlett Mile. We will advise about future events when we have more information. We know that training is important to you all and our coaches will be posting weekly training plans to assist you.

#Runandhelp

We will be using the Spotted AVR page (please join this now) for members who are wanting to offer to help others on your independently run. Feel free to put up a post with this as the header if you are offering some support on your run to people in the AVR community 70+ or unable to leave the house at the moment. If you've made a Strava map of your route that's always useful, alternatively you can mention what roads that you're planning to go down on that particular day.

AVR Support

If you have a skill or experience in a particular area that you would be willing to share with AVR members who are over 70+ or unable to leave the house at the moment, it would be wonderful if you could share what your availability is and what you can offer.

Coping with isolation

Isolation can be a daunting prospect for many of us, especially in a club with a thriving social community as well as being brought together by the love of running. There are so many useful resources aimed at helping people cope with this new and very strange, but temporary, period in our lives.

Checklist for staying at home (from Mind)

- **Food:** do you have a way to get food delivered if you need to self-isolate?
 - **Cleaning:** do you have cleaning supplies?
- **Work:** can you carry on working, including working from home? If not, can you find out your rights to payment or benefits?
 - **Medication:** do you have enough medication, or a way to get more?
 - **Health:** can you re-organise any planned therapy or treatments?
- **Connectivity:** have you got ways to keep in contact with people you see regularly, like their phone numbers, email addresses? Do you need help setting up digital communication, like a video calling app?
- **Routine:** can you create a routine or timetable for yourself? And if you live with other people, should you create a household schedule? Do you need to agree how the household will run with everyone at home all day?
- **Exercise:** is there any physical activity you can do inside your home, like going up and down the stairs, using bean tins as weights, or exercises you can do in your chair?
- **Nature:** have you thought about how you can bring nature into your home? Can you get some seeds and planting equipment delivered, or put up photos of green spaces?
- **Entertainment:** have you thought about things to do, books to read or TV shows to watch?
- **Relax:** have you got materials so you can do something creative, such as pencils and paper

Try to avoid speculation and look up reputable sources on the outbreak

Rumour and speculation can fuel anxiety. Having access to good quality information about the virus can help you feel more in control.

You can get up-to-date information and advice on the virus here:

- [Gov.uk](https://www.gov.uk)
- [Health Protection Scotland](https://www.healthprotection.scot.nhs.uk/)
- [Public Health Wales](https://www.wales.nhs.uk/public-health)

Useful helplines

- **Samaritans** – 24hrs - 116 123 - it's FREE
- **Shout** crisis line - Text Shout to 85258
- **Rethink** – Mon-Fri 10am-2pm - [0300 5000 927](https://www.rethink.org.uk/0300-5000-927)
 - **Mind** info line - [0300 123 3393](https://www.mind.org.uk/0300-123-3393)
 - **Mind** Legal advice - [0300 466 6463](https://www.mind.org.uk/0300-466-6463)

Other useful ideas

Headspace meditation and mindfulness app

<https://www.headspace.com/headspace-meditation-app>

Top 45 running podcasts

<https://www.runnersworld.com/uk/training/motivation/g28757854/best-podcasts-runners/>

Top 12 Audiobooks for runners

<https://www.runtothefinish.com/top-12-audiobooks-for-runners/>

Newsletter updates

There were a few mistakes in the February edition to update due to a technical error in communications and editor's mistakes! The incorrect winners were included for the road race and off-road race winners, Rich Harding's marathon time was incorrect and Carrie Almeida's winning distance for How Farr for AVR was missing. Below is the correct information for everyone to celebrate. Apologies to all involved.

2019 Off-road champions

Jen Marlow
Simon Taylor



2019 Road champions

Gemma Knudsen
Gary Day



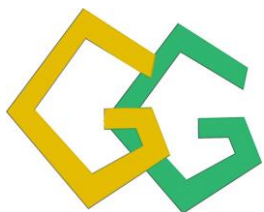
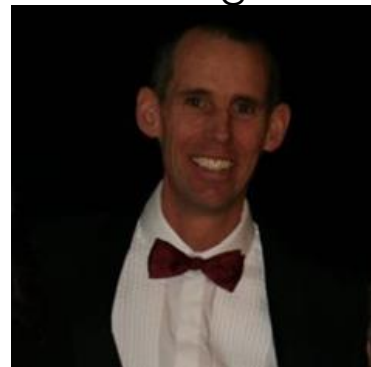
How Farr - Female Vet 60

Carrie Almeida 593.51 km



Best Male Marathon Time

Rich Harding 2:47:51



**Goal Getters -
Keeping Motivated** – compiled by Kat Taylor-Laird

Sally Frawley

Getting through this time being on lock down has been really difficult for me. I suffer with my mental health, and I have been struggling quite a bit. Without my amazing goal getters team, it would be so much harder to achieve the goals we want to do this year. They are Vicky Bodman (mentor), Jay Sims-Bagshaw and Maria Walters. We have lots of fun things put on our chats to encourage each other each week, and



the love and support is truly amazing from all AVR runners. We're not just single people in this club, we're a family. I've made so many lovely friends that I now call my close friends.

One of our team challenges on our What's App for 'goal getters team Bodman', was to do an exercise challenge. Here is a photo of me trying to get coordination. I didn't stop laughing all the way through. I'm also helping Esther with her own personal training goals too. My family are so good, we're all doing more exercise together.

Here's to everyone to keep going, stay safe and well, and we will see you all soon for massive hugs.

Vicky Bodman



Through the isolation period, I have found my running more important than ever. I am lucky that I know quite a few people to talk to about running so I don't feel alone. I am also very lucky to be able to work from home so I can just put on my trainers and go out the door when my work day is done. With the roads being quieter I've felt it easier to run further. Not huge distances, but where I would normally try and fit in a 5k, I'm going for a 10k instead as I don't have the feeling of being overstretched and having to get on to the next thing.

The support I have through my friends at Avon Valley has been great. I was due to take part in the Run to the Sea Ultra Marathon today with some of my fellow Goal Getters. However, it has been postponed until October. I think that this will help keep me focused whilst in lockdown.

I also really want to beat my 5k, 10k, and half marathon times for Goal Getters. I didn't think it would be possible, but this morning I managed to do my fastest ever mile in 7:48. I only ran one mile so it was concentrated effort, but I am going to use this to help me focus on increasing my times. I am in touch with my mentor and he is very encouraging and helpful 😊

Simon Woodhead.

Just finished another 5k run. Doing about 15k a week 7.4min /mile pace and Wednesday intervals over in the park opposite my house.

It is more difficult running on your own but I did see other runners out doing the same.

Frustrated races have been cancelled but just keeping going looking forward to getting back to normal.

Take care all.



Elizabeth Morris



With the current situation, I have tried to remain as positive as possible despite (and rightfully so) the Manchester marathon being postponed. I've therefore shifted my training goal to working on improving my 5k time over the coming weeks, this involves running 4 times a week to plan as well as cross-training. I have my road bike set up on a turbo trainer & have been making use of the live yoga classes scheduled on the Peloton app. Keep on keeping on!

Introducing the Avon Valley Segment of the Month

– by Darren Wintmore (Vice President)

In these days of isolation we can at least be thankful that our leaders have realised that exercise through running, walking and cycling is necessary to ensure a healthy lifestyle and mental wellbeing, but we knew that anyway. With all gatherings having been cancelled this means that racing is off of the table for the time being, however virtual racing is achievable and so I would like to introduce you to the **Segment of the Month** challenge, an idea that I have shamelessly pinched from my cycling club. The idea is that you are invited to take on a Strava segment which can be incorporated into one of your training sessions and whoever records the fastest time (Male & Female) within the month, *actually up to the 25th of the month as I will need time to compile the results and the Editor to incorporate the report into the pages of your favourite monthly Avon Valley based local newsletter.*

Due to travelling in order to do an exercise session being considered taboo, I have selected six Strava segments, being one in each of our catchment towns of Trowbridge, Bradford on Avon, Melksham and Westbury plus one a little further afield for the cyclists along with another in the Zwift virtual world of Watopia.

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 GPRS device. Once logged into Strava you need to join the **Avon Valley Runners** club which will be used for tracking run results on the segments and optionally **Avon Valley Triathletes** 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:

Club Name	Location	Members	Club Type	Category
Avon Valley Runners	England, United Kingdom	284 members	Running	Club
Avon Valley Triathletes	Westbury, England, United Kingdom	80 members	Triathlon	Club

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. Also, that they should be done alone. Please also be considerate to others, there has been a noticeable increase in people out running, walking and cycling since the restrictions came into force. I for my part will try and choose interesting segments that might just be off of the busier thoroughfares.

You can undertake a segment as many times as you like in a month and it is your best time that will be taken.

Please take care how you log your sessions, nothing annoys the Strava Police more than cyclists logging sessions as runs and motorists logging rides!!!

Results will be published in the Valley News with the fastest over the segment that month receiving a virtual prize and loads of kudos.

I will also be hosting a thread on the Avon Valley Runners (Members Only) and the Avon Valley Triathletes pages on Facebook to give an update on the status of the Monthly challenge and would welcome any feedback that you may have.

So where are the Avon Valley Strava segments?

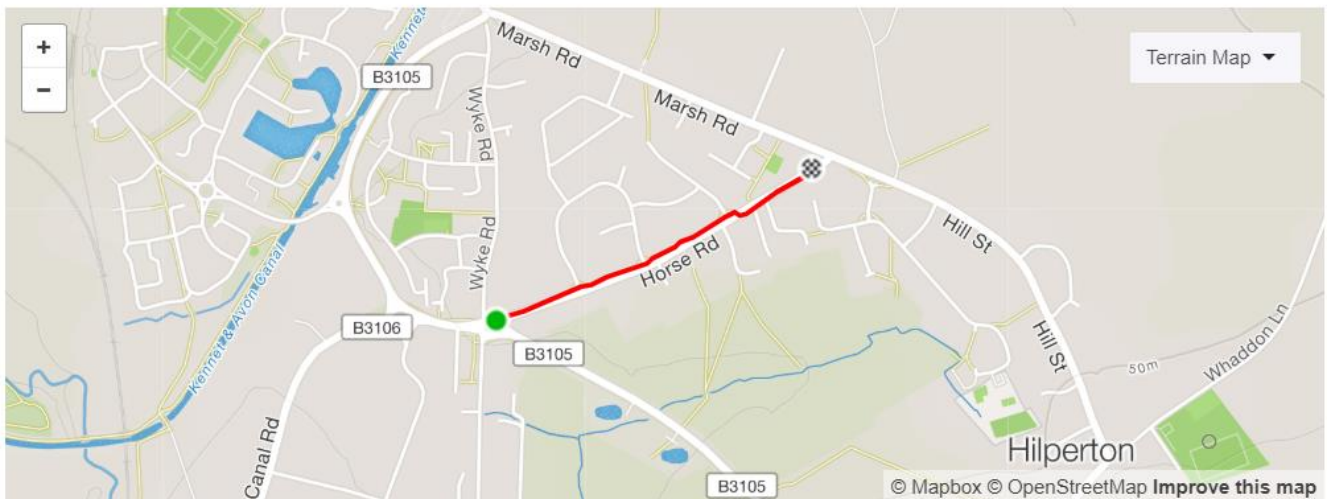
Again using the Strava search function, type the name of the segment into the search box being sure to change the default setting from "Athletes" to "Segments" using the drop down list not forgetting to filter on Runs or Rides; I have also added a hotlink on the segment name on the monthly list of Avon Valley Segments:

For April 2020 I have picked out the following segments:

Horse road sprint

This is a 0.4 mile segment in **Trowbridge** with a 1% average gradient. So far this year 28 Avon Valley Runners have run this segment with Toby Firkins and Kat Taylor-Laird having put in the quickest times; The overall Queen of the Mountain (QoM) for this segment is actually held by our own Jackie Rockliffe who recorded a time of 2-minutes 27-seconds in July 2018.

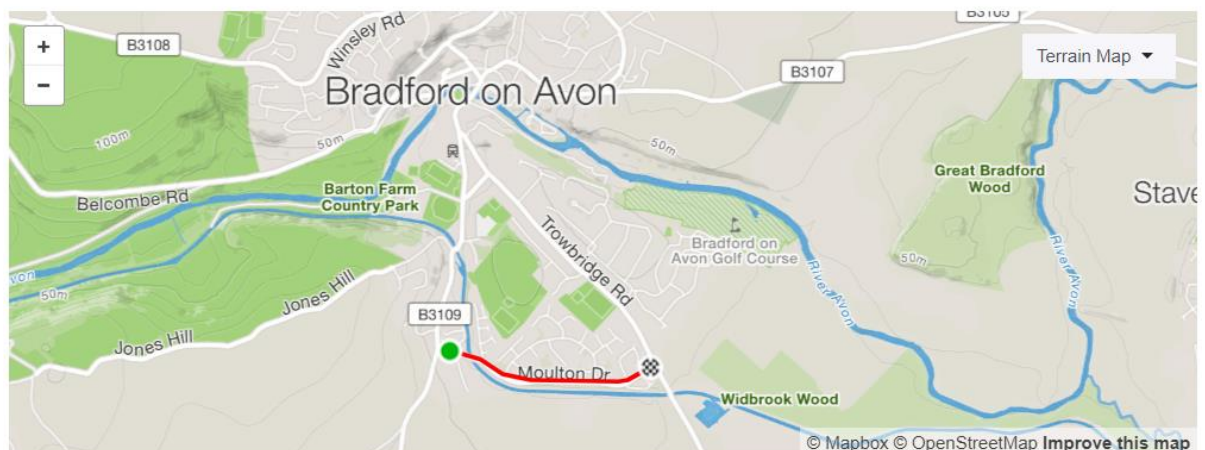
Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	3,168 Attempts By 466 People
0.40mi	1%	131ft	152ft	21ft	



Moulton Drive

This is a half mile pancake flat segment in Bradford on Avon. So far this year 44 Avon Valley Runners have run this segment with Dan Miles and Bethan Francis having put in the quickest times.

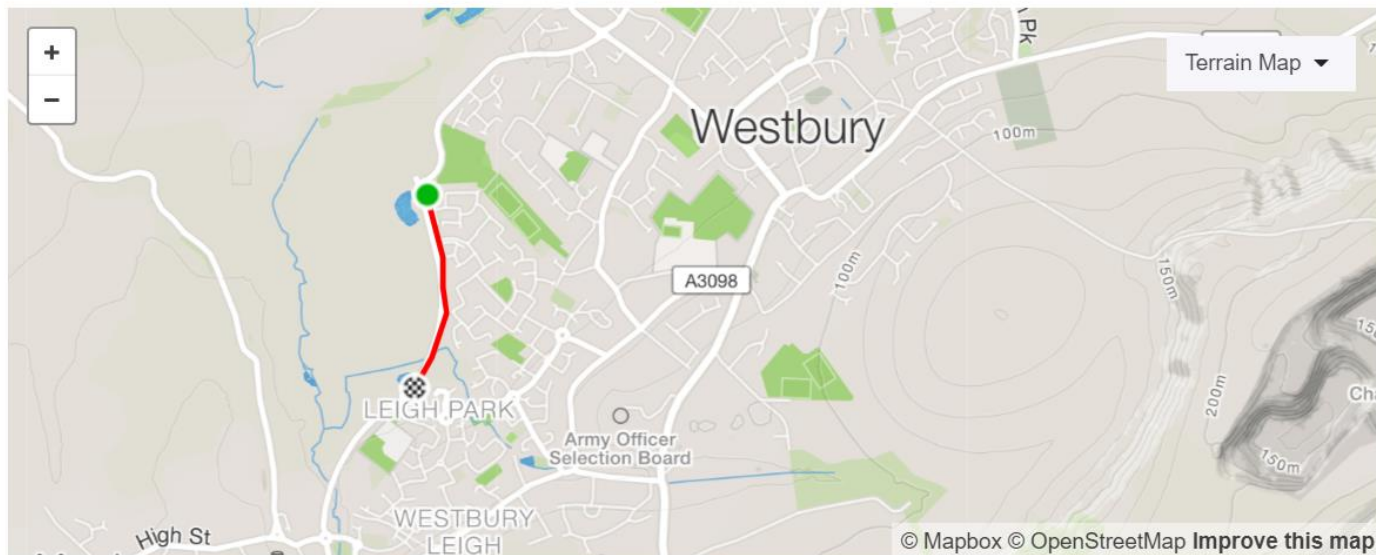
Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	3,751 Attempts By 453 People
0.53mi	0%	138ft	155ft	16ft	



Mane Way

Probably not named after my favourite Liverpool football player this season, this is a 0.4 mile segment in **Westbury** with a 1% average gradient. So far this year 22 Avon Valley Runners have run this segment with Rich Ayling and Jen Marlow having put in the quickest times. The overall QoM is held by Pippa Brewer who clocked 2-minutes 44-seconds in June 2017.

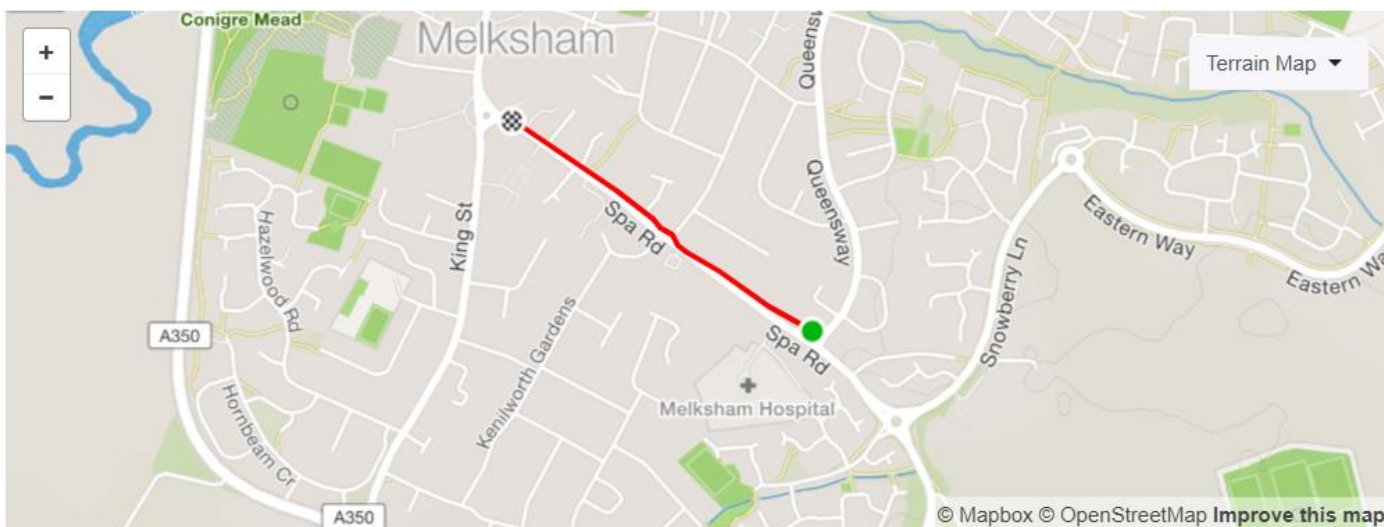
Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	5,700 Attempts By 493 People
0.40mi	1%	204ft	225ft	21ft	



Spa Road Sprint

This segment in **Melksham** is a smidgeon shy of 0.4 miles and is pancake flat. So far this year 10 Avon Valley Runners have run this segment with Fabrice Gagneux and Holly Newman having put in the quickest times.

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	3,466 Attempts By 554 People
0.39mi	0%	130ft	135ft	5ft	

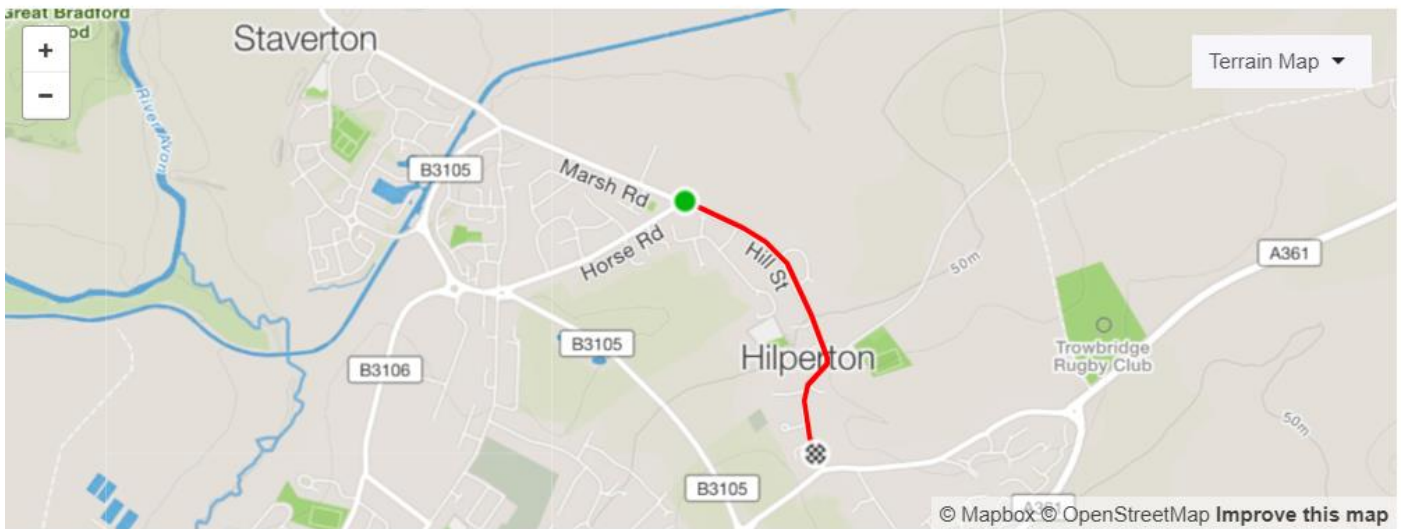


And finally, one for the cyclists:

Hill Street

This segment lies between Staverton and Hilperton and is a false flat. So far this year 12 Avon Valley Triathletes have cycled this segment with Luke Mccullough and Sarah Jeffries having put in the quickest times.

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	26,867 Attempts By 3,242 People
0.69mi	1%	106ft	135ft	29ft	



For the Zwifter riders I have chosen as a bonus segment the 4.4 pancake flat miles of the Fuego Flats Reverse Sprint



Enjoy and stay safe.

Please let me know what you think of the segments through the club's social media channels.

Collection for RUH

In March, Sara Robert asked the members of AVR to donate items for care packages for the staff of the Royal United Hospital in Bath and was inundated with things! She had a lovely message back from them acknowledging the club's generosity:



"I'm Sarah and I work on the ICU in Bath. I just want to say, on behalf of everyone at the RUH and on the ICU, a heartfelt thank you for all the donations we have received from AVR club members. The support from the community has been truly overwhelming. The donations have been forwarded to the RUH Forever Friends charity who are making care packages to be distributed to all wards in the RUH so that all members of staff can benefit from your generosity during this difficult time. Thank you" – Sarah Hillman

Donation to Alzheimer's

Every year, AVR support Alzheimer's during our 'Over the Hills' event. After the last one in November, we were able to make a donation of £1763 which race director Jay, was able to deliver this month.

"As you can imagine our charity's income has been badly affected by the Coronavirus pandemic. While there are many unknowns with this virus, one thing we do know is that people with dementia will continue to need our support now and in the future. So a huge thank you to all the Avon Valley Runners and volunteers who supported last year's Over the Hills event that led to this cheque. You could not have known then just how much your efforts would be needed." – from the Alzheimer's Facebook page



Medal Quiz - Jay Sims-Bagshaw

It's been a while since there was a competition in the newsletter, with actual prizes, so here's one for you all. Guess which races these medals were awarded from and you could win:

- 1st Entry into AVR Over the Hills (Nov 1st 2020)
- 2nd A pair of merino wool Runderwear socks
- 3rd An Easter egg

If there are multiple winners, then names will be put into a hat and drawn at random. Please send any entries to news@avonvalleyrunners.org.uk with the subject '**Medal Competition**' with your 20 guesses.

There is also an AVT version of this competition towards the end of the newsletter. Good luck!

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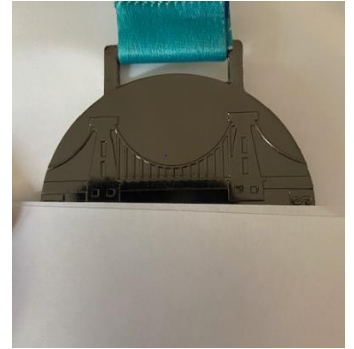
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Bath Half

The weekend of the Bath Half was one of the most decisive amongst the running community. With the mounting pressure from other races cancelling or rescheduling, the most notable being the London Marathon only 2 days before the Bath Half, everyone had a strong opinion on the decision made by the organisers. Whether AVR members travelled to Bath to take part in the event or ran their own virtual half marathon, there are many things to celebrate in the photos and stories below...



Rachel, Deborah, Emily and Ashleigh ran a virtual Bath Half.



Martin Pierce aka Shoeperman on the streets of Bath.



Toby Firkins ran his first HM at the age of 17 in a brilliant time of 1:29:42.



Sarah Barker ran a virtual Bath Half for The Forever Friends Appeal.



Michele Platten had a Garmin failure and turned her virtual Bath Half into 19 miles!



Holly Newman setting a new PB at Bath in a time of 1:34:41.

Bath Half: Miles for Mesothelioma – by Caroline Buckle

Our amazing daughter-in-law, Jenny Buckle, from Southwick completed the Bath Half Marathon on Sunday 15 March 2020 in aid of Mesothelioma UK. Her official finish time was 2 hours 28 minutes and 13 seconds! Her target was to raise £1000 which she achieved and surpassed by collecting a wonderful £1080.07!!! There was much anxiety as to whether the run would be able to take place due to the Coronavirus issue. On the day the rain came down heavily but it didn't dampen her spirits - it just made her more determined. My husband, John Buckle, was diagnosed with Pleural Mesothelioma in May 2016 and he is complete admiration of Jenny for all the hours of training in the dark, and after working full time, and looking after her husband and two children. "I'm so proud of her for this achievement and I thank her from the bottom of my heart".



Bath Half: My First (and last?!) Half Marathon –

by Martin Russam

I joined AVR last May as I had a bit more free time and wanted to do more running. Since then I've done 3/4 Westbury 5k series, the Bromham Pudding 10k and the Cardiff AVR tourist trip. So I've started to get to know more people in the club following on from my regular past attendance at Southwick parkrun and knowing people from there. I've regularly attended interval training midweek at the rugby club, gradually improving my fitness and was looking for a challenge when my works sports association asked for interest in the Bath Half. I thought 'why not', and put my name down for it. I found out that I'd been allocated a place mid-January.

At the same time my friends and I were still in a bit of shock, grieving at the loss of one of our closest friend's son earlier that month. This had stunned all of us and I wasn't really in the mood to socialise much (I wasn't feeling up to the AVR awards). After the funeral I

asked my friend if I could run in memory of his son and raise money for the same charity they had collected money for; Wiltshire MIND.

I'd never run more than 16k before. I had been allocated a place two years earlier but that was the year the event was called off due to snow. So I roughly knew the training plan I required. It was just there wasn't much time - about 10 weeks to the event! I carried on interval training midweek to mix up the training, went to my work gym at the end of working week and then did a longer run at the weekend around the weather. Knowing that I was doing it not just for myself but for charity did give me the incentive to regularly stick to the training. Leading up to the event I noticed that there were a couple other runs I could do. So I entered the chilly 10k at Castle Combe. This was 'quite chilly' and I can only describe the weather on the day as biblical rain! It was flowing off the bottom of the race track and running up the back straight at times you were running blind with the rain and wind in your face (I didn't realise at the time that this would be good prep). I then did the Bath Two Tunnels 10k a couple of weeks earlier which again was quite wet and cold but not so bad as it's mostly in the tunnels! I'd thought I would have been close to a PB at Castle Combe (my 3rd 10k) with my training but the conditions didn't help. However I took a minute off the Castle Combe time at the two tunnels and got my PB there.

I'd read that you could get a gel whilst running the Bath Half from 'High five' so I took advantage of an offer and got myself a gel taster pack from them. However this wasn't delivered until the week before after I'd chased them. I planned to try one on my last long run the week before the Bath Half but I went out for a curry the night before for a friend's birthday so thought better of it.

The last week, and what to do with tapering? I am currently doing the 'Mad March Mile' so rather than do my normal longer sessions I did daily shorter ones and more stretching.

The lead up to the event there was lots of uncertainty on whether it would go ahead with the emerging COVID situation. I was thinking 'here we go again' and another cancellation! Keeping track online, I found the abuse from people who thought they knew all the facts quite revealing and decided I'd go with the organisers view to run. My personal decision, and I respect those who decided against it and am glad those who did the virtual run will get their medal.

On the race day, the weather forecast of heavy rain wasn't good. I was dropped off near the sports centre by my wife and youngest and made my way to the corporate tent. Robin from AVR and his wife Judy were there when I arrived and later on I chatted to Steve Jefferies. There wasn't much of a warm-up as the rain was quite heavy, so I decided to keep warm in the tent with the complimentary teas. I also missed the planned AVR photo before the run to keep in the warm.



We got called to the line and I'd prepared by wearing an old cardigan to keep warm (throwing it in one of the side bags at the start for charity). Kat, my AVR goal getter mentor, and Sara were alongside me at the start and off we went. As there was about half the attendance as normal we got into our pace quite quickly, I thought. Kat and Sara flew off and I never saw them again! I kept a steady pace through 5k, 10k and 15k but after I'd seen Jay on the MIND bus, I stopped for the last water stop and when I got going again found there wasn't anything there. So I struggled for the last 5k going up lower Bristol road to the finish. The AVR support from marshals and supporters was fantastic though and kept me going. After seemingly not going anywhere, I'd made it to the final straight and found a bit more to overtake a few before finishing in 2 hours 10

minutes in the sunshine. I was a bit disappointed with my time but enjoyed the experience and raised £400 for MIND.

I then caught up with my wife, the little one and friends in the Boater for a celebratory bottle of fizz and a few pints of Guinness. After a few drinks, hunger was setting in so we all had a Schwartz burger which was just what needed!

Would I do a half marathon again? Never say never, but not for now. I know there is some LFE to do better, drink more at stops and use gels to better my time. I'm aiming to do a lot of WRRL races if they do go ahead. After all, I've got those gels to use!

Larmer Races – by Michael Guy

At a time when we were all still at odds with what was going on with the world the Larmer Tree races went ahead and what a treat we had in store. Going from the Larmer Tree Gardens at Tollard Royal on the Wiltshire/Dorset border I had 13.1 miles...ish to conquer that was always going to be muddy and hilly and it did not disappoint. Several other runners from the club took on the 10 (well it was about 11) mile race and Gary MacAlister also took on the half (took third place overall).

Thankfully, although it was muddy it was not particularly slippery so we didn't get that dirty, HOWEVER the mud was like running on glue as it was very sticky, and I think that made it tougher.



This being a White Star Running race weekend, it was always going to be a little out of the ordinary compared to your average road race, you get hills that go on forever, that's how Pregnant Sheep Hill and Sheep S**t Hill (pictured) felt at the time. What you get as well is a group of runners that are out to have a good time and have a bit of a laugh, we all look after each other and give encouragement as we go along.

When they serve you with alcohol at the Lovestation™ as well as food e.g. sweets, cake, pretzels and the all-important pickles (BLEURGH!) you know you're on to a winner.

Despite being well out of shape I somehow conquered this little race, took a lot of time but made friends on the way and that was more important. Getting hot food at the end instead of something like a goody bag was extremely welcomed, washed down with a beer and a chat with newly found friends made it a wonderful day out.



All being well, at some point later in the year I will be taking part in more of these sorts of races, if you fancy a laugh and a tough off-road hilly course then I would encourage anyone to also have a go.

DON'T BE TOO HARD ON YOURSELF – by Steve Williams

Some of you may be finding it difficult training at this time. Especially if you are used to going out in a group. Any anxieties that you take with you on to your run will, probably, adversely affect it. So let's step back and take a realistic look at what you are trying to achieve.

Firstly, you are going on a training run, it isn't a competition. There is no judgement attached to this only the one(s) that you decide to apply. In fact, you should give yourself a pat on the back for having the wherewithal to get yourself out of your front door to do something positive. Secondly, if you are feeling anxious at the start of the run then walk for a while. Once out in the fresh air this will have a calming effect and as you progress further then break into an easy jog. Once you feel settled then start your run proper. And once you are running 'properly' then enjoy it. The only targets that you have to meet are those that are self-imposed so why not impose a few positive ones of your own - 'I'm going to shout hurrah when I get to the top of that slope/hill and treat myself to enjoying the view' (you may get some strange looks but hey - we're in a strange time.) 'If I'm feeling good I'm going to run faster down the downhill bit(s) even if I have to slow down to a walking pace afterwards', 'I'm going to run my normal route in reverse' - you'd be surprised at how different a run that is. And do not worry about how fast or slow that you may be going. Enjoyment - remember?

All of us go running, at a base level, because we enjoy it and it gives us both a sense of achievement and a sense of freedom. Hold on to these thoughts and don't impose a personal lockdown on top of the one we are already subjected to.

Take care and Avanti the Valley!

PB CORNER

If you want to be recognised on the wall of fame for your Personal Bests (PBs) or Course Personal Bests (CPBs), then make sure you send your results, position, time plus a link to your race results to results@avonvalleyrunners.org.uk

Any PBs or CPBs from the 29th February are also included alongside the March results.

WALL OF FAME

5km

<u>Two Tunnels</u>	Emma Day (CPB)	41:58
	Gary Day	18:02

10km

<u>Two Tunnels (road)</u>	Jerry Clark (CPB)	1:02:35
	Martin Russam	56:26
	Jo Farion	45:49
<u>Smartt Smasher (offroad)</u>	Jo Farion (CPB)	44:06

Half Marathon

<u>Bath</u>	Sara Robert	2:04:15	Kat Taylor-Laird	1:55:02
	Emily Dye (CPB)	1:42:42	Holly Newman	1:34:41

Twenty Miles

<u>Gloucester 20m</u>	Chris Perry	2:47:48
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Southwick parkrun

Ashleigh Salter (CPB)	28:13	Sarah Jeffries (CPB)	25:59
Ben Mees (CPB)	17:49		

Melksham parkrun

Simon Woodhead (CPB)	23:48
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The Old Showfield

Katy Nickless (CPB)	34:06	Hayley Southgate (CPB)	29:25
Fiona Newman (CPB)	27:48	Holly Newman (CPB)	20:42
Gemma Knudsen (CPB)	20:05	Tom Gale (CPB)	30:45
David Hyde (CPB)	29:19	Darren Missen (CPB)	21:29
Diane Heir (CPB)	21:06	Dominic Beddis (CPB)	18:04

Other parkruns

<u>Durham</u>	Archie Sidwell (CPB)	22:45
<u>Seaton</u>	Emma Day (CPB)	43:02
<u>Stretford</u>	Katryn French (CPB)	27:50

AVON VALLEY TRIATHLETES

By AVT secretary, Lil Morris

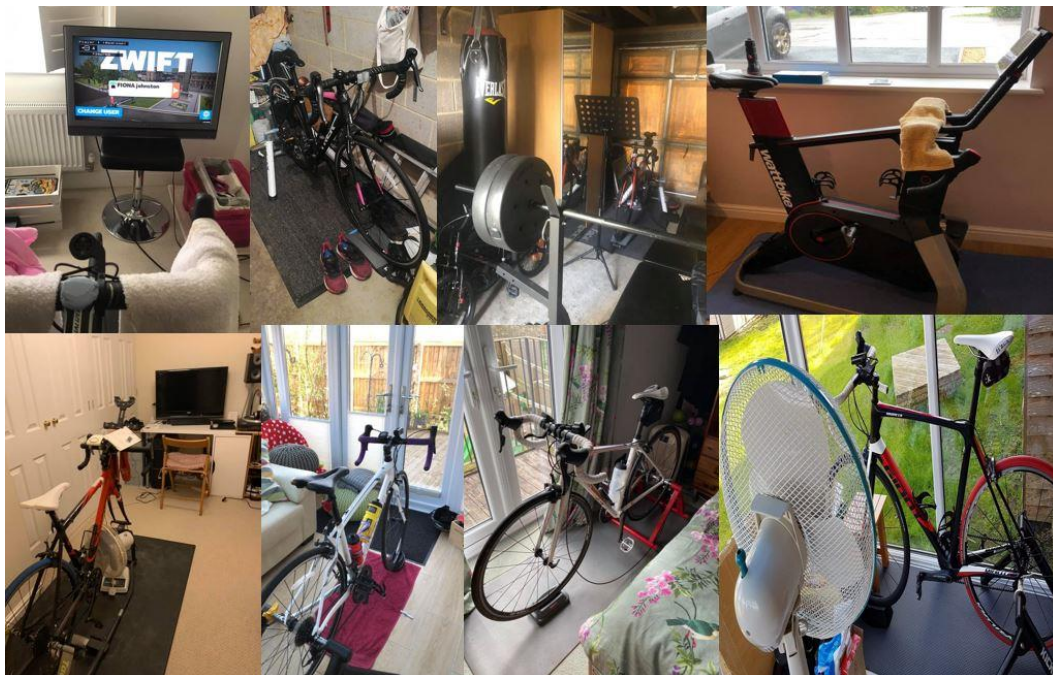
In a month where everything has changed, we find ourselves facing challenging times so please keep yourselves and your loved ones safe, well and happy.

With one allowance for daily outdoors exercise, many of our members have been supplementing their training with indoor workouts and therefore we have seen a lot of turbo trainer set ups on the AVT Facebook page.



What is Turbo Training? Turbo trainers are quite simply a device that enables you to ride your bike, stationary, indoors. Turbos clamp around the quick release skewer of the bike's rear wheel suspending it in an A-frame. It's a great way to very specific and targeted training sessions, if you're interested head over to the AVT members' page as Steve Clark is looking to arrange a virtual group turbo session shortly.

If you're looking for some inspiration below are some pictures of turbos set up in what are affectionately known as "pain caves"! Any questions on set up, equipment, please post in the AVT Members page where people will be happy to offer guidance and advice.



DB Max Virtual 10 mile TT

Be active, [#BeSafe](#), get your ride in and earn a buff to boot! So how does it work..?

- It's all about completing a 10 mile TT in a safe way.
- Enter online for £8 (includes DB Max buff (£5)).
- Print your rider bib before you head off. See the results page at <https://dbmaxresults.co.uk/16421/VirtualTT>
- Complete your TT wherever and whenever you want. A turbo or Wattbike is also fine. Take a selfie at the end!
- After completion, enter your time online – see the DB Max results page at <https://dbmaxresults.co.uk/16421/VirtualTT>
- Their timers update the entrants and results every day.
- You can also enter your Strava link (optional).
- Post a photo on Instagram and tag @dbmax_timing or tag @dbmaxevents on Facebook and Twitter (optional).
- Once all the above is complete, DB Max will then send you your DB Max buff.

Castle Combe cycling

Castle Combe Cycling Tuesdays were due to start on the 14th April, however due to current events, the start date has been delayed. The circuit itself has closed for now and British Cycling have banned any cycling events until June 30th. Andy Cook Cycling will continue to keep us posted if anything changes.

Please note, when we are able to compete again, you need to email your results to me at avt@avonvalleyrunners.org.uk as we go through the year.

When submitting your results you **MUST** include:

- Total number of finishers
- Your overall finish position
- Your category position
- The time for each sport discipline
- The time for each transition

If any of the above is missing I will come back and ask for the detail as I need this to be able to complete the results at the end of the year.

Upcoming events for 2020

- DB Max 10 mile TT at Castle Combe (8th July and 12th August)
- Portishead Sprint Tri (15th August)
- Westonbirt Sprint Tri (31st August)
- #51Fiver Cotswold Tri (13th September)
- Westonbirt House Duathlon (31st October)
- Bath Duathlon (31st October)
- The “Chilly” Duathlon (22nd 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.

AVT Medal Quiz – Sarah Barker

Here's the AVT version of the medal quiz. Winners will be in the running to win:

- An Easter egg
- A pair of merino wool Runderwear briefs (female size M)
- A pack of 6 Lemon & Lime SiS gels
- A pair of elasticated tri-laces (perfect for speeding up shoe changes in transtition)

If there are multiple winners, then names will be put into a hat and drawn at random. Please send any entries to news@avonvalleyrunners.org.uk with the subject '**AVT Medal Competition**' with your 10 guesses.

Good luck!

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