

# THE VALLEY NEWS



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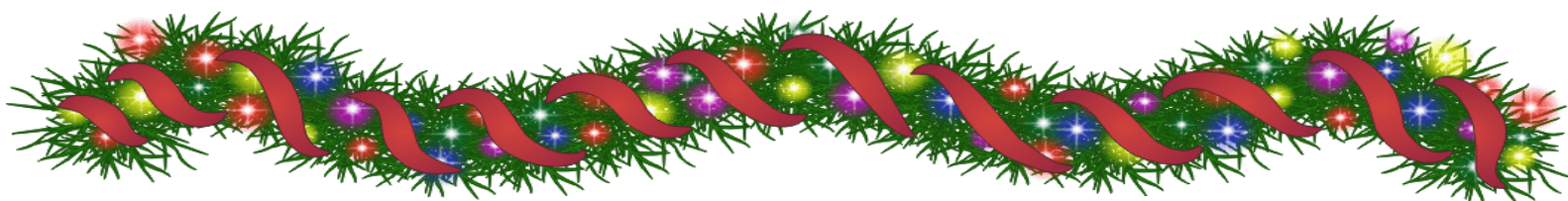
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## Dates for your diary

- 1<sup>st</sup> January **35<sup>th</sup> Anniversary of AVR 1986-2021**
- 3<sup>rd</sup> January **Melksham 10k** <https://www.dbmax.co.uk/events/castle-combe-mfrc-10k-2021/>
- 12<sup>th</sup> January **AVR Annual General Meeting** - all welcome

## Newsletter correction

Last month it was written that Gary MacAlister was the first person to complete all 32 of the boxes for Beat the Street in the same week. What it should have said is that he did all 32 in one go on the same day! Well done Gary!



# David Griffiths

18<sup>th</sup> November 1950 – 29<sup>th</sup> November 2020



*By Warren Wade and Robin-Mark Schols*

Club stalwart David Griffiths has sadly passed away aged 70 after a long battle with cancer.

David joined AVR in 2012 and was soon to become a regular at speed sessions and at road and off-road races. A very competitive runner himself he was also extremely supportive to others and would often pace other runners or head back to run in with them after he'd crossed the finish line. Affectionately known as Uncle David (and Mr Breakfast!), he could often be seen running in his yellow hat and gloves and his bright running shoes.

As most of you will be aware, we have a club competition called “How Farr for AVR”, which sees members’ race distances for the year added up, the winners of each age category being awarded a trophy at the club presentation evening. In 2016 David racked up an incredible total distance of 1243km, this was over 500km more than any of the other category winners and a distance nobody has ever got close to, before or since. The total number of events he took part in that year was an astonishing 120! He was also awarded the trophy for Outstanding Male Vet 60 that year.

David was a key part of the AVR Wiltshire Half Marathon organising team. He, along with Doug Marr, would spend many hours setting up the course and putting out all the signs. Once the race was over he would head out again to collect everything, help load it and return it to storage.

David was also instrumental in helping Robin-Mark Schols with his Hilly Helmet event and at his funeral Robin had this to say about him: “He has helped so much over the years, he was printing handbills to help give them out at the parkrun and around the local shops and noticeboards and would be there on the night of the event too, helping erect gazebos and marshalling car parking before getting out on the course to encourage the runners up the toughest hilly bit where he knew they’d need it most. Late last year I told him how important his contribution was to the event and how this year I had hoped he would help as my right-hand man. I’ve a big gap to fill without him next year.”

Many of you will also remember him from parkrun where he was a regular. He would get there early most weeks to set out the course and report the course conditions back to the run director before heading off to the start area to run the event, then help pack the equipment away afterwards before enjoying a breakfast in the café with his friends.

Even during his treatment he still participated at parkrun and even made a return to the Corsham 10k.

His funeral took place at Holy Saviour Church in Westbury Leigh, just a short distance from where he lived, and where he served as a choirboy and altar boy as a child. He had asked for his AVR vest to be placed on his coffin and for his running shoe to be placed within his flowers. The opening music was Louis Armstrong’s “What a Wonderful World”. Tributes and poems were read out by his family and prayers chosen included The Runner’s Prayer.

The closing music was Vangelis’ “Chariots of Fire”.

David was a very quiet, humble man who will be greatly missed by all those who knew him.



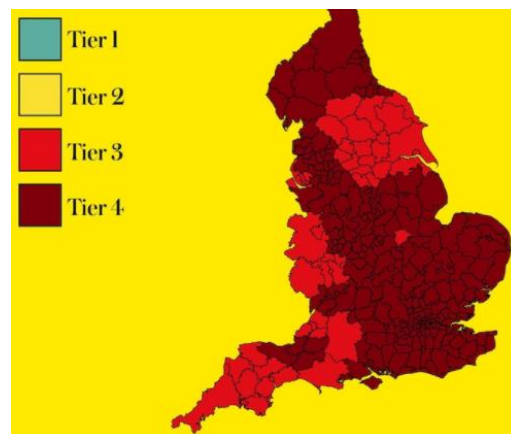
### ***“The runner’s prayer”***

*Run by my side; live in my heartbeat,  
give me strength in my steps, as the cold surrounds, as the wind pushes me,  
I know you surround me, as the sun warms me, as the rain cleanses me,  
I know you are touching me, challenging me, loving me.  
And so I give you this run.  
Thank you for matching my stride.  
Amen.*

## Training with AVR – the AVR committee

Thank you all for your time and patience whilst we talk over the tier changes again. In light of the latest review we would like to inform you that we will continue with running and training next week. This may be more limited than it has been due to the following factors:

- We will ask our volunteer coaches and leads if they are able to take out the groups, some may not be able to.
- The coached sessions will take place in the covid risk assessed environments we currently use.
- When doing group runs we will be in groups no larger than 6.
- 2 groups will not be able to start at the same time and do the same route.
- When undertaking a group run we will start at different locations if possible to avoid mass gatherings of people or with at least 15 minutes between groups.
- We will be asking all members who are in tier 4 not to attend. This includes those who are permitted in to the area as part of a support bubble.
- We will follow the EA guidelines to ensure we are doing everything correctly.



It will take a little longer to get the sessions out to you this week as we will have to check off some new routes. Please be patient with us and expect something in your mailbox on Sunday. Please do not attend sessions if you are feeling unwell or are showing symptoms. The vaccine is not far away and we all need to stay safe.

## Beginners 2021

AVR have 20 spaces available for a track-based Couch to 5K program with Jay Sims-Bagshaw and the volunteer team.

Starting at 17:50-18:50 on Monday the 11th of January at Trowbridge Rugby Club, participants will be able to run a continuous 5k by mid-March!!



Please sign up for all of the 9 sessions on Run Together:

<https://groups.runtogether.co.uk/.../37059302-5a6d-4bb8...>

Runners can come along for three sessions but then will need to take out our very reasonable AVR club membership or feel free to sign up straight away via at [www.avonvalleyrunners.org.uk](http://www.avonvalleyrunners.org.uk) to gain access to our members' only Facebook page.

TRFC track is a Covid-secure environment and this course will go ahead subject to any government Covid changes and updates.

## 35 Years of AVR

On the 1<sup>st</sup> January, AVR will celebrate its 35<sup>th</sup> anniversary!



As we can't have a physical celebration, instead we have are celebrating with some anniversary buffs in coral and jade (the traditional and modern colours for 35 years) and raising money for The Doorway Project in Chippenham – a charity who help the homeless <http://www.doorwayproject.org.uk/>. Between you all, we have raised and donated **£70** through the sale of the buffs – thank you!



We'd love to see you wearing your anniversary buffs, so be sure to share them with us on the Facebook pages, Instagram or Twitter.



If you missed out and would still like one, please email [news@avonvalleyrunner.org.uk](mailto:news@avonvalleyrunner.org.uk) and if there are enough requests, then we can order another batch.

### History of AVR – extract taken from

<http://www.avonvalleyrunners.org.uk/index.php?page=history-of-avr>

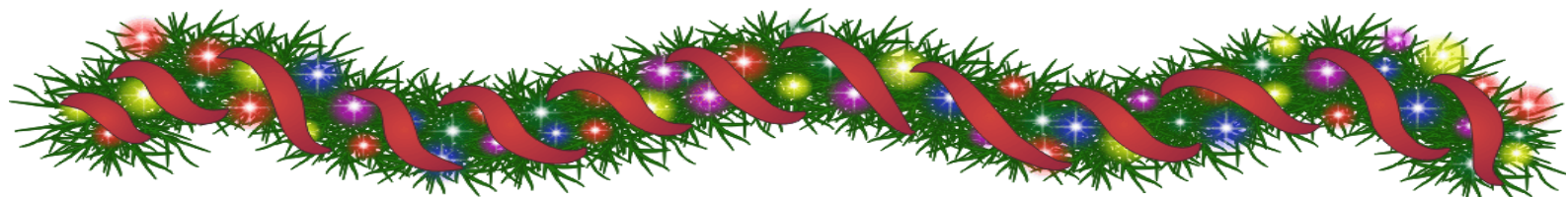
*"None of us was in the first flush of youth; in fact, I've calculated that the average age on 1 January 1986 of the ten founders with unbroken membership remaining today was 40.4 years. All the same, in our former club we were used to training hard and running well, learning from our own and one another's experience – the best coach for distance running – along with the simple instruction, "Try harder!" And it worked: for men, six-minute-mile pace up to and including the half-marathon was considered no better than good enough, and three hours was the unofficial club-standard line for the marathon.*

*Our main intention was clear: to keep things as informal as possible. As enthusiastic distance runners, we would avoid the complications of multi-activity track and field athletics, and this was to be reflected in our name: not "harriers" or "athletic club", but simply "runners". Our name therefore reflected our modest aspirations: a friendly, uncomplicated association of distance runners whose favourite stamping-ground was and would be the scenic and testing valley of the River Avon: Avon Valley Runners."*

*AVR Timeline*

<p><b>1986</b></p> <p><b>Club Formed.</b></p> <p><i>Bob Roots sets club record for 10K of 33:25</i></p> <p><i>Tim Northwood sets club records for 5M, Half &amp; Full Marathon</i></p> <p><i>Judy Farr sets club records for 5K, 5M, 10M &amp; Half Marathon</i></p>	<p><b>1987</b></p> <p><i>Bob Roots sets current club record for 10Miles of 53:38</i></p> <p><i>Sheila Jennings sets club record for Marathon of 3:38:47</i></p>	<p><b>1988</b></p> <p><i>Richard Bailey sets club Mile record of 4:55</i></p> <p><i>Darren Wrintmore sets 5K club record of 16:42</i></p> <p><i>Keith Elsey sets club record for 5M of 26:42</i></p>	<p><b>1989</b></p> <p><i>Gerry Figg sets club record for 5K of 16:21</i></p> <p><i>Martin Connor sets club record for Half Marathon of 75:15 and Marathon of 2:44:32</i></p> <p><i>Ann Bull sets club record for Marathon of 3:26:45</i></p>	<p><b>1990</b></p> <p><i>Martin Connor lowers club record for Half Marathon down to 74:43</i></p> <p><i>Linda Brown sets club record for 5M of 31:45</i></p>
<p><b>1991</b></p> <p>AVR 10K first run in Trowbridge</p> <p><i>Linda Brown sets club record for 5K of 19:19 and 10K of 39:08</i></p>	<p><b>1992</b></p> <p><b>The St George's Running Club merges with AVR</b></p>	<p><b>1993</b></p> <p><i>Linda Brown sets club record for 10M of 67:14</i></p>	<p><b>1994</b></p> <p><b>Club relocates Trowbridge training sessions to Clarendon</b></p> <p><i>Linda Brown sets club record for Half Marathon of 1:28:08</i></p>	<p><b>1995</b></p> <p><i>Maureen Lacey sets club records for 10K, 10M &amp; Half Marathon</i></p> <p><i>Jackie Rockliffe sets club record for 5M of 30:42</i></p>
<p><b>1996</b></p> <p><i>Jackie Rockliffe sets club record for 5K of 18:35</i></p>	<p><b>1997</b></p> <p>"Over the Hills" first run</p>	<p><b>1998</b></p> <p>Last running of the AVR 10K</p>	<p><b>1999</b></p> <p>Boxing Day Run moves to Steeple Ashton after 40-years in Trowbridge</p>	<p><b>2000</b></p> <p>Boxing Day Run moves to Bradford on Avon</p> <p><i>Jackie Rockliffe sets club record for the Marathon of 3:16:18</i></p>
<p><b>2001</b></p> <p>AVR launch website.</p>	<p><b>2002</b></p> <p>Club membership reaches 100.</p> <p>Rosemary Barber carries Commonwealth Games Baton</p>	<p><b>2003</b></p> <p><i>Brett Flook sets club record for the Marathon of 2:43:28</i></p>	<p><b>2004</b></p> <p>AVR host the Sport Relief Mile in Woolley Street, Bradford on Avon</p>	<p><b>2005</b></p> <p>The first running of the <b>Conkwell Killer!!!</b></p> <p><i>Rachel Bown sets club record for the Marathon of 3:15:04</i></p>
<p><b>2006</b></p> <p><b>New AVR club colours</b></p> <p>AVR enter teams into Cotswold Way Relay for the first time</p> <p>First running of the Avon Valley Mile</p> <p><i>Michael Bryant &amp; Jackie Rockliffe set club records for the Mile</i></p>	<p><b>2007</b></p> <p>AVR affiliate to the ARC</p> <p>Inaugural AVR Race Series</p> <p><i>Jackie Rockliffe sets club record for the Marathon of 3:07:45</i></p>	<p><b>2008</b></p> <p>Club membership reaches 200</p> <p>AVR launch Melksham Training sessions.</p> <p>Boxing Day Run renamed as the Stan Farr 5K.</p> <p><i>Liz Ringham sets current club record for the Marathon of 3:03:21</i></p>	<p><b>2009</b></p> <p>AVR Ladies crowned county XC Champions</p> <p>Issue #100 of the Valley News</p> <p>AVR launch Trowbridge "speed" sessions</p> <p>Stan Farr 5K moves to Hilperton</p>	<p><b>2010</b></p> <p>AVR crowned county XC Champions</p> <p>AVR Coaching team honoured by Melksham Town Council</p> <p>Inaugural Avon Valley Relay</p> <p><i>Tom Fisher sets club records for 5M of 26:13 &amp; 10K in 33:01</i></p>

2011	2012	2013	2014	2015
<p>AVR celebrate the clubs Silver Jubilee.</p> <p>Alistair Bartlett &amp; Rosemary Barber named as "Greatest ever Avon Valley Runners"</p> <p>AVR Ladies crowned county XC Champions</p> <p><i>Dan Woolford sets club mile record at 4:42</i></p> <p><i>Tom Fisher sets club record for Half Marathon of 72:53</i></p>	<p>AVR win inaugural Wiltshire Road Race League (WRRL)</p> <p>Junior AVR founded</p> <p>Inaugural AVR Half</p> <p><i>Michael Towler sets 5K club record of 15:53</i></p> <p><i>Ruth Barnes lowers club mile record to 5:18</i></p>	<p>AVR retain WRRL</p> <p>AVR crowned county XC Champions</p> <p>Avon Valley Triathletes formed</p> <p><i>Michael Towler lowers club records for 1Mile to 4:37, 5K to 15:52 &amp; 10K to 32:50</i></p> <p><i>Ruth Barnes sets club record for 10K of 36:07</i></p>	<p>AVR win inaugural Wiltshire Off-Road League (WORL) and Junior League (WJRL)</p> <p>AVR retain WRRL title</p> <p>AVR crowned county XC Champions</p> <p>Club relocates sessions to Doric Park, Hilperton</p> <p><i>Ruth Barnes sets club record for 5K of 17:33</i></p> <p><i>Laura MacGregor sets 10K club record of 36:03</i></p>	<p>Club membership exceeds 500</p> <p>AVR retain WRRL &amp; WJRL titles</p> <p>AVR crowned county XC Champions again</p> <p><i>Ruth Barnes sets club records for 5K of 17:13, 5M of 29:29 &amp; 10K of 35:32</i></p> <p><i>Michael Towler sets club records for 5K of 15:40 &amp; 10K of 32:46</i></p> <p><i>George Gurney sets club records for Half of 71:12 &amp; Marathon 2:29:04</i></p>
2016	2017	2018	2019	2020
<p><i>Ruth Barnes sets club records at 1Mile of 5:14, 5K of 16:41, 5M of 29:08, 10K of 34:15 &amp; 10M of 56:47</i></p> <p><i>Michael Towler sets club records for 5K of 15:26 &amp; 10K of 32:09</i></p> <p><i>Jackie Rockcliffe lowers club record for the Marathon to 3:03:17</i></p>	<p>AVR Track opened</p> <p>AVR win EA "Club of the Year"</p> <p>AVR Men win South West Road Relays</p> <p>AVR win the WRRL</p> <p>AVR crowned county XC Champions</p> <p>Ruth Barnes wins the "Bath Half"</p> <p>Anna-Marie Watson wins "Half Marathon des Sables"</p>	<p>AVR retain WRRL title</p> <p><i>Max Davis sets club records for 1Mile of 4:31 &amp; 5K of 15:15</i></p> <p><i>Ed Knudsen sets club record for 5Miles of 25:54</i></p> <p><i>Michael Towler sets club record for 10K of 31:35</i></p> <p><i>Chris Roxburgh sets club record for 20Miles of 1:57:59</i></p> <p><i>Holly Rush sets club record for 20Miles of 2:08:52 &amp; Marathon with 2:47:33</i></p>	<p>AVR retain WRRL title</p> <p>AVR crowned county XC Champions</p> <p>Inaugural AVR Goal Getters recognised with awards</p> <p><i>Max Davis sets club records for 5K of 14:52 &amp; 5Miles of 25:09</i></p> <p><i>Ed Knudsen sets club record for 10K of 30:46 &amp; Half Marathon of 69:38</i></p>	<p>The Avon Valley Relay went Virtual – Lowries Legends taking the title</p> <p>AVR win the Active Trowbridge "Beat the Street" challenge</p>



## Junior Avon Valley runners – by Lil Morris

Since the break in November we have seen consistent numbers attending the JAVR training sessions, especially with the Wednesday evening training now being held on the track at TRFC.

New Year training starts again on Wednesday 6<sup>th</sup> January, 6-7pm, with the first three sessions geared towards the juniors getting back into training following the seasonal break. Should you know any athletes, aged 11+, who would like to come along and try one of our sessions please book on using the Run Together app and contact the team on [juniors@avonvalleyrunners.org.uk](mailto:juniors@avonvalleyrunners.org.uk). The first three sessions carry no commitment. Should they then wish to continue, a junior membership will then need to be arranged.

Lastly a huge thank you to **Ian Isaacs** who has been working with JAVR since 2012. Due to work and study commitments Ian has stepped down from coaching regularly on a Wednesday however will still be available to coach occasionally when time allows. Thank you again Ian.

### **Christmas training**

The final JAVR training session of 2020 was held on Monday 21<sup>st</sup> December with a “12 days of Christmas” theme ran by Jay Sims-Bagshaw, Lil Morris and Ian Harryman.

There was 50m sprints, burpees, squats, star jumps, balancing, fun relays as well as Christmas hats, chocolates and singing (the jury is still out on how much our Juniors appreciated the rendition of “We Wish You a Merry Christmas” but we had fun).



# Volunteer opportunities with AVR

## Junior AVR secretary

We are looking to recruit a new **JAVR Secretary** to the committee. Is this a role that you would be interested in taking over? The main priorities of the volunteer role are:

- Maintain records of all junior members.
- Attend committee meetings as appropriate.
- Regularly attend junior training sessions (this doesn't have to be EVERY session however the juniors do need some consistency. It especially helps if you are able to build a rapport with new nervous junior members).
- Promotes JAVR events amongst members, parents and social media.
- Help liaise with Bath University regarding track hire times/fees.
- Liaise with adult AVR coaches in regards to the progression and training of older junior athletes.



If you would be interested in this role or would like further information, please email [secretary@avonvalleyrunners.org.uk](mailto:secretary@avonvalleyrunners.org.uk)

## Social Media volunteer – You Tube

Did you know that AVR have a You Tube channel? Set up recently, its primary aim was to share the Zoom sessions that happened during the first lockdown and now the club are looking for a volunteer with creative ideas to work alongside Katy Nickless to develop the channel with exciting new content for members and potential members.



If you're interested in the role please email [news@avonvalleyrunners.org.uk](mailto:news@avonvalleyrunners.org.uk).

<https://www.youtube.com/channel/UCSJIK2xtIbV1cxV0SvFmOiQ>

## Christmas Party

This year's AVR Christmas party took place on Zoom with quiz master Sean Price on hand to give us some festive cheer! It began with Bingo and cash prizes which were won by Holly Newman (£25), Kat Tailor-Laird (£25) and Colin and Dawn Sawyer (£100) then moved on to a fun quiz involving indoor fireworks! Thank you to everyone who got involved and hopefully we can do meet in the same room together in 2021.



## Christmas Lights

This year, there are 4 official Christmas lights run routes in Westbury, Trowbridge, Melksham and Bradford on Avon. Any members who run all 4, with proof, by the 3<sup>rd</sup> January will be entered into a draw to win a prize. Send your evidence to [secretary@avonvalleyrunners.org.uk](mailto:secretary@avonvalleyrunners.org.uk) to be in with a chance of winning.

Many of the routes were also available on Run Together to complete as group runs which lots of festively dressed AVRs took part in!





## 12 Gins of Christmas - by Sara Robert

Debbie, Judy and I have taken part in a few virtual run events with Secret London Runs. The most recent of these was the 12 gins of Christmas. We signed up to complete 25 miles between 1st and 12th December.

Then, whilst doing the AVR speed set, I went into a pothole and broke my ankle.

Being the stubborn, determined kind of woman I am I decided to try and walk the distance! I could not start until around 3rd Dec due to pain and infection but I then slowly chipped away at the miles whilst walking in a support boot. On 12th Dec the three of us completed the event walking in fancy dress!

The medal is beautiful and I also won a fabulous Christmas hamper for completing it in a boot!!



## Virtual Stan Farr Boxing Day Run

As with so many events this year, the Stan Farr Boxing Day Run has gone virtual. Members have until 4<sup>th</sup> January to run the course, which is now a Strava segment.

If you have trouble with Strava or if you don't have an account, send your evidence to [secretary@avonvalleyrunners.org.uk](mailto:secretary@avonvalleyrunners.org.uk).



### Event History (from the AVR website)



*The Boxing Day Run was first staged in 1960 by Trowbridge & District AC and ran a course of 3.4 miles from the Castle Public House in Ashton Street, Trowbridge up to the West Ashton crossroads and back again. A shorter 2-mile event was held for the Ladies and a 1-mile race for Juniors and Colts. The 3.4-mile event also hosted a race walk. In 1985 the embryonic Avon Valley Runners took over the hosting of the event and saw a course record set by C. Murray in a time of 17:24. The Ladies 2-mile record of 11:53 was set by Judy Farr in 1979 with Rosemary Barber setting a ladies record of 21:28 in 1992 over the 3.4-mile course.*

*In 1999 (the 40th staging of the event) due to increasing traffic volumes along the West Ashton Road, Avon Valley Runners decided to relocate the event and moved it to a 3.2-mile course from the Longs Arms Public House in Steeple Ashton. Then in 2000 relocated the event to a 5K course from the Beehive Public House in Bradford on Avon. The 5K course from the Beehive had a course record time of 16:58 set by Michael Bryant in 2006 with Rachel Bown setting the Ladies record of 19:13 in the same year.*

*In 2008 it was decided to rename the Boxing Day run as "The Stan Farr 5K" in memory of the race founder and long serving club secretary. It was also 40 years since he had won the race in 1968.*

*Following the closure of the Beehive in 2008, alternative 5K courses have been run in Barton Farm Country Park, Bradford on Avon (2008) and Whaddon Lane, Hilperton (2009-2011). It is now run out from Doric Park at the TRFC along byways and the canal towpath.*

## Virtual Over the Hills Results

33 runners recorded a time for this virtual event, including runners from Sussex, Brighton and Bristol as well as 11 AVRers. Our very own Gary MacAlister was the overall winner with a time of 53:01 and Kat Tailor-Laird was second female in 1:08:26. As usual, the chosen charity for this race was Alzheimer's Support. The final figures aren't yet completely finalised but we raised approx. £750!

### OTH Report by Debbie Ellis

AVR annual OTH race was taken virtual this year and I had so much fun running the race with Sally Frawley. With both of us being navigationally challenged, in the nicest possible way, just following the actual route was a huge challenge in itself.

However the weather was perfect, our spirits were high and fun was the name of the game for us. Across the fields, dodging the cows we took on the hills, keeping ourselves

on the ball with some hill running techniques on the way up. And as we entered Iford and ran towards Iford bridge the question arose, through the water or over the bridge. No need to think too long about that one, in the water we went laughing all the way. Soaring up Iford hill with squelching trainers and soaked to the skin we felt amazing at the top. All we needed to do now was find the rest of our way back.

The race completed, we were quite impressed with ourselves for not getting lost, absolutely killing those hills but most of all had more of an adventure and so much fun and some more fun. Finishing with hot chocolate and a big smile on our faces, we are ready for next year.



## AVR Club Championship and WAVA League

There haven't been many opportunities for competition this year with so many events being cancelled but AVR's Club Championship and WAVA League is still going ahead. Send all results to Anthony Hickson at [offroad@avonvalleyrunners.org.uk](mailto:offroad@avonvalleyrunners.org.uk) by **31st December** who will collate everything for the website and awards.

Please note that the AVR road and off road leagues are cancelled this year as is the annual How Farr for AVR competition.

### **Club Championship**

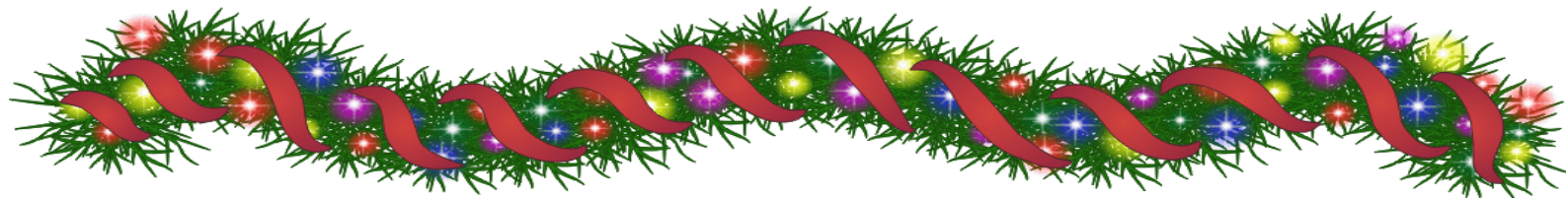
Send in your best times from 2020 for 5k, 10k and Half Marathon to be included and for this year only, physical and virtual events, such as the Westbury 5k, and parkruns from January-March will be included. You must be able to provide links to your results. Previous results can be seen here:

<http://www.avonvalleyrunners.org.uk/index.php?page=club-championship>

**WAVA League**

This is an age grading competition to give you a performance percentage in distances from 5k to marathon. Use a WAVA calculator such as this <http://www.marlboroughrunningclub.org.uk/agegradingcalc> and send in your result. Previous results can be found here:

<http://www.avonvalleyrunners.org.uk/index.php?page=wava-league>



**PLEASE JOIN US ON ZOOM TO DISCUSS 2020 AND OUR PLANS FOR 2021  
TUESDAY 12<sup>TH</sup> JANUARY**

**20:30-21:30**

**[HTTPS://US02WEB.ZOOM.US/J/6593920712?PWD=WNZLAYTMBITNSOFLKOY2CNZXU  
ZH5OT09](https://us02web.zoom.us/j/6593920712?pwd=WNZLAYTMBITNSOFLKOY2CNZXUZH5OT09)**

**ALL WELCOME**



To be included on the Wall of Fame please email [results@avonvalleyrunners.org.uk](mailto:results@avonvalleyrunners.org.uk) and copy in [news@avonvalleyrunners.org.uk](mailto:news@avonvalleyrunners.org.uk) as well.

As usual, any PBs and CPBs will be included but because of a lack of events any achievements on Strava and training runs will be counted until things return to normal.

# WALL OF FAME

## 10km

Chilly 10k Sally Frawley 55:55

## 24 hour race

Gloucester 24hr Ken Pyper 111.85 miles (PB) and a PB for 100 miles of 19h:08m:02s. 1<sup>st</sup> in age category.



# AVON VALLEY TRIATHLETES



## AVT Bobble Hats

Do you want to keep your head warmer in the winter now with the change in temperature? There are a **very limited** number of AVT bobble hats available for £18 each. If interested, please email [avt@avonvalleyrunners.org.uk](mailto:avt@avonvalleyrunners.org.uk) to arrange payment and collection.



## 10,000-Miles – by Darren Wrintmore

At the start of 2020 I set my two usual goals since becoming a cyclist: improve my time over 10-miles and improve my time over 100-miles; I also added an additional target for the year and that was to cycle over 8,000-miles. As a runner in 2014 who enjoyed getting out on my bike occasionally, I managed to log over 1,400-miles in the saddle but as I transitioned into a cyclist my miles slowly but surely increased year on year from 4,000-miles in 2015 to last year's high total of 7,110-miles.

I started this year by knocking out a weekly mileage of between 140 and 160-miles per week which was up from 120 to 140-miles in the same period in 2019. Then in March my mileage started to spike and I put in my first 200+ mile week of the year which I then managed to repeat for another 34-weeks to rack up the miles, recording weekly figures of between 220 and 260-miles. This was helped by the clement weather conditions and the motivation provided by the **AVT Segment of the Month** challenge and some of the virtual cycle challenges. Staying injury free also played a big part, though I did suffer a pinched finger when I was not paying full attention when racking my bike after a session.

As the conditions became less favourable for riding outside, I retreated into my garage on the turbo-trainer to clock up a few thousand miles on Zwift, I also ventured onto **CADEsport** as a test rider – this is a new platform, which at the time of writing is still very much in its infancy and not available for general access but will provide a good FREE alternative to Zwift for those that enjoy racing or sci-fi as some of the worlds are literally 'out of this world'.



The CADEsportive course



The Electric Fidget course

Sometime in October I managed to surpass my target mileage and it dawned on me that with focus I could end the year with a total mileage in excess of 10,000-miles. So, in November I clocked over 1,000-miles for the month (for the third time in 2020), prior to this my highest monthly mileage was 880-miles recorded during July 2018. Then on 21<sup>st</sup> December I broke the 10,000-mile mark whilst the rain was lashing down outside and I was riding around the tropical island paradise that is Watopia. I know that 2020 has not been kind to the vast majority of people on the planet but for me and my bike it has been quite a remarkable year.

**Darren Wrintmore – Vice-President**

*“And I will ride 8,000-miles  
but I would ride 2,000 more  
Da da da (da da da)  
Da da da (da da da)*

*Da Da Da Dun Diddle Un Diddle Un Diddle Uh Da Da”*

