

# THE VALLEY NEWS



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## Dates for your diary

- **Training re-starts!** Monday 29<sup>th</sup> March. Please book on to the sessions using the links posted to Facebook and in your email inbox. [https://mailchi.mp/daea1dd6ff7/avon-valley-runners-running-schedule-290321?fbclid=IwAR3fgVC2r\\_FHglWa6dCkY4weEcU45rbWvYecQGPtn7TxqM9BaiydM8Zot3Q](https://mailchi.mp/daea1dd6ff7/avon-valley-runners-running-schedule-290321?fbclid=IwAR3fgVC2r_FHglWa6dCkY4weEcU45rbWvYecQGPtn7TxqM9BaiydM8Zot3Q)
- **Committee meeting** – Tuesday 6<sup>th</sup> April at 8:30pm on Zoom. If you have any points for discussion, please email [secretary@avonvalleyrunners.org.uk](mailto:secretary@avonvalleyrunners.org.uk).

## We're back!

It's been a long time coming, but training re-started on Monday 29<sup>th</sup> March! It has been so lovely to see so many members turning up for group runs and track sessions – thank you so much for your patience!



## Presentation Evening – the winners

For the first, and hopefully only time, we took to Zoom to hand out our club awards for achievements in 2020. Even though it has been a funny year for everyone and the lack of racing opportunities has changed which trophies were handed out, there were still plenty of successes to champion.

Members were treated to a superb spread from Fiona Price Catering which included AVR themed menus and many chose to make or buy their own mask to get into the theme of The Masked Ball.



**Partington, Caroline Barham and Claire Heathercoat.**

Thank you also for President **Denise Ellis** and Vice Presidents **Darren Wrintmore** and **Bob Washbourne** for recording messages for everyone on the night too. If you missed any of them, they are available to view on the closed Facebook page. Just click on 'media' then 'videos' and you'll see 3 in a row that start with the poster for the event.



So without further ado, here are your 2020 winners for our one and only Zoom Presentation Evening...

MOST IMPROVED MALE  
MOST IMPROVED FEMALE

OUTSTANDING SEN MALE  
OUTSTANDING SEN FEMALE  
OUTSTANDING V40 MALE  
OUTSTANDING V40 FEMALE  
OUTSTANDING V50 MALE  
OUTSTANDING V50 FEMALE  
OUTSTANDING V60 MALE  
OUTSTANDING V60 FEMALE  
OUTSTANDING V70 FEMALE  
OUTSTANDING V70 MALE

TONY BARTLETT PERSEVERANCE  
THE BOMB  
DAVID GRIFFITHS "MEMBERS MEMBER AWARD"  
"NEVER GOING TO STOP"

CLUB CHAMPIONSHIP MEN –  
**Josh Lay (SEN)**  
**Richard Harding (V40)**  
**Robin Mark-Schols (V50)**  
**Philip Harding (V60+)**

WAVA LEAGUE - **Richard Harding (82.85%)**  
- **Rosemary Barber (80.43%)**

Stan Farr Boxing Day – Men **Gary Day**  
Stan Farr Boxing Day – Women **Rosemary Barber**

AVT Development award – **Debbie Ellis**

COVID RESPONSE "SHINING STAR" AWARD  
**Stephen Clark**  
**Jay Sims-Bagshaw**  
**David Hyde**  
**Sean Price**  
**Steve Williams**  
**Darren Wrintmore**

Race Contribution Award  
**EMILY DYE**

**STEVE JEFFRIES**  
**SALLY FRAWLEY**

**ED KNUDSEN**  
**GEMMA KNUDSEN**  
**RICHARD HARDING**  
**JO FARION**  
**ROBIN MARK- SCHOLS**  
**FIONA PRICE**  
**PHILIP HARDING**  
**TINA TOWLER**  
**ROSEMARY BARBER**  
**PETER CAMPBELL**

**MARK BYGRAVE**  
**VICKY BODMAN**  
**MARK BYGRAVE**  
**ANTHONY HICKSON**  
**PHILIP HARDING**

CLUB CHAMPIONSHIP WOMEN –  
**Gemma Knudsen (SEN)**  
**Jo Farion (V40)**  
**Sara Robert (V50)**  
**Rosemary Barber (V60+)**





L-R: Vicky Bodman receiving 'The Bomb' and Rosemary Barber receiving one of 4 awards.



L-R: Salley Frawley receiving 'Most Improved Female' and Steve Williams receiving the 'Covid Shing Star' award.

## GAMES and RAFFLE!

A huge congratulations to everyone who won a prize from the raffle, bingo and Heads or Tails game on the night. This year, the social committee were keen to support local companies by buying the prizes rather than relying on their generosity of donating them. As the Civic Hall didn't need booking, the money was well used to be able to buy high quality prizes.

Prizes included, amongst others, a £20 Snarlton Farm gift voucher (Melksham Milk Station), Lilley's Cider in Frome, afternoon tea for two from Victoria Moore Catering in Trowbridge, a fruit box from Wiltshire Fruit and Veg in Devizes, a box of brownies from the Best Ever Brownie Company in Foxham, Dusty Ape Coffee in Hilperton and race entries from DB Max and Stampede Sports in Melksham and Atworth.



L-R: Toni Clark winning some Damson Vodka from Wiltshire Liquor, Martin Russam winning the AVR goody bag from Sporting Billy in Chippenham, Robin-Mark Schols winning a skipping rope and a handmade headband in AVR colours knitted by Toni Clark and AVR themed cupcakes by Bunch of Cakes in Melksham, won by Dawn Sawyer.

## Congratulations!

Our beginners group have recently completed their first club run after the restrictions lifted. Well done everyone and we look forward to seeing you out and about running stronger and feeling fitter.



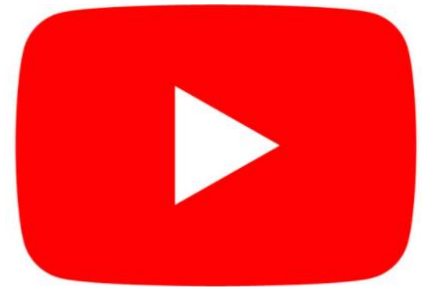
Tanya, Francesca, Sue, Sarah and Helen out running with run leader, Carrie.

Send any news, articles or achievements to [news@avonvalleyrunners.org.uk](mailto:news@avonvalleyrunners.org.uk).  
Also check the closed Facebook page for regular news as well as emails straight into your inbox.

## Volunteer opportunities with AVR

### 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. **Katy has added the new committee video to the channel and there are other videos in the pipeline but the more creative input from members, the better!** Take some time to have a look at what we have already and see if you think you could be the person to help out:



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

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

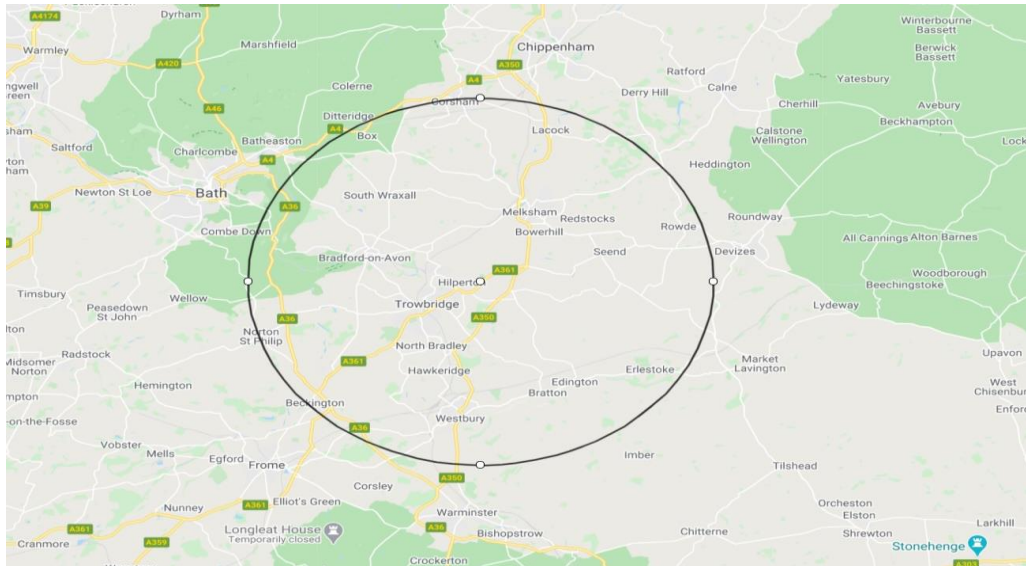
## Avon Valley Segment of the Month – by Darren

Wrintmore and Gary MacAlister



Its back!!! and to recap...the idea is that you are invited to take on a Strava segment which can be incorporated into one of your training sessions and whoever records the fastest time (Male & Female) within the month, actually up to the 25th of the month as we 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.

There will be up six selected Strava segments, with Gary MacAlister picking out four for the runners with one in each of our catchment towns of Trowbridge, Bradford on Avon, Melksham and Westbury. Whilst Darren Wrintmore will pick a couple of cycle segments within a 7-mile radius from Trowbridge Rugby club.

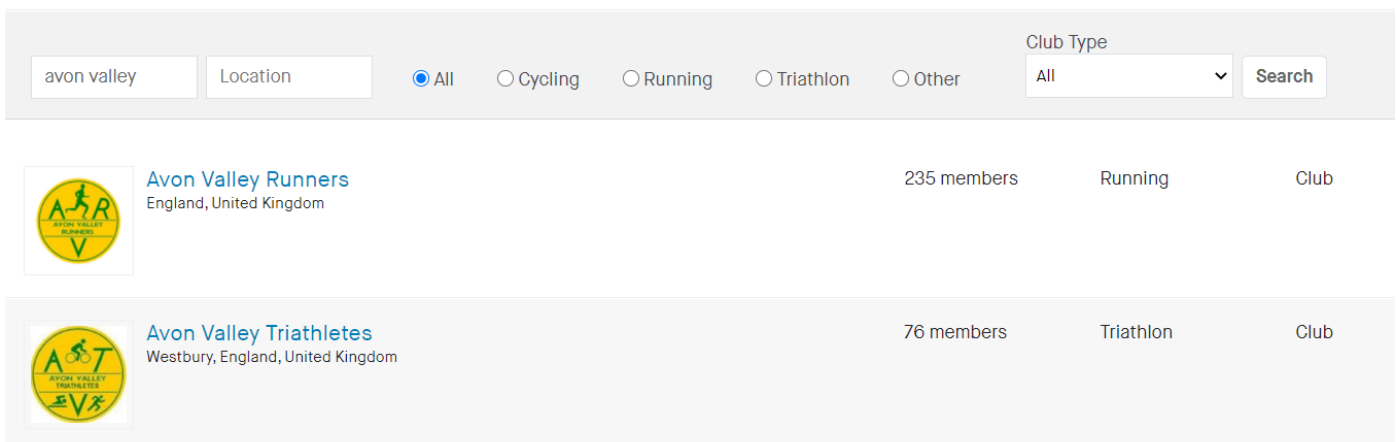


In order

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/or the Avon Valley Triathletes club which will be used for tracking cycling results on the segment.

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



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

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 of the fastest over the segment that month will be published in the Valley News.

There will also be threads running 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 Gary and Darren 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; we have also added a hotlink on the segment name on the monthly list of Avon Valley Segments:

So to kick us off in 2021:

## Cycle Segments – April 2021

### [Bulkington and Keevil](#)

This is a 1.6-mile segment between as is suggested by the segment name the villages of Bulkington and Keevil with just a 0.2% average gradient to climb, so pretty flat. This year to date there are 13 Avon Valley Triathletes who have cycled this segment with Tim Lowrie and Jo Mumford having put in the quickest times of 5:10 and 5:23 which equates to average speeds of 19.2mph and 18.4mph respectively.

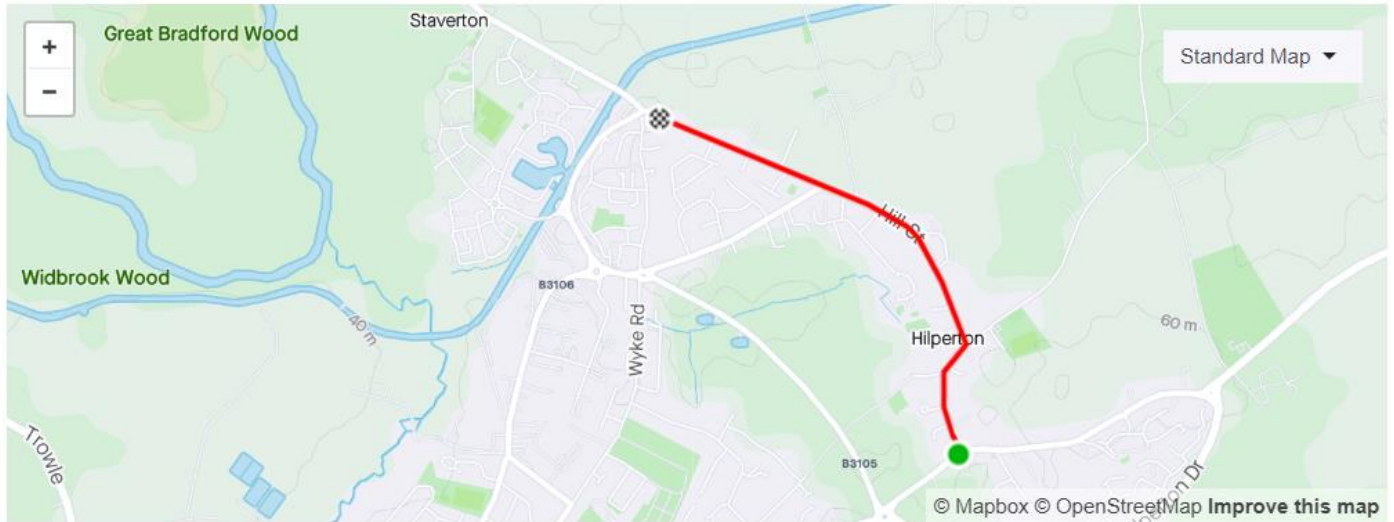
Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	49,916 Attempts By 5,017 People
1.65mi	0.2%	612ft	633ft	21ft	



**Pub to Petrol station**

This is a 1.1-mile segment between the Lion & Fiddle pub in Hilperton down to the Texaco Garage in Staverton. So far this year just 6 Avon Valley Triathletes have ridden this segment with Darren Wrintmore and Jo Mumford having put in the quickest times of 3:12 and 3:38 which equates to average speeds of 21.1mph and 18.5mph respectively.

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	24,982 Attempts By 3,701 People
<b>1.12mi</b>	<b>-1.0%</b>	<b>132ft</b>	<b>190ft</b>	<b>58ft</b>	



**Running Segments – April 2021 (The gradual downhill edition)**

**TRFC side gate to Whaddon Lane - Trowbridge**

A very familiar route to start with, as pretty much all group runs from TRFC have gone along this track at one point or another. This is an 800m segment, with a -0.5% gradient. It starts at the side gate of Trowbridge Rugby Club in Hilperton & goes down to the end of the gravel lane, where it meets the tarmac of Whaddon Lane (be careful of the odd pot-hole along the path). So far this year 26 Avon Valley runners have run this segment with Gary MacAlister and Anna-Marie Watson having put in the quickest times of 3:15 and 3:43 respectively.

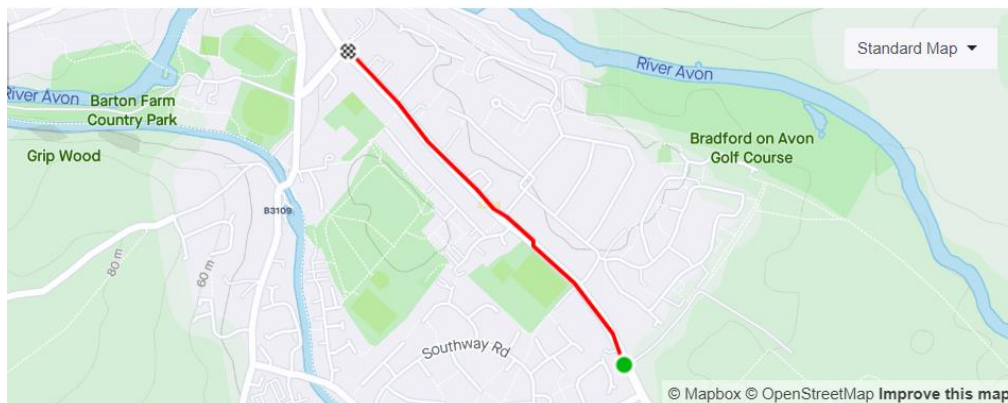
Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	5,029 Attempts By 632 People
<b>0.80km</b>	<b>-0.5%</b>	<b>54m</b>	<b>60m</b>	<b>7m</b>	



## Trowbridge Road - Bradford-on-Avon

We'll keep with the familiar routes as we head to Bradford on Avon, along another popular route with Thursday evening running groups. This is a 940m segment, with a -0.3% gradient. It starts just past the junction to Moulton Drive & goes gradually down to the triangle road junction. So far this year 38 Avon Valley runners have run this segment with Tom Folan and Jo Mumford having put in the quickest times of 3:26 and 4:19 respectively. Please note you can run on both sides of the road, but there may be pedestrians on either side & the footpaths are not the widest.

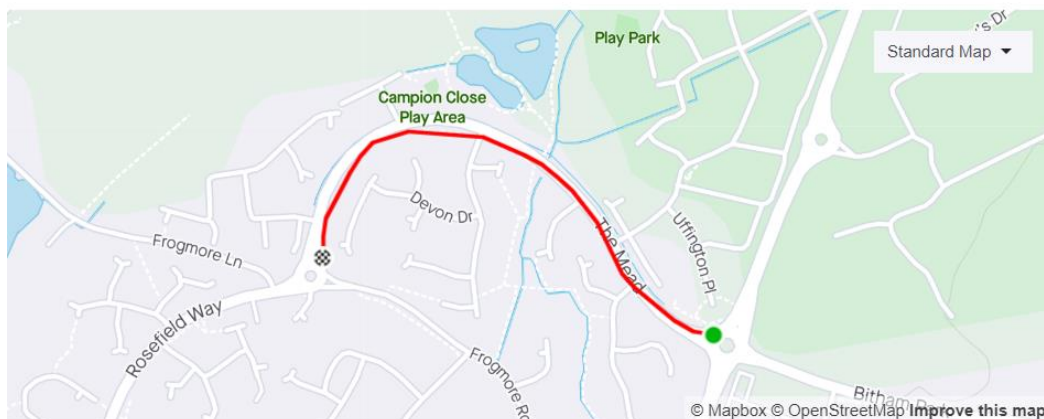
Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	8,331 Attempts By 885 People
0.94km	-0.3%	41m	49m	9m	



## Mead RB-RB - Westbury

The downhill segments just keep coming, with this nice segment in Westbury. This is a 600m segment, with a -0.2% gradient. It starts at the roundabout opposite Lidl & goes gradually down to next roundabout at the end of The Mead. So far this year 18 Avon Valley runners have run this segment with Tommy Davies & Fiona Price having put in the quickest times of 2:34 and 2:25 respectively.

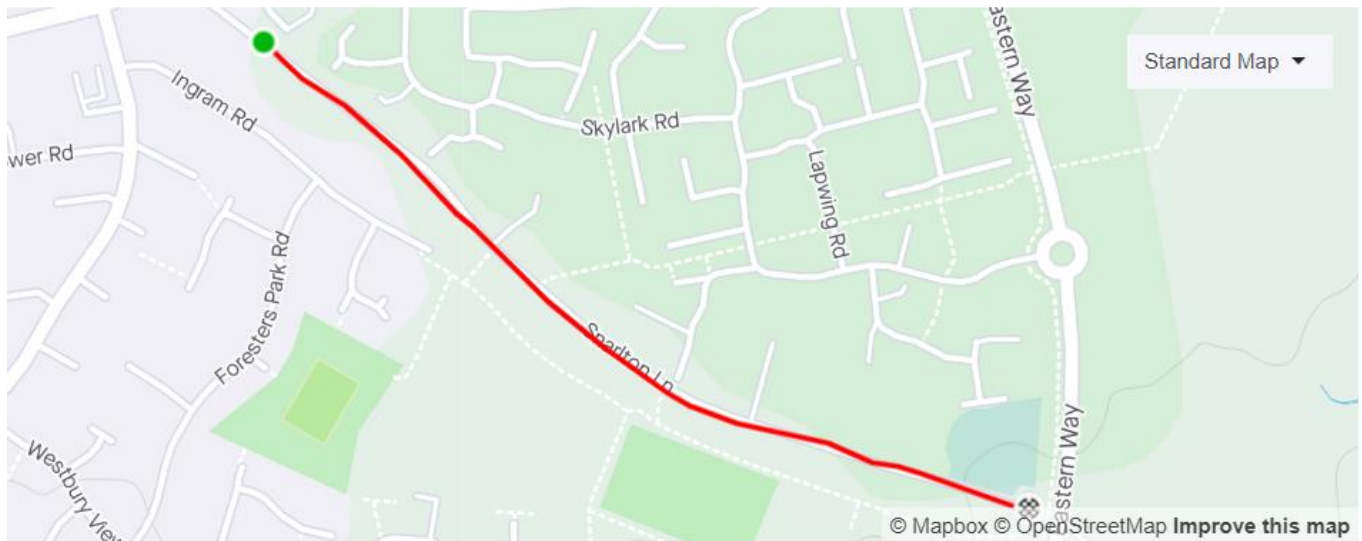
Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	9,427 Attempts By 562 People
0.60km	-0.2%	54m	56m	3m	



## Snarlton W-E - Melksham

Our final downhill segment takes us to Melksham, with this quiet lane in the middle of town. This is a 770m segment, with a -1.0% gradient. It starts just past the Texaco garage on Snarlton Lane and finishes at the gate just before the Eastern Way bypass. Just 6 Avon Valley runners have taken on this segment so far in 2021, with Andy Wareham & Hayley Southgate having put in the quickest times of 3:42 and 4:12 respectively.

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	1,885 Attempts By 351 People
<b>0.77km</b>	<b>-1.0%</b>	<b>38m</b>	<b>47m</b>	<b>9m</b>	



## Puzzle Corner

Here is this month's crossword for your enjoyment. An interactive version can be found here: <https://www.classtools.net/crossword/202103-jRdkEU>

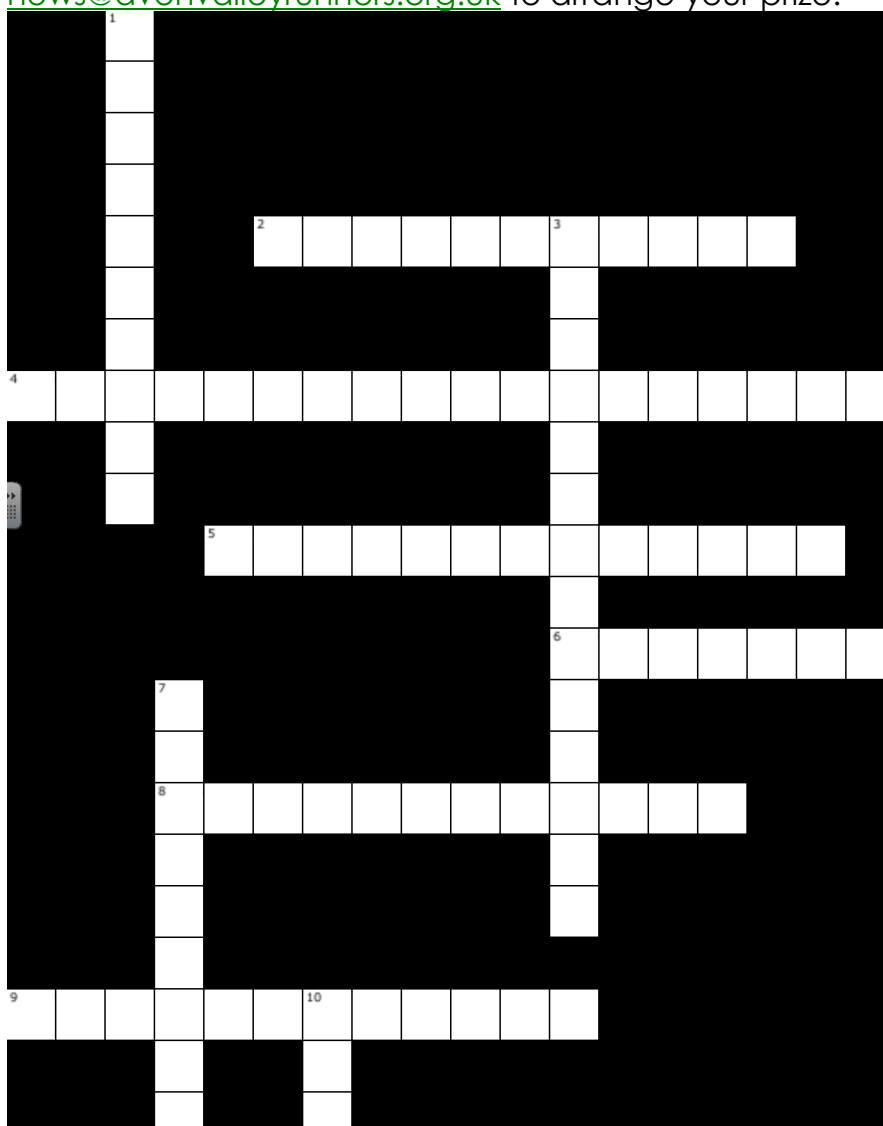
Send your answers to [news@avonvalleyrunners.org.uk](mailto:news@avonvalleyrunners.org.uk) to have your name included in the next issue.

The answers to last month's clues were:

**ACROSS** 4 = parkrun, 6 = Anthony, 9 = Richard Newman, 10 = CiRF, 11 = volunteer, 12 = Denise Ellis, 14 = Culver Close.

**DOWN** 1 = lemons, 2 = duathlon, 3 = Stan Farr, 5 = Doric Park, 7 = thirteen, 8 = personal best, 13 = November

There were 2 entries with correct answers. The names went into a hat and the winner is **Michael Guy!** Contact [news@avonvalleyrunners.org.uk](mailto:news@avonvalleyrunners.org.uk) to arrange your prize.



### Across

- 2. AVR booking system. (3,8)
- 4. Main AVR club rivals. (10,8)
- 5. AVR coach (5,8)
- 6. parkrun location visited by the AVR minibus in January 2020.
- 8. Popular running magazine. (7,5)
- 9. Winner of the 'Most Improved' AVR female. (5,7)

### Down

- 1. Most recent AVR anniversary. (6,4)
- 3. DB Max virtual 5k series V2. (6, 8)
- 7. AVR closed race with fish and chips. (7, 5)
- 10. The other sport played at the AVR Trowbridge base. (5)

## Where is the Race? - answers – by Darren Wrintmore

Last month you were asked to identify these races and the AVR members taking part in them. Did you guess them?

1. Denise Ellis at the White Horse Gallop
2. Ruth Barnes at The Great Chalfield 10k
3. Michele Platten and Mark Bygraves at the Foxtrot 5
4. Carrie Almeida at the Hullavington 10k
5. Rosemary Barber and Sean Price at the Melksham 5k
6. Darren Wrintmore at the Badminton Horseless Trials
7. Jerry Clark and Danielle Baxter at the Trowbridge Superhero 5k
8. Richard Ayling and Mike Rose at the Wiltshire 10



## Escape Lockdown 5k series

DB Max have started a new 5k Saturday series for lockdown number 3 and AVR continue to represent the club brilliantly! Well done to everyone who has taken part so far.



<b>Week 5</b> March 6 <sup>th</sup>	<b>First AVR man</b> Rich Harding (overall winner) <b>First AVR female</b> Rosemary Barber <b>Categories</b> 3 <sup>rd</sup> FSEN Sarah Barker, 1 <sup>st</sup> MV40 Rich Harding, 2 <sup>nd</sup> FV50 Sharon Firkins, 1 <sup>st</sup> MV50 Tim Burrell, 1 <sup>st</sup> MV60 Simon Woodhead, 1 <sup>st</sup> FV70+ Rosemary Barber and 1 <sup>st</sup> FYouth Amy Burrell.
<b>Week 6</b> March 13 <sup>th</sup>	<b>First AVR man</b> Ed Knudsen (overall winner) <b>First AVR female</b> Rosemary Barber <b>Categories</b> 1 <sup>st</sup> MSEN Ed Knudsen, 1 <sup>st</sup> MV60 Simon Woodhead, 2 <sup>nd</sup> MV50 Robin-Mark Schols, 3 <sup>rd</sup> FSEN Sarah Barker, 1 <sup>st</sup> FYouth Amy Burrell and 1 <sup>st</sup> FV70+ Rosemary Barber.
<b>Week 7</b> March 20 <sup>th</sup>	<b>First AVR man</b> Robin-Mark Schols (top 10) <b>First AVR female</b> Diane Hier <b>Categories</b> 2 <sup>nd</sup> FSEN Sarah Barker, 2 <sup>nd</sup> MV50 Robin-Mark Schols, 1 <sup>st</sup> MV60 Simon Woodhead, 2 <sup>nd</sup> MV60 Simon Reeves, 1 <sup>st</sup> FV50 Diane Hier, 1 <sup>st</sup> FV70+ Rosemary Barber, 1 <sup>st</sup> MYouth George Sawyer and 1 <sup>st</sup> FYouth Amy Burrell.
<b>Week 8</b> March 27 <sup>th</sup>	<b>First AVR man</b> Robin-Mark Schols (top 4) <b>First AVR female</b> Rosemary Barber <b>Categories</b> 2 <sup>nd</sup> FSEN Sarah Barker, 3 <sup>rd</sup> MV40 Gary MacAlister, 2 <sup>nd</sup> MV50 Robin-Mark Schols, 3 <sup>rd</sup> FV50 Paula Bray, 1 <sup>st</sup> MV60 Simon Woodhead, 3 <sup>rd</sup> MV60 Simon Reeves, FV70+ Rosemary Barber and 1 <sup>st</sup> MYouth George Sawyer.

## COTSWOLD WAY RELAY – by Gary MacAlister



### CALL FOR RUNNERS

Every year AVR enter 3 teams into the Cotswold Way relay. We are looking for runners again for 2021.

The Cotswold Way Relay is now in its 31st year and takes place this year on the 3<sup>rd</sup> July. It works as 10 back-to-back races, with each stage having a mass start at the expected arrival time of the 1st runner from the previous stage.

The relay is over 90% off-road. Starting from Chipping Campden in the early morning, using the way-marked route of the Cotswold Way through to Bath in the early evening. It takes in many hills, woodlands, fields and tracks, all offering spectacular views of the countryside. The trail is split into 10 stages, varying in ascent and length, to offer a differing flavour for each runner in the team. Apart from a few busy road crossings there are no marshals, or additional markers, so route finding is all part of the spirit of the event. In recent years the Cotswold Way Authority has considerably improved the signage, as part of its upgrade to National Trail status. The race route follows the National Trail. More information about the race can be found on their website: <https://cotswoldwayrelay.co.uk/>

If you are interested in taking part, please contact Gary MacAlister via Facebook or at [gary.macalister@stevevick.com](mailto:gary.macalister@stevevick.com). There are teams for all abilities so everyone is welcome.

# AVON VALLEY TRIATHLETES

By Steve Clarke and AVT Secretary Kat Taylor-Laird



## AVT Bobble Hats

Although the weather is slowly warming up, you can still buy one of only **5 AVT bobble hats left** to keep your ears warm on chilly spring mornings. They are available for £18 each. If interested, please email [avt@avonvalleyrunners.org.uk](mailto:avt@avonvalleyrunners.org.uk) to arrange payment and collection.



## Congratulations

This year hasn't given much opportunity for any sort of racing so the usual clutch of trophies for the Presentation Evening were diluted down to just one accolade of **THE AVT DEVELOPMENT AWARD** which was awarded to Debbie Ellis (right) for her efforts during 2020 in real and virtual events, breaking PBs in the process! Congratulations from everyone.



## Castle Combe Cycling

Tuesday night cycling is returning to Castle Combe from Tuesday 6<sup>th</sup> April between 17:30-20:00 in the evening. The membership price for adults is £2 but the session price has now risen to £5 to accommodate for extra health and safety measures and needing extra staff too. Register here: <https://www.riderhq.com/groups/p/i906pfj/f/castle-combe-cycling/join>



## Castle Combe Tuesdays

# Open Water Swimming

**IMPORTANT UPDATE!** - Vobster Quay will reopen on the **29th March 2021**

It's back! Vobster is opening its doors again to existing members. They state that if your membership has lapsed, then you can call them on 01373 814666 to renew but they are not accepting any new memberships at this time. Existing members will have 90 days added onto their end date.

They have also said that the changing rooms and showers won't be open again during 2021 but the open air changing facilities are open. Please take care to follow the CV-19 protocols around the site and follow instructions from staff while you are there.

Booking can be made through the booking portal up to 14 days in advance: <https://app.vobster.com/>

