

THE VALLEY NEWS



In this issue...

- Dates for your diary
- Volunteer opportunities
- Segment of the Month
- Junior AVR
- Mission Accomplished!
- Dorney Marathon
- Jurassic Half Marathon
- A first for everything!
- Puzzle Corner
- Escape Lockdown 5k series
- Wall of Fame
- Avon Valley Triathletes

Dates for your diary

- **Committee meeting** – Tuesday 4th May at 8:30pm on Zoom. If you have any points for discussion, please email secretary@avonvalleyrunners.org.uk.
- **parkrun returns!** Please check with local parkrun news pages to see whether yours is able to return on Saturday 5th June. A list of parkruns which currently have landowner permission can be found here: <https://blog.parkrun.com/uk/2021/04/30/current-landowner-permissions/>



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.

Write an article for the Newsletter

Every month, the newsletter relies on volunteers to provide content for the enjoyment of others.

This may include writing a report of a race, virtual or fundraising event, a game for puzzle corner or just as simple as providing your personal bests for inclusion on The Wall of Fame.

Why not take a look at previous editions to see the sorts of things that have been included

before? <http://www.avonvalleyrunners.org.uk/index.php?page=valley-news>

Whatever you want to include, please email it, and any accompanying photos, to news@avonvalleyrunners.org.uk – please do not provide anything via FB messenger.



Avon Valley Segment of the Month – May 2021

– by Darren Wrintmore and Gary MacAlister



The results are in for the April cycling Segments of the Month:



Bulkington to Keevil

Fourteen Avon Valley members took to their bicycles for this 1.65-mile segment between the villages of Bulkington and Keevil with Tim Lowrie and Sara Robert (just edging out Jo Mumford) putting in the quickest efforts:

Rank	Name	Date	Speed	HR	Power	Time
	Tim Lowrie. Sundried Athlete.	Apr 3, 2021	24.1mi/h	157bpm	283w	4:07
2	Darren Wrintmore	Apr 24, 2021	23.6mi/h	157bpm	-	4:12
3	Paul Banfield	Apr 24, 2021	22.9mi/h	141bpm	252w	4:20
Rank	Name	Date	Speed	HR	Power	Time
	Sara Robert	Apr 24, 2021	21.3mi/h	137bpm	199w	4:39
2	Jo Mumford	Apr 7, 2021	19.9mi/h	-	170w	4:59
3	Emma Gage	Apr 21, 2021	18.9mi/h	155bpm	137w	5:15

Pub to Petrol station

Twelve Avon Valley members tackled this 1.1-mile charge down between the Lion & Fiddle pub in Hilperton down to the Texaco Garage in Staverton, with Tim Lowrie and Jo Mumford (this time edging out Sara Robert) putting in the quickest efforts:

Rank	Name	Date	Speed	HR	Power	Time
	Tim Lowrie. Sundried Athlete.	Apr 3, 2021	26.1mi/h	146bpm	268w	2:35
2	Darren Wrintmore	Apr 17, 2021	25.3mi/h	-	223w	2:40
3	Rich Ayling	Apr 18, 2021	24.2mi/h	149bpm	-	2:47
Rank	Name	Date	Speed	HR	Power	Time
	Jo Mumford	Apr 7, 2021	21.9mi/h	-	150w	3:05
2	Sara Robert	Apr 18, 2021	21.3mi/h	114bpm	132w	3:10
3	Anne Clark	Apr 22, 2021	19.9mi/h	121bpm	146w	3:23

The results are in for the April running Segments of the Month:

TRFC side gate to Whaddon Lane - Trowbridge

23 AVR members took part in this segment in April. It doesn't look like any of the men really went out to blast this segment, and many of the times are from people using the route to get to longer & more scenic longer runs, or as a warm-up before track sessions. Gary MacAlister will be delighted to have taken the scalp off Ed & Rich. Emily Bailey on the other hand smashed out a 10k PB on her way to getting her fastest female time and she had a significant gap over Carly & Emily.

Rank	Name	Date	Pace	HR	Time
	Gary MacAlister	Apr 10, 2021	4:06/km	158bpm	3:17
2	Rich Ayling	Apr 21, 2021	4:18/km	149bpm	3:26
3	ed knudsen	Apr 19, 2021	4:34/km	133bpm	3:39
Rank	Name	Date	Pace	HR	Time
	Emily Bailey	Apr 6, 2021	4:50/km	156bpm	3:52
2	Carly Hodgson	Apr 11, 2021	5:10/km	165bpm	4:08
3	Emily Wadds	Apr 16, 2021	5:15/km	146bpm	4:12

Trowbridge Road - Bradford-on-Avon

15 AVR members recorded a time on this popular segment. Tom Folan came out on top, running the segment during a tough speed session. Josh Lay also targeted the segment on one of his sessions too, so great efforts all around. Bethan Francis was fastest lady, again getting her segment done during a speed session. Carly & Jo both captured this segment as part of longer weekend runs, just showing you don't need to be going flat out to enjoy the monthly segments.

Rank	Name	Date	Pace	HR	Time
	Tom Folan	Apr 13, 2021	3:32/km	168bpm	3:21
2	Josh Lay	Apr 24, 2021	3:57/km	174bpm	3:45
3	Dan Hoyle	Apr 10, 2021	4:14/km	-	4:01

Rank	Name	Date	Pace	HR	Time
	Bethan Francis	Apr 2, 2021	5:06/km	-	4:50
2	Carly Hodgson	Apr 4, 2021	5:16/km	159bpm	5:00
3	Jo Farion	Apr 3, 2021	5:30/km	-	5:13

Mead RB-RB - Westbury

Well done to the 12 members that took on this segment – although looking at the results I think there are some “ringers” in here. For the ladies, Fiona Price stormed to the top spot, with great efforts also by Rosemary & Diane. For the men, Dave Townsend is top, although I believe he is a Corsham Running Club member, but comes up on the AVR results. Just means next month, someone from AVR needs to knock him off the top spot.

Rank	Name	Date	Pace	HR	Time
	Dave Townsend	Apr 15, 2021	4:41/km	150bpm	2:50
2	Will Hargreaves	Apr 13, 2021	5:19/km	149bpm	3:13
3	Keith Withers	Apr 22, 2021	5:28/km	-	3:18

Rank	Name	Date	Pace	HR	Time
	Fiona Price	Apr 8, 2021	3:50/km	161bpm	2:19
2	Rosemary Barber	Apr 19, 2021	4:40/km	125bpm	2:49
3	Diane Hier,	Apr 22, 2021	5:11/km	149bpm	3:08

Snarilton W-E - Melksham

Just 5 takers for the Melksham Segment for April, with Gary MacAlister topping the list again. Hayley Southgate bagged the fastest female time on this surprisingly picturesque route in the middle of town.

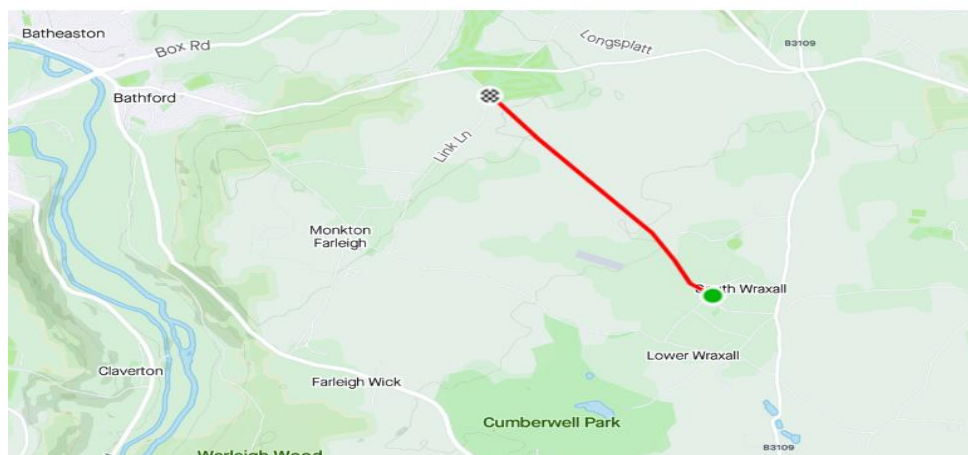
Rank	Name	Date	Pace	HR	Time
	Gary MacAlister	Apr 10, 2021	4:18/km	151bpm	3:19
2	Hayley Southgate	Apr 11, 2021	4:37/km	141bpm	3:34
2	Andy Wareham	Apr 21, 2021	4:37/km	169bpm	3:34
4	Sarah Barker	Apr 3, 2021	5:18/km	149bpm	4:05
5	Alan B	Apr 4, 2021	5:23/km	145bpm	4:09

For May we have picked out the following cycling challenges for you:

South Wraxall to Monkton Farleigh turn

This is a 1.6-mile segment between the village of South Wraxall (*just off of the B3109*) climbing up at an average gradient of 2.7% towards Kingsdown Golf course but finishes at the turning for Monkton Farleigh. Only four Avon Valley Triathletes have tackled the segment this year with Darren Wintmore and Emma Gage topping the leaderboards.

1.65mi 2.7% 338ft 577ft 240ft
 Distance Avg Grade Lowest Elev Highest Elev Elev Difference

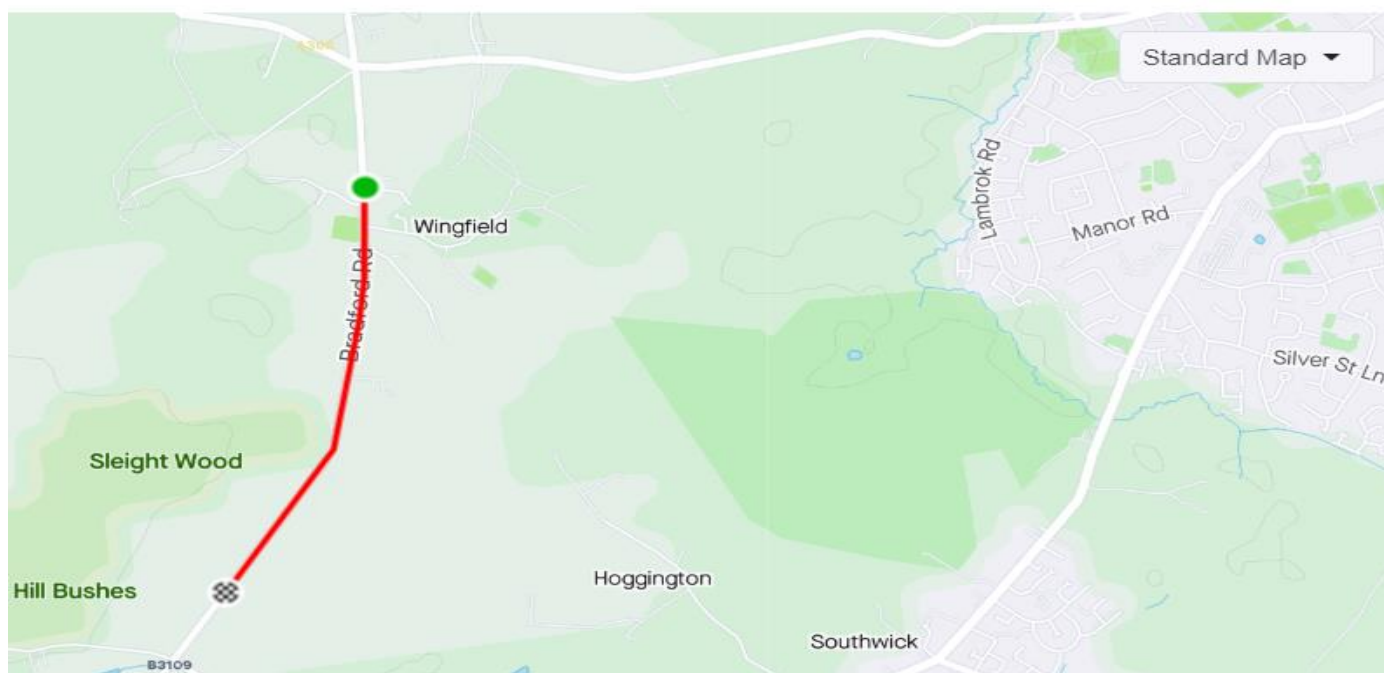


Send any news, articles or achievements to news@avonvalleyrunners.org.uk.
 Also check the closed Facebook page for regular news as well as emails straight into your inbox.

Sleight Wood Straight

Keeping on the B3109 as it heads out through Bradford on Avon towards Rode, we give you a potentially fast 0.9-mile segment starting just outside of Wingfield. Seven club members have sped along this way in 2021 with James Crawford and Vanessa Lucas the fastest.

0.90 mi	-0.3 %	157 ft	185 ft	28 ft
Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference



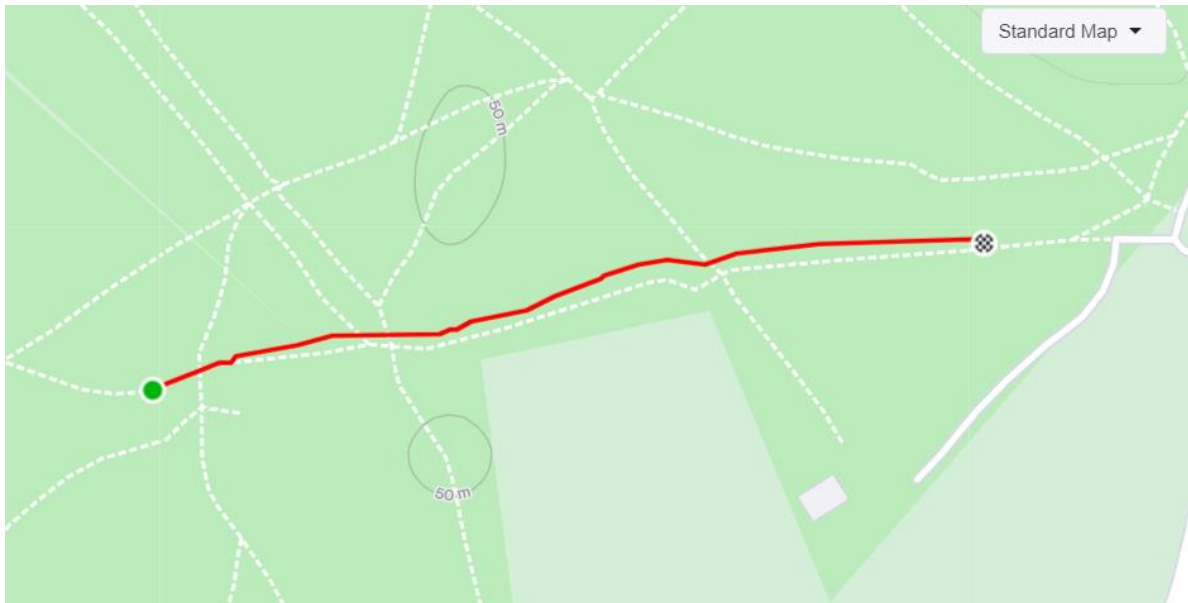
And these are May's running segments:

Southwick parkrun 400m sprint to finish (Trowbridge)

With an impressive 175 AVR members having registered a time on this segment, it should be very familiar to most of you. A chance to remind yourself of the parkrun days, and of hopefully optimism of their pending return. Dom Beddis holds the fastest AVR title at the moment with a very impressive 1:11, and for the ladies Pippa Brewer & Gemma Knudsen both have a 1:27 to their names. Who can try & push these times event faster in May?

Run Segment Southwick, England, United Kingdom

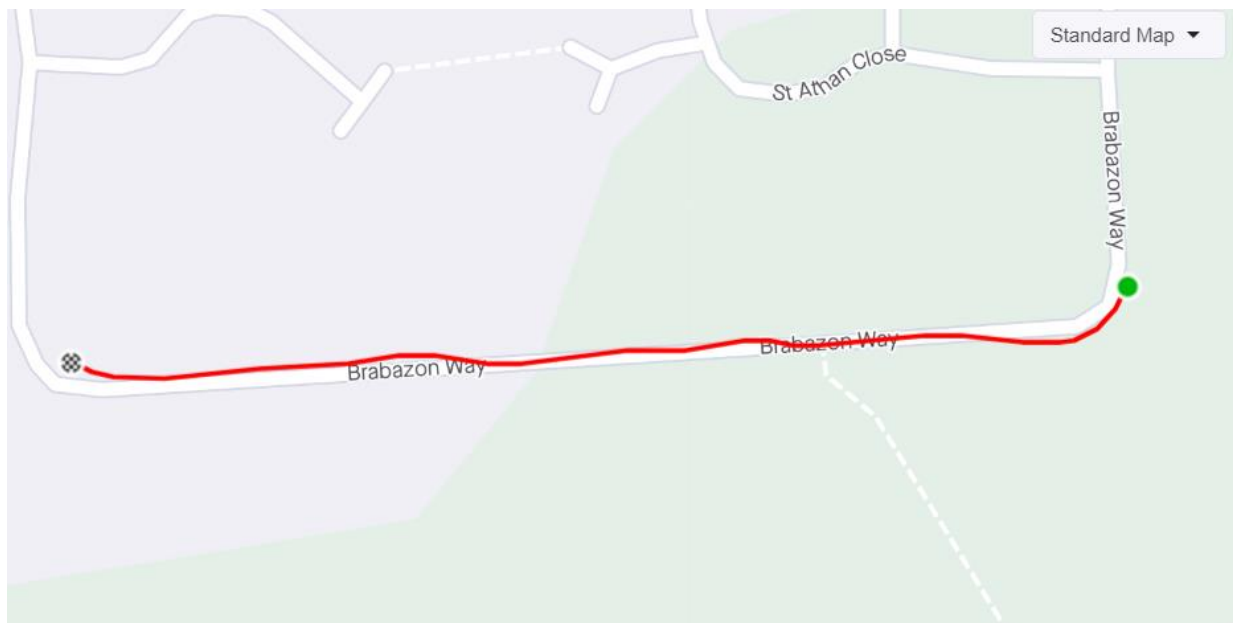
0.40 km	0.2 %	50 m	56 m	6 m
Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference



Brabazon way (Melksham)

A solid 29 AVR runners have put in efforts along this short sprint of a segment in Melksham. Upcoming junior Owen Lythall has a spectacular 32secs for this 240m sprint. Can anyone else do better? Hayley Southgate has an equally impressive 52secs for this section and leads the ladies times.

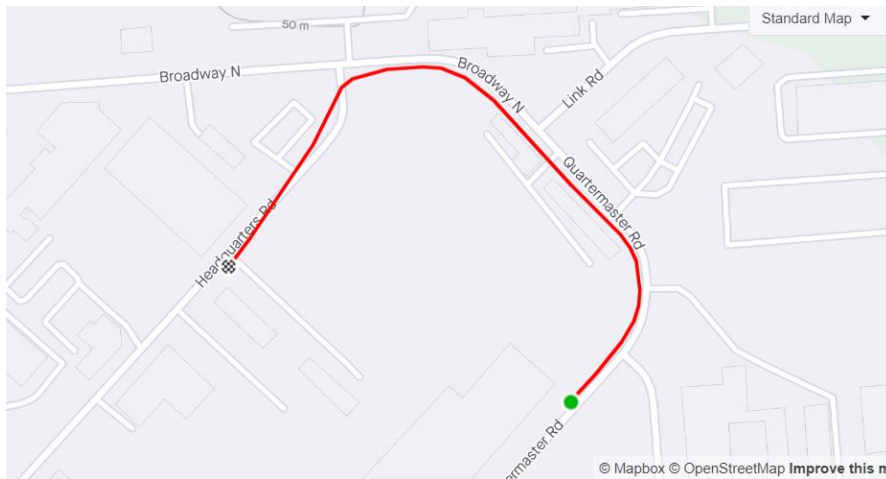
0.24 km	0.4 %	51 m	52 m	1 m
Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference



Full gas to the finish line (Westbury)

This is the final part of the Westbury 5k route. The final bend into the finish line. It has been attempted by 89 AVR members on Strava and will be a great way to test your sprinting speed. Owen Lythall has the fastest split with 1:24min, and AVR legend Ruth Barnes holds the female record with 1:32min.

0.47 km -0.1% 51 m 51 m 1 m
 Distance Avg Grade Lowest Elev Highest Elev Elev Difference



Pound lane sprint (Bradford on Avon)

The Pound lane sprint is a favorite of AVR members at the end of their club runs, finishing as it does at Culver Close Pavilion. Blink & you'll miss it though because at just 130m it is the shortest segment of this month's sprints. Matt Charlton and Ex-AVR runner Thomas Coney jointly hold the record here with 17secs, and leading female is Holly Newman with a speedy 19secs. Can you catch them?

0.14 km -2.1% 33 m 37 m 3 m
 Distance Avg Grade Lowest Elev Highest Elev Elev Difference



Junior JAVR - by Debbie Ellis (JAVR secretary – pictured right)

What a year it's been for everyone, but the juniors are now training back on the track with their regular sessions on a Monday and Wednesday evening. Although they have returned, each one with different levels of fitness after the lockdown period, their enthusiasm and a readiness to get back to regular training routine are fantastic. We have had several new members join since March who are also enjoying the sessions.



They all have a goal for the year to work towards which they are embracing and the coaches, Jay Sims-Bagshaw and Lil Morris, have also introduced balance and co-ordination work at the end of each session due to the skill of our qualified yoga teacher Lil Morris.

We started the return to training with a small presentation for all the existing members with an Engagement Award for coping so well with the lockdown and all the training they did to help them get through the last very difficult year. They were very happy to receive this and it gave them motivation to move forward and strive for their goals. Everyone is looking forward to getting fitter and improving over the next few months.

A big thank you has to go out to all the volunteers and helpers that turn up each week to enable these sessions to go ahead. The volunteer rota is working very well and we appreciate everyone who adds their name each time to make this all work, and allow the coaches to do their job.

Featured Junior Section for May

Dylan Neale

What do you enjoy about being part of JAVR?

Having a club to represent, feeling proud to wear club colours. I enjoy the social side running with friends I have made at JAVR. I like it when lots of us have the race league and we've all been there together in club colours, it's great.

What are your running goals?

I want to achieve a sub 19 min 5K this year. I also want to run longer and runs sub 41 10K. I enjoy longer races more.

What has been your greatest success so far?

I struggled with Severs Disease over the last few years and I have fought back hard after each period of non-running. I wanted sub 20 min for 5K



and every time I got close I had a flare up and had to stop running. So when I recently ran 19.16 I was so chuffed! I also represented Wiltshire at Cross Country before Covid and I am so proud.

What is a tip you could give to other young runners?

Enjoy your running, it's not a chore if that makes sense. Get a social run in every week alongside your training. Have a goal, maybe a certain race or event you want to do well and take advice from coaches about being race ready. Accept some days it won't go well and don't hold onto that bad run.



Junior AVR training at TRFC

Mission Accomplished – by Colin Sawyer

Congratulations to JAVR member George Sawyer on completing the Virtual Bath Half Marathon on Sunday 14th March in a time of 2:35:57, his first ever half marathon. George chose to run for the NSPCC raising £750 in the process which will help NSPCC to fund over 150 calls to Childline!

Dad (Colin Sawyer, who ran with George on the day) reports, “George tired a little towards the end understandably but never once complained nor asked to stop to walk a stretch. Not 14 until May, there is no way mum or dad would have considered running 13.1 miles at aged just 13. As you can imagine mum and dad are incredibly proud of their boy and the manner in which he has tackled this challenge.



JustGiving Menu

Colin Sawyer
George's Virtual Bath Half Marathon page

I will be running for NSPCC because every childhood is precious.

750%
raised of **£100** target
by 58 supporters



Above: Colin and George Sawyer running the Virtual Bath Half Marathon 2021

Dorney Lake Marathon – by Robin-Mark Schols

I'm sure we all had some exciting events planned last year. After a decent run at the Bath Half in March, I was feeling set for a good run in April at my 6th London marathon before we all had the rug pulled from under us. “It's ok, it'll just be a few months then I can focus on my training for Berlin marathon in September,” I thought. Then that, along with all our other plans also went west, really leaving many runners with a massive void in their lives with no races to train for.

Another casualty was The Hilly Helmet Challenge, my annual event in August to raise funds for the charity Brain Tumour Support was also under threat but the suggestion of changing it to a virtual run was greeted with enthusiasm by those wanting to take part, so

it did, raising another healthy sum for the charity at a real hour of need for them. My fellow club members were brilliant in supporting this and I'd like to take this opportunity to thank you all once again.

After that the lockdown hit me hard mentally and even getting together for training runs became almost impossible as mixing and travel were discouraged even further. It was time to try to get creative if I was to hang on to my fitness and not just let it be lost after so much frustration.

As Christmas approached, I decided to take on one of the many virtual challenges on offer. They'd never interested me before, but I decided to take on the Land's End to John O'Groates challenge, but not the 7 or 800 mile one - the one I went for seemed to be a scenic route of almost 1100 miles! I know it's not the same, but I found a new energy and started getting regular 50 mile weeks in the bank. It had worked and I'd got some momentum back!

Now I had a good base of training in the bank, it seemed like a good idea to put it to a practical use, so taking a punt on it happening (and encouraged by the organisers promise of a refund if it didn't) I entered the Dorney Marathon scheduled for early April. The event is held where the 2012 London Olympics boat races were held with the Olympic badge adorning the famous red bridge over the lake. The course is out and back in the shape of a horse shoe around the lake and you run it four times. I knew some of our members had done this before, so sounded a couple out on their experiences.

Luckily, I had an 11 o'clock start time, so didn't have to get up too early on the day. Parking was great but the course was quite windy, with half of each lap presenting quite a battle and rather than feeling like an advantage, what little wind we did feel on our backs in the return direction just felt like recovery. I'd planned to go there for a sub 3:15 time, planning to go for a steady 7:24 pace then see what I had left at 20 miles. It couldn't have gone much differently.

My first mile was a 7:20, but then I felt right in the groove and started clocking sub 7 minute miles and they felt comfortable ones. At the half marathon distance I was at 90 minutes, giving me quite some cushion over where I



needed to be and rather than ease off, I kept the pace going as it felt the right thing to do. At mile 17, I didn't feel quite so sprightly and by mile 20 it was clear I was having to work much harder than I wanted and my pace had dropped by 20 seconds a mile from where I had been cruising previously. I'd completely got it wrong but luckily my experience then kicked in and I was able to take care of myself and hang in there to finish in 3:13:28, well inside my 3:15 target but leaving me feeling it could have been nearer to a 3:05 or possibly even better if I'd been able to maintain the earlier pace. I was drained at the finish line, I really did leave it all out there and in truth, I really did misjudge the first half of the race and should have stuck to the original plan.

I wasn't disappointed, rather I had learned a lot about myself. On the one hand, my experience saved my race, yet on the other, I'd somehow allowed my mind to kid my body I was capable of more than I clearly was in the early stages. You never stop learning eh?

There's no doubt about it, the last year challenged us all in different ways at different times. Here's hoping we really are approaching an end to the restrictions that have held us back and that we can all once again enjoy our chosen sport and the great social side that goes with it. Good luck everyone, I'll see you out there soon I hope.

Jurassic East Meets West Half Marathon Challenge

- by Debbie Ellis

This month I completed the Jurassic half marathon challenge. The race started and finished at West Bay, Dorset and was hot, very windy and extremely hilly but what an awesome race. It was well organised, very safe with staggered starts during certain time slots and being set off in small groups of no more than 6. It was definitely not a PB course



and with it being 2 laps to complete the 13.1 mile distance the hills certainly pushed you to your limits especially taking on the Thorncombe Beacon Hill at 157 meters elevation twice, but what an amazing event. I highly recommend this race if you want a personal challenge and you don't mind a hill or two.

I ran with 2 friends as it was quite a lonely run in places so would not like to do it on my own and the route, although was fairly well signed, was not always clear which way to go so took a bit of orienteering in places, but I completed in 2 hours 24 minutes and was very pleased with myself and will definitely be signing up for next year.

A first for everything! – by Vicky Bodman

After people trying to convince me that it would be good for me, I attended my first speed session on a Wednesday hosted by Sean, Fiona and Michael.

Although my friends had said it would be fine and I could go at my own pace, I was feeling a little nervous. I used to be pretty speedy (for me) and I know I've lost a bit of that. I also know that I had a year of breaking my PBs at most races I attended and I'm not near that at the moment. But as people say, it's time to stop beating myself up about it.

I took one of the first steps to improving my running by attending this session. You know what? It was brilliant! I didn't know how it would work with such a mixture of ability at the session but it was good. It helped it push me on and try harder. We did 90 seconds effort with 60 seconds recovery x 10. I think I went off a little too fast, but I didn't decrease my time that much each time. I started walking the recovery and then decided after 30 seconds I would jog it. We concentrated on arm drive, which I kind of remembered half way through each set, or when I saw the coaches cheering me on.



Vicky (left) at the speed session pictured with Sarah

It was great and I would recommend it to everyone. It was only my second time on the track, after doing a progressive 5k on there the other week, having been a member for over 5 years. I don't know why I've waited so long. I think I felt that it was for the speedy runners, but you know what, I'm a runner too and I think it will help me increase my speed and stamina. With Goal Getters relaunched as well, it's definitely got me thinking that maybe I could achieve one of those lovely shiny medals.

Puzzle Corner

Here is this month's crossword for your enjoyment. An interactive version can be found here: <https://www.classtools.net/crossword/202105-THTLUf>

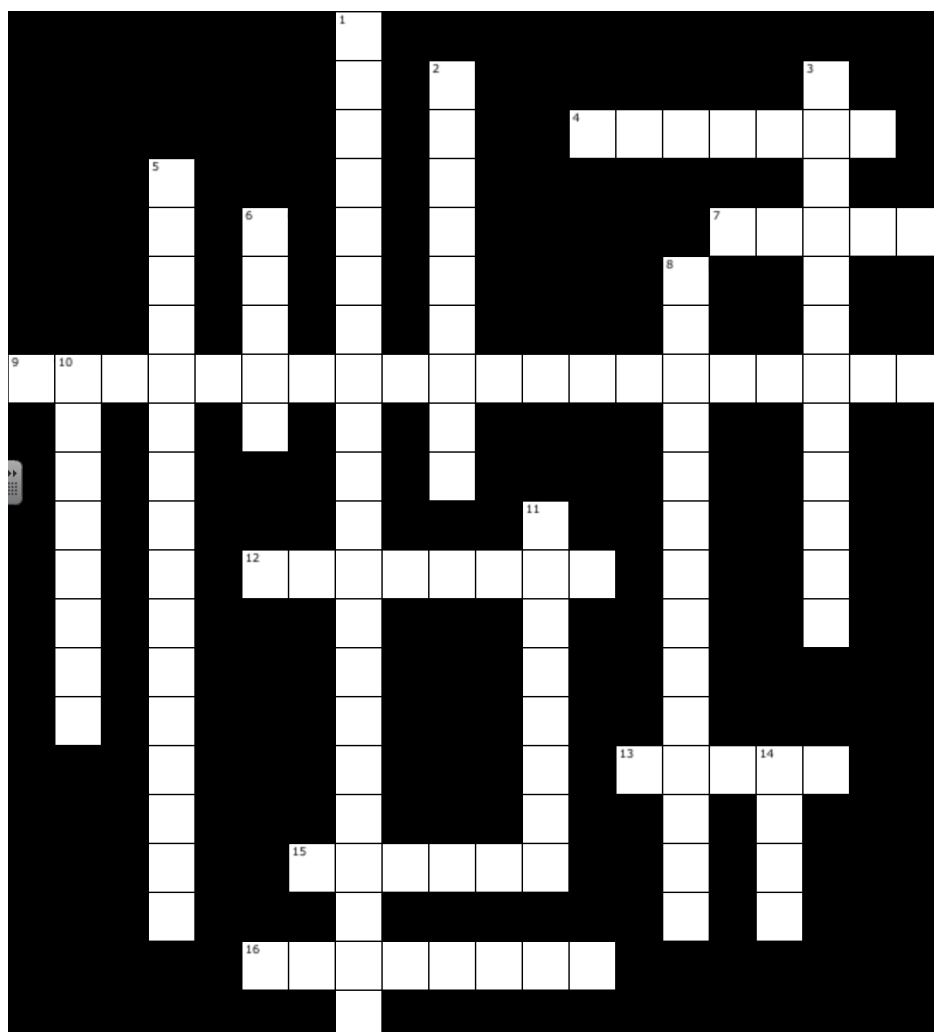
Send your answers to news@avonvalleyrunners.org.uk to have your name included in the next issue.

The answers to last month's clues were:

ACROSS 2 = Run Together, 4 = Chippenham Harriers, 5 = Steve Williams, 6 = Cardiff, 8 = Runners World, 9 = Sally Frawley.

DOWN 1 = thirty five, 3 = Escape Lockdown, 7 = BernCol Relay, 10 = Rugby.

There were 2 entries with correct answers. The names went into a hat and the winner is **Sean Price!** Contact news@avonvalleyrunners.org.uk to arrange your prize.



Across

4. Amusingly named running session (7)
7. Training technique that share its name with a household DIY item (5)
9. Post Christmas AVR run (4, 4, 6, 3, 3)
12. 26.2 miles (8)
13. Triathlon training session where athletes run off the bike (5)
15. Complete this before a race to avoid injury
16. AVR treasurer

Down

1. Local charity for which AVR raises funds through our annual half marathon (9, 3)
2. 100m World Record holder (5, 4)
3. Collect your race number from this area (12)
5. Triathlon siblings (8, 8)
6. Team running event in which a baton is passed (5)
8. AVR's road race secretary (6, 8)
10. Lace up your... (8)
11. Track and field event (4, 4)
14. A favourite runners' snack after a race (4)

Escape Lockdown 5k series

DB Max's 5k Saturday series continues and AVR continue to represent the club brilliantly! Well done to everyone who has taken part so far.



Week 13 3 rd April	First AVR man Douglas Watkinson, Colin Sawyer and Gary MacAlister First AVR female Rosemary Barber Categories 1 st MV60 Simon Woodhead, 1 st MJun George Sawyer, 2 nd FSEN Sarah Barker, 3 rd FV50 Sharon Firkins and 1 st FV70+ Rosemary Barber
Week 14 10 th April	First AVR man Simon Woodhead (top 10) First AVR female Rosemary Barber Categories 3 rd MV40 Colin Sawyer, 3 rd MV50 Robin-Mark Schols, 1 st MV60 Simon Woodhead, 2 nd MV60 Simon Reeves, 1 st FSEN Sarah Barker and 1 st FV70+ Rosemary Barber.
Week 15 17 th April	First AVR man Tim Burrell (top 10) First AVR female Rosemary Barber Categories 1 st MV60 Simon Reeves, 2 nd MV60 Simon Woodhead, 1 st FSEN Sarah Barker, 3 rd FV60 Carrie Almeida and 1 st FV70+ Rosemary Barber.
Week 16 24 th April	First AVR man Colin Sawyer (top 5) First AVR female Rosemary Barber Categories MV40 Colin Sawyer, 3 rd MV40 Gary MacAlister, 1 st MV^ Simon Reeves, 2 nd FSEN Sarah Barker and 1 st FV70+ Rosemary Barber.

WALL OF FAME

10km

Chilly 10k

Tim Burrell

39:59 PB

AVON VALLEY TRIATHLETES

By AVT Secretary Kat Taylor-Laird

Castle Combe Cycling

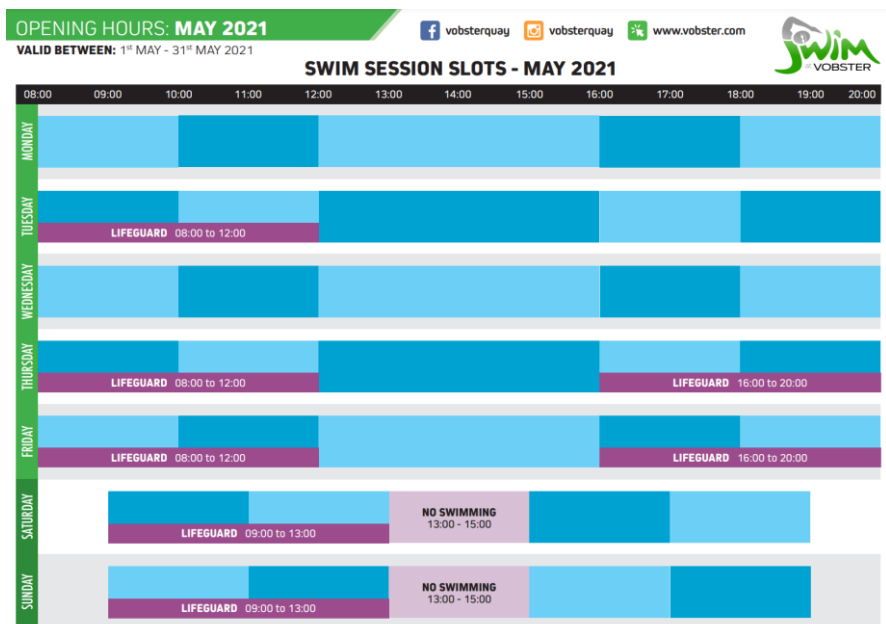


Tuesday night cycling is returning to Castle Combe from Tuesday 6th April between 17:30- 20:00 in the evening. The membership price for adults is £2 but the session price has now risen to £5 to accommodate for extra health and safety measures and needing extra staff too. Register here: <https://www.riderhq.com/groups/p/i906pfi/f/castle-combe-cycling/join>

Castle combe also holds the DB Max 10mile TT series. Details can be found at the following website: <https://www.dbmax.co.uk/races/time-trial-series/>

Open Water Swimming

Vobster opened again last month 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 to 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/>



Races

There are a number of racing due to take place in the next few months.

- DB Max events are very well organised and still have places available on the upcoming Westonbirt Sprint Tri. For details have a look at their events page: <https://www.dbmax.co.uk/triathlons/>
- LPS Events also have a selection of events coming up. Unfortunately the Oldbury White Horse Triathlon has been cancelled again for this year, but there are plenty more on offer: <https://www.lpsevents.co.uk/triathlon-events>
- Chippenham Tri are now running the Castle Combe mid-week duathlons (previously run by DB Max). Information about dates and how to sign up are here: <https://www.chippenhamtri.org.uk/events/duathlon/>

Please feel free to share what events you are taking part in on the AVT Facebook page so that others are aware of it and may join you, to either compete or just offer moral support.

Results reminder

Now that racing is slowly starting to get back to some sort of normality, please remember to e-mail your race results through to avt@avonvalleyrunners.org.uk. Please provide where possible race date/distance/discipline details, and link to an official results page for verification. I look forward to seeing how every gets on.

