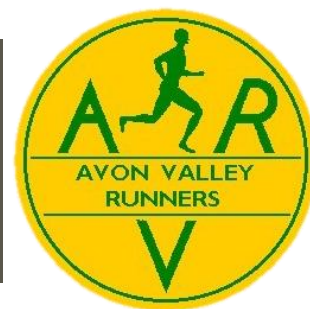


THE VALLEY NEWS



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Dates for your diary

- **Committee meeting** – Tuesday 1st June at 8:30pm on Zoom. If you have any points for discussion, please email secretary@avonvalleyrunners.org.uk.
- **Great Chalfield 10k** – Thursday 24th June 19:30
- **Wiltshire Road Race League 2021** kicks off on Wednesday 23rd June with the Chippenham Longest Day 10k.

New Kit Manager – by Colin Sawyer

Shortly to be announced formally, this is just a quick note to let you all know I am in the process of taking over the AVR Kit Managers role from Rich Southgate.

In the early stages of the handover process, whilst the kit email address has been swung over to me, all stocks are at this time still being held by Rich. A final stock check will be conducted this week with a view to handing over the kit stock to me at some point next week.

Please bear with us whilst we transition the service across to me. All kit requests should continue to be forward to kit@avonvalleyrunners.org.uk email address (t-shirts £21 and Vests £20). If you do have a race coming up, please get in touch at the earliest opportunity.



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. 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.

New Kit Committee

We have been discussing the possibility of new kit. Don't worry, this isn't new race vests and shirts but additional kit that people have said they would be interested in having. If you would like to become a member of the 'kit committee' and help us source some additional kit for people to buy, then please contact Vicky at secretary@avonvalleyrunners.org.uk.

It would be great to have a selection of people to help us with this who would then report back to the committee. If you want to help us find someone to produce light weight jackets, compression socks, shorts or other items that people may be interested in, please step forward.

Volunteering News – by David Hyde

We are very excited to announce that we will be holding two Westbury 5K series events this year in July 13th and August 10th!! We need volunteers to make these races happen, specifically for timers/Lap Counters/Sweep for the July Event.



If you can help out on one or both of these dates, please email volunteers@avonvalleyrunners.org.uk

Please can you also put a note in the diary for your support in volunteering for the AVR half Marathon on the weekend of Saturday 27th and Sunday 28th November.

This is all about supporting our club to put on these highly rated events. We cannot do this without you!

Any questions please speak to any members of the work group.
Dave Hyde, Nettie Holley, Carole Alston, Jay Sims, Sally Frawley and Esther Frawley.

Avon Valley Runners Volunteer Rewards Scheme 2021/2022

I am delighted to announce from 1st June we are launching the AVR volunteer rewards scheme. This will run on the same format as 2019/2020. The AVR scheme is similar to parkrun rewards but there is a points tally instead of number of times and the reward is based on obtaining a score of 10.

If you volunteer or are on a working party for an event the reward is:

- up to and including 5k = 1 point
- up to and including 10K = 2 points
- up to and including half Marathon = 3 points

It will only include events from 1st June 2021 to 31st December 2022 and will be refreshed every 2 years.

The reward t-shirt will be unique and not available to buy.



Any questions please email me on volunteers@avonvalleyrunners.org.uk and I will happily attempt to answer.

Regards,

Dave Hyde – Volunteer Coordination Lead

AVR 2021 league

Rules for the combined Road and Off Road Race Series 2021

There will be 10 races from which to choose, 5 road and 5 off road, but your six (6) best races will count for the championship and a maximum of 8 (to count) can be either road or off road. The first AVR runner will get 1 point, the 2nd will get 2 points and so on until all runners are accounted for. Non-runners will get five points more than the number of points of the last runner of the highest attended race. The winner will be the runner with the least points. Only the best 6 races for each runner will count, so you don't have to run every race, however if there is a tie for the winners then the 7th and 8th etc. races will be taken into consideration until a winner is established. Awards will be made to the top three highest scoring men and women.

Races selected as qualifying races for 2021:

1. Sunday, 23rd May, [Dilton Dash 10k](#)
2. Saturday, 29th May, [Bratton Hilly 10k](#)
3. Thursday, 24th June, [Great Chalfield 10k](#)
4. Saturday, 10th July, [Brean Beach 10k](#)
5. Tuesday, 13th July, Westbury 5k (entries not open yet)
6. Sunday, 18th July, [Frome Half Marathon](#)
7. Wednesday, 28th July, [Odd Down Track 5k](#)
8. Wednesday, 11th August, [Hilly Helmet](#) - the live event
9. Sunday, 15th August, [Bath Two Tunnels 10k](#)
10. Sunday, 26th September, [Corsham 10k](#)



The Dilton Dash and the Bratton Hilly both took place in May. In the Dash, AVR men took 1st and 3rd place with Ben Mees in the top spot with a time of 40:48 and Gary Day in 3rd with 44:57. Carly Hodgson was the first AVR female over the line in a time of 54:35 and was 3rd female overall. Ben Mees took another podium place (pictured above) in 3rd place at Bratton in 43:57 with Jackie Rockcliffe finishing as first AVR female and first lady in a time of 52:30.



Left: AVR racing again at the Dilton Dash May 2021

Current standings:

Male	Female
1st Ben Mees – 2 points over 2 races	1st Mel Ward-Nicholls – 6 points over 2 races
2nd Simon Taylor – 11 points over 2 races	2nd Paula Farrell – 11 points over 2 races
3rd Stewart Arguile – 18 points over 2 races	3rd Sally Frawley – 13 points over 2 races

Avon Valley Segment of the Month – by Darren

Wrintmore and Gary MacAlister


The results are in for the May SoTM, for which uptake was particularly low due to the inclement and somewhat unseasonal weather conditions.



RESULTS for cycling: South Wraxall to Monkton Farleigh

turn The May monsoon saw many cyclists opting to cruise around Watopia or other virtual worlds, however three club members managed to catch a break in the weather and tackle this 1.6-mile climb:

South Wraxall to Monkton Farleigh turn

Rank	Name	Date	Speed	HR	Power	Time
	Darren Wrintmore	May 23, 2021	14.5mi/h	-	-	6:49
2	Paul Banfield	May 22, 2021	14.5mi/h	142bpm	245W	6:51
3	Mark Sims	May 2, 2021	11.5mi/h	-	-	8:37

Sleight Wood Straight Six club members took on this potentially fast segment along the B3109 just outside of Wingfield:

Sleight Wood Straight


Rank	Name	Date	Speed	HR	Power	Time
	Darren Wrintmore	May 2, 2021	23.9mi/h	-	-	2:16
2	Paul Banfield	May 22, 2021	23.7mi/h	105bpm	264W	2:17
3	Tony Dunford	May 2, 2021	19.3mi/h	91bpm	142W	2:48
4	Matt Evans	May 16, 2021	16.7mi/h	-	111W	3:14
5	Emma Gage	May 15, 2021	16.6mi/h	130bpm	119W	3:16
6	Liz Gard	May 15, 2021	14.7mi/h	146bpm	75W	3:41

RESULTS: Running Segments – May 2021 (Sprinters Heaven)**Southwick parkrun 400m sprint to finish (Trowbridge)**

7 members took to Southwick park for this segment. Life member Rich Ayling easily took the top spot, with Colin Sawyer & Rich Harding rounding out the AVR top 3. Fastest lady was Sarah Jewers, with Rosemary Barber also having a go at the segment.

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

Rank	Name	Date	Pace	HR	Time
	Rich Ayling	May 17, 2021	3:16/km	123bpm	1:20
2	Colin Sawyer	May 8, 2021	4:25/km	168bpm	1:48
3	Richard Harding	May 6, 2021	5:06/km	126bpm	2:05
4	Sarah Jewers	May 2, 2021	5:13/km	165bpm	2:08
5	James Brett	May 14, 2021	5:48/km	144bpm	2:22
6	Rosemary Barber	May 20, 2021	6:00/km	112bpm	2:27
7	Paul Warner	May 9, 2021	6:37/km	-	2:42

Brabazon way (Melksham)

Only 4 attempts at this segment in May. Dave Townsend took the win, with Rich Morgetroyd & Ben Mees also completing the segment. Fiona Newman was the fastest lady.

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

Rank	Name	Date	Pace	HR	Time
	Dave Townsend	May 19, 2021	3:40/km	151bpm	54s
2	Fiona Newman	May 3, 2021	4:16/km	141bpm	1:03
3	Richard Morgetroyd	May 26, 2021	4:20/km	147bpm	1:04
4	Ben Mees	May 6, 2021	4:33/km	156bpm	1:07

Full gas to the finish line (Westbury)

8 runners braved the poor May weather to attempt this segment. Robin-Mark Schols taking the fastest time honours with his Saturday morning 5k effort around the Westbury 5k route. Ben Mees & Colin Sawyer rounded out the top 3. Jo Farion was the fastest lady.

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

Rank	Name	Date	Pace	HR	Time
	Robin-Mark Schols	May 8, 2021	4:01/km	149bpm	1:54
2	Ben Mees	May 20, 2021	4:25/km	146bpm	2:05
3	Colin Sawyer	May 15, 2021	4:37/km	157bpm	2:11
4	Jo Farion	May 22, 2021	5:01/km	-	2:22
5	Andrew Jefferies	May 16, 2021	5:07/km	-	2:25
6	sally frawley	May 16, 2021	5:11/km	163bpm	2:27
7	Richard Newman	May 16, 2021	5:13/km	141bpm	2:28
8	Chris Ashton	May 19, 2021	7:18/km	138bpm	3:27

Pound lane sprint (Bradford on Avon)

Understandably busier segment this month as lots of club sessions finish on this route. A speedy David Warren was fastest with a sub 3min/km effort along the 140m effort. Jo Mumford was the fastest lady. Top 10 only shown here.

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

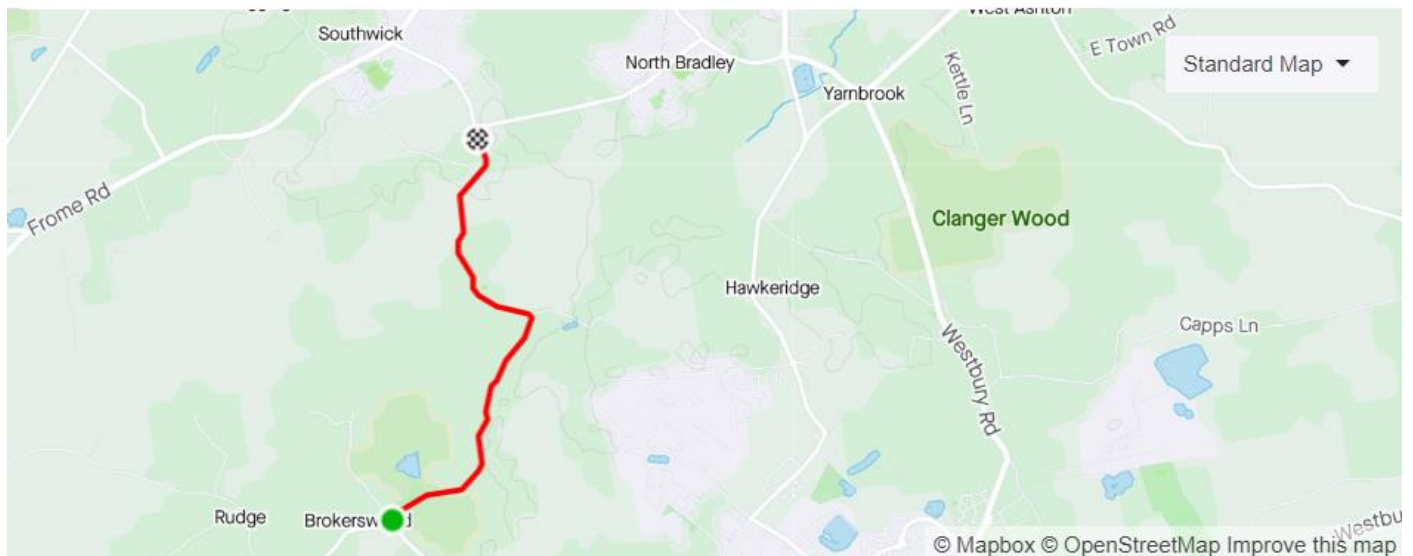
Rank	Name	Date	Pace	HR	Time
	David Warren	May 13, 2021	2:51/km	-	25s
2	David Taylor	May 13, 2021	3:18/km	164bpm	29s
2	Jo Mumford	May 16, 2021	3:18/km	153bpm	29s
4	Robin-Mark Schols	May 13, 2021	3:32/km	158bpm	31s
4	mike Sargeant	May 13, 2021	3:32/km	164bpm	31s
4	Leo Evans	May 13, 2021	3:32/km	157bpm	31s
4	Josh Lay	May 13, 2021	3:32/km	170bpm	31s
8	Tim Lowrie, Sundried Athlete.	May 13, 2021	3:46/km	133bpm	33s
9	Fiona Price	May 2, 2021	4:13/km	112bpm	37s
10	Tom Folan	May 11, 2021	4:20/km	143bpm	38s

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

Brokerswood to Bradley Rd

This is an undulating 2-mile segment starting by the Tin Church at Brokerswood and finishing just before the bend in the Bradley Road at Southwick. So far this year twelve Avon Valley Triathletes have ridden this route with Jo Mumford setting down the time to beat of a pretty swift five minutes and forty-six seconds.

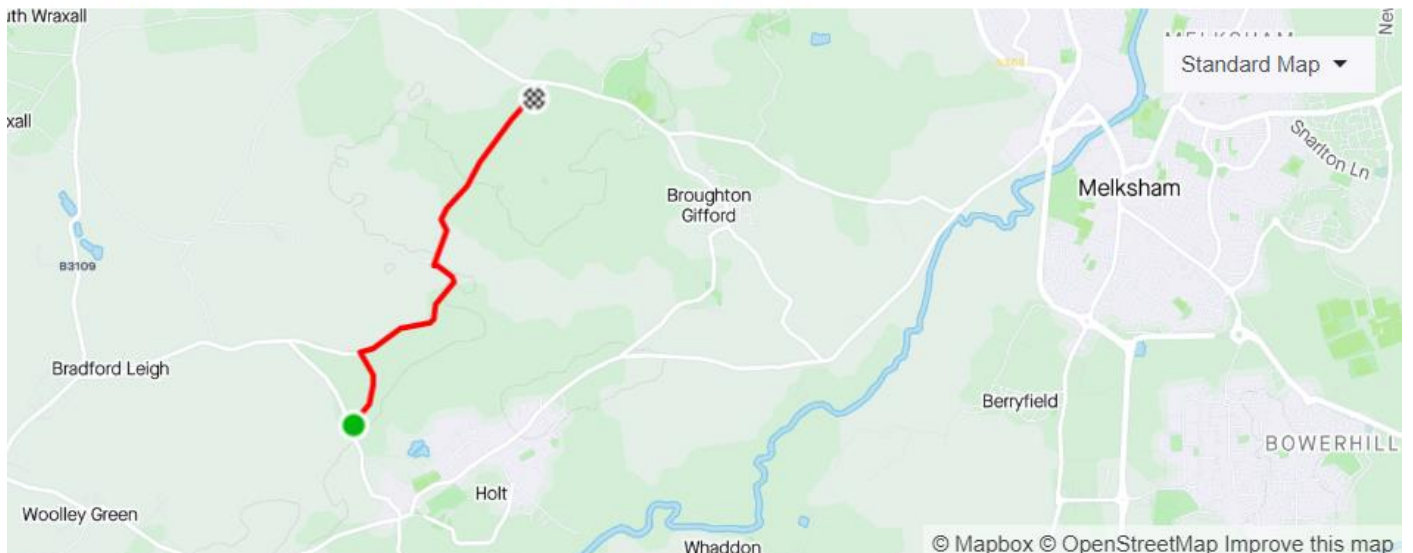
Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference
2.03mi	-0.4%	158ft	233ft	74ft



Great Chalfield - Gatehouse to Gatehouse

Our second segment is another undulating one and will give an opportunity to preview the roads used in **The Great Chalfield 10K** which takes place on Thursday 24th June, as this segment starts off just before the 6K mark at the Southern Gatehouse before Holt Manor and finishes just before 9K after the Northern Gatehouse up from Great Chalfield Manor. So far this year six club members have taken on the challenge, hopefully we will see a lot more out on two wheels, especially if the weather improves:

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference
1.78mi	0.2%	151ft	205ft	54ft

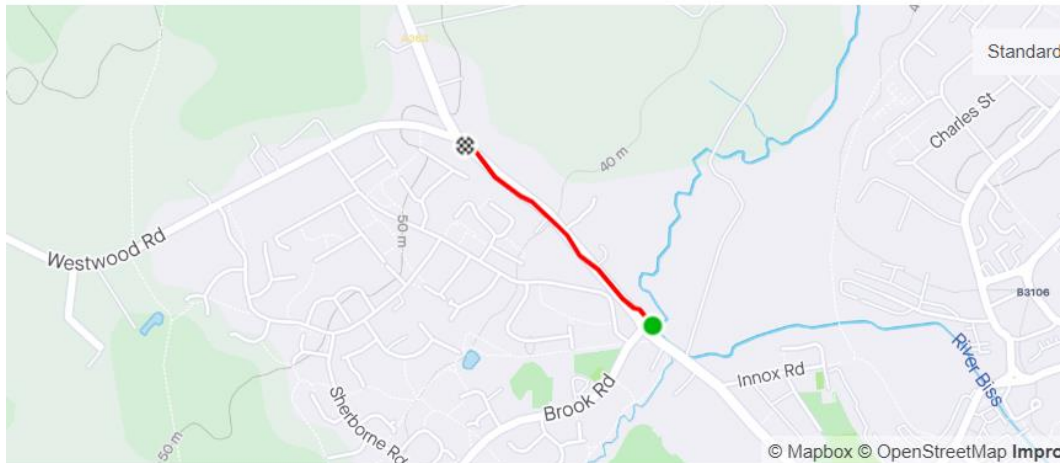


These are this month's Running Segments – June 2021 (Climbers Paradise)

Cock Hill Run (Trowbridge)

At almost 3% gradient, and half a km long, the uphill drag up Cock Hill is a proper leg sapper. If you are unlucky to get a headwind too, this can be a really tough climb. Who can push up here in the fastest time in June? Dan Shepherd has the AVR record with 1:42mins, and for the ladies Ruth Barnes at 1:53mins

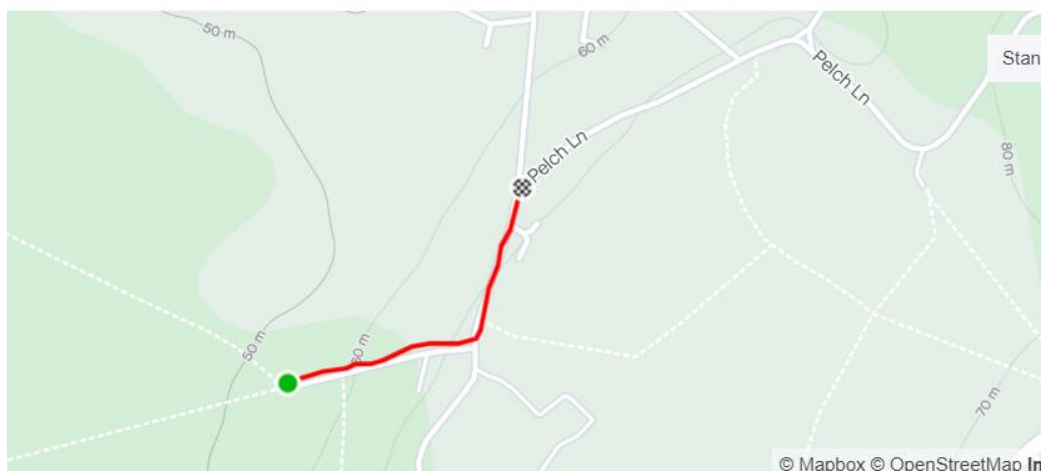
Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	7,652 Attempts By 1,013 People
0.51km	2.9%	34m	48m	15m	



The climb (Melksham)

"the climb" route forms part of the Bowerhill Bomber 10k course, that starts & finishes in Melksham. At over 4% it is a real punch of a climb, although at only 340m it will hopefully be over quickly! Gary MacAlister has the fastest AVR time at the moment of 1:36mins, set during the Bowerhill Bomber of 2020. Hayley Southgate has the fastest female time at 1:51mins.

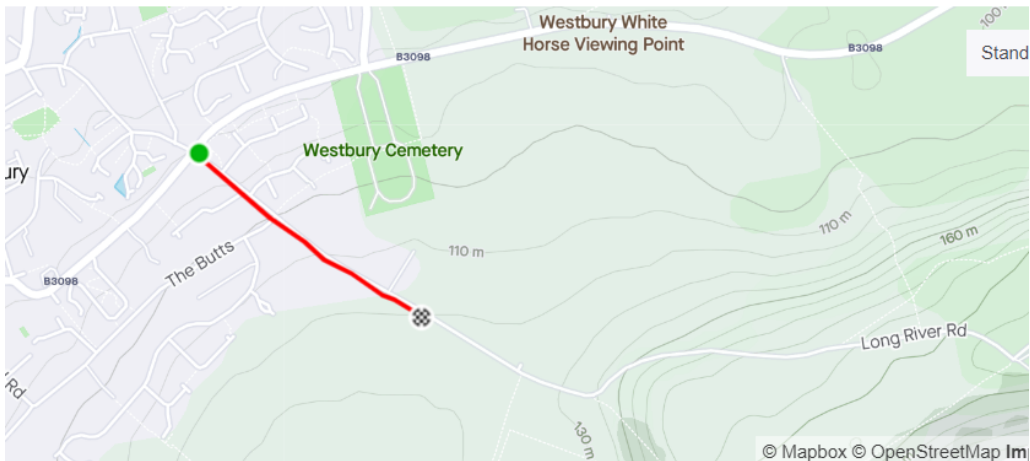
Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	298 Attempts By 182 People
0.34km	4.1%	51m	70m	18m	



Pottery to Seat (Westbury)

I'm not evil enough to put the whole White Horse Climb onto this list, but I can put the start of it on here. At just over 500m, but at a staggering 7.3% you will be very much out of breath by the time you get to the top of this climb. Pete Veleski's time of 2:21mins has stood since 2012 – can anyone beat it? Pippa Brewer holds the ladies record of 3:02min.

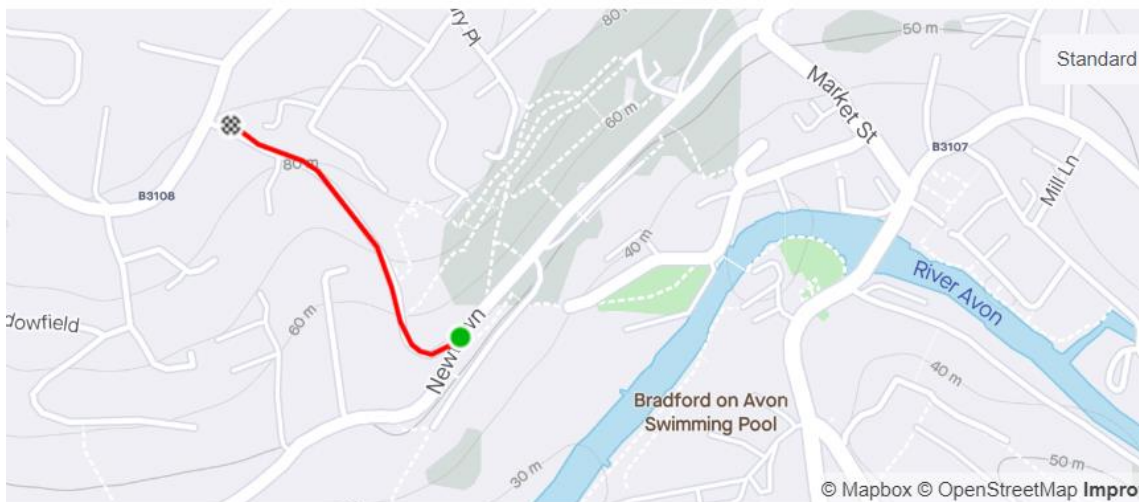
Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	1,618 Attempts By 297 People
0.54km	7.3%	84m	124m	40m	



Up Wine Street Hill (Bradford on Avon)

You want climbs, well here is a climb. Double figures at 10.2%, this 320m effort feels so much longer that that! It is a brute, but there is equally a great sense of achievement whenever you get to the top of it. Dan Shepard has the honour of fastest AVR up here in 1:18min, and Ruth Barnes fastest Lady in 1:22min. Both impressive, but can anyone go faster!?!

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	2,176 Attempts By 304 People
0.32km	10.2%	51m	84m	33m	



Puzzle Corner

There is no crossword this month but the answers to last month's clues can be seen below.

ACROSS 4 = fartlek, 7 = drill, 9 = Stan Farr Boxing Day Run, 12 = marathon, 13 = brick, 15 = warm up, 16 = Vicky Ody.

DOWN 1 = Wiltshire Air Ambulance, 2 = Usain Bolt, 3 = registration, 5 – Brownlee Brothers, 6 = relay, 8 = Andrew Jeffries, 10 = trainers, 11 = long jump, 14 = cake.

The names of all entries went into a hat and the winner is **Carrie Almeida!** Contact news@avonvalleyrunners.org.uk to arrange your prize.

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 1 st May	First AVR male Gay MacAlister (top 10) First AVR female Sarah Barker Categories 1 st MV40 Gary MacAlister, 1 st MJun George Sawyer and 1 st FSEN Sarah Barker,
Week 14 8 th May	First AVR male Robin-Mark Schols (top 5) First AVR female Rosemary Barber Categories 1 st MV40 Gary MacAlister, 1 st MV60 Simon Reeves and 2 nd FV60 Carrie Almeida.
Week 15 15 th May	First AVR male Gary MacAlister (overall winner) First AVR female Carrie Almeida Categories 1 st MV40 Gary MacAlister, 3 rd MV40 Colin Sawyer, 1 st MV60 Simon Reeves, 1 st MJun George Sawyer, 3 rd FV40 Justine MacAlister and 3 rd FV50 Dawn Sawyer.
Week 16 22 nd May	First AVR male Tim Burrell (top 2) First AVR female Rosemary Barber Categories 1 st MV40 Gary MacAlister, 1 st MV50 Tim Burrell and 1 st FV70+ Rosemary Barber.
Week 17 29 th May	First AVR male Tim Burrell (top 5) First AVR female Justine MacAlister Categories 1 st MV40 Gary MacAlister, 2 nd MV50 Tim Burrell and 2 nd FV50 Justine MacAlister.

Wiltshire Athletics Track Championships

On Saturday 29th May, Junior and Senior AVR members took to the track and performed well against lots of other clubs.



L-R: Holly, Freya and Dylan

Dylan Neale came 2nd in the BU15 800m in a time of 2:18:34
(and a PB of 24 seconds!)

Holly Newman came 2nd in the LU20/SL 800m in a time of 2:24:33 and 2nd in the SL 400m in a time of 63:39

Freya Buglass came 1st in the LU17 800m in a time of 2:17:33

Joe Milton came 5th in the MU20 1500m in a time of 4:19:94

Toby Firkins came 10th in the MU20 1500m in a time of 4:31:94

Mike Towler came 5th in the SM 3000m in a time of 9:13:61

Congratulations to everyone who took part! Full results can be found here: <https://wiltshire-athletics.org.uk/waa-track-field-results-2021-final-revised/>

Corsham Running Club invite you to their annual social run 'For Fox Sake' which also happens to be their Chairman's 60th birthday too. All runners from any club are welcome along.

29th June, 2021

Corsham Running Club

Lovely Bubbly!

Prosecco & Cake Social Run

Broughton Gifford
Meeting at the Village Hall at 6.45pm

A glass of something fizzy for every runner courtesy of the Corsham Running Club.

Cake donations would be gratefully received.

Also Celebrating **Biggsy's 60th**