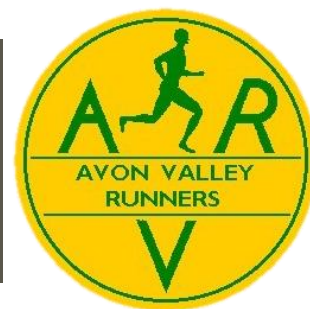


THE VALLEY NEWS



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- Dates for your diary
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Dates for your diary

- **Committee meeting** – Tuesday 7th September at 8:30pm at TRFC. If you have any points for discussion, please email secretary@avonvalleyrunners.org.uk.
- **Hilly Helmet Challenge** – Wednesday 11th August
- **Girls and Ladies fun and recruitment at TRFC** – Saturday 14th August – FB event details:
[https://www.facebook.com/events/453769749195761/?acontext=%7B%22event_action_history%22%3A\[%7B%22surface%22%3A%22group%22%7D\]%7D](https://www.facebook.com/events/453769749195761/?acontext=%7B%22event_action_history%22%3A[%7B%22surface%22%3A%22group%22%7D]%7D)
- **Bath Two Tunnels 10k** – Sunday 15th August

Neil Whitehead

The club is sad to announce the passing of Neil Whitehead following a stroke last December that he never recovered from. Neil lived in Bradford on Avon but was formerly from London. He travelled widely for his job and spent some years living in Italy as well.

Neil represented the club from 1989 to 2015, before turning to his other loves of cycling and swimming in which he trained and competed in a full Iron Man Triathlon.

Neil's competitive running tailed off in recent years as he had commitments looking after his wife June who suffered ill health. Wherever possible Neil still turned up at the club training nights and was a regular with the Sunday social over 70s runs.

His funeral is on Monday 9th August in Aldershot at 2:15pm.



Attending running sessions



A reminder that, since restrictions changed on the 19th July, the way that you book onto runs has changed too. Links will be provided on Facebook and via email with all of the upcoming run sessions. You will need to choose one you will attend which will require you to register on www.runtogether.co.uk. Groups will be sorted once you arrive at the club. The speed sessions will be restricted to 12 participants per coach (so 24 per session) but speed sessions will not take place during the week of the Westbury 5k in August. The current link is valid for 4 weeks: <https://mailchi.mp/e986fd5cf5df/running-from-july-19th-2021?fbclid=IwAR16RVRYLUw1n7CHIH5sy6NN76AcFunRLFD7EuM-Nfha6eSqQHwGRkB36g>

It is important that all club members sign up to a session as this allows us to keep track of who is attending for covid, to know how many runners to expect, it gives runners some accountability and it also gives us a good idea if there are any new members to welcome to the club. **Please do not turn up without signing up as it puts our volunteer leaders in an awkward position.**

Kit Manager's Update - by Colin Sawyer

With racing back on, it's been a bit of a bumper first month for me. Pictured is Liz Mason, my first ever customer, collecting her new race vest ahead of the Bratton Hilly.

Of the 20 kits orders I have received since taking over the Kit Managers role, I have been able to fulfil all but 3 orders. The kit is designed in the UK but made in China which means that there a 6-week turnaround currently on orders. Following the green light from the AVR Committee, my first ever order has now been submitted.

At the moment I do not have any Ladies Small (size 10) and Men's Medium (40in chest) race vests currently in stock. Annalie Ibison, Peter Green and Leah Sartain thank you for your patience, you guys are top of my list when the new stock arrives.

If you do have a race coming up, please do get in touch with me at the earliest opportunity. All kit requests should continue to be forward to kit@avonvalleyrunners.org.uk email address. As well as race t-Shirts and vests, I also hold a small stock of Small (size 10-12) and Medium (12-14) Ladies Midi Crop Tops kindly modelled for me by our very own AVR poster girl, Mrs Frawley (next page). Race t-Shirts and vests sizes range from XS though to 3XL.

T-Shirts cost £21, Midi Crop Tops and Vests are both are £20.

Unsure of your size? Click [here](#) for a copy of Scimitar size chart to help.





Junior AVR – by Jay Sims-Bagshaw

Youth Development at AVR:

I was recently asked about recommended race distances and training recommendations for junior athletes. To try and help AVR as a club understand more about age-appropriate training/race distances, the following article aims to give a brief overview of the following:

- Considerations a coach makes when planning junior sessions;
- Appropriate race distances & a multi-event approach;
- The role AVR and its members can play in supporting the development of young athletes.

Planning

When developing training sessions or identifying an appropriate racing schedule for young athletes, coaches have many things to consider. Here are **some** of the things I think about before making recommendations:

Training Age & Chronological Age	Other Sports Played	Session Content & Session Purpose
Stage of Maturation	Training Environment	School/Life Balance
How to make Mixed Ability Groups work for everyone	Readiness to Race & which races are appropriate for the athlete	Athlete's Personal Goals

Athlete Centred Approach:

At the heart of any decisions made about young athletes (and senior athletes for that matter) should be, is the approach athlete centred? By this, I mean are decisions being made that are in the interest of the athlete on an emotional, physical, psychological, and social level? The athlete's goals should always come ahead of a club's priorities.

Late Specialisation:

So many coaches are guilty of focusing on the here and now, whereas one of the true tests of success is in 20 years is that same individual happy and healthy? There is very little evidence to suggest that "talent" at an early age or "early specialisation in running" has any impact on their long-term potential. Just look at Paula Radcliffe, the greatest British female endurance athlete of all time – when she was 12-years-old in 1986, she placed 299th in the **English Schools Cross**

Country Championships. In 1991 **Radcliffe** won the **English Schools** 1500 metres title. Successful youth performances often do not cross over to senior performances. This is often because of burn out or injury. Look at the 2 photos below of Dylan Neale...

The first photo was taken in 2017 competing in the May Mile, where Dylan was proud to be running a sub-7-minute mile. 4 years later, the second photo is taken of him during his 1500 metre race at the recent Yeovil Open where he clocked 4:50 and won his heat. The differences between the photos highlight how much a young athlete changes & how hard it is to predict physical changes. Who also could have predicted that Dylan's training load would have to be managed due to Sever's Disease (discomfort in the heel, common in 8–14-year-olds as they grow)? This is a further example of why late-specialisation is important.



Race Distances – why are these different for junior athletes?

Young athletes have very different requirements to senior athletes. This is in part from a physiological perspective but also from what they want/need from sport. Race distances are shorter as they are more suitable for a young athlete's physical development and, by focusing on shorter distances to begin with, they stand to make greater long-term gains. At different stages before, during and after puberty, young athletes have windows for rapid improvements to develop speed, strength & stamina. Although coaches do not only work on one component of fitness, typically the priority is developing speed for young athletes.

Even if you look at Eliud Kipchoge, during his sub-2-hour marathon he was averaging 4:15 per 1500 metres. This is a great example of why speed is the foundation of speed endurance and why focusing on speed is so important. During periods of growth, young athletes are susceptible to development related injuries. During these stages, managing training load, limiting impact/bounding type activities, and reducing hard sessions on roads/hills etc is important. This is a further reason why limiting the distances juniors' race is beneficial for them.

Maximum Competition Distances - Road Running:

Age Category:	Maximum Distance:
Over 11's - Under 13's	5,000 Metres
Over 13 – Under 15	6,000 Metres
Aged 15 years	10,000 Metres

Aged 16 years	15,000 Metres
Aged 17 years	25,000 Metres
Over 18 – Under 20 years	Unlimited

Multi-Event/Multi-Sport Approach:

Young athletes are encouraged to adopt a multi-event approach, until they are at least 12 (and in many cases far older). This in an athletics view consists of run, jump, and throw. This is in part as it is very difficult to predict talent from a young age and as it is hard to know how much a child will change physically through puberty. Due to AVR being a road running club and the coaching team having qualifications and experience in running they are not placed to deliver jump/throw sessions. However, JAVR support multi-events in the following ways:

- Encourage juniors to take part in run/jump/throw at school;
- Promote different sports/activities as part of weekly training;
- Promote Agility, Balance & Co-ordination across weekly warmups and sessions;
- Embed ladder drills, hurdles, yoga poses, bodyweight exercises and drills into sessions. These support the development across a wide range of events.

What can AVR do to support the development of junior athletes?

- Culture & Language – Talk about track times over road running times when chatting to young athletes. How fast a 13-year-old can run 5km is far less important than their 800 metre times. Remember the distances above are **MAXIMUM & not RECOMMENDED**.
- Pathway – Appreciate the pathway for junior athletes is very different to that of a senior athlete. Their racing calendar will comprise of school and club events and will mainly consist of track and field and cross country.
- Pressure Free – Play a part in developing a pressure free environment. Do not put pressure on juniors on race day talking about PB's and that "AVR needs the points" for the combined race league. Allow them to enjoy running.
- Fun Over Formality – We tend to want to put numbers on things, set SMART goals and over analyse our training. Do not force juniors to adopt the same mindset. They are not always ready to look at training in the same light and their goals should be different in make-up and context.
- Social Responsibility – AVR as a club has a responsibility to promote age-appropriate activity and suitable competitive experiences. When celebrating achievements or promoting opportunities do it considering the needs of a junior athlete and not from a senior perspective.

A-V-R:

Thinking of A-V-R when supporting or making decisions for youth athletes, may go a long way to help:

- A – **Athlete Centred**. Focus on athlete development over club competitions/race leagues etc. Appreciate that juniors are not mini adults.
- V – **Variety**. Training should be varied, fun and ultimately, young athletes should specialise late, so encourage them to play other sports and try different activities.
- R – **Run Fast!** As a road running club, there is often the mindset to admire endurance over speed. Running further isn't better for juniors but running faster is. "Speed Endurance" is based on the premise of speed first and young athletes are at a prime age to focus on speed, mechanics and competing over shorter distances.

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](#)
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](#)

June and July saw four races for the AVR league (up to the point of publication) in which many AVR members turned out in force.

Great Chalfield was very popular with AVR with 47 members taking part (some pictured right) in this undulating 10k through the Wiltshire countryside. Tim Burrell was the first AVR male in a time of 40:23 in 9th place and Fiona Price finishing as the first AVR female in a time of 44:23.



There were 15 AVR members at **Brean Beach** (pictured left) and lots of them took the top spot in their age categories despite the tough terrain – well done to Esther Frawley, Jo Farion, Paula Farrell, Diane Hier, Tim Burrell, Andrew Jeffries, Andrew Sharratt and Stuart Arguile. Tim Burrell was also 3rd overall in a time of 42:54 with Diane Hier coming in in 7th place overall in 46:44.

In **Westbury** at the **5k**, a very fast field of runner saw two top AVR men finishing in 4th and 5th place: Ed Knudsen finished in 15:20 and Michael Towler not far behind in 15:33. Jackie Rockcliffe was the first AVR lady across the line in 19:15. 28 members took part in total.

The **Frome Half Marathon** is an undulating race which saw 13 members take part with Holly Rush crossing the line as the first AVR athlete in 1:27:43 for 15th place overall. She was followed by Jackie Rockliffe in 37th place in 1:36:04. The first AVR male was Tim Burrell in a time of 1:36:41 in 42nd place. Holly and Jackie also topped their age categories and Diane Hier finished 2nd in hers.

The **Odd Down Track 5k** is a very quick race capable of producing PBs all round - out of 125 runners, 108 ran sub-20 minutes with the overall winner running in 14:40! There were 11 AVR members who took part (*some pictured right*), 4 of which recorded PBs and 2 with season's bests. The first member over the line was Mike Towler in a time of 15:40 for 13th place with Diane Hier as the first AVR female in a time of 21:55.



It should be noted that, at the previous event in June, Rosemary Barber finished in 26:16 which puts her 3rd in the UK rankings for the W70 age category! On the same night, Jackie Rockliffe broke Rosemary's 21 year-long FV50 5km club record!

Current standings:

Male	Female
1st Tim Burrell – 20 points over 6 races	1st Diane Hier – 12 points over 6 races
2nd Martin Russam – 70 points over 6 races	2nd Paula Farrell – 33 points over 6 races
3rd Ben Mees – 72 points over 3 races	3rd Sally Frawley – 73 points over 5 races

The Cotswold Way Challenge – by Martin Bull

In late June I went further than I'd ever gone before, and no, that's not a line from Star Trek.

I ran the second half of the Cotswold Way Challenge 2021, a 47km (29mile) off road run from Wotton-Under-Edge to Cirencester, included 2,000 feet of hills (not my strong point!), 53 farm gates, 45 stiles and numerous fields of crops. It was the same sort of distance as Corsham to Stonehenge or Bristol to Calne. The only longer runs I had ever done before were a solitary marathon, and a 20 miler, both of which were on virtually flat, tarmaced roads, so it was quite a leap for me.

I recently answered some questions for the charity I was fundraising for - Farm Africa - and thought AVR members might like to get a taste of my journey and potentially plump for something similar themselves one day?

What was your favourite part of the Challenge?

The end!

The views were apparently beautiful, but I was too busy to look much.

It was actually mainly via the Monarch's Way (a 600+ mile long distance route that follows the escape route future king Charles II took in 1651 after being defeated in the Battle of Worcester) and various footpaths and country lanes, but I guess 'Cotswold Way' sounds better as a title.

Why did you run for Farm Africa?

I volunteered / worked for Farm Africa for most of 1995, at the Farmers' Research Project in Awassa, Southern Ethiopia, and would have happily stayed longer if a visa extension had been possible.

Charity funding has sadly taken a massive COVID related nose dive since 2020, so I finally decided to do my first run for charity; and it happened to be on my 51st birthday as well, which I thought would make a quirky fundraising selling point.

I've been with the farmers, stood in their fields, and seen their issues first-hand. I KNOW the money raised will go to empower normal, hard-working, generous, down-to-earth rural people to improve their lives and the future of their children and families.

Their website can be found at - www.farmafrica.orgm.

What was challenging and how did you overcome it?

Umm, the running!

I had the worst injury of my life in July 2020, and that recovery, plus winter, plus COVID-19, plus being a key worker in schools when millions were on furlough, meant I wasn't ready for it really; my legs hurt in the second half meaning I had to fast walk quite a bit and didn't quite get the sub-six hour finish I had hoped for. Looking back, a fortnight later, I'm not quite sure how I did the final 20km. A stubborn streak helped, plus not wanting to let people down.

I really couldn't have asked for more though in terms of weather (overcast, no rain, no



sun), a lack of problems (no blisters or kit issues), the route or even fueling.

On the fundraising side, it started off worryingly slow but a push after the event saw it come flowing in and I breathed a sigh of relief. It was great experience for the future and something I can build on.

I hope I've been able to help people in my little way and raise awareness about the wonders of east African people and cultures. It's not too late to support my six hours of hell at - www.justgiving.com/fundraising/martinbull27

Finally, tell us what you discovered almost two weeks later?

I'd wanted to run the Hazelbury Hurrah! (the Westward Ho! of running?) ever since my six year old did the children's 2k version in 2019.

It's my local race and although I've never run the whole route, in the right order, I ran all the sections at different times in 2020 after the first COVID-19 lockdown had led me to discover the delights of trail running. It's a beast of a course and as I have a strange fascination with gruelling sports (usually watching!), I signed myself up for the 2021 showing on 9th July. However... in July 2020, I had stupidly went off-piste a bit too far and suffered the worst injury of my life as I hit a hole and saw my ankle fold in two in front of my very eyes. I wince every time I even think of it.

The spot it happened at, is on the route (on the edge of Box Common) and as I huffed past it again for the first time I probably should have said something profound but to be honest, I was feeling pretty rubbish (too close to the 47k run maybe?) and just wanted the run to end ASAP. I'm being slightly disingenuous as it was still a cathartic moment despite the exhaustion, and the day after I realised it was EXACTLY a year since my trauma there; a year to the very day.

Now that's what I call a metaphysical sign of better things to come...

Avon Valley Segment of the Month – July/August 2021 – by Darren Wrintmore

The results are in for the June cycling SoTM and two very different approaches taken by our cycling champions. Due to a technical fault, Gary was unable to see the running results this time around.


Brokerswood to Bradley Rd

Tim Lowrie put in a massive 25mph effort on the 2nd June to set the mark to beat on this two-mile segment and despite Darren Wrintmore coming within 5-seconds the other Avon Valley Triathletes finished over one-minute adrift.

Brokerswood to Bradley Rd		This Month ▾		All ▾		
Ride Segment BA13, UK, England, United Kingdom						
Rank	Name	Date	Speed	HR	Power	Time
	Tim Lowrie. Sundried Athlete.	Jun 2, 2021	25.0mi/h	159bpm	284W	4:52
2	Darren Wrintmore	Jun 5, 2021	24.6mi/h	-	-	4:57
3	Sara Robert	Jun 15, 2021	20.5mi/h	140bpm	172W	5:56
4	Rich Ayling	Jun 5, 2021	20.3mi/h	127bpm	-	6:01
5	Paul Banfield	Jun 5, 2021	19.9mi/h	133bpm	183W	6:08
6	Rosemary Barber	Jun 7, 2021	17.7mi/h	-	107W	6:53
7	Liz Gard	Jun 11, 2021	15.6mi/h	-	86W	7:49
8	Linda Unsworth	Jun 13, 2021	14.3mi/h	141bpm	78W	8:31

Great Chalfield - Gatehouse to Gatehouse

Darren Wrintmore tackled this rather technical segment 15-times during the month of June becoming the Local Legend on Strava and reaching #5 on the All-Time Leaderboard.

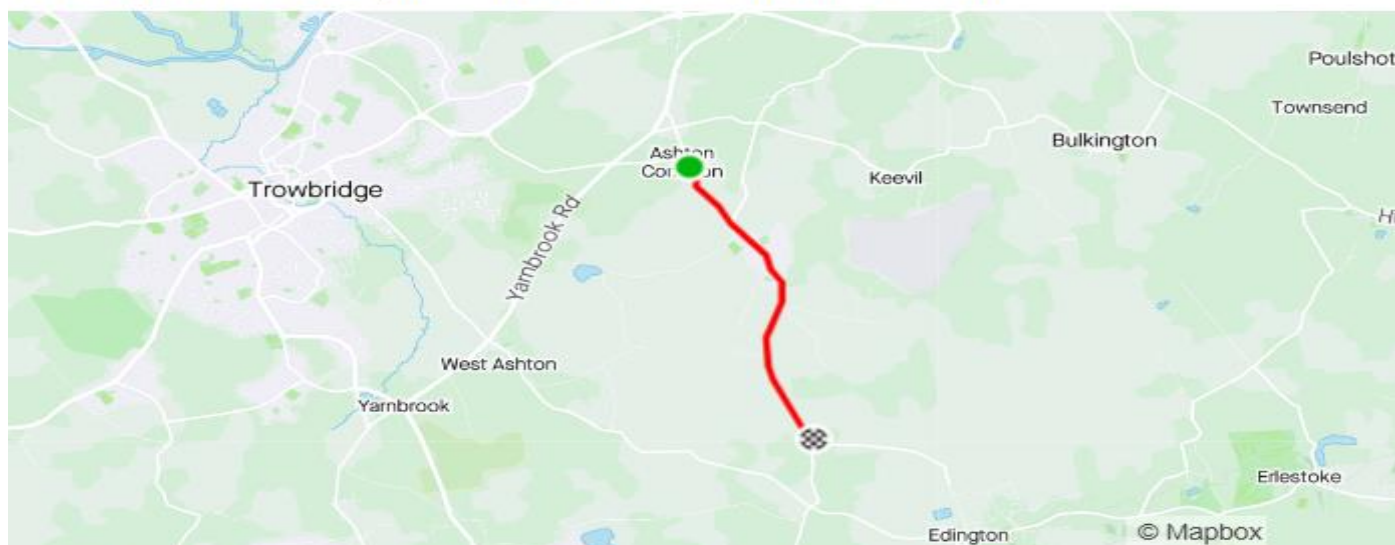
Gatehouse to Gatehouse		This Month ▾		All ▾		
Ride Segment Holt, England, United Kingdom						
Rank	Name	Date	Speed	HR	Power	Time
	Darren Wrintmore	Jun 25, 2021	21.3mi/h	-	-	5:02
2	Paul Banfield	Jun 5, 2021	20.3mi/h	146bpm	206W	5:17
3	Jo Mumford	Jun 6, 2021	17.7mi/h	104bpm	129W	6:04
4	Sara Robert	Jun 24, 2021	16.9mi/h	136bpm	125W	6:20
5	Paul Thorne	Jun 24, 2021	16.4mi/h	140bpm	142W	6:32

For July and August we have picked out the following cycling-only challenges for you:

Steeple Ashton Southbound

This is an undulating 2.5-mile cycle segment starting at Ashton Common before ascending up through Steeple Ashton before finishing at the turning off for Bratton. So far this year seventeen Avon Valley Triathletes have ridden this way with Tim Lowrie and Jo Mumford setting down the times to beat.

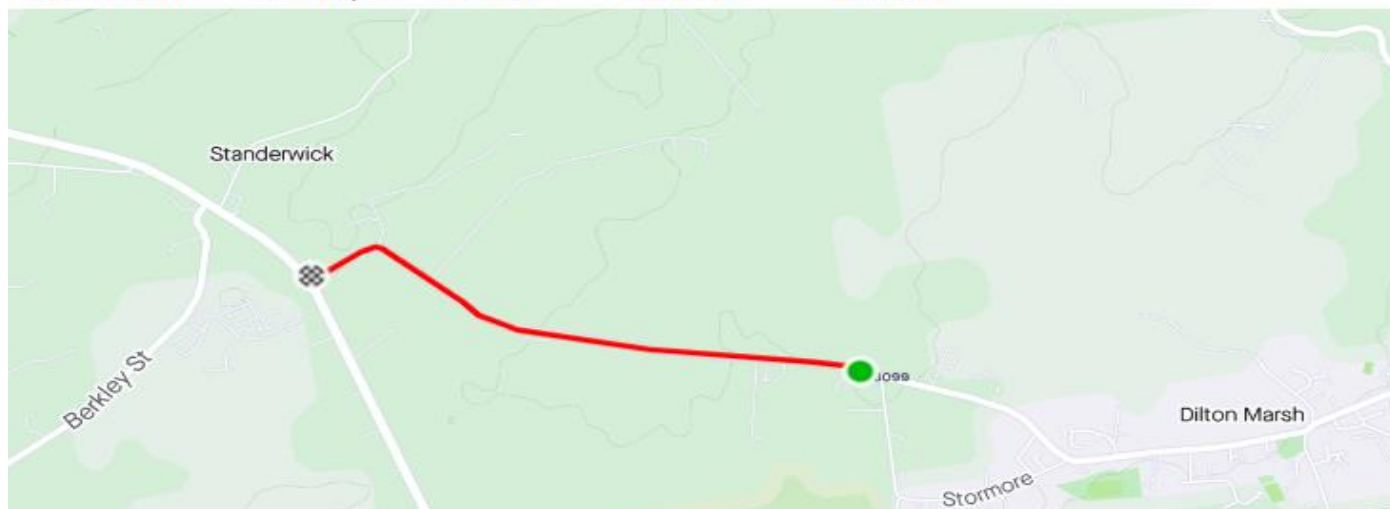
Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference
2.54mi	0.5%	180ft	258ft	78ft



Clivey to Marsh Rd Jct

Our second cycle segment takes us to Dilton Marsh for a deceptively undulating section starting at the Clearwood turning as you head out of the village from Westbury on the B3099 and finishes just before the A36 (so make sure that your brakes are in good working order). Six club members have tackled this segment so far this year with Jo Mumford and Robin-Mark Schols leading the way so far.

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference
1.02mi	0.1%	35ft	55ft	20ft



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.

AVON VALLEY TRIATHLETES

By AVT secretary Kat Taylor-Laird and Steve Clark

Open water swimming socials – Lake 86

We have had several social swims over at Lake 86 in recent months that have been a great way to introduce people to open water swimming.



These will continue to run regularly and we would love to see a few more faces over there joining in. Check the AVT and AVR Facebook pages when these will be shared.



Swimming Hats

AVT swim hats are on order for our social open water swims and events as a way of both promoting AVT and identifying AVT members.

These are available at a cost of £5 each. Email avt@avonvalleyrunners.org.uk to order yours and arrange collection.



AVT 'Tri' together



This month saw our first AVT 'Tri' together, a social slow paced triathlon swim, bike then run together to get people interested. No competition, just experiencing all 3 elements in a non-pressured way to spike interest.

This turned out to be a really good morning where 13 people participated, including Vicky Bodman who has answered a few questions for us on the event.

How did you feel about attending the AVT try and tri?

I wasn't sure if I should go but I thought, I can swim, I can cycle and I can run so why not! I'm not the fastest. I don't have the tri suit, I don't have the road bike but I do have a lot of running trainers so why not try it! I had to be talked into the cycle on the morning of the event, but I did it.



How did you feel about each element?

- Swimming - I've been having swimming lessons to improve my technique so I have started to become more confident in this and actually managed to keep up in the fast lane!
- Cycling - I don't have a road bike. However, neither does everyone else so there wasn't really anything to worry about. A lot of people did and I was offered one to borrow, but I know my bike, even if it is a pink mountain bike from the 90s and pretty heavy! Chris made sure he supported at the back so that was reassuring and we didn't get lost which is always a bonus.
- Running - I thought everyone would be on the go slow for this. I wasn't sure my legs would even work after being on the bike. But they did. I was slower than everyone else, but then I am and I was running a good pace for me.

Would you do it again?

Totally! I might try a different bike if the option comes up. Everyone was supportive and encouraging.

Are you tempted to do an event for AVT?

Let's see how we get on...

AVT in Action

There have been many fantastic AVT performances over the last few months. Many thanks to Steve Clark for compiling them for this section of the newsletter:

17th May - Dorney Lake Sprints weekend

There were four athletes from AVT taking part over the weekend at Dorney Lake. Esther Frawley took part in her first ever triathlon and came away with a fantastic time and second in her age group. After her 400m swim Esther got onto her bike and did a brilliant bike leg, being the fastest in her age group and top 10 of all women racing on Saturday. She finished in a total time of 1:31:07.

Kathryn Butt and Sarah Jeffries raced in the ITU Qualifier and both put in strong performances. Up against World Age Group champions in their age group race both were in the top 12.

Stephen Clark also took part in the ITU qualifier and was in the top three in his age group after the swim and bike and after smashing his PB for 5k by over 90 seconds he finished 5th in his age group.

23rd May - Total Promotions Super Sprint at Cotswold Water Park

Anne Clark took part on a bitterly cold day at Cotswold Water Park won her age category. Anne was accidentally kicked in the swim and needed some time to recover, but once out of the water her bike prowess took over and was 5th fastest bike from all women all day. A solid run brought her to finish top in her age group.



27th June - Great results from the Women's only triathlon at Lake 32 at the Cotswold Water Park. Kathryn Butt came 2nd in her age group, 23rd from 188 people in the whole race. Esther Frawley won her age group in the Super Sprint race, 5th overall, from 32 starters. Anne Clark also won her age group in the Super Sprint race, 9th overall from 32 starters.

4th July - Esther Frawley won her age group at the Swanage Triathlon Sprint Distance race. This is one of the toughest sprint races in the South West. It was her first open water sea swim triathlon and a really tough bike and run.

4th July - Kathryn Butt and Stephen Clark both raced at the Outlaw Half Holkham (Half Ironman distance) in Norfolk. Kathryn was racing her first 70.3 and was 8th in her age group in a great time of 6h 09m. Steve finished in 6h 14m and 7th in his age group.

From Steve's Sprint Triathlon last year in Bournemouth he has been selected to represent British Triathlon GB Age Group Team for the World Triathlon Series World Championships in Bermuda in October.

10th July - Nicole Louise Jackson took part in the Cotswold Classic at the weekend (a 70.3) in a time of 5:31:27.

18th July - Sarah Jeffries and Kathryn Butt raced at the British Triathlon European Sprint qualifiers at Mallory Park. Both smashed their sprint distance PBs on a blistering hot day and in a very strong age group race finished 13th and 11th respectively. Kathryn was 5th overall out of the swim and Sarah posted the 2nd fastest bike leg in their race. It's waiting time to see if they have qualified for GB Age Group.

24th July - Esther Frawley raced her first Olympic (Standard distance) triathlon at Cotswold Water Park in a very respectable 3:03:08.

24th July - Stephen Clark raced the Aquabike race at the Cotswolds and came 4th/38 overall.



The Crudwell 24 – by Darren Wrintmore, Vice-President

It was with some envy that I had read about the clubs exploits at **The Endure 24** and **RunFestRun** events having hung up my running shoes some three years ago. Now as a cyclist I thought that there must be a bicycle equivalent and after a quick search on Google I found that there was – **The Revolve 24**, the only problem being that it was in Adelaide, Australia, they had plans to launch a similar event at Brands Hatch in 2020 but like so many events it had fallen victim to the pandemic. The next hit that came up was for **The Crudwell 24**. I knew of a small village in the north of Wiltshire near Malmesbury called Crudwell, surely it could not be the same place – it was and they had been hosting a 24-hour cycle ride in the village for the past 30-years!!!

I then set about assembling a team of like-minded individuals who might want to take on the challenge, drawing on members of Avon Valley Triathletes, Westbury Wheelers and friends that I knew from the Tuesday night “Andy Cook” sessions at Castle Combe, I soon had a team of ten. I then had to wait for entries to open and when they did because of the suspension of “Lockdown Freedom” it had been re-timed to cover cycling in daylight hours only rather than the full twenty-four.

June 26th was the date with the ride commencing at mid-day stopping at nine thirty before resuming at five thirty on Sunday morning and finishing at mid-day precisely. I scheduled a recce ride a couple of weeks beforehand to check out the 7-mile course and a good job that we did too, as well as discovering that the course was deceptively hilly there were several rough patches of road which could do serious damage to tyres and wheel rims, though this didn't stop Sarah Jeffries from hitting every pothole on the road between Hullavington and Kemble!



We set up a timing schedule to optimise our laps and take full advantage of the available ride time as any laps not completed when the clock strikes 12 o'clock (or 9:30) get voided.

Mid-day arrived and I had lined up on the front row of the starting grid as we were deemed to be a 'serious' team. The siren went and I completely failed to clip into my pedals and before I knew it, I was somewhere near the back of the field – though not for too long. Within a mile I had worked my way up to



third place and was sitting on the wheel of second whilst the leader from Tetbury Velos continued to pull away. I briefly moved into second but slipped back into third but some way ahead of the fourth and fifth placed teams. I finished my leg in just over 19-minutes which was well inside my 20-minute target time.

I handed over to Joanne Lumb who some of you may know as an athlete with Team Bath and others as being the Landlady of the Hullavington Arms, Jo put in a good 22-minute leg and alternating with Steve Barnett kept us in third spot but closing in on second. I went for it hard on my next leg and on one of the uphill stretches I managed to move into second position. The tea-time shift then arrived with Tim Lowrie, Tony Dunford and Piers Rendell allowing us to consolidate our position before the evening shift of Stephen Clark, Sarah and Stephen Jeffries took over. A late tactical change to get Stephen Clark (who was clocking 20-minute laps) underway at nine past nine allowed us finish the day with a clear one lap advantage over our nearest rivals but a couple of laps behind previous winners: Tetbury Velos.

Up before the larks was Stephen Clark who got Day Two underway with an 05:30 start and few more quick laps alternating with myself before the rest of the team arrived. Tetbury Velos remained too far ahead of us and we were now sat comfortably in second and at 11:40 we had a chance to really pull away on the



scoreboard, all that birthday girl Sarah Jeffries needed to do was get around the course in under 20-minutes...it was tense as the team huddled around a phone screen watching her progress through the Garmin Live app, it looked like she would make it but then the little blue dot stopped moving for what seemed like an eternity but then started again and within a few minutes we heard the whistle blow to advise that a rider was approaching – was it Sarah? Alas, no but one of the local teams.

Then it sounded again and rounding into the finish area was Sarah with a full 20-seconds to spare,

“So what happened Sarah?”

"A marshal stopped me at a junction for a Land Rover to pass, bloody Sunday drivers!".



Tim & Tony



Captain Wrinty

We managed between us to complete 45-laps (315-miles) in the 16-hours, finished second and raised a couple hundred quid for young persons charity Youth Action Wiltshire. We now have a target to beat for next year when hopefully we will get to ride for the full 24-hours.

Best Times on the Crudwell course by the Avon Valley Triathletes in the team:

Rank	Name	Date	Speed	HR	Power	Time
	Darren Wrintmore	Jun 26, 2021	21.1mi/h	149bpm	-	19:09
2	Tim Lowrie. Sundried Athlete.	Jun 26, 2021	20.6mi/h	-	198W	19:33
3	Sarah Jeffries	Jun 26, 2021	20.5mi/h	168bpm	210W ↗	19:42
4	Stephen Clark	Jun 26, 2021	19.6mi/h	145bpm	221W ↗	20:34
5	Tony Dunford	Jun 26, 2021	18.9mi/h	118bpm	160W	21:22

AVT results

Don't forget all AVT race results need to be e-mailed through to avt@avonvalleyrunners.org.uk for inclusion in the results spreadsheet. At the moment this is looking a bit sparse and I know that there has been some races taking place. Please go through your races for this year and send through your results, with race distances and times. Please also send link to official results page too if possible.

Remember you need to enter the race as a member of Avon Valley runners/triathletes and wherever possible wear your AVT kit to promote the club. Tri suits can be purchased from <https://www.halosports.co.uk/clubs/avon-valley-triathletes/>

