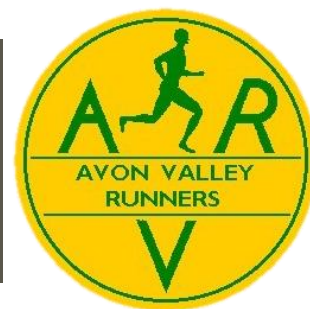


# THE VALLEY NEWS



## *In this issue...*

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## Dates for your diary

- **BernCol Relay** – 2<sup>nd</sup> September – AVR closed race with free chips. More info [here](#).
- **Committee meeting** – Tuesday 7<sup>th</sup> September at 8:30pm at TRFC. If you have any points for discussion, please email [secretary@avonvalleyrunners.org.uk](mailto:secretary@avonvalleyrunners.org.uk).
- **Corsham 10k** – 26<sup>th</sup> September – final races of the AVR and Wiltshire leagues.
- **AVR Over the Hills** – 7<sup>th</sup> November – volunteers needed (see page 2)
- **AVR Wiltshire Half Marathon** – 28<sup>th</sup> November – volunteers needed (see page 2)

## Attending running sessions



A reminder that, since restrictions changed on the 19<sup>th</sup> 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](http://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 until the 12<sup>th</sup> September: <https://mailchi.mp/e34d61f93c84/running-from-july-19th-10421476?fbclid=IwAR3tGZ-KWCWuwoABPX0ZRxcxCNkuyWlcwyNA4cJxdUkoGKn6QOfTDKnFKw>

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.**

## New club record

Richard Harding has set the new fastest 5k time in the MV40 age category for AVR! He ran a fantastic time of 16:28 at the South West PB series at Odd Down on the 25<sup>th</sup> August, taking 10 seconds off the previous record held by Kevin Sparey since 2003.

A huge congratulations to Richard from everyone at AVR.

You can take a look at the full set of results from the August event [here](#) and see lots of other fantastic achievements from other AVR members too.



Photo from the event in May 2021

## Volunteers Needed



Two of our main events are coming up on November: Over the Hills and The AVR Wiltshire Half Marathon. These events provide a vital source of income for the club and cannot happen without the organisation of the volunteer working groups and from members of AVR itself.

You do not need any qualifications, just a smile and willingness to help others along to complete a successful race.

### **Over the Hills November 7th 2021 – 3 volunteer points**

Do you want a fantastic morning in the BOA countryside?

Do you want to see people getting muddy and then soaked crossing the river?

Then OTH volunteering is for you!

Please email us today [volunteers@avonvalleyrunners.org.uk](mailto:volunteers@avonvalleyrunners.org.uk)

### **AVR Wiltshire Half Marathon November 28th 2021 - 2 volunteer points**

We need as many as 100 volunteers to make this event viable so why friends and family are very welcome to come along too!

This is your opportunity to represent your club and to encourage all of the runners at this fantastic event.

Please email us today [volunteers@avonvalleyrunners.org.uk](mailto:volunteers@avonvalleyrunners.org.uk)

**Helping at either event will earn you points towards your AVR volunteering total and get you closer to owning one of the coveted volunteer t-shirts!**

(pictured right)



## The 5<sup>th</sup> Hilly Helmet - by Robin-Mark Schols

This month the Hilly Helmet Challenge was held at Leighton Recreation Centre at Westbury, featuring in the club championship for the first time.

Members aren't strangers to the popular event created by member Robin-Mark Schols which is based on his experience of having to run in a helmet himself back in 2015/16 after a brain infection and further operations to remove part of his skull, which was later replaced with a titanium plate. In the interim period he wore a helmet all the time including while running, becoming a regular sight at Southwick parkrun and taking part in several races with the Bath half marathon and Gwent league cross country events among them.

In its' 5<sup>th</sup> year and after winning an award in 2019 from Racecheck and forced to go virtual like many other events last year, it was clear participants were glad to have it back as an on the night event once more. Held to raise funds for the charity Brain Tumour Support, for whom Robin-Mark is a Champion fundraiser, (their words not his!) it looks to have raised a total exceeding £4500 for the charity this year.



It was a successful night for Ed Knudsen, taking the win running dressed as a Viking, really entering into the spirit of the occasion. First lady was Beth Francis with Jackie Rockliffe finishing as second lady. The best helmet prize was this year given in memory of David Griffiths and was won by Corsham Running club's David Mackie who sported a helmet in the style of a peacock (pictured below).



L-R David Mackie's award-winning peacock helmet. AVR's Karen and Nettie taking part in the event.

# 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 7<sup>th</sup> and 8<sup>th</sup> 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](#)

In August, there were 2 races to count towards the league.

More than 30 AVR members took part in the **Hilly Helmet** to support founder and AVR member Robin-Mark Schols. This helmet-wearing charity event saw Ed Knudsen as the first AVR over the line and the overall winner too in a time of 26:03 while Bethan Francis was the first female AVR runner and 1<sup>st</sup> lady overall in 32:43.



**L-R: Founder Robin-Mark, Ed and Bethan receiving their awards from Robin.**

At the **Two Tunnels 10k**, Dan Piper was the first AVR to finish and was 3<sup>rd</sup> overall in a time of 36:30. He also topped MV40 age category! Jo Farion was the first female AVR over the line in a time of 47:15. Club stalwarts, Rosemary Barber and Stuart Arguile also both topped the MV and FV70+ age categories.



**AVR's Road Race Secretary, Andrew Jefferies**



**Jo Farion enjoying the course**

There is just one final race left of the league: The Corsham 10k. This popular event is also the final race of the Wiltshire road race league (see next page) and has not yet sold out. It would be great to see lots of AVR take part. Entries can be found [here](#).

**Current AVR League standings:**

Male	Female
<b>1<sup>st</sup> Tim Burrell – 24 points over 6 races</b>	<b>1<sup>st</sup> Diane Hier – 12 points over 7 races</b>
<b>2<sup>nd</sup> Martin Russam – 60 points over 8 races</b>	<b>2<sup>nd</sup> Paula Farrell – 33 points over 7 races</b>
<b>3<sup>rd</sup> Andrew Jefferies – 61 points over 5 races</b>	<b>3<sup>rd</sup> Jo Farion – 47 points over 5 races</b>

The full set of results available online [here](#).

# The Wiltshire Road Race League



**Wiltshire  
Athletic  
Association**

As well as our own AVR league, the Wiltshire Athletic Association's road race league has been taking place since June. Seven races were selected with runners' five best results being taken for the league tables.

The final race is the Corsham 10k on 26<sup>th</sup> September. AVR are currently at the top of Division 1 on 97 points but Calne RC are only 1 point behind so we need as many runners of all abilities to take part so we can remain victorious! Sign up [here](#).

## Division A

Club	Points
Avon Valley Runners - A	97
Calne Running Club - A	96
Chippenham Harriers - A	89
Royal Wootton Bassett Hounds RC - A	86
Calne Running Club - B	79
Avon Valley Runners - B	77
Calne SmarTT - A	76
Corsham Running Club - A	70
Devizes Running Club - A	70
Slinn Allstars - A	14
Devizes Running Club - B	0
Shrewton Running Club - A	0

## Division B

Club	Points
Team Bath AC - A	95
Swindon Harriers - A	93
City Of Salisbury A&RC - A	82
Swindon Striders - A	52
Marlborough Running Club - A	51
Royal Wootton Bassett Hounds RC - B	50
Chippenham Harriers - B	45
Frome Running Club - A	34
Corsham Running Club - B	20
Highworth Running Club - A	18
Calne SmarTT - B	17
Team Bath AC - B	17
Frome Running Club - B	0
Highworth Running Club - B	0
Marlborough Running Club - B	0

AVR also have 9 fabulous ladies and 2 men in the top 25 with Sally Frawley sitting pretty in the top spot! More information about the league, including how scoring works and the different divisions, can be found [here](#).

## Female

Name	Club	Age Category	League Points
Sally Frawley	AVON VALLEY RUNNERS	FV40	412
Charlotte Preece	CALNE RUNNING CLUB	FS	390
Julie Bean	CHIPPENHAM HARRIERS	FV40	352
Emily Dye	AVON VALLEY RUNNERS	FS	348
Joanna Charters	CHIPPENHAM HARRIERS	FV40	348
Jolene Farion	AVON VALLEY RUNNERS	FV40	292
Michelle Coveney	CALNE RUNNING CLUB	FV40	284
Lois Mcpherson	CALNE RUNNING CLUB	FV50	273
Pauline Bradley	AVON VALLEY RUNNERS	FV60	250
Lisa Penny	CALNE SMARTT	FS	243
Celia Stevens	CALNE RUNNING CLUB	FV60	239
Hayley Southgate	AVON VALLEY RUNNERS	FV50	237
Amelia Fairbanks	ROYAL WOOTTON BASSETT HOUNDS RC	FS	230
Clare Powell	CALNE SMARTT	FV40	209
Emma Haley	CHIPPENHAM HARRIERS	FS	197
Diane Hier	AVON VALLEY RUNNERS	FV50	193
Lisa Bennett	TEAM BATH AC	FV50	192
Amy Cameron	SWINDON STRIDERS	FV40	189
Kat Taylor-Laird	AVON VALLEY RUNNERS	FS	186
Debbie Ellis	AVON VALLEY RUNNERS	FV50	183
Caroline Mcbeth	SWINDON STRIDERS	FV50	181
Katy Griffin	CALNE RUNNING CLUB	FS	180
Paula Farrell	AVON VALLEY RUNNERS	FV40	177
Nicola Johnson	CHIPPENHAM HARRIERS	FV50	166
Helen Waran	CALNE SMARTT	FVet 40	164

## Male

Name	Club	Age Category	League Points
Philip Daniels	CALNE RUNNING CLUB	MS	487
Matthew Waite	CALNE RUNNING CLUB	MV40	457
Alwyn Royall	CHIPPENHAM HARRIERS	MV50	457
Darren Smith	CALNE RUNNING CLUB	MV40	400
Stephen Heavens	ROYAL WOOTTON BASSETT HOUNDS RC	MV70+	399
Daniel Giles	CALNE RUNNING CLUB	MS	390
Jeremy Friend	CALNE RUNNING CLUB	MV50	381
Peter Callanan	CITY OF SALISBURY A&RC	MVet 50	364
Adam Powell	CHIPPENHAM HARRIERS	MJ	326
Midge Bradley	CHIPPENHAM HARRIERS	MV50	315
Martin James	SWINDON HARRIERS	MV60	303
Courtenay Chessell	SWINDON HARRIERS	MV40	299
Michael Gilbert	CALNE RUNNING CLUB	MV40	285
Timothy Eddy	CALNE RUNNING CLUB	MV50	270
Stuart Sweetlove	CHIPPENHAM HARRIERS	MV50	270
Martin Hall	CALNE RUNNING CLUB	MVet 50	270
Colin Woodward	CALNE RUNNING CLUB	MV40	258
Tim Burrell	AVON VALLEY RUNNERS	MV50	246
Robbie Newton	DEVIZES RUNNING CLUB	MS	242
Craig Richardson	DEVIZES RUNNING CLUB	MV40	238
Andrew Jefferies	AVON VALLEY RUNNERS	MV60	236
Richard Curtis	ROYAL WOOTTON BASSETT HOUNDS RC	MV50	224
Mark Powell	CHIPPENHAM HARRIERS	MVet 50	209
Richard Smith	CALNE SMARTT	MV40	207
Aaron Wilson	CITY OF SALISBURY A&RC	MV40	194

## My 300<sup>th</sup> parkrun – by Vicky Ody

This morning I was finally able to celebrate my 300<sup>th</sup> parkrun and having been stuck on my 295<sup>th</sup> throughout the pandemic I had plenty of time to plan my fancy dress, opting to disguise myself as Forest, the spirit of the parkrunner. I chose Forest for two reasons, firstly as he became a talisman for me during the dark days of the pandemic when I thought a lot about making it through to be on the start line when we were finally allowed back and secondly because that “spirit” of parkrun means so much to me as a runner.



My first parkrun was in May 2012. In the early days I volunteered regularly meaning I have been to more than 300 events. I've parkrun in every weather – one of my favourite runs was the day of *that* storm – and I haven't just stuck to conventional running kit, being a big fan of the fancy dress!



←  
**That storm**

**My 200<sup>th</sup>  
parkrun  
coincided  
with Royal  
Wedding**



## Nativity parkrun



I haven't just stuck to running at Southwick either. I am a regular at Bath, (which I think of as my "hangover parkrun" as I tend to slope off there when I'm really tired so I don't have to be too sociable) and I'm working towards completing 50 different courses. My favourites so far being Medina (Isle of Wight) and Fountains Abbey. Eden Project was my 250<sup>th</sup> and I remember checking the stats the night

before to see if I could set an AVR record on that course just by completing it, only to have Jo Finch sidle up to me at the start and steal my moment of glory!

I'd be lying if I said I had enjoyed every one of my runs (see pics below!)



...and there have been really difficult spells where I've felt I was losing my battle with weight and should pack it all in...



**Start of 2017 comeback**

...but as I said, it's the spirit of parkrun that means so much to me and has kept me going through good times and bad.



*In 2014 I celebrated my 40<sup>th</sup> birthday by wheeling 15kgs of parrot food round the course to represent the weight I'd lost only to regain it and then start over in 2017, when I finally broke that elusive 30 min barrier!*

What do I mean by "spirit of parkrun"? Well to me it's about the friends you meet on the way. About the coming together of runners and walkers of all different shapes, sizes, abilities and backgrounds. It's about perseverance through good times and bad and about the supporting and being supported. That's what keeps me running and that's why I was so happy to celebrate my 300<sup>th</sup> this morning dressed up as Forest and why I want to thank everyone who has shared their Saturday mornings with me over the years.



*Helping Cathy PB*





## Junior AVR - by Debbie Ellis

### Westbury 5K

The last Westbury 5K for 2021 took place on 10<sup>th</sup> August and the several of the juniors signed up to take part and stormed through the race.

Each of them set themselves a goal for the race. They warmed up well beforehand and used all of the training they receive at the Monday and Wednesday JAVR training sessions to their advantage. They got ready on the start line to give it their best which is exactly what they did and with phenomenal performances too.

Huge congratulations to:



Dylan Neal: 2<sup>nd</sup> U17 getting a course PB  
 Rhys Lythell: 3<sup>rd</sup> U17 getting a 5K PB and Course PB  
 Daniel Lewis: 5<sup>th</sup> U17 with a PB in his first 5K  
 George Sawyer: 9<sup>th</sup> U17 with a 5K PB


Well done also to Toby for his performance and many congratulations to Alex Hammond and Freya Buglass who were the 1<sup>st</sup> placed male and female in the in U17 category.

# Avon Valley Segment of the Month – by Darren Wrintmore

The results are in for the July/August SoTM.


## Steeple Ashton Southbound

This undulating 2.5-mile cycle segment starting at Ashton Common before ascending up through Steeple Ashton before finishing at the turning off for Bratton attracted 14 club members with Darren Wrintmore and Tizzie Robinson-Gordon being the quickest.

Steeple Ashton Southbound		July / August				
Rank	Name	Date	Speed	HR	Power	Time
	Darren Wrintmore	Jul 31, 2021	21.4mi/h	-	-	7:08
2	Paul Banfield	Jul 1, 2021	19.9mi/h	147bpm	223W	7:40
3	Mark Sims	Aug 15, 2021	17.7mi/h	-	-	8:37
1	Isobelle (Tizzie) Robinson-Gordon	Aug 4, 2021	19.5mi/h	178bpm	182W	7:49
2	Emma Gage	Jun 23, 2021	17.9mi/h	152bpm	145W	8:33
3	Esther Frawley	Jul 14, 2021	16.8mi/h	147bpm	153W	9:05

## Clivey to Marsh Rd Jct

Just three club members tackled this mile long segment at Dilton Marsh:

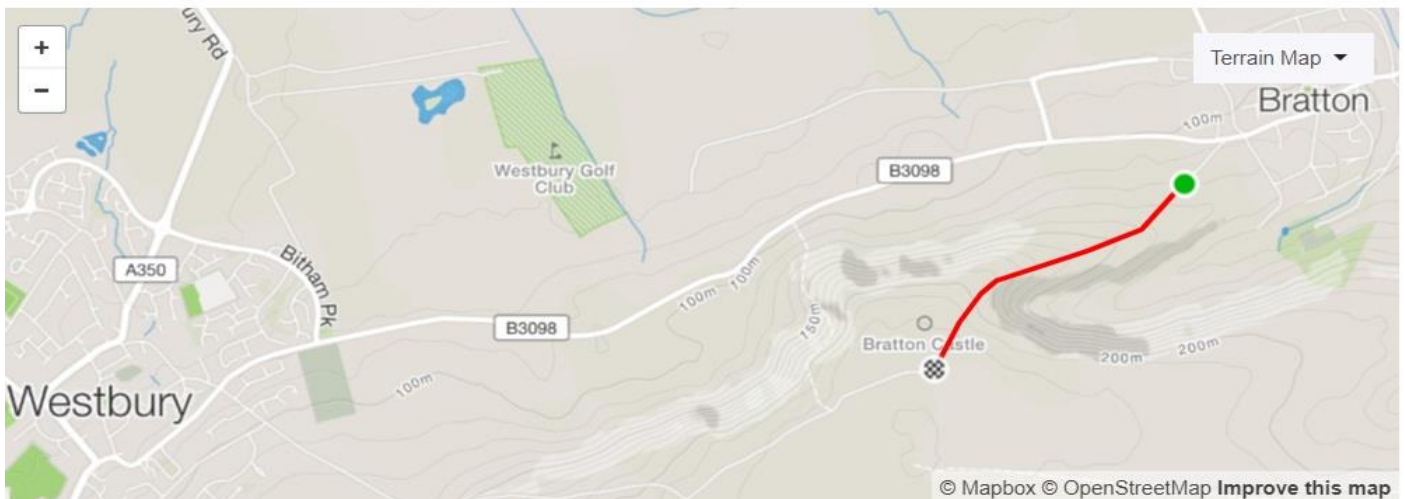
Clivey to Marsh Rd Jct		July / August				All ▾
Ride Segment Dilton Marsh, United Kingdom						
Rank	Name	Date	Speed	HR	Power	Time
	Darren Wrintmore	Jul 10, 2021	24.0mi/h	-	-	2:34
2	Tim Lowrie. Sundried Athlete.	Aug 10, 2021	22.0mi/h	166bpm	236W	2:48
3	Sara Robert	Jul 9, 2021	14.8mi/h	151bpm	112W	4:10

## For September we have picked out a couple of old “favourites” for our cyclists:

We will take you back to the top of Westbury White Horse on the [Sign to the Top](#) segment. This 0.7-mile climb starts at the 30mph signs, heading up from **Bratton** at a 10% gradient. Last year Paul Banfield (4:56) and Fiona Price (6:50) were our top climbers on this segment which this year has already seen six club members make the climb with Martin Watters (6:33) and Vanessa Lucas (6:34) leading the way on this **category 4 climb**.

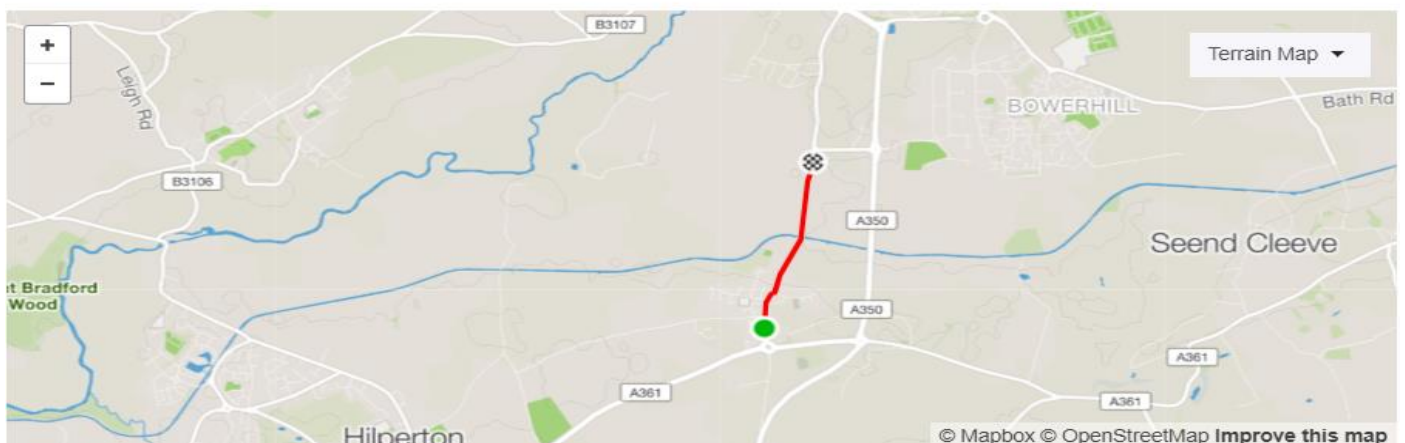
Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	Climb Category
<b>0.70mi</b>	<b>10%</b>	<b>388ft</b>	<b>747ft</b>	<b>359ft</b>	<b>4</b>

13,376 Attempts By 2,238 People



Much more of a horizontal segment is [Caught by the Fuzz](#). This is an 0.87-mile segment starting just as you head into Semington from the roundabout on the A361 and finishes just before Melksham Police station. Last year Darren Wrintmore (1:51) and Jay Sims (2:11) were our champions on this segment. So far this year 14 Avon Valley Triathletes have cycled this segment with Darren Wrintmore (2:08) and Jo Mumford (2:24) having put in the quickest times so far.

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	17,330 Attempts By 1,772 People
<b>0.87mi</b>	<b>-1%</b>	<b>144ft</b>	<b>189ft</b>	<b>45ft</b>	



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.

# AVON VALLEY TRIATHLETES

By AVT secretary Kat Taylor-Laird

## 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](mailto:avt@avonvalleyrunners.org.uk) to order yours and arrange collection.

## Lulworth Cove Open water swim



5 members of AVT headed off to Lulworth cove on the 1<sup>st</sup> August for a guided sea swim from Lulworth cove to stair hole and back. For some of us this would be our first go at sea swimming. The weather was great and in the cove the water was calm and welcoming. After a quick brief, we got in the water in and swam out towards the mouth of the cove. It soon became clear that once past the safety of the cove the waters were a bit choppy. It was hard swim round to stair hole against the current, and we were grateful for the support of the kayak to help tow. The swim back was much easier and felt like it took a fraction of the time. A great day was had by all.

## My first Triathlon – by Annalie Ibison

*“Me? Enter a triathlon? Why would I want to do that?”*

*“Because you are a really good swimmer, you cycle out and about and you’re part of AVR so you can obviously run!”*

This was a conversation between my friend and I way back in 2019, before the pandemic hit, when she persuaded me that a triathlon should be our next big challenge.

Fast forward 18 months and the day finally arrived! On Wednesday 18<sup>th</sup> August we headed over to Lake 62 in the Cotswolds for our first triathlon: 400m swim, 16km bike and 4.5km run. In all honesty, I was a bundle of nerves and excitement. Would I be able to fix my bike safely onto the bike rack? Should I wear my wetsuit or not? How should I organise my stuff in transition? What should I eat before the race? What if I came last? I had an endless list of worries which I had been troubling me for days prior to the event and quite frankly, my husband was totally fed up with my tri-talk!



Arriving at Lake 62, the sun was shining and the lake looked calm and inviting. I was keen to get in and swim but it was the bike and run that concerned me. However, like most events, there were a lot of like-minded people who were all ready to offer advice and support. First-timers and experienced triathletes shared their tips and enthusiasm. The transition area wasn't as daunting as I had thought- I just copied what everyone else did!

As we lined up to start, I realised that 95% of competitors were wearing wetsuits which sent me into another tailspin but it was too late to change my mind! Thankfully the water was the perfect temperature and I really enjoyed the swim around the lake, although I clearly need to do more work on "spotting!" Running, or in my case wobbling, out of the water and into transition was an interesting experience but fortunately I had no wetsuit to take off so the transition from swim to bike was easy. Thank you to my transition neighbour who had advised me to hang my running top on my bike- the bright yellow and green AVR colours made it much easier to find my bike. The bike course was, thankfully, flattish but I think I managed to find every pot hole en-route which made for a bumpy ride! My dismount from my bike was a rather cautious affair but I'm glad I was so timid as I suddenly experienced the peculiar "jelly legs feeling" that all triathletes talk about. All that was left now was the run – a three lap course through a wood. I had failed to read that bit of information so the tree roots and rabbit holes came as a surprise to me! By now, the faster triathletes were lapping me but I didn't care as I was near the end of one of the biggest challenges I had ever given myself. Crossing the line was a mixture of relief and pride – I hadn't come last, I hadn't made a fool of myself and I had had fun!

Back in transition, I sent a message to my husband saying "I've finished. I loved it. When is the next one?"

To everyone out there who is thinking of entering a triathlon, I'd say "Do it!" To anyone out there who thinks they would never be able to complete a triathlon, I'd say "You never know until you try." Yes it was hard work – the training, the race-day preparation and the sheer exhaustion during the event, but the sense of achievement afterwards was immense.



## **AVT in action – by Stephen Clark**

**4<sup>th</sup> August** - Anne Clark did her first 25 mile Time Trial at Castle Combe and won her age category in a fast time of 1h 10m.

**25<sup>th</sup> August** - Kathryn Butt broke her PB at Castle Combe in a 10 mile TT and finished 3rd in her age group in 29:04. Stephen Clark won his age group at the same event in 26:23.

**29<sup>th</sup> August** - Stephen Clark and Sarah Jeffries raced at the New Forest Triathlon on Bank Holiday Sunday. Injuries to both hampered their race but still they both came away with 2nd places in their age groups. There was also the longest transition ever between the swim and run of over 1.3km, as well as avoiding the New Forest ponies and wildlife!

**30<sup>th</sup> August** - Several AVT members took part in the final Westbury Wheelers Club TT race of the season. Sarah Jeffries was 2nd female overall and also won the Vet 50 age category, in a time of 27m 50s, Kathryn Butt broke her own course record, Esther Frawley beat her previous time by over two minutes in her second race on the course, Darren Wrintmore also beat his previous best time on the Longbridge Deverill course and Dan Wood won the Youth category in a fast time of 26:48!

Anne Clark also did a PB for a 10 mile TT at Abergavenny in the Welsh National Championships, with a time 26m 19s, again winning her age group and 12 female overall.

## **AVT results**

Don't forget all AVT race results need to be e-mailed through to [avt@avonvalleyrunners.org.uk](mailto: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/>

