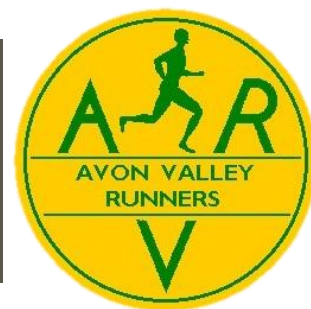


THE VALLEY NEWS



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- Kit update
- Over the Hills report
- Wiltshire Half Marathon report
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- Wiltshire and AVR Offroad Race Leagues
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Dates for your diary

- **Committee meeting** – Tuesday 7th December at 20:30pm at TRFC. If you have any points for discussion or would like to attend, please email secretary@avonvalleyrunners.org.uk.
- **Christmas Eve run** – social [event](#) organised by Sean and Fiona Price
- **Stan Farr Boxing Day Run** – closed [event](#) for members
- **AVR AGM** – Tuesday 11th January 20:00 at TRFC
- **Presentation Evening** – celebration [event](#) on Saturday 5th February 19:30 at the Civic Centre, Trowbridge

Col's Top Shop: Kit Update

When I took on the AVR Kit Managers role back in May, be it Southwick Country Park, the Spitfire Retail Park or TRFC, nothing quite prepared me for the amount of time I would spend in car parks hawking t-shirts and vests from the boot of my car...Del Boy has nothing on me!

Way back on 28th May Col's Top Shop made its first ever sale to Liz Mason ahead of her Bratton Hilly; I quickly learnt that there is a story behind every AVR top request. To name a few; Sawyer Jnr for the Westbury 5k, Laura Waterhouse for the Cheddar Omnium, Doug Watkinson & Phil Rockliffe for the Bristol Half, Hayley Chapman & Sue Porto for the New Forest Half, Mike Fowler for the Gosport Half and this week Karen Newman, Sharon Alexander, Samantha Parry and Ceri Sonnet all ahead of their C25K Graduation.

Covid obviously brought with it its challenges but thankfully members are able to try before they buy once again. Col's Top Shop also now has an unofficial fitting room with several members using our porch to try on kit!

Beyond our standard AVR Race T-Shirts, Vests and Crop Tops, the elves in the AVR Kit Team (Vicky Bodman, Sarah Emery, Sean Price, Maria Walters Bradley Arberry and myself) have been busying themselves in their kit workshop in readiness to ease any Christmas Shopping worries you may

have. Aimed to help keep our members and coaches safe and warm during the darker colder months, 3 new AVR lines have been launched of which we have purchased an initial stock of the following items:

- 10 x AVR LED Head Light Beanies £14
- 10 x AVR Hi-Viz Windshield Jackets £24
 - (5 x Small, 5 x Large ... 5 x Medium will follow once in stock)
- 15 x AVR Regatta Pace II Lightweight Waterproof Jacket £34
 - (5 x Small, 5 x Medium, 5 x Large)



Please see the [Club Training Kit](#) webpage for full details relating to each of the new lines.

All kit requests should continue to be forwarded to the kit@avonvalleyrunners.org.uk email address. As always, orders will be fulfilled on a first-come, first-served basis. Once the initial stocks of the new lines have been sold, instructions on how to go about ordering direct from SportingBilly will be added to the [Club Training Kit](#) webpage.

Payments can be in cash or direct to the AVR Bank Account...whichever is easier for you.

Name: Avon Valley Runners
Sort Code: 40-44-33
Account Number: 11674455

If paying direct, all that I ask is that you let me know your payment reference (e.g CSawyer-Kit) so your payment can be accounted for when it lands at the bank.

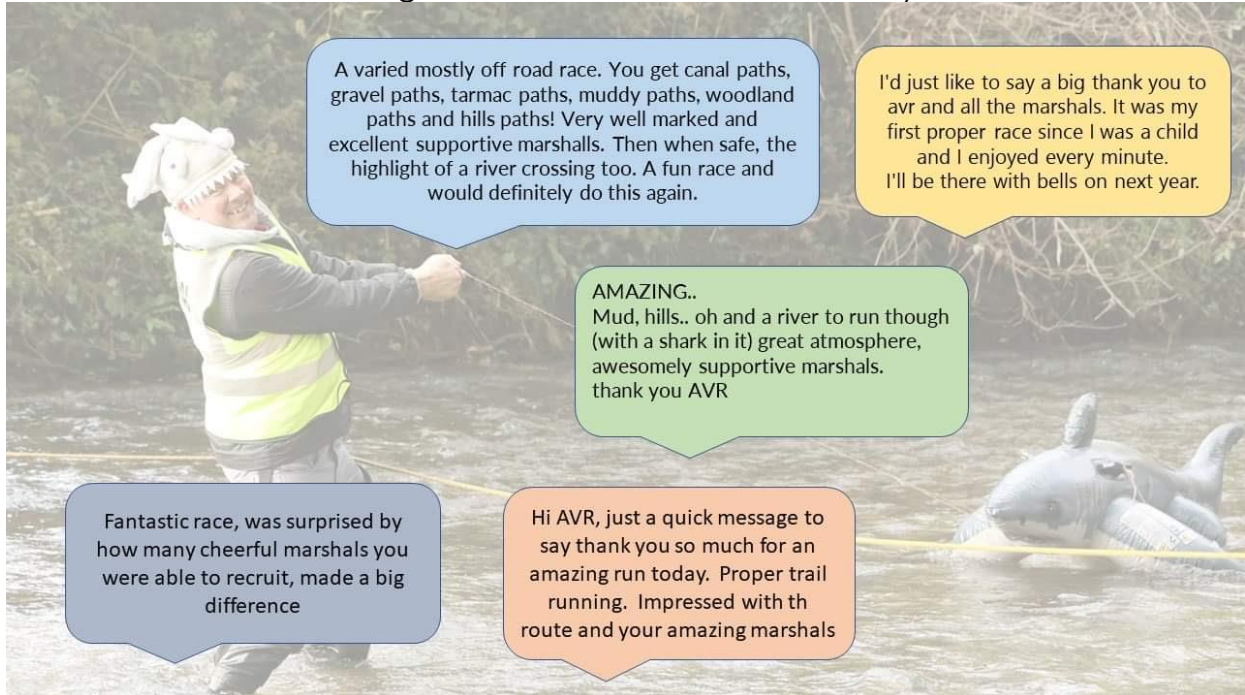
Over the Hills

November was a busy month for the club which started with Over the Hills. The top spots were claimed by Team Bath AC with Aidan Daniel in 46:45 and Olympian, Heather Fell in 54:16. Thank you to all of our marshals on the day too!

A huge thank you must go to Jay Sims-Bagshaw, David Bagshaw and the working group for putting on the event. Thank you to all of the volunteers who made the event possible too!



Take a look at some of the great feedback we have already received from runners:



A varied mostly off road race. You get canal paths, gravel paths, tarmac paths, muddy paths, woodland paths and hills paths! Very well marked and excellent supportive marshalls. Then when safe, the highlight of a river crossing too. A fun race and would definitely do this again.

I'd just like to say a big thank you to avr and all the marshals. It was my first proper race since I was a child and I enjoyed every minute. I'll be there with bells on next year.

AMAZING.. Mud, hills.. oh and a river to run though (with a shark in it) great atmosphere, awesomely supportive marshals. thank you AVR

Fantastic race, was surprised by how many cheerful marshals you were able to recruit, made a big difference

Hi AVR, just a quick message to say thank you so much for an amazing run today. Proper trail running. Impressed with th route and your amazing marshals

Wiltshire Half Marathon

The next big event was only a few weeks later.

What a fantastic day at the AVR Half Marathon. The conditions were kind to us following some concerns the day before.

Special thanks to Louise Fearon, who did a brilliant job as Race Director and all the volunteers from the club and elsewhere: Sean Price as our resident MC, our sponsors, Ian Tuckett for providing medical cover, those who took some great photos, and James Hart from DB Max.



Congratulations to everyone that ran. There were some exceptional performances. Tom Gurney was the overall winner in a time of 1:12:08 (pictures left). Jackie Rockcliffe (Rocket) stormed round in 1:29:03 winning the V50 category. Tom Gurney, Dan Piper, Ben Blackwall and Geoff Goodway also scooped the Male Team title. – Rich Newman, club Chairman

There was also a lot of buzz around one particular runner called Jenny Mills from Cornwall (below) who turns up to our half marathon year on year and produces fantastic times. She is 72 years old and ran 1:42:33 this year which is only 5 minutes off the world record! She's also got a great sense of humour and sent this lovely message to our very own Fiona Price:

This will be the daftest question you've ever been asked, but is, as you will see, fairly important! At the Half, from the generous selection of goodies, I picked up a packet of "collagen." I thought it was a tube of face cream or similar beauty product, but it says, "Consume the entire contents....." I EAT it??? Now, do I mix it with water, just suck the tube, spread it on a cracker? Never seen it before, so don't want to upset the inner workings! I'm not even sure what it does, but thought it was to do with lessening wrinkles, hence my instinct to put it on my face - (Too late at this age anyway!). With not using energy gels electrolyte stuff etc. I'm hopelessly ignorant. I just eat well and take a few dextrasols with me if I'm heading out for anything long, or perhaps a piece of cake or a sandwich.

If you want to give AVR a laugh, I've no objection to you putting it on the site or whatever - they've probably known for ages that I'm bonkers!



Half marathon volunteers...



Avon Valley Runners



AVR Presentation Evening

Saturday 5th February
Trowbridge Civic Centre - 7pm - Midnight
Ticket price includes buffet, music and photo booth!

Book your tickets at:
www.entrycentral.com/event/118568

Made with PosterMyWall.com

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.

Wiltshire and AVR Offroad leagues 2021

The Wiltshire Off-Road Race League (WORL) is an annual series of races for all runners from clubs affiliated to Wiltshire Athletic Association with the goal of promoting running within the county and raising the profile of Wiltshire clubs and athletes. These races are Off-Road, meaning they are mostly gravel path, woodland, fields etc. There will usually be road sections. Expect these races to be hilly and potentially muddy. The races are selected by the XC and Off-Road secretaries and clubs are encouraged to submit races for consideration. There are typically eight races in a season which runs from Autumn to the following Spring.



**Wiltshire
Athletic
Association**

WORL races selected as qualifying races for 2021:

1. ~~Sunday 17th October – White Horse Gallop~~
2. ~~Sunday 21st November – Avebury 8~~
3. ~~Sunday 28th November – Yarnbury Yomp 10k~~
4. Wednesday 29th December – Plain Crazy
5. Sunday 16th January – Slaughterford 9
6. Sunday 6th February – Lungbuster
7. Sunday 13th February – SMaRTT Smasher 10k
8. Sunday 27th February - Terminator

In addition to the WORL, AVR will have their own league starting in January 2022 in which the information can be found on our [website](#).

The Avebury 8

Four AVR members took part in this race organised by Marlborough Running Club. Gary MacAlister (*right*) in 1:01:52, Alan Button (*right*) in 1:14:39, Tina Towler in 1:31:49 and Chris Ashton in 1:36:55.



The Yarnbury Yomp 10k



It was unfortunate that this race fell on the same day as our own Wiltshire Half Marathon but five intrepid members were able to take part in this new race organised by Shrewton Running Club.

Mike Towler (*left*) was the first AVR in second place overall in 36:12 with Maria Harryman being the first female AVR in 1:00:12. Gary MacAlister topped the MV40 category in 41:56.

Warren's Whippets – by Robin-Mark Schols

Saturday 13th November was the HOKA Winter Trail half marathon at the Afan Forest near Pontrhydyfen in Wales. The course is mostly run on a stony gravelly surface called fire paths, with a few muddy bits here and there including a tricky double path of mud and grass before you hit the final downhill for around half a mile to the finish.

On arrival we all met up for the chat and warm up before heading down for the pre-race brief which was possibly the most entertaining I've ever heard. We were left in no uncertain terms just how tough the course would be and advised mountain rescue were there in case of emergency but not if we were 'just a bit tired', under which circumstances we were expected to make our own way back.

During the briefing we were also informed of local folklore tales of a beige wild cat that was said to live in the area as well as a Husky dog that had disappeared into the woods a few years ago never to return. It was suggested both would be feral and hungry and being fleet of foot while out there wouldn't hurt a bit. We were also advised of where water points would be as well as the places to look forward to the climbs and we didn't have to wait long with a good honest climb right from the off.

David Warren had taken this race on before and was the one to plant the idea in the heads of the Thursday Bradford on Avon lads with 5 of us signing up and 3 friends from outside the club also joining us. We do a bit of off road on a Thursday during the summer, and the odd muddy head torch runs in the winter, so felt up to the job. It felt more of a departure for me though as I predominantly run flat road races.

There was some stunning scenery on offer on the course, big bold trees flaunting beautiful autumnal colours, breath taking views across the valleys, (or was that the effect of the hills) as well as a lovely run through a wind farm. We were rewarded with fast downhills as well as good technical sections through challenging mud and churned up grass where you had to concentrate to keep your feet. After a long downhill section, we ran on part of an old railway line until taking on our final climb named 'The Wall' at the race brief. They weren't kidding. I'll confess I walked a deal of it and thought it would never end as it twisted and turned, teasing that the summit was just around the corner only to offer more climb time after time before finally descending down a grass track with a tricky trench down the middle to really test you before the final fire track down to the finish.

First for AVR was Ben Blackwall crossing the line in 1:38:01 in 15th place with David Warren just 10 seconds behind in 16th in 1:38:11, finishing 2nd and 3rd MV45-49 respectively. Robin-Mark Schols was next AVR in 51st place overall recording 1:44:50, finishing as 1st MV55-59 with Mike Sargeant not far behind as 2nd MV55-59 in 1:48:40. James Brett completed the Avon Valley line up in 1:51:36, 9 minutes under his target time.

We all finished pretty much within a 12 minute window, so there wasn't much waiting about before we got cleaned up and got into some dry and warm clothes to head home. We were all agreed it was a great day out, though my suggestion we could go early and do Gnoll parkrun as a warm up wasn't exactly a universally popular suggestion, but all in all it was a really good day out where we all enjoyed the journey, the company and the event which is what it's about isn't it?



L-R: Ben Blackwall, James Brett, MikeSargeant, Martin (not AVR), Robin-Mark Schols, Steve (not AVR), Mark (not AVR) and David WARREN

AVON VALLEY TRIATHLETES

By AVT secretary Kat Taylor-Laird

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. 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 Triathletes** and wherever possible wear your **AVT kit** to promote the club. Recently members have been signing up as Avon Valley, Avon Valley Runners and Avon Valley Triathlon which makes it difficult to keep track of results.

AVT kit

There are still some AVT swim hats left at a cost of £5 each. There are also 5 AVT bobble hats available for £18 each, modelled by Sarah Emery, as well as 2 tri suits in sizes 3XL (women) and Medium (mens). Email avt@avonvalleyrunners.org.uk to order any of these items and to arrange collection.

Did you know that AVT also have hoodies? Like the AVR design, they are black but they have green inserts and the AVT logo on the front, as modelled by Chris Walford below after completing Run to the Sea. These additions to the kit range are available from Sportsbug in Trowbridge and Melksham for £25 each.



Swimming sessions

AVT are starting a regular swimming slot on Friday evenings at 6.15pm in the Trowbridge pool. We'd love more people to join us! The more the merrier! You don't need to be 'a swimmer' to come along. The pool has the usual slow, medium and fast lanes and there will be someone from AVT in every lane. Just book yourself a slot via the Wiltshire Leisure website or phone the pool directly. This is a public lane swim session, so we do not have sole use of the lanes but we hope to have something like this in place in the future. After the swim, we'll head to Valeroso Lounge for a drink /snack/ food. What's not to love?!

Hot Chilli Triathlon club also offer pay-as-you-go coached swims at Trowbridge pool and will welcome any AVT members to join them. You get 3 free sessions then pay £7 each session. Contact chairman@hotchillitri.co.uk to book.

Monday 7am to 8am coached swim

Tuesday 7am to 8am coached swim

Wednesday 9pm to 10pm coached swim

Friday 7am to 8am member led swim (only £4)



Turbo sessions

Steve Clark is running virtual turbo sessions over Zoom every Monday at 7pm and you will be able to join in from 6.50pm to start to warm up. The sessions will last around 45 minutes. Look out for information each week on the AVT members' only Facebook page for more details about how to join.

Castle Combe Chilly Duathlon

Six members of the club took part in a very chilly Chilly Duathlon on Sunday 21st November. Although the sun was shining, the wind at the top end of the track was doing its usual worst to slow everyone down but our fantastic members tackled it with enthusiasm and power with some taking part in their first ever multi-sport event.

"I could not have chosen a better race to give multi-sport events a go. At every corner there was another AVT competitor there to keep me going and the AVT crew who came to support were incredible. Chilly was the name of the forecast but the AVT family made every shiver worth it! The course was well marked and the marshals were so helpful which made this novice feel very welcome. I'd recommend this race to anyone thinking about giving a duathlon a go!" – Laura Waterhouse

Pos	Bib No	Name	Time	Category	Cat Pos	Gender	Gen Pos	Club	Run1	G/Pos	T1	G/Pos	Cycle	G/Pos	T2	G/Pos	Run2	G/Pos
99	475	Emma DICKSON	1:03:39.1	sen	7	Female	12	AVON VALLEY RUNNERS	15:38.6	22	1:27.5	36	29:17.2	11	1:30.2	44	15:45.5	23
112	468	Stephen CLARK	1:05:38.7	supvet60	5	Male	93	AVON VALLEY TRIATHLON	17:04.9	105	1:37.4	95	28:19.9	59	1:24.9	90	17:11.4	102
132	407	Sara ROBERT	1:09:59.7	supvet60	2	Female	28	AVON VALLEY TRIATHLON	17:29.3	35	1:07.5	21	32:14.3	22	1:09.7	33	17:58.8	35
142	308	Laura WATERHOUSE	1:11:54.0	sen	14	Female	32	AVON VALLEY TRIATHLON	16:50.0	29	1:33.7	37	35:13.8	33	1:15.3	38	17:01.0	30
152	369	Sally FRAWLEY	1:15:03.7	vet	11	Female	38	AVON VALLEY RUNNERS	16:42.1	28	1:44.9	45	36:39.0	42	1:01.3	26	18:56.1	40
Pos	Bib No	Name	Time	Category	Cat Pos	Gender	Gen Pos	Club	Run1	G/Pos	T1	G/Pos	Cycle	G/Pos	T2	G/Pos	Run2	G/Pos
143	403	Caroline SCOTT	1:12:09.4	vet	8	Female	33	AVR	16:30.4	27	1:44.0	44	36:09.6	39	49.5	13	16:55.7	29



Competitors (left) and spporters (right)



L-R: Caroline, Laura, Sally and Sara

Avon Valley Segment of the Year – 2021 - by

Darren Wrintmore, club VP

Between April and September, we offered up a total of ten segments of between 0.7-miles and 2.5-miles in length to test your cycling speed against the clock with several KOM's and Local Legend titles being taken on the way. It was with some interest and an ulterior motive which I shall elaborate on later, that I looked to see who in the club has managed to record the fastest times on the segments for the whole year or at least until the end of November.


Starting us off in April we had the [Bulkington to Keevil](#) segment which saw 14 AVT members tackle this 1.6-mile blast with Tim Lowrie (4:07) and Sara Robert (4:39) blasting the fastest times for the month. Over the course of the year though, thirty members in total attempted the segment though none could better those times set back in April. In fact, the times set when it was the Segment of the Month accounted for the fastest seven AVT times of the year overall.

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
	Sara Robert	Apr 24, 2021	21.3mi/h	137bpm	199W	4:39
2	Jo Mumford	Aug 22, 2021	20.5mi/h	123bpm	170W	4:50
3	Isobelle (Tizzie) Robinson-Gordon	Aug 4, 2021	19.6mi/h	169bpm	155W	5:04

Also, in April we had the [Pub to Petrol station](#) segment running downhill from the Lion & Fiddle pub in Hilperton to the Texaco Garage in Staverton some 1.1-miles later. Tim Lowrie (2:35) and Jo Mumford (3:05) putting in the quickest efforts of the 12 AVT members. Tim's time remains the fastest at the end of the year but Jo has been displaced at the top of the leaderboard by Emma Gage (2:45) as 45 AVT members in total spun their legs on this predominantly downhill segment.

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	Paul Banfield	Apr 26, 2021	24.1mi/h	138bpm	189W	2:48
	Emma Gage	Jun 2, 2021	24.5mi/h	154bpm	130W ⚡	2:45
2	Jo Mumford	Jun 9, 2021	23.8mi/h	144bpm	203W	2:50
3	Isobelle (Tizzie) Robinson-Gordon	Jun 9, 2021	23.0mi/h	163bpm	199W	2:56

For the monsoon month of May we offered you the segment from **South Wraxall to Monkton Farleigh turn** only three AVT members braved the elements and the 1.6-mile climb which kicks up to 9% in places with Darren Wrintmore (6:49) recording the best time. As the year progressed a few more AVT members took on the challenge with Jo Mumford recording the fastest time of the year overall with 6:44.

Rank	Name	Date	Speed	HR	Power	Time
	Jo Mumford	Jul 11, 2021	14.7mi/h	-	204W	6:44
2	Darren Wrintmore	May 23, 2021	14.5mi/h	-	-	6:49
3	Paul Banfield	May 22, 2021	14.5mi/h	142bpm	245W	6:51
4	Tim Lowrie. Sundried Athlete.	Jun 5, 2021	13.1mi/h	225bpm	200W	7:32
5	Mark Sims	May 2, 2021	11.5mi/h	-	-	8:37
6	Emma Gage	Apr 25, 2021	10.7mi/h	150bpm	159W ⚡	9:16

May was also the month that the **Sleight Wood Straight** segment along the B3109 just outside of Wingfield came into play, though again with the inclement weather only six members headed this way with Darren Wrintmore (2:16) and Emma Gage (3:16) recording the fastest times along this 0.9-mile segment. Darren held the best time at the year end but Jo Mumford came along with a 2:31 to lead for the ladies. Both James Crawford and Vanessa Lucas feature on the overall leader board with times unusually recorded before the **Sleight Wood Straight** became our segment of the month.

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	Jo Mumford	Jun 4, 2021	21.5mi/h	130bpm	178W	2:31
4	Paul Thorne	May 30, 2021	20.8mi/h	-	188W	2:36
5	James Crawford	Apr 18, 2021	20.3mi/h	135bpm	178W	2:40
6	Vanessa Lucas	Apr 11, 2021	19.7mi/h	-	151W	2:45
7	Tony Dunford	May 2, 2021	19.3mi/h	91bpm	142W	2:48
8	Liz Gard	Jul 14, 2021	18.1mi/h	134bpm	142W	2:59
9	Neale Vanstone	Aug 19, 2021	18.0mi/h	-	151W	3:00
10	David Bagshaw	Apr 25, 2021	17.6mi/h	-	128W	3:04

Better weather arrived in June, ready for the challenge of the **Brokerswood to Bradley Rd** segment with Tim Lowrie besting the ten AVT members with a blistering 4:52 for this hilly 2-mile ride and holding the top-spot at the end of the year too, whilst Sara Robert with 5:56 led home for the ladies on the segment in June, however it was Jo Mumford clocking 5:46 in April that proved to be the fastest lady of the year.

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	Jo Mumford	Apr 18, 2021	21.1mi/h	145bpm	161W	5:46
4	Sara Robert	Jun 15, 2021	20.5mi/h	140bpm	172W	5:56
5	martin watters	Aug 20, 2021	20.4mi/h	-	179W	5:58
6	Rich Ayling	Jun 5, 2021	20.3mi/h	127bpm	-	6:01
7	Paul Banfield	Jun 5, 2021	19.9mi/h	133bpm	183W	6:08
8	Tony Dunford	Jun 30, 2021	19.2mi/h	170bpm	140W	6:21
8	Isabelle (Tizzie) Robinson-Gordon	Jul 18, 2021	19.2mi/h	157bpm	149W	6:21
10	Emma Gage	Oct 23, 2021	18.2mi/h	156bpm	119W ⚡	6:42

Our other segment for June which also attracted ten AVT members was **Gatehouse to Gatehouse** at Great Chalfield and saw Darren Wrintmore not only record the fastest time of the year with 5:02 but also become the Strava Local Legend of this rather technical 1.8-mile long segment. Sara Robert with her 6:03 led home for the ladies and is still the fastest as the year ends.

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	Sara Robert	Jun 29, 2021	17.7mi/h	153bpm	137W	6:03
4	Jo Mumford	Jun 6, 2021	17.7mi/h	104bpm	129W	6:04
5	Paul Thorne	May 7, 2021	16.8mi/h	-	143W	6:23
6	martin watters	Apr 11, 2021	15.4mi/h	137bpm	107W	6:56
6	Emma Gage	May 22, 2021	15.4mi/h	138bpm	116W ⚡	6:56

We gave you two months for the next two segments, the first being **Steeple Ashton Southbound** which at 2.5-miles was our longest segment of the year. Darren Wrintmore with 7:08 was the fastest of the month and the year. Tizzie Robinson-Gordon with 7:49 was our fastest lady of the month but Jo Mumford recorded 7:17 to be the fastest of the year out of the 22 members that headed that way on their bikes.

Rank	Name	Date	Speed	HR	Power	Time
	Darren Wrintmore	Jul 31, 2021	21.4mi/h	-	-	7:08
2	Tim Lowrie. Sundried Athlete.	Apr 3, 2021	21.0mi/h	151bpm	254W	7:16
3	Jo Mumford	May 19, 2021	21.0mi/h	151bpm	227W	7:17
4	Paul Banfield	Jul 1, 2021	19.9mi/h	147bpm	223W	7:40
5	Isobelle (Tizzie) Robinson-Gordon	Aug 4, 2021	19.5mi/h	178bpm	182W	7:49
6	Emma Gage	Jun 23, 2021	17.9mi/h	152bpm	145W ⚡	8:33
7	Mark Sims	Aug 15, 2021	17.7mi/h	-	-	8:37
8	Stephen Clark	Jul 15, 2021	17.5mi/h	124bpm	223W ⚡	8:42
9	Paul Thorne	Apr 15, 2021	17.0mi/h	-	173W	8:58
10	martin watters	Jul 13, 2021	16.8mi/h	127bpm	148W	9:05
10	Esther Frawley	Jul 14, 2021	16.8mi/h	147bpm	153W	9:05

Our second segment of the summer was near Dilton Marsh and provided a fast one mile descent at [Clivey to Marsh Rd Jct](#) Darren Wrintmore with his 2:34 was the fastest of the month and the year with Jo Mumford clocking 2:59 in April being the fastest of the ladies.

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	Jo Mumford	Apr 9, 2021	20.7mi/h	152bpm	190W	2:59
4	Robin-Mark Runs	Jun 5, 2021	17.9mi/h	118bpm	-	3:27
5	martin watters	Jun 3, 2021	17.3mi/h	109bpm	139W	3:34
6	Fiona Price	May 30, 2021	16.5mi/h	116bpm	100W	3:44
7	Sara Robert	May 30, 2021	16.4mi/h	139bpm	108W	3:46
8	Liz Gard	Apr 21, 2021	15.1mi/h	129bpm	98W	4:05

Our final segments of the year were a couple of “old favourites”. We had the 0.7-mile climb to the top of Westbury White Horse on the [Sign to the Top](#) heading up from Bratton at a 10% gradient. Only three AVT members rose to the challenge with Darren Wrintmore (6:26) and Tizzie Robinson-Gordon (6:41) proving to be the mountain goats for September. However, as the year progressed a total of 8 AVT members made the climb.

Rank	Name	Date	Speed	HR	Power	VAM	Time
	Darren Wrintmore	Sep 21, 2021	6.6mi/h	-	-	1,020.3	6:26
2	martin watters	Jun 12, 2021	6.5mi/h	159bpm	210W	1,002.1	6:33
3	Vanessa Lucas	Apr 18, 2021	6.5mi/h	-	183W	999.6	6:34
4	Jo Mumford	Jul 11, 2021	6.3mi/h	-	186W	982.1	6:41
4	Isobelle (Tizzie) Robinson-Gordon	Sep 24, 2021	6.3mi/h	182bpm	-	982.1	6:41
6	Tommy Davies	Aug 1, 2021	5.1mi/h	126bpm	-	792.4	8:17

Another “favourite” was at Semington with a good charge through the village with seven club members flirting with the law on [Caught by the Fuzz](#) (so named as the segment finishes outside of Melksham Police Station). Darren Wrintmore (2:09) and Sara Robert

(2:23) led the way in September but at the year-end Sara had been knocked off of the top-spot by Jo Mumford who clocked 2:22.

Rank	Name	Date	Speed	HR	Power	Time
	Darren Wrintmore	Mar 28, 2021	24.6mi/h	-	226W	2:08
2	Paul Thorne	May 15, 2021	22.2mi/h	-	182W	2:22
2	Jo Mumford	Oct 24, 2021	22.2mi/h	142bpm	192W	2:22
4	Sara Robert	Sep 19, 2021	22.0mi/h	127bpm	170W	2:23
5	Anne Clark	Sep 19, 2021	21.9mi/h	139bpm	205W ⚡	2:24
6	martin watters	Aug 14, 2021	21.6mi/h	-	184W	2:26

As I mentioned at the start of this piece, I had an ulterior motive for compiling these results, and that was to propose a new annual competition to the Avon Valley Triathletes committee. The competition would consist of twelve Segments of the Month taken between April and September with points being awarded according to individual rankings for the month and the best 10 results of the 12 carrying forward in much the same way as they do for the Avon Valley Runners Race Series. The twist being that we would then have bonus points awarded to those who top the leader boards for those same segments at the end of the year. Hopefully I can provide more details in the next edition of the Valley News and also advanced notification of which segments are going to be chosen as the Segments of the Month.

