



Welcome to The Valley News

Our cover image this month shows the absolutely amazing turnout for our Food Bank run! As a group we gathered and dropped off a brilliant amount of donations to Storehouse Foodbank in Trowbridge. I'm sure this will make a real difference to many people.

If you have a favourite photograph which you would like to have featured as a cover image on your favourite monthly Avon Valley based newsletter then please send it along with a few words to news@avonvalleyrunners.org.uk

The deadline date for articles, results or any other submissions to make the next edition is the 25th of the month.

The Newsletter of Avon Valley Runners

Issue #263 – March 2024



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Please send any news, articles or achievements to news@avonvalleyrunners.org.uk.

Introducing your committee

Over the coming months we will feature member of the AVR committee and tell you a little about ourselves. This month we will introduce our Chair and Vice-Chair

Chair – Sara Robert

I took the role of Chair in September 2022 and I have been a member of AVR since 9th March 2014, so I am about to celebrate my 10-year anniversary!

I have been active within the club from day one and represented the club in running and also multi-sport events.

In 2016 I became involved with the AVR Youth (the JAVR) and was the JAVR welfare officer plus a regular helper at their training evenings and attending events with the young athletes. I qualified as a LiRF about 3 years ago; I remained active with the AVR Youth until the end of last year when I felt it was time to hand over to a new cohort of leaders, coaches and parent helpers.

The Boxing Day Stan Farr 5K is an event that by default falls to the Chair to become Race Director and I have now had the pleasure of doing this for the past two years.

I have been an active member of the social working group and helped organise many events, including past Presentation evenings.

I was a Goal Getter mentee in the first year and have since also been a mentor.

Best thing about AVR: I have made some very special friends through AVR and club support through the good and bad times of my competing has been second to none

Favourite brand of shoe: Hmm.... a tough one. I have to pick shoes that stop me over pronating. Currently running in Asics GT2000.

Favourite running achievement: Cardiff 10K. I am never going to challenge world records, but at this event I ran 54:34 when I really didn't think I had it in me to go under 56 minutes. I was elated!

Favourite multi-sport achievement: Winning Team Gold at the European Championships (with Age Group GB) in Portugal at Biathle in September 2014. It was a fantastic trip!

Post-race nutrition: Chicken! Anything with chicken is my thing, but not KFC.... I don't really do fast food. But for a quick on the spot top up after a race it would likely be a banana.

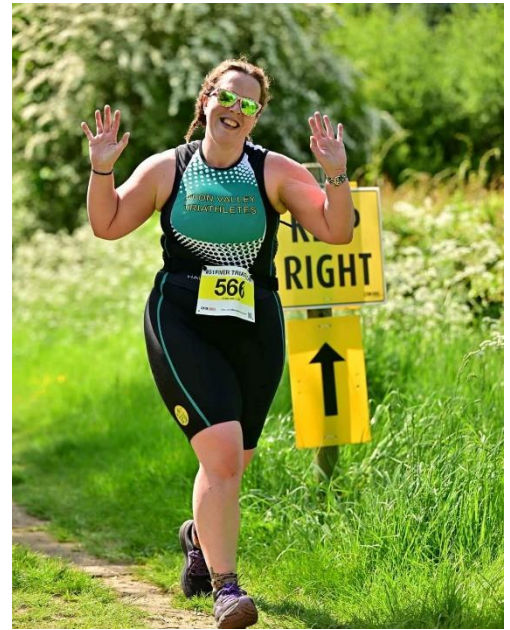
Why I volunteer: It's really rewarding being part of a team and creating a successful event, whether that's social or running.



Vice Chair – Vicky Bodman

I have been a member of AVR since 2016 and have had an active role since 2019. I am currently the co-Race Director for the AVR Wiltshire Half Marathon as well as being the Awards coordinator and a LIRF. I have also been the Club Secretary, organized social events including the Presentation Evening, managed the website and been part of the Goal Getters team.

I am an active member of the club that volunteers at our own events but also at other local races. I have taken part in Goal Getters three times and achieved the platinum award twice. I have also been a mentor. I enjoy running and racing with the friends that I have made through running.



Best thing about running: the friends you make and the shiny medals

Favourite brand of shoe: Brooks Levitate 2. I think they're on about version 9 now but when I found these were comfy and I saw them in the sale I bought them in every colour!

Favourite running achievement: Corsham 10k 2019. I had to dig deep but got my 10k pb. I did it in 53:25. My aim is to get back there and one day get under the magical 2-hour mark for my half marathon. I got close with 2:03:16 at Weymouth 2022.

Favourite Triathlon achievement: Vitruvian middle-distance Triathlon 2023. I didn't think I could do it. I wasn't fast, but I did it. It's also the best medal I own!

Post-race nutrition: cheesy chips (I've earned them!)

Why I volunteer: it's rewarding and helps others

Wrinty's Ramblings

This past month I have been reading with interest the fallout of two decisions made by sporting organisations: the first and most controversial being the decision of Parkrun to no longer publish data including most first finishes, sub-17-minute men and sub-20-minute women, and age grade or category records. I know that Parkrun means different things to different people and it has been a great success in getting people out running but I have always found it rather strange that for an organisation that maintains that its events are NOT races then why does it publish results?

If you want to see how fast you can run 5K then there are plenty of 'proper' races where this can be done including our own Westbury 5K series which kicks off over the summer months, where you can run on a good road surface and on a certified accurate course – one thing which not all parkrun's can claim.

The other item of interest was that of the CTT (Cycle Time Trials) declaring that roads with a 20mph speed limit and Time Trialling are "incompatible" and therefore any course with a substantial 20mph section should no longer be used, which could spell the death toll for many good events. However, we are blessed locally with Castle Combe circuit hosting a good selection of Time Trials over 10-mile and 25-mile distances on a good road surface, with not a car in sight.

Darren Wrintmore (Wrinty)

Please send any news, articles or achievements to news@avonvalleyrunners.org.uk.

Where do I begin?

I was sat quietly at home reading the latest newsletter, in particular "Wrinty's Ramblings" and I couldn't help noticing that my name appeared twice, which is very unusual as I've done little to deserve a mention.

To put those who don't know me in the picture.

I was mentioned as one of the Vice Presidents, along with others who have contributed far more - although I must say I consider it an honour.

The other mention was becoming a life member of the club, this was because I was a founder and still active on the 21st anniversary of the club.

I have always been aware that my name rarely appeared in early Club results. This is mainly due to the attitude at the time that if you took longer than 1.30 for a Half Marathon, or longer than 3 hours for a Marathon, it wasn't worth mentioning.

As the late Stan Farr used to say "*try harder*", or in my case "*if you ate meat you'd run faster*".

I never bothered to give my results to Stan and therefore most of my times were never recorded.

I was never one of the top runners in the club, there was a hardcore group much better than me.

I was once running with Bob Ellis and the pace hotted up. Eventually I said to him "*I'm a one pace runner Bob...and this isn't it*".

I did try to take my training seriously, but life got in the way. I had to hold down a demanding job and look after my late wife who suffered from a progressive illness. I once said to somebody "*I don't get paid for this*".

I've always enjoyed running and the social aspect that goes with it.

My marathon days finally came to an end and I contended myself with training and the odd unusual run.

During my marathon running time there was no chip timing, which in a way gave a false impression.

In 1983 I ran **The Gloucester Marathon**, and after waiting patiently for the loo I was determined to get in there (you've got to do it, all part of the ritual), at that point the gun went off at the other side of the park. I dashed out of the loo, across the park and managed to catch the tail runners after about half a mile.

It was an extremely hot day but I did manage (unchipped) 3.29 before collapsing with a pint of Thatchers Gold.

The London Marathon in 1985 was a similar experience.

Slow start, no chip timing, weaving through the crowds, tripping over discarded water bottles. All my training for an under 3-hour run went out the window – so I didn't bother to mention it to Stan.

I'll attach a picture, just to prove I did it.

However, thanks Darren for the mention....








and I hope that the newer (and younger) members of the club don't think "he couldn't run for a bus". I can, and could 😊



Bob Washbourne (Vice President)

Where to Run...or Ride...or Swim

A selection of forthcoming events which may be of interest:

Date	Event	Distance	Details	
Sunday 3 rd March	The Bowerhill Bomber	5K & 10K	Redfish Events give you mud galore at Melksham	
Sunday 3 rd March	Chippenham Spring 10	10-miles	DB Max bring you a predominantly flat 10-miler at Chippenham	
Sunday 10 th March	Chilly Duathlon & 10K	5K/21K/3K	DB Max popular Duathlon (Run/Cycle/Run) at Castle Combe with an accompanying 10K run.	
Sunday 24 th March	Hullavington 20	20-miles	Ideal prep for the London or other spring marathons.	
Friday 29 th March	Westonbirt 10K & Half	10K & Half Marathon	Easter runs at Westonbirt presented by DB Max	
Sunday 14 th April	Devizes Half Marathon	Half Marathon	LPS bring you a good 13.1-mile challenge.	
April 21 st April	St Georges 10K	10K	Race #1 of the 2024 Wiltshire Road Race league in Corsham.	

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GB Qualified

I entered the last GB qualifying Sprint Duathlon event of the year, on the 5th November last year, which was held at Bicton College in Devon.

My training leading up to the event had increased significantly and I went into the competition as well prepared as I could have been.

The run course was very undulating with an off-road section and the bike course was a tough one with quite a few hills. The weather the previous few days had been very wet so there was standing water and leaves in quite a lot of places on both the run and bike courses. Many of the athletes there racing said that the course was brutal, and I agree with them.

I was ecstatic when I ran over the finish line and couldn't believe the high standard of racing. The intensity and quality of racing went up another level to local races I've taken part in. You can't just turn up and expect to do well, you are on full gas and focus from the start!

I was then advised that I'd qualified for the 2024 European Sprint Duathlon Championships just before Christmas - which was awesome.

I now have my own GB tri-suit with my name on it and can't wait to wear it out in Portugal on the 15th June.

I am so proud that I will be representing my country and can't thank my coach, Steve Clark enough for getting me to this point and the ongoing training to get me ready for what I've got coming up - racing against the best of the best! Bring it on!

Sally Frawley

The Food Bank Run

On 5th February, the club held its inaugural Food Bank Run. I had been contacted by the organiser of Food Bank Run, Sarah Don who is a welfare officer of Fareham Running Club, with the mission of running clubs across the country being able to help the local community by making a donation to their local food bank. The idea of this initiative is grabbing a back pack filling it with donations and simply changing a club run into a Food Bank Run.

I thought this was such a fantastic concept, a great way of getting lots of club members together for a good cause, and that it would be something AVR would like to do. February was chosen as this often tends to be the hardest time of the year for people needing food banks.

So, we all met at TRFC, Clare Wood had her car boot filled with many bags by those who wanted to take up the offer of having their donations transported, and we all then made our way down to Storehouse Foodbank in Trowbridge.

There was a fabulous feeling of camaraderie and club spirit on our way to the Food Bank, not least because of the positivity, consideration and energy from everyone!

We all arrived together at the same time to Storehouse Foodbank Emmanuel's Yard and there awaited Clare, whom we are very grateful to for kindly driving down and meeting us. Our back packs and bags were emptied, and the lovely people from the Food Bank were thankful for the many donations received which will help them to provide food and toiletries to families, couples and individuals in need of short-term support.



We then made our way back to the club and what a lovely evening it had been with everyone's warm-heartedness and generosity as well as fantastic contributions and positive ideas.

Furthermore, this could not have been such a success without agreement from the run group leaders and committee who provided such wonderful enthusiasm, support and kindness helping to facilitate the run. There are many club members who are already involved in wonderful things in various ways for many charities and organisations including food banks, and it was just so nice for AVR members simply getting together as a group for a run for a worthy cause.

AVR running community helping the local community ❤️ **Alan Button**

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All those years ago

Avon Valley Runners has now been around as a club for over 38-years and a lot has changed in that time but some things have not, like members achieving success on a local, national and international level. So, I am going to look back at what we as a club achieved in this month 5, 10, 20 and 35-years ago...

March 2019

In this month five years ago:

What a month for Ed Knudsen who started off by winning the **Imber Ultra** event over 53K then followed this up by setting a new club record of 69:31 at the **Fleet Half Marathon** where he finished in the runners-up position. A couple weeks later and Ed was back in the record books again, this time with a new club record time of 31:18 when finishing 9th in the **Titanic Belfast 10K**.

Tim Burrell finished 8th overall and 1st MV50 in the **Wokingham 10K**, clocking 42:50.

Michael Towler claimed third place overall at the **Clock Change Challenge 10K** at Calne with 33:47, whilst Owen Lythell ran an impressive 16:45 to win the supporting 5K.

Gary MacAlister was 1st MV40 at the **Bowood 10K** with 40:42.

Fifty-Three club members completed **The Bath Half Marathon** where Pete Veleski (1:24:25) and Jackie Rockliffe (1:28:11) were our leading runners, Diane Hier clocked 1:33:38 to finish as 1st FV55.

Holly Rush was second lady at **The Barcelona Marathon** where she ran 2:47:21 and a couple of weeks later was first lady at **The Merthyr Half Marathon** where she recorded 1:22:12.

Carrie Almeida was 1st FV60 at **The Wimborne 20**, recording 4:33:58 for 231st place.

March 2014

In this month ten years ago:

Mike Rose finished as third man at **The Castle Combe Half Marathon**, recording 1:20:37 and holding off fourth placed Joby Hobbs by just 8-seconds. Juliet Coulson was third placed lady and Frank Lamerton 1st MV60.

Forty-one club members completed **The Bath Half Marathon** where Joby Hobbs (1:18:54) and Fiona Price (1:26:58) were our leading runners. Fiona was supported by Jackie Rockliffe (1:29:19) and Diane Hier (1:30:57) to claim the Lady Vets Team prize.

12th placed Mark Harris (41:54); 24th placed Richard Southgate (46:35) and 34th placed Alan Tate (48:07) brought the Men's team prize home at the **Devizes 10K**. Not to be outdone, Jen Ford finished as second placed lady in 43:31 and along with Ali Atkinson and Fiona Gibbs claimed the Ladies team prize. Tina Towler finished as the 1st FV50.

Fiona Price claimed a team silver medal whilst on international duty at the **World Masters Half Marathon Championship** in Budapest, where she finished in 5th place in her age category.

Darren Wrintmore took on the 922 steps(42-floor) challenge of running up the stairway of London's NatWest Tower at the **Vertical Rush**, completing the ascent in a time of 7-minutes 16-seconds.



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March 2004

In this month twenty years ago:

The Bath Half Marathon introduced chip timing for the first time and Darren Wrintmore was recruited through Runner's World Magazine to be one of their pace makers at this event, leading a group of runners home in under 90-minutes. Staying ahead of the pace in the pouring rain were: 97th Kevin Sparey 1:20:43; 102nd Alistair Bartlett 1:21:25; 120th Doug Barber 1:22:18; 289th Stuart Macgregor 1:28:49; 298th Darren Wrintmore 1:29:08; 407th Hugh Pomroy-Smith 1:32:16; 535th Steve Noyes 1:35:15; 539th Llewelyn Jones 01:35:17; 634th Danny Kay 1:37:07; 678th Sue Macgregor 1:37:57; 786th Chris Atkinson 1:39:55; 885th Mark Edwards 1:41:40; 933rd Gary Thwaites 1:42:29; 1032nd Laurie Irwin 1:43:57; 1085th Tom Simpson 1:44:38; 1113rd Jackie Rockliffe 1:44:56; 1230th Nigel Evans 1:46:21; 1353rd Sonya Stephens 1:47:57; 1409th Ted Rockliffe 1:48:38; 1411st Bob Sales 1:48:40; 1553rd Jo Pomroy-Smith 1:50:29; 1690th Susie Phillips 1:52:12; 1755th Michelle Clarke 1:53:09; 1937th Glyn Phillips 1:55:35; 2143rd Kerry Hall 1:57:59; 2960th Josphine Ziegert 2:11:19; 2981st Dennis Mellor 2:11:38; 3729th Tony Bartlett 2:52:34.

Doug Barber finished in sixth place at the **Marshfield Mudlark** with Kenny Brown fourteenth and Phil Mitchell in twenty-fifth.

Kevin Sparey ran 35:55 to finish fourth at the **Calne 10K** with Rosemary Barber the second placed lady with a time of 45:12.

Darren Wrintmore headed to the Czech Republic for the **Prague Half Marathon** where he ran 1:27:02.

March 1989

In this month thirty-five years ago:

108th placed Martin Connor broke the hour barrier with 59:19 to lead home the Avon Valley Runners contingent at the **Wyvern 10-miler** at Weston Super-mare; Ann Bull led home the Ladies in 68:55.

Nearly half of the club turned out for **The Bath Half Marathon** with 45 Avon Valley Runners toeing the start line; Gerry Fice in 1:19:04 was our first man back with Martin Connor just 8-seconds adrift and Tim Northwood a further 29-seconds back.

Martin Connor made it onto the podium with a third placed finish at the **Trowbridge Road Race** recording 29:49 over the 5.3-mile course.

Martin also led home our sixteen club members at the **Devizes Easter '8'**, finishing in 25th place with a time of 46:21. Judy Farr was our first lady in 57:53.

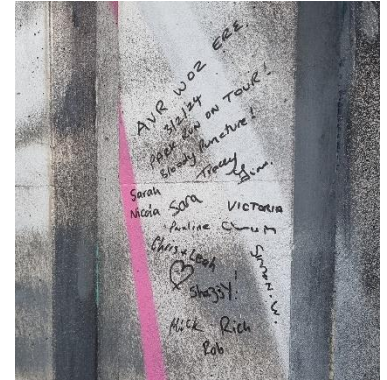
Our club secretary, Stan offered the following advice in the club newsletter:

Many of you are having trouble with running shoes wearing out quickly so our club expert suggests you obtain some strip rubber or slice off some old shoes cut it to the shape of the worn part and glue it on, you then put some shoe goo around the patch to stop it lifting.

California Dreaming

After quite a string of successful trips out on the Active Trowbridge minibus to parkruns all over the south-west, the morning of the 3rd February wasn't any different. It was still as early and dark as usual but fifteen members of the club still signed up for the trip to California Country parkrun, not in the USA but in Berkshire UK.

However, between J15 and 16 of the M4 and barely out of Wiltshire, the minibus suffered from a flat tyre and we spent 2 hours on the hard shoulder waiting for the AA. Taking shelter under a footbridge, we huddled together like penguins sharing gloves and extra layers amongst us. To pass the time and fend off boredom, we waved at passing cars who beeped their horns and there may also have been a small amount of graffiti added to the already heavily spray-painted concrete support!



By the time the tyre was sorted, we were back on the move by 9:04am with no chance of attending any parkrun. We took solitude in the Costa at J16 to rehydrate and have some breakfast before heading home.

Thankfully, the minibus was free again 2 weeks later and after a bit of a re-jig to the list of members that could make it, we tried again for round 2 on the 17th February.



A loud cheer went up from the group as we passed the place that we broke down at 2 weeks earlier and hoped that there would be no more stress and reasons to panic. You may have guessed that this wasn't the case! Before we left, we were aware of road closures near the park but we were assured by the core team that the diversions were very easy to follow. This was a lie! We were sent a long way out of the way and down many different residential roads trying to find the right place.

Several of our phones were suggesting different routes on Google maps and Waze, so eventually, with 20 minutes to go, we parked in a nearby street and decided to walk in. Needless to say, some of us were concerned that we wouldn't make it again. Leah and I ran off to try and find a way into the park and sent Chris back to tell the rest of the group when we finally found a footpath which got us pretty close to the start. It may have taken a few minutes for the panic to subside at this point!

We were greeted immediately by a very friendly team and attended a succinct first timers' briefing. Once we got going, we were treated to lots of different surfaces including a nice bouncy path made from recycled tyres, tarmac and lots of mud! There is an out and back section which was good for waving at everyone on the way past and the wooded sections were very pretty. We even heard a woodpecker on the way round drumming in the trees.



We headed to Jackson's café in the park afterwards. Although the prices were rather eye-watering (£10 for a bowl of yogurt and granola!) it was a great way to relax and chat to everyone. There was a lake nearby where I got to handfeed a Canada Goose and watch the antics of the Mute Swans chasing off some Greylag Geese as they fought for position for food. We spotted a rather poorly looking Coot and after some Googling and emailing, I managed to alert the park rangers who said they would come out to check on it. Good deed done for the day!

The journey home was uneventful and we arrived back to our start point in Bowerhill unscathed, tired but very happy.

This year's Goal Getters scheme includes these AVR parkrun trips as part of the Challenges so coming along will earn yourself a point toward a bronze, silver or gold medal. The bus for the next trip on 13th April to Coed Cefn-pwll-du is almost full – at the time of writing there is one seat left but the lovely Tracey Webb has said she will drive and take a few along if it becomes over-subscribed (this is also for a GG point!) The newest event to be added to the line-up is on the 8th June to Bournemouth parkrun and will hopefully include a morning on the beach if the weather is any good. All of the information for these trips are on Facebook but if you want to book straight away, please email sarahemery87@hotmail.com. We'd love to have you join us

!🎵 *All the alarms ring
And the driver yawns
I've been for a run
On a winter's morn
I'd be safe and warm
If I was in LA
California Dreaming
In Berkshire UK...*

*Broke down on the road
A flat tyre it was
Well we sheltered by a bridge
And we prayed for the AA
You know AVR likes to run
But we were stuck for hours
California Dreaming
Had to wait 2 weeks! 🎵*

Sarah Emery

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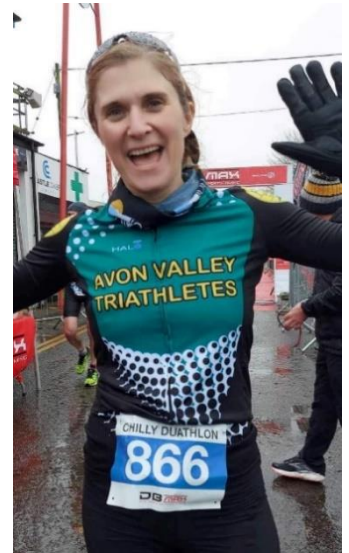
Introducing the AVT working group

Caroline Scott - AVT Secretary, Run/Something to Breakfast Lead

I have been doing multisport for just over 3 years. It all started when fourteen of us entered Weymouth 70.3 back in September 2022 having never really cycled and didn't really swim much! Not sure what came over us but we all spent many hours learning how to train and race 3 disciplines. It was such a great experience and I think we went on to inspire others and ourselves to further into more multisport fun!

This year I'm off to do the Full Ironman World Championship in Nice, after I qualified (good for age) last year at Ironman Wales! I really am not sure how I arrived at this point but I'm humbled to have the opportunity and, although I don't count myself as particularly fast (and in fact I feel slower since I've been doing longer distances), I guess for me it's about completion, and I can only do my best. In the build up to that I've booked on a few B races like RideLondon, Cotswold Classic (which is a Half Ironman distance), a cool little trail run when I'm overseas and some 100km/100-mile Sportives as well as a few local shorter distance triathlons. I'd like to book myself on a marathon too but I can't find one with the right dates as I'm away with work for the entire of June.

I have a level 1 triathlon coaching qualification which I did to learn, rather than coach. Understanding the area is important to me as Multisport Secretary.



Annalie Jane - AVT Swim Champion

My first foray into multisport was in August 2021 when I completed a sprint triathlon at the Cotswolds Lake alongside my good friends and fellow multisport enthusiasts Jen Natrass, Emily and Cliff Dye. We were all new to triathlon and were wracked with nerves at the start but that event immediately proved to us all how much fun multisport events are. It was soon after that event that I met Caroline Scott and Chris Walford and they somehow persuaded me to enter Ironman Weymouth 70.3 and from then onwards, I've been hooked!

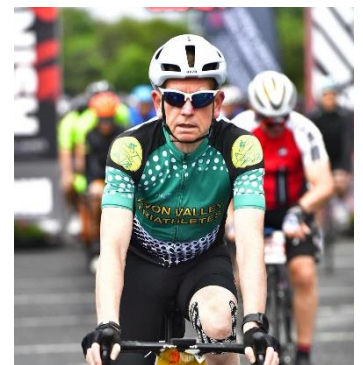
I've got several events planned for this year, one of which is competing at the Multisport European Championships as a GB age grouper in aquathlon. This is equally an exciting and terrifying challenge! Other than that, my aim is to train to get fitter and stronger.

Alan Best - AVT Minutes Secretary and Bike Champion

Despite finishing Ironman Wales in 2022, I don't really consider that I have got into multisport yet. I see myself as just getting started.

My focus this year is to generally improve my efficiency and obtain a personal best in Ironman Barcelona (full distance).

I don't currently have any coaching qualifications but I intend to explore this option in 2024. It would be good to have more no cost capability within the club.



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Stephen Clark - AVT Triathlon Coach

I first got into triathlon 10 years ago in March after being coerced into taking part in the bike leg of a relay team for the Abu Dhabi Triathlon. I loved the atmosphere around the event and was suddenly hooked and joined the Riyadh Tri Club where I was living at the time. Over the last ten years I've had several age-group wins and represented GB Age Group at four World and three European championships, with three top 5 finishes, plus three full Ironman and numerous 70.3's

My focus for 2024 is Challenge Roth in Germany (full distance triathlon) in July, plus World and European Championships in Malaga and Portugal representing GB Age Group.

I'm a qualified British Triathlon and British Cycling coach and have other cycling and safeguarding qualifications.

I'm always happy to answer any questions or happy to give advice on anything to do with multisport.



Emily Dye - AVT Results Secretary

I felt like my running really went downhill in 2020 when I got a spaniel who required 35 miles of walking a week, so I started swimming - breast stroke, to cross train. I also did what everyone did in lock down and bought a bike. Cycling was always the one thing that held me back from triathlon, I've always found biking really uncomfortable.

I entered Castle Combe Duathlon in July 2021 in order to get a goal-getters point. I didn't come last which surprised me! Apparently, I liked the feeling of jelly legs when running off the bike, because I started swim lessons that summer and did my first super sprint triathlon in August 2021 followed by a sprint triathlon at Lake 32 in September. I remember being so proud I front crawled the whole 750m!

My focus this year is on my international events. I've qualified for sprint duathlon at the European Championships in June, and sprint triathlon at the World Championships in October, so those are my A races. I'm also trying my hand at standard distance this year and am trying to qualify in that distance. Before I get to that though, I won a public ballot place into this year's London Marathon and have a RideLondon place, so I suppose I should probably try to get into Swim Serpentine too.

Maria Harryman - AVT News & promotions

On the morning of my 30th Birthday I received an email saying my first triathlon had been cancelled, attached was a photo of 2 swans swimming across the bike transition area, it was 2007 and Tewkesbury Tri-a-Tri had been flooded! Since then, I've participated in a number of sprint and Olympic distance triathlons alongside off-road running and road cycling events.

What I love most about multisport is the variety of training and events. I love being outdoors and I try to choose events that take me to some beautiful places. The other benefit of the variety is that it works different muscles helping stave off or adapt to age and injury!

After the last few years getting to grips with open water swimming, I'm doing my first 70.3 at The Northumbrian in June.



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Brick to Breakfast

This year, the Run to Breakfast events are being held once a month and led by different people, with the mantra of being open to all abilities.

February was my month but always keen to be a bit different. We had Brick to Breakfast; a cycle followed immediately by a run. I did have an ulterior motive for the brick session, I'm undertaking my British Triathlon Coach programme and this session was one of my observed activities.



As any coach or run leader knows, adaptation is key and after having a puncture to deal with at the start of the session we did an impromptu bit of bike maintenance and discussed the benefits and pitfalls of pumps vs CO2 cartridges.



With the warm up done, we moved into some bike handling skills, including running with the bike and then moving into mounting and more importantly dismounting. If only we had the camera to hand!

Some great skills demonstrated by all and it was nice to see the smiles and encouraging support and chatter between all those attending.

Lastly, to get the heart rate up and feel a bit of the jelly legs that is typical when moving from bike straight into the run, we did a couple of 3km bike rides immediately followed by a 1km run. Also thrown into the mix were some pointers to remember when in transition.

As with all Run to Breakfast events, before we knew it, it was time for some well-earned brekkie. Thanks to all those Avon Valley members for participating. Thanks also to DB Max for assisting and Christian Coates for observing my coaching skills.

The next Run to Breakfast is on Saturday 2nd March with Andy Jefferies and for those interested in developing their swimming don't forget we have sessions for all AVR and AVT members every weekday, particularly the Thursday night sessions coached by Steve Clark and myself.

Keith Withers



Check the [AVT Facebook page](#) for details of these events which take place on a Saturday morning.



#Social Gallery

To tail-end this edition, some of my favourite posts, pictures and comments from the various Avon Valley Social Media pages that have been published over the past month...



Shouldred on the M4



Hayley Anderson – Last Runner



AVR/AVT showing off their medals at the Wiltshire 10



Diane Hier: Well done to the ladies who raced in The Gloucestershire XC League 23/24.

Please send any news, articles or achievements to news@avonvalleyrunners.org.uk.