



Welcome to The Valley News

Our cover image this month is of the AVR finishers at the Hullavington 5K sporting their spinning medals with the special "in memory of Sara Robert" daisy chain ribbons.

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 #266 – June 2024

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Avon Valley SoTM 2406

#Social Gallery



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

Wrinty's Ramblings

Over these last couple of months, I have been thinking a lot about my "bucket list" and what I would like to achieve before I am unable to do so. When I was in my twenties my list of "things to do" focussed mainly on travel destinations: Go to the top of the Empire State Building, fly over the Grand Canyon by helicopter and climb Table Mountain in South Africa. Yes, I did run but I just wanted to win races (any race), this rather scatter gun approach though is probably why I spent a lot of time injured.

When I got into my thirties and restarted running, I devised a list of races that I wanted to take part in (The London Marathon, The Great North Run, The Great South Run, The British 10K, Race the Train) and countries where I wanted to race (The United States, South Africa, France, Germany, Canada). I also set myself goals where simply completing an event was not enough; my challenge of finishing a Marathon in under 3-hours though became something of a white-whale for me and I have had to come to terms with never being able to improve on my 3:03:11 run in Dublin back in 1999.



Running the British 10K in 2005

I am though quite happy with the fact that I struck off all of my bucket list races with the exception of the New York Marathon, before hanging up my running shoes in 2018.



Climbing Gold Hill in 2019

When I switched to cycling a few years back I added more challenges to my list: complete the London-100; climb Westbury White Horse; climb Gold Hill in Shaftesbury; climb SaCalobra in Majorca; cycle around Loch Ness; ride LEJOG, ride the Wiltshire Cycle Way and complete the London Classics. New goals were added to the list too: cycle 100-miles in under 5-hours and cycle 10-miles in under 25-minutes and these were both achieved with some effort and focussed training. Hopefully I will have completed all of these cycling challenges in the next couple of years.

The important thing is if you set a challenge, then set a plan for completion. I am hoping that once I have got these ticked off then I can go back to travel destinations: The Great Wall of China is still to be walked and Antarctica visited.

If you have a bucket list that you would like to share, then please drop a line to news@avonvalleyrunners.co.uk for it to appear in these pages.

Darren Wrintmore (Wrinty)

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Coming back from injuries

During the Yarnbury Yomp at the end of last year, I had two falls. Breaking my falls by landing arms stretched out and believing I had just jolted my shoulders but I have not been injury free since.

I tailed the Christmas 10k at Westonbirt House but was fighting pain in my left groin and hip. Went to my GP who said REST!! Not helpful advice to someone who plods not just for fitness but to maintain a balance in my battle against mental health problems.

I tried to maintain active by swimming, cycling and walking. A blip in March had me in a deep rut of mental health struggles. During this time, I was seen by my GP, Rheumatologist, Physiotherapist, Osteopath all giving me the same advice rest but given plenty of stretches to do.

None of these professionals advocated giving up on running - which was good. Now it's six months since the initial injury I have plodded once at a Parkrun and tried to use Great Bristol 10k as a gentle way back to running but from the start experienced pain in my opposite leg. I am now laid up with a pain in the opposite leg below the knee. I can't face going through the GP etc. etc. and am feeling very frustrated and despondent.

My point of all this is please, please - I need to jog but am now deflated and scared I will never be able to. I need advice, help, for a way back. I am too old to be having this length of time not jogging and I only started jogging six years ago and my bones and joints are starting to fail me.

Any advice and hopefully encouragement will be gratefully received. What is the best regime to recovery - or am I going to have to retire from running?

Nicola Johnson

It is back for 2024...

AVON VALLEY RELAY
SATURDAY 29/06/24

WINSLEY
DUNDAS
BRADFORD ON AVON
SEMINGTON

6 KM
6.6 KM
9.4 KM
5 KM

DUNDAS
BRADFORD ON AVON
SEMINGTON
HILPERTON

1PM START
27 KM TOTAL DISTANCE

Free for AVR members

TEAMS OF UP TO 4 & SOLO RUNNERS

AVON VALLEY RUNNERS

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

Multisport musings

Well, the triathlon season has well and truly started this month with two AVT focus events (The 51Fiver and Oldbury Triathlons) and many club members also taking on lots of personal challenges and events. We've even had some sunshine which can only mean one thing.... it's time to get the bike out of the garage and dust off the wetsuit. If you have any Multisport stories you would like to share in future editions of the Valley News then please contact me, we'd love to share in your adventures and, your story will also help inspire others.

Oldbury White Horse Triathlon - Saturday 4th May, Calne Community Campus

Oldbury is a perfect introductory triathlon as it had an unusually short pool swim of just 250m. Swimming is often the discipline athletes worry most about as they move from a running or cycling background into triathlon and therefore 10 lengths of the 25m pool is an achievable goal for most. We had fourteen athletes participating in the Triathlon and two in the Aquabike.

Special congratulations to Andy Jefferies, Jenny Doyle, Emily Dye, Graham Anderson and Caroline Scott who all placed in the top three of their respective age categories.



#51Fiver Cotswold Standard Triathlon - Sunday 19th May - Lake 32, Cotswold Water Park

It was a beautifully sunny day, making up for the early 06:45 start time! The club fielded nine relay teams with each team having a swimmer, cyclist and runner and we also had eight members doing the whole Standard distance triathlon (1500m swim, 40k cycle and 10k run) and two doing the Aquabike.

Congratulations to AVT Team 50+ (Sarah Jewers, Darren Wrintmore and Richard Morgetroyd) who came first overall in the Relay and to Simon Williams and Jayne Williams who came third in their respective categories in the supporting Aquabike event, with Analie Ibison coming third in her age category for the Standard Triathlon.



To check out other AVT Focus events this year see the AVT Calendar via the link on the [AVR website](#). Don't forget if you enter any multisport events as an Avon Valley Triathlete you are eligible for the [How Hard Did you Tri](#) and [AVT League](#) awards which get celebrated at the annual awards evening.

We can't include you though if we don't know you are competing, so please email your results to: AVTresults@avonvalleyrunners.org.uk

Maria Harryman



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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...

June 2019

In this month five years ago:

Twenty-one Avon Valley Runners turned up for the second of the three **Heddington 5K** races with Dan Miles our first man back in an impressive 17:18 with Holly Newman the first female in a PB time of 20:12.

Gemma Knudsen finished as the 3rd Lady overall at the **Broad Town 5** and Chris Suter was the 1st MV50.

36 members turned out for the inaugural **Melksham Town FC 10K** with Ed Knudsen winning the race outright in 33:07. Veryan Cranston was the first Lady across the line in 41:01 and AVR won the mixed team prize, thanks to Ed Knudsen, Chris Suter and Veryan Cranston.



June 2014

In this month ten years ago:

Fiona Price, travelled to Brecon, South Wales to take part in the **South West Vets Championships**. Tackling two races at the same time as the 10,000m was integrated into a one-hour race. After completing 25-laps of the track in 40:48 to claim the gold she kept going to complete a further 11-laps and when the "hour" gun sounded Fiona had completed a total of 14,519m which was a new British VW46 record.

The **Avon Valley Mob Match** took place over our "Over the Hills" course, only in reverse with invitations extended to our 'friends' from Chippenham Harriers and Corsham Running Club to make up the 57 strong field. The final standings were:

Men:

Avon Valley Runners = 25pts
Corsham Running Club = 72pts
Chippenham Harriers = 75pts

Ladies:

Avon Valley Runners = 16pts
Corsham Running Club = 50pts
Chippenham Harriers = 84pts



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June 2004

In this month twenty years ago:

Daryl Spicer, Phil Mitchell, Tina Vivian, Stuart Macgregor and Viv Toms all conquered the 32-miles of the **Dartmoor Discovery** trail run.

Kevin Sparey finished third overall at the **Midsomer Norton Half Marathon** with a 1:20:42 over the hilly course. 18th - Steve Noyes 1:34:08; 36th - Llewelyn Jones 1:39:38; 40th - Mike Maidment 1:41:24; 155th - Tanya Maidment 2:10:09; 156th - Dennis Mellor 2:10:12; 173rd - Susie Phillips 2:15:22; 192nd - Stan Farr 2:26:24.

Doug Barber was our first man back at the **Fairford 10K** with 38:12 in 17th place and Joyce Field was our leading lady in 281st recording 57:50.

Danny Kay completed the **Lake Vyrnwy Marathon** in Wales with a 3:37:23 performance for 65th place overall.

Kevin Sparey and Alistair Bartlett finished 3rd and 4th at the **Salisbury 10** recording 60:01 (so annoying) and 60:16. A week later and Kevin topped the podium at the **Wincanton 10K** (35:59) and few days later repeated the feat at the **Nailsea 10K** (35:36).

The Avon Valley Runners Ladies team of Rachel Bown, Liz Ringham and Tina Vivian claimed first place at the **Puddletown 20K**.

June 1989

In this month thirty-five years ago:

Dave Bristow doubled up at the **South West Vets Track Championships** held at Bournemouth finishing 6th in the 1500m with 04:52 and 8th in the 5000m with 17:57

Judy Farr was first Lady at the **Great Hinton Agony Run** clocking 18:55, whilst Tom Frost was the first junior, finishing in 9th place overall and recording 17-minutes.

Judy Farr was 1st FV40 at the **Poole 10K** in a time of 43:28.

The Broad Town 5 near Wootton Bassett (*Not 'Royal' back then*) attracted a small but enthusiastic contingent of Avon Valley Runners with Bob Ellis leading us home in 21st place clocking 28:43 with Mike Hehir being just one position and one second behind. 39th - Nick Rosier 30:21; 145th - Judy Farr 35:27; 146th - Stan Farr 35:28.


The Kennet 5 at Lockeridge saw Bob Ellis finish in 5th place overall in 28:10 with 8th - Tom Roberts 29:58; 22nd - Stan Farr 34:44; 23rd - Judy Farr 35:10; 27th - I. Craig 37:17; 31st - C. Beirne 39:18; 32nd - Mike Beirne 39:20.

We had a good club turnout for the **Midsomer Norton Half Marathon** with 15th placed Martin Connor leading us home in 1:20:10; 44th - Bob Ellis 1:27:43; 77th - Danny Kay 1:32:19; 91st - Colin Stiles 1:33:50; 96th - Paul Turner 1:34:09; 110th - Ann Bull 1:36:05; 118th - P. Collier 1:36:59; 121st - K. Lee 1:37:37; 140th - Denis Mellor 1:40:06; 145th - Judy Farr 1:40:35; 148th - Stan Farr 1:40:46; 159th - Bernie Hobbs 1:42:17; 178th - R. Porter 1:44:22; 250th - Ann Whittle 1:56:21.

At the **Weston-super-Mare 8K** Gerry Fice was 37th in 27:36 and Ted Rockcliffe finished 104th in 31:14. Somewhat bizarrely their position were almost the same a week or so later at the **Clevedon 10K** with Gerry finishing 36th in 34:58 and Ted 105th in 39:34.

Segment of the Month – June 2024

Our first segment for May was the [Combe Lane to Great Chalfield Turn](#), starting at Stonar School X-roads and heading off for 0.71-miles towards at Broughton Gifford. Fifteen club members took on this segment near Broughton Gifford and it was Darren Wrintmore who crushed this segment clocking an average speed of 29.6mph with a time of 1:27. For the Ladies it was defending champion Caroline Scott who led the way in 1:39, a 26mph average speed.

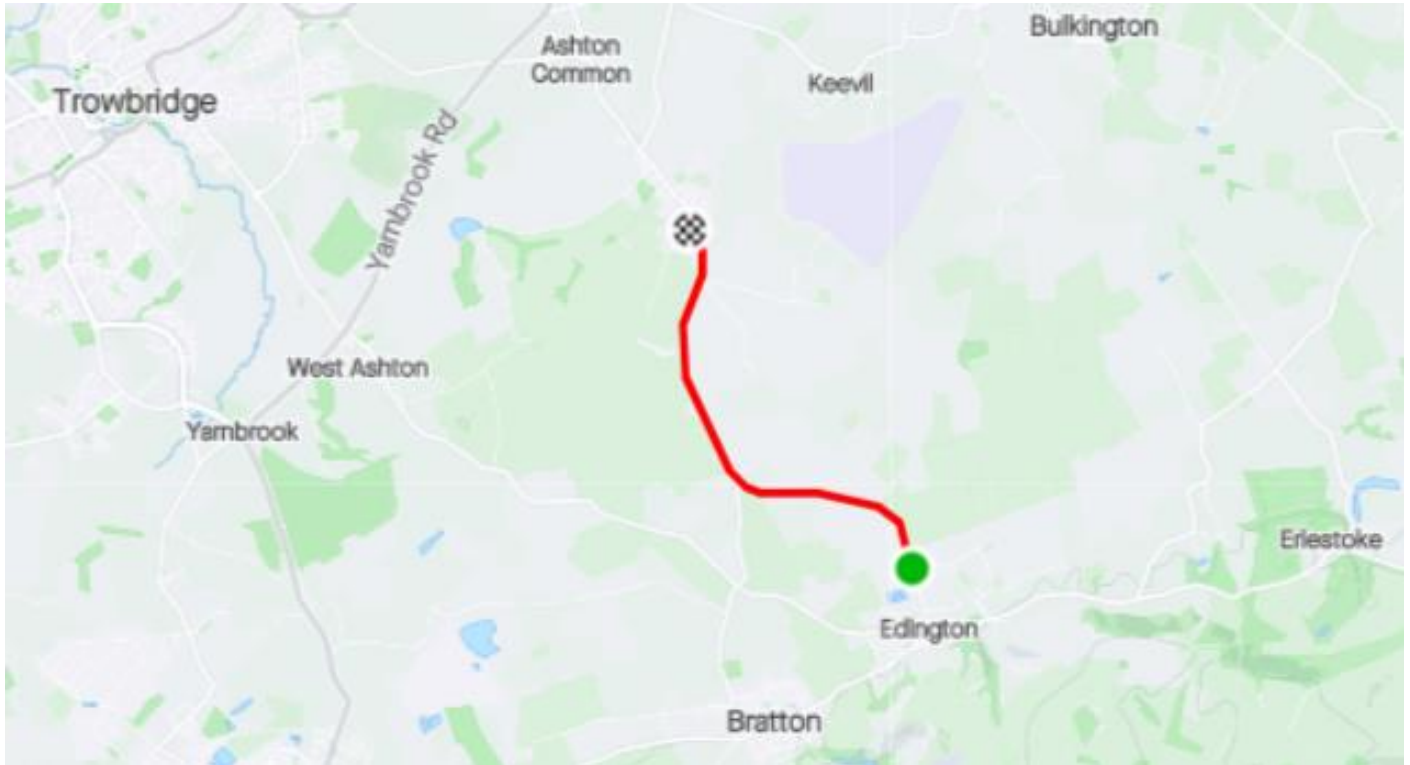
Rank	Name	Date	Speed	HR	Time
	Darren Wrintmore	May 18, 2024	29.6 mi/h	150 bpm	1:27
2	Tom Carpenter	May 5, 2024	29.2 mi/h	145 bpm	1:28
3	Will Whitmore	May 27, 2024	28.9 mi/h	164 bpm	1:29
5	Caroline Scott (AVT)	May 22, 2024	26.0 mi/h	157 bpm	1:39
6	Caroline Tassell	May 23, 2024	25.5 mi/h	156 bpm	1:41
10	Jenny Natrass	May 10, 2024	23.4 mi/h	107 bpm	1:50

Our other segment in May was at [Winsley Hill](#) and also measured in at 0.71-miles, but at a quad burning 9% gradient, we had ten members take on the challenge. Tom Carpenter proved to be our top climber making the ascent in just 4-minutes 19-seconds, with Jenny Natrass making the climb in 5-minutes 46-seconds.

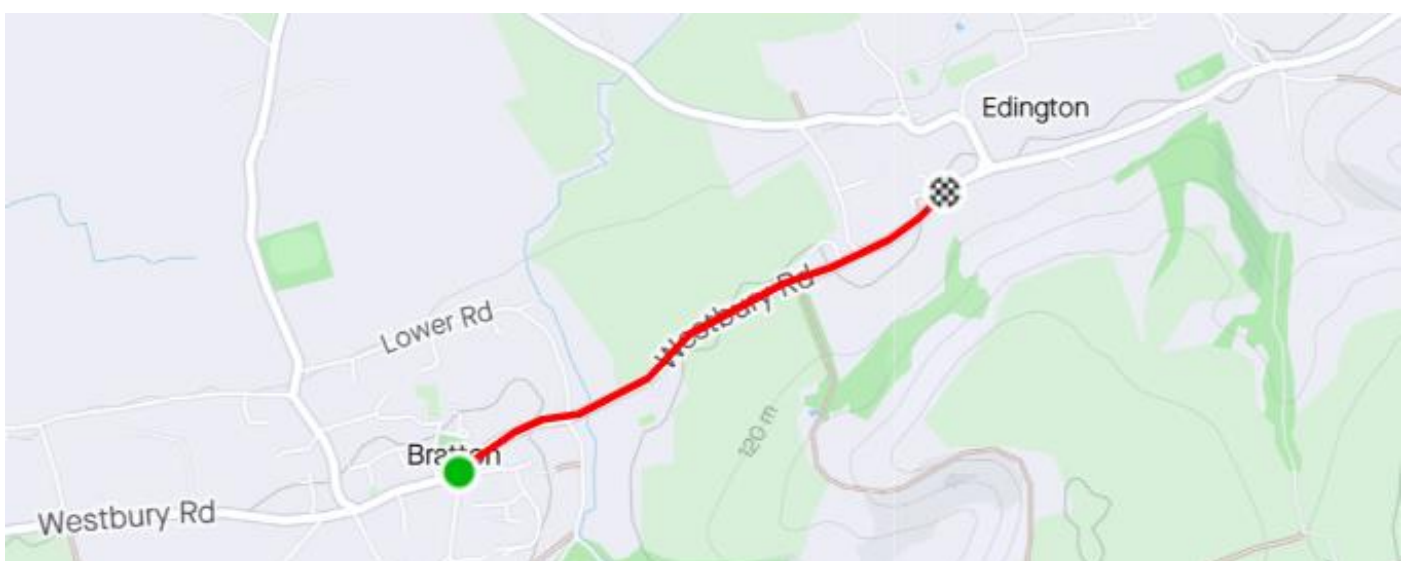
Rank	Name	Date	Speed	HR	Time
	Tom Carpenter	May 5, 2024	9.9 mi/h	149 bpm	4:19
2	Will Whitmore	May 24, 2024	9.1 mi/h	169 bpm	4:43
3	Alan Best	May 14, 2024	8.2 mi/h	165 bpm	5:14
6	Jenny Natrass	May 25, 2024	7.4 mi/h	160 bpm	5:46
7	Caroline Tassell	May 22, 2024	6.8 mi/h	165 bpm	6:20
8	Caroline Scott (AVT)	May 14, 2024	6.6 mi/h	150 bpm	6:28
8	Annalie Jane	May 26, 2024	6.6 mi/h	-	6:28

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For June we have two new segments, Darren Wrintmore offers [Edington Road North](#) which is nice and flat but runs for 2.62-miles. Beginning near the start of our AVR Wiltshire Half Marathon at Edington and then goes all the way into Steeple Ashton finishing at the village shop. We have had twenty club members take on this segment so far this year with Sue Porto being quickest so far averaging 18.2mph.



Our second segment for June is the [Bratton VC Sprint](#) championed by Sarah Jewers, a 0.82-mile gently undulating segment. So far this year 27 club members have taken on this segment with Paul Banfield (2:18) and Jo Mumford (2:28) being our quickest riders so far.



For a fuller explanation of the Avon Valley Segment of the Year competition and full list of segments in the challenge, check out the [January 2024 edition of the Valley News](#).

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So here is the Top-10 Leaderboard after 2-rounds...

Rank	Athlete	Total Points	SotM Ridden	SotM Points	Bonus Segments	Bonus Points	Movement
1=	Tom Carpenter	194	4	97	4	97	↑
1=	Will Whitmore	194	4	97	4	97	□
3	Alan Best	184	4	92	4	92	□
4	Darren Wrintmore	178	4	89	4	89	↑
5	Paul Banfield	170	4	85	4	85	↓
6	Andrew Jefferies	118	3	59	3	59	↑
7	Gary Day	111	3	57	3	54	↓
8	Stephen Clark	98	3	49	3	49	↑
9	Simon Williams	78	2	39	2	39	↓
10	Ben Vincent	73	3	42	3	31	↑

Rank	Athlete	Total Points	SotM Ridden	SotM Points	Bonus Segments	Bonus Points	Movement
1	Caroline Scott (AVT)	196	4	98	4	98	□
2	Jenny Natrass	194	4	97	4	97	□
3	Caroline Tassell	188	4	94	4	94	□
4	Annalie Jane	175	4	88	4	87	↑
5	Rosemary Barber	138	3	60	4	78	↑
6	Esther Frawley	85	2	43	2	42	↓
7	Anne Clark	81	2	29	3	52	↑
8	Jo Mumford	77	2	38	2	39	↓
9	Sue P	74	2	39	2	35	↓
10	Samantha Grant	70	2	37	2	33	↓

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

A selection of forthcoming events which may be of interest:

Date	Event	Distance	Details	
Tuesday 11th June	Westbury 5K	5K	The second of AVR's 5K race series for 2024 and race #3 in the 2024 WRRL.	
Saturday 15 th June	Broad Town 5	5-miles	Race #4 of the 2024 WRRL hosted by Royal Wootton Bassett Hounds.	
Saturday 15 th June	Cotswold Big Swim	various	Watery fun at Lake32 with DB Max	
Wednesday 26 th June	Pronto-Bikes TT	10-miles 25-miles	DB Max hosted TT races at Castle Combe circuit	
Thursday 27 th June	The Great Chalfield 10K	10K	Popular summer run at Broughton Gifford.	
Saturday 29 th June	The Avon Valley Relay	18-miles	Run in four legs from Winsley to Hilperton	
Tuesday 9th July	Westbury 5K	5K	The third of AVR's 5K race series for 2024 and race #3 in the 2024 WRRL.	
Sunday 14 th July	The Rood Rampage	4.5-miles	Organised by DB Max just outside of Trowbridge; plenty of obstacles to tackle on this run.	

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#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...



Keith Withers & Annalie Jane: All done at St Neots and in time to be back for breakfast at the hotel..



Dean Robinson: Ready for the Birmingham Half.



Andrew Jefferies: In transition!



Nia Lewis: a famous landmark.

Drew Holloway -> James Gorman: I just noticed you said this is your first Tri too! So some other tips I thought might be helpful - Definitely get there early to take a look at the pool, see how they are organising the swim and the bike rack situation. This was all fairly new too me so I took time to ask people and tell them it was my first tri and they were really nice and helpful. No question is a stupid one 😊

- Practice your transitions if you have time, even if it's just putting your socks and cycling shoes on with wet feet or running in your tri suit, it's the little things that make a difference!
- My aim for my first tri was just to finish and enjoy it, and I think this really helped take the pressure off. Enjoy it, it's so different from a running event and you'll have a great time
- I found swimming really challenging, so my mindset was once that was out the way I had a scenic bike ride and run to look forward too - maybe this will help you too 😊

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