



## Welcome to The Valley News

Our cover image this month is of the plaque on the new commemorative bench placed at Trowbridge Rugby Club in memory of Sara Robert.

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](mailto:news@avonvalleyrunners.org.uk)

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

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memoriam

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Avon Valley SoTM 2405

#Social Gallery

**The Newsletter of Avon Valley Runners**

**Issue #265 – May 2024**



Please send any news, articles or achievements to [news@avonvalleyrunners.org.uk](mailto:news@avonvalleyrunners.org.uk).

## Sara Robert in memoriam

As you all know, the whole club has been in complete shock since the sudden death of our Chair Sara Robert on Sunday the 24<sup>th</sup> of March. Sara had attended the Mayor's ball on the Saturday evening, volunteered at the finish line at The Hullavington 20 on the Sunday morning before heading off on a bike ride that included a stop in Westbury to celebrate a friend's birthday.

Sara was an absolutely wonderful person who cared deeply about each and every member of the club and she championed everyone in all that they did. She was like everyone's mum at race events, cheering loudly and celebrating everyone's successes and would always be there to give advice and support when things hadn't gone quite to plan. Sara had the most wonderfully dry sense of humour with a habit of regularly speaking her mind and not suffering fools.



On Monday the 25<sup>th</sup> of April with the TRFC flag put respectfully at half mast, 60+ AVR members along with Sara's family, walked 3-miles through the streets of Trowbridge, together in grief and in solidarity to share stories about Sara and remember her.

Sara was a regular volunteer and runner at Southwick Country parkrun, Sara's first recorded parkrun was on the 6<sup>th</sup> of April 2013 and she completed 168 runs at 25 different venues, in total 121 runs were at her home run Southwick. On the 30<sup>th</sup> of March people were invited to come to Southwick and pay their respects to Sara, visitors were invited to wear the club's colours of yellow and green and a minute's silence was held before everyone set off.

Lots of people talked fondly of their memories of Sara and the turn out gave Southwick their highest attendance in 5 years.

Sara's family, including her mum, three children and four of her five grandchildren also turned up to run, walk or watch the proceedings. I have never heard a briefing as quiet or a round of applause louder at a parkrun than when the minute was over.

Sara was a huge fan of including everyone regardless of ability. She did an excellent job of presenting the club's awards evening on the 9<sup>th</sup> of March and making everyone feel incredibly proud of their achievements and of being an Avon Valley runner. After her jobs were all complete, she grabbed glass or three of wine and then danced the night away with her friends and club mates.



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Sara's hobbies and interests were vast but she was always at home running with AVR, open water swimming at Vobster and cycling with Westbury Wheelers. Sara also combined all three disciplines with AVT and was a proud Biathlete and Triathlete.

As well as racing at all distances in club colours here are some other things that Sara achieved:

- Completed London Marathon 2016 in honour of her friend Bobby
- Competed as an GB Age group Biathlete
- Rode 100 miles
- Held the role of youth welfare officer for AVR
- Was Club Chair of the committee since 2022
- Enjoyed completing Aquathlons and swimming at Vobster - including the glow swim in the dark
- Participated in coached swim sessions
- Was a regular at "yoga for runners"
- Ran Interval sessions at TRFC track
- Was the life and soul at club social events
- Celebrated the beginners 5k achievements and presented their awards
- Hosted presentations evenings
- Was a regular AVR Half volunteer and lead bike
- Volunteered at the Westbury 5k and was the lead bike
- Always volunteered at OTH - always at the river crossing
- Two years as the Race Director for the Stan Farr 5K



On the 22nd of April, everyone who knew and loved Sara came together to honour her at her funeral held Semington crematorium and live streamed to Trowbridge Rugby Club.

At TRFC a huge crowd of family, friends, colleagues, AVR club mates, Westbury Wheelers, Southwick Park runners and many more lined the paths outside the clubhouse as a mark of respect. As the funeral car travelled from TRFC to Semington they invited the Wheelers to cycle behind the car, a reliable source told me that the cyclists couldn't quite keep up which made me smile as Sara did always like to lead from the front.

Sara's colleagues from Wiltshire Police paid their respects and lined the pathway into the crematorium in honour and respect for Sara's years of service.

The celebration of Sara's life was beautifully documented in tributes from her family and by Sean Price as the celebrant, and while it was bittersweet, it also cemented the love and respect for Sara that flowed from her family, friends, colleagues, clubmates and the whole community.

The bench at TRFC is now in place and available for all to visit and enjoy at the track and the planter is also in full bloom.



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## Wrinty's Ramblings

As well as being a Vice-President of Avon Valley Runners, many of you may be aware that I am also the Managing Director of Stampede Sports. I do try to keep the two separate, especially in these pages but on this occasion the cross-over is unavoidable.

As per my comments last month, I was working with Sara Robert on the finish line of the Hullavington 20-miler just a few hours before she unexpectedly passed away and she was going to assist me with the timing at the Hullavington Half Marathon & 5K runs which take place on Sunday 12th May. So, for this event I have commissioned a commemorative ribbon reflecting Sara's "daisy-chain" finishing tapes to adorn the special spinning medals that we will provide to finishers at the event.

**Darren Wrintmore (Wrinty)**



## Welfare

Avon Valley Runners has a team of welfare officers available by email: [welfare@avonvalleyrunners.org.uk](mailto:welfare@avonvalleyrunners.org.uk) who for Adults are: Alan Button and Sandra Sharratt and for Youths is: Jay Sims-Bagshaw

There are several organisations that are available if anyone has lost somebody close to them and needs some help and support:

### **Cruise bereavement**

You can call them free on 0808 808 1677

Monday - Friday: 9.30am-5pm (Tuesday: 1pm – 8pm) / Saturday – Sunday: Closed

Website: <https://www.cruise.org.uk/get-support/helpline/>

### **Samaritans**

Call 116123 - This number is free to call from both landlines and mobiles, including pay-as-you-go mobiles and via email to: [jo@samaritans.org](mailto:jo@samaritans.org)

Website: <https://www.samaritans.org/>

### **Shout**

Text 85258 for the UK's first and only free, confidential, 24/7 text messaging service for anyone who is struggling to cope. They have taken more than two million conversations with people who are sad, worried, lonely or in crisis and need urgent support.

Website: <https://giveushout.org/about-us/about-shout/>

### **Help Counselling service Trowbridge**

Low-cost counselling support on 01225 767459

Website: <https://www.helpcounselling.co.uk/>

# End of Season Off-Road report

With the Frampton Globetrot on March 23<sup>rd</sup> being the last race of the WORL, the off-road season has now finished. The season has been characterised by a lot of mud and standing water – about as off road as it gets!!

We had been incredibly lucky with the weather, underfoot meant muddy shoes and more but generally the sky remained blue. There were 8 races forming the WORL in 2023/24: The White Horse Gallup, Over the Hills, The Yarnbury Yomp, The Riverbank Rollick, The Lungbuster, The SMaRTT Smasher, The Terminator and of course the Frampton Globetrot. A fantastic AVR turn out for White Horse Gallup (30 runners) and Over the Hills (34 runners), just shows we can make the numbers and AVR use the same races for the AVR Off Road League but with slightly different scoring system.

If we take the AVR league (best 6 out of 8 races, the fewer the points the better, minimum possible points = 6):

- Isabella McNally was 1<sup>st</sup> Lady overall and 1<sup>st</sup> FSEN (10 pts)
- Gemma Knudsen was 2<sup>nd</sup> Lady overall and 2<sup>nd</sup> FSEN (13 pts)
- Fiona Gibbs was 3<sup>rd</sup> Lady overall and 1<sup>st</sup> FV50 (17 pts)
- Pauline Bradley was 1<sup>st</sup> FV60 (20 pts)
- Melanie Ward Nichols was 1<sup>st</sup> FV40 (21 pts)
- Sharon Firkins was 1<sup>st</sup> FV45 (23 pts)

*Isabella McNally was 1<sup>st</sup> AVR Lady in 3 out of 8 races, Gemma Knudsen was 1<sup>st</sup> in 3 out of 8 races, Fiona Gibbs was 1<sup>st</sup> Lady in 1 out of 8 races, Leah Sartan was 1<sup>st</sup> Lady in 1 out of 8 races.*

- Ben Mees was 1<sup>st</sup> Man overall (7 pts)
- Gary Day was 2<sup>nd</sup> Man overall and 1<sup>st</sup> MV40 (12 pts)
- Daniel Colman was 3<sup>rd</sup> Man and 2<sup>nd</sup> MSen (18 pts)
- John Naish was 4<sup>th</sup> Man and 3<sup>rd</sup> MSEN (19 pts)
- Alan Best was 1<sup>st</sup> MV50 (32 pts)
- Simon Williams was 1<sup>st</sup> MV60 (36 pts)

*Ben Mees was 1<sup>st</sup> AVR Man in 5 out of 8 races, Gary Day was 1<sup>st</sup> AVR Man in 2 out of 8 races, Ed Knudsen was 1<sup>st</sup> AVR Man in 1 out of 8 races.*



AVR at the Westbury White Horse Gallup

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Taking the WORL which includes all participating clubs and which scores slightly differently in that the more points the better with a maximum 600 points:

Isabella McNally 7<sup>th</sup> Lady and 3<sup>rd</sup> FSEN (549 pts)  
 Fiona Gibbs 17<sup>th</sup> Lady and 10<sup>th</sup> FV50 (411 pts)  
 Pauline Bradley 27<sup>th</sup> Lady and 3<sup>rd</sup> FV60 (298 pts)  
 Gemma Knudsen (28<sup>th</sup> Lady) and 7<sup>th</sup> FSEN (291pts)

Ben Mees 3<sup>rd</sup> Man overall and 3<sup>rd</sup> MSEN (588 pts)  
 Gary Day 5<sup>th</sup> Man and 2<sup>nd</sup> MV40 (569 pts)  
 Daniel Coleman 10<sup>th</sup> Man and 6<sup>th</sup> MSEN (501 pts)  
 John Naish 13<sup>th</sup> Man and 7<sup>th</sup> MSEN (444 pts)  
 Ian Dobson 44<sup>th</sup> Man and 14<sup>th</sup> MV50 (248 pts)

WORRL 23/24 Division 1					
Index	Team	Total Points	Total Score	Total F	Total Mi
1	CHIPPENHAM HARRIERS A	120	6942	3414	3528
2	ROYAL WOOTTON BASSETT HOUNDS A	109	5149	2638	2511
3	CITY OF SALISBURY AC & RC A	107	5263	1901	3362
4	CORSHAM RUNNING CLUB A	105	5191	2642	2549
5	AVON VALLEY RUNNERS A	104	5222	2212	3010
6	CALNE RUNNING CLUB A	95	4073	1804	2269
7	CHIPPENHAM HARRIERS B	87	3348	989	2359
8	ROYAL WOOTTON BASSETT HOUNDS B	86	3156	1784	1372
9	STONEHENGE STRIDERS A	81	2918	1631	1287
10	DEVIZES RUNNING CLUB A	75	1907	939	968
11	CALNE SMARTT A	64	1010	574	436
12	CORSHAM RUNNING CLUB B	60	919	416	503

WORRL 23/24 Division 2					
Index	Team	Total Points	Total Score	Total F	Total Mi
1	ST MARYS CALNE SPORTS CENTRE RUNNIN	110	2172	1260	912
2	CITY OF SALISBURY AC & RC B	105	1391	257	1134
3	AVON VALLEY RUNNERS B	102	1683	543	1140
4	TEAM BATH ATHLETIC CLUB A	96	1391	564	827
5	CALNE RUNNING CLUB B	78	880	462	418
6	MARLBOROUGH RUNNING CLUB A	51	1080	507	573
7	PEWSEY VALE RUNNING CLUB A	49	979	491	488
8	FROME RUNNING CLUB A	49	443	88	355
9	SLINN ALLSTARS A	45	608	393	215
10	SWINDON STRIDERS A	44	283	84	199
11	SHREWTON RUNNING CLUB A	42	150	113	37
12	HIGHWORTH RUNNING CLUB A	36	827	344	483
13	STONEHENGE STRIDERS B	26	28		28
14	TEAM BATH ATHLETIC CLUB B	19	582	381	201
15	SWINDON HARRIERS A	15	197		197
16	SLINN ALLSTARS B	11	30		30

Full results for both AVR and WORL have been posted on the AVR Facebook page but will be reposted for anybody who missed them.

A total of 56 AVR runners took part in at least one League race in 2023/24 but only 19 took part in two or more races. Over the Summer, we will be looking what AVR members want out of Off-Road. Separately, we will look at our (AVR) points process to see if it can better reward participants (both those at the front of the pack and other abilities). Suggestions are welcome (FB posts to follow).

**Andrew Sharratt (Off Road Secretary)**

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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...

## May 2019

In this month five years ago:

Holly Rush was outright winner at the inaugural **Hullavington Half Marathon** with a finish in 1:23:15. In the supporting 5K, Tim Burrell was 1<sup>st</sup> MV50 in 19:58 and Fiona Price was 1<sup>st</sup> FV50 in 21:12.

## May 2014

In this month ten years ago:

AVR were out in force for the **Wiltshire Track & Field championships** at Tidworth Oval. In the U17 Girls Holly Newman collected a bronze medal in the 200m and silver in the 300m; Diane Hier claimed a silver in the Senior Ladies 800m and bronze in the 3000m; Michael Towler bagged the Bronze in the Senior Men's 1500m and silver in the 5000m; Fiona Price also claimed a silver medal in the Senior Ladies 5000m.

Diane Hier proved that she is as good in the field as she is on the track with a silver medal in the Javelin whilst Peter Jefferies cleared 1.30m to gain silver in the High Jump.

Avon Valley Runners finished the day with a team silver medal in the Men's 4x400m with Mike Towler, Peter Jefferies, David Brigstoke and David Griffith all crowding onto the podium.



Avon Valley Runners had a double victory at the **Laverton 10K**, with Warren Wade taking victory in the Men's race and Helen Boyce the Ladies victory.

Robin-Mark Schols was 3<sup>rd</sup> MV50 at the **Bognor Prom 10K** recording 39:55.

Tim Lowrie and Richard Harding travelled up to Blackburn to take part in **the National Inter-counties Fell Running championships**, where they finished 80<sup>th</sup> and 88<sup>th</sup> respectively.

Ruth Barnes was first Lady at the tough **Cheddar Gorge 10K**.

At Bromham, Max Davis took the runners up spot at **The May Mile** in the U13 section with 5:44 and Oli Weedon clocked 5:28 for second place in the U15 race.

## May 2004

In this month twenty years ago:

Doug Barber was our first man back at the **Bratton Hilly 11K** with a fifth-place finish but it was the Ladies team of Sonya Stephens, Julia Scott and Joyce Field who got amongst the prizes as the first Ladies team.

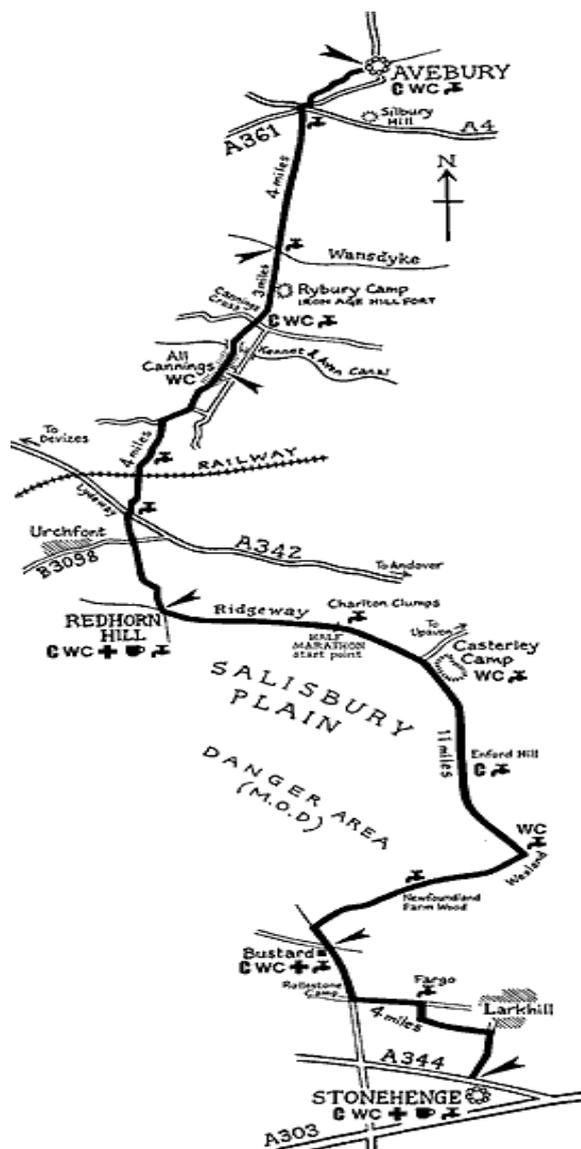
Judy Farr was 1<sup>st</sup> FV60 at the **Keynsham 10K** by clocking 59:40.

Kevin Sparey was third man at the **Christchurch 3** in Bradford on Avon, clocking 15:59 with Alistair Bartlet just 10-seconds adrift in 4<sup>th</sup> place.

Rosemary Barber was third lady at the **Glastonbury Road Race**. Rose also finished as 1<sup>st</sup> FV50 at the **Castle Combe Duathlon**, completing the 2-mile run / 10-mile cycle / 2-mile run in 58:43.

Daryl Spicer clocked 3-hours 20-minutes 50-seconds for 12<sup>th</sup> place with Danny Kay clocking 3:55:33 and Viv Toms 5:02:10 at the off-road **Neolithic Marathon** which ran from Avebury to Stonehenge.

In the supporting **Neolithic Half Marathon**, starting out from Redhorn Hill near Urchfont before joining the route of the Marathon: Darren Wintmore was our first man back in sixth place overall, recording 1:25:37, followed by 35<sup>th</sup> Stuart Macgregor - 1:39:49; 48<sup>th</sup> Mike Pace - 1:44:22; 58<sup>th</sup> Sue Macgregor - 1:47:27; 96<sup>th</sup> Gary Thwaites - 1:55:42 and 102<sup>nd</sup> Mike Pratt - 1:57:35.



## May 1989

In this month thirty-five years ago:

Judy Farr was 1<sup>st</sup> lady at the **Minchinhampton Road Race**

Keith Elsey sneaked onto the podium at the **Westbury 5** recording 27:06 for third place overall. Bob Ellis impressed with an 8<sup>th</sup> place finish in 28:08 and Neil Fyfe recorded 28:51 for 11<sup>th</sup>.

Martin Connor recorded 3:05:01 for 19<sup>th</sup> place at the **Isle of Wight Marathon**. Whilst Dennis Mellor clocked 3:43:34 at the **Belfast Marathon**.

The **Wiltshire Track & Field County championships** took place at the old Christie Miller facility in Melksham. AVR were represented in most events from 100m to 5,000m, our only medalist being J. Deighton in the Girls 200m.

Ann Bull was third lady at the **Marshfield 10K** in 44:25, Ann was also third lady at Bristol's **Kingswood Half Marathon** where Martin Connor finished 12<sup>th</sup> in 1:18:38 with Ann recording 1:34:48. The same day saw Gerry Fice record 1:18:47 at the **Plymouth Half Marathon** for 28<sup>th</sup> place.

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

A selection of forthcoming events which may be of interest:

Date	Event	Distance	Details	
Sunday 5th May	<a href="#">Oldbury Sprint Triathlon</a>	Various	AVT focus event at Calne sports centre: 250m swim, 20k bike, 5k run	
Saturday 11th May	<a href="#">Semington Slog</a>	10K	Off-road fun brought to you by St Georges School.	
Sunday 12th May	<a href="#">Hullavington Half &amp; 5K</a>	Half Marathon 5K	Race #2 of the 2024 Wiltshire Road Race League. <b>AVR mini-bus to this event – contact Martin Russam for details.</b>	
Tuesday 14th May	<a href="#">Westbury 5K</a>	5K	The first of AVR's 5K race series for 2024 and race #3 in the 2024 WRRL.	
Wednesday 15th May	<a href="#">Pronto-Bikes TT</a>	10-miles	DB Max hosted TT race at Castle Combe circuit	
Sunday 19th May	<a href="#">51Fiver Triathlon Relay</a>	51.5K	AVT focus event at Lake32: 1500m lake swim, 40k bike, 10k run	
Sunday 26th May	<a href="#">RideLondon-Essex</a>	100-miles	The London Marathon for cyclists 😊	
Tuesday 11th June	<a href="#">Westbury 5K</a>	5K	The second of AVR's 5K race series for 2024 and race #3 in the 2024 WRRL.	
Wednesday 12th June	<a href="#">Pronto-Bikes TT</a>	10-miles 25-miles	DB Max hosted TT races at Castle Combe circuit	
Saturday 15th June	<a href="#">Broad Town 5</a>	5-miles	Race #4 of the 2024 WRRL hosted by Royal Wootton Bassett Hounds.	
Saturday 15th June	<a href="#">Cotswold Big Swim</a>	various	Watery fun at Lake32 with DB Max	

## The Max Mile

Our friends at DB Max are doing a free event at Castle Combe circuit this year called the Max Mile. You can rock up and run it once or twice at 7pm and 7:30pm. It will be an officially measured mile. It will be a series with every race being free but the first one is a bit of a test race being held on May 1<sup>st</sup> and the rest of the series will take place in June, July, September all on Wednesday nights.

[Entry is via Race>Nation linked from the DB Max website](#) and there will be a prize at the end of the series for best male and best female club team.

As well as Live results from DB Max, the results will also appear on Power of 10.

Most importantly though, **there will be jelly snakes at the finish.**



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# Segment of the Month – May 2024

What a good start we have had to this first round of the Avon Valley Segment Challenge competition, with a record number of members partaking and one has to thank Maria Harryman for incorporating the April segments into the “Bike to Breakfast” sessions and also the sun putting in an appearance helped too 😊



At [Worm Hill](#) which is near Bradford Leigh and is just 0.38-miles long and climbs at an average gradient of 3.4% we had 30 members take on the segment. Strava could not separate Tom Carpenter and Will Whitmore who led the way, both clocking a 21mph average speed on the climb with Caroline Scott (who suggested the segment) leading home for the Ladies and taking the full 25-points. Whilst Gary Day keeps on holding his Local Legend title now having ridden the segment 53-times in the past few months.

Rank	Name	Date	Speed	HR	Time
	Tom Carpenter	<a href="#">Apr 21, 2024</a>	21.4 mi/h	129 bpm	1:04
	Will Whitmore	<a href="#">Apr 23, 2024</a>	21.4 mi/h	162 bpm	1:04
3	Alan Best	<a href="#">Apr 17, 2024</a>	20.7 mi/h	169 bpm	1:06
6	Caroline Scott (AVT)	<a href="#">Apr 17, 2024</a>	18.0 mi/h	157 bpm	1:16
11	Jenny Nattrass	<a href="#">Apr 23, 2024</a>	15.9 mi/h	167 bpm	1:26
12	Caroline Tassell	<a href="#">Apr 11, 2024</a>	14.9 mi/h	164 bpm	1:32

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Our second segment in May was another short-sharp climb, this time at Staverton: [Climb Home Baby](#) put forward by Will Whitmore and is just 0.36-miles in length and climbs at an average gradient of 2.6%. Defending champion Will, crushed the segment with a 55-seconds clocking whilst Strava could not separate Caroline Scott and Jenny Natrass!!!

Rank	Name	Date	Speed	HR	Time
	Will Whitmore	Apr 23, 2024	23.8 mi/h	158 bpm	55s
2	Alan Best	Apr 14, 2024	22.2 mi/h	159 bpm	59s
3	Tom Carpenter	Apr 20, 2024	21.5 mi/h	138 bpm	1:01
5	Caroline Scott (AVT)	Apr 17, 2024	19.9 mi/h	149 bpm	1:06
5	Jenny Natrass	Apr 23, 2024	19.9 mi/h	152 bpm	1:06
11	Caroline Tassell	Apr 11, 2024	16.4 mi/h	162 bpm	1:20

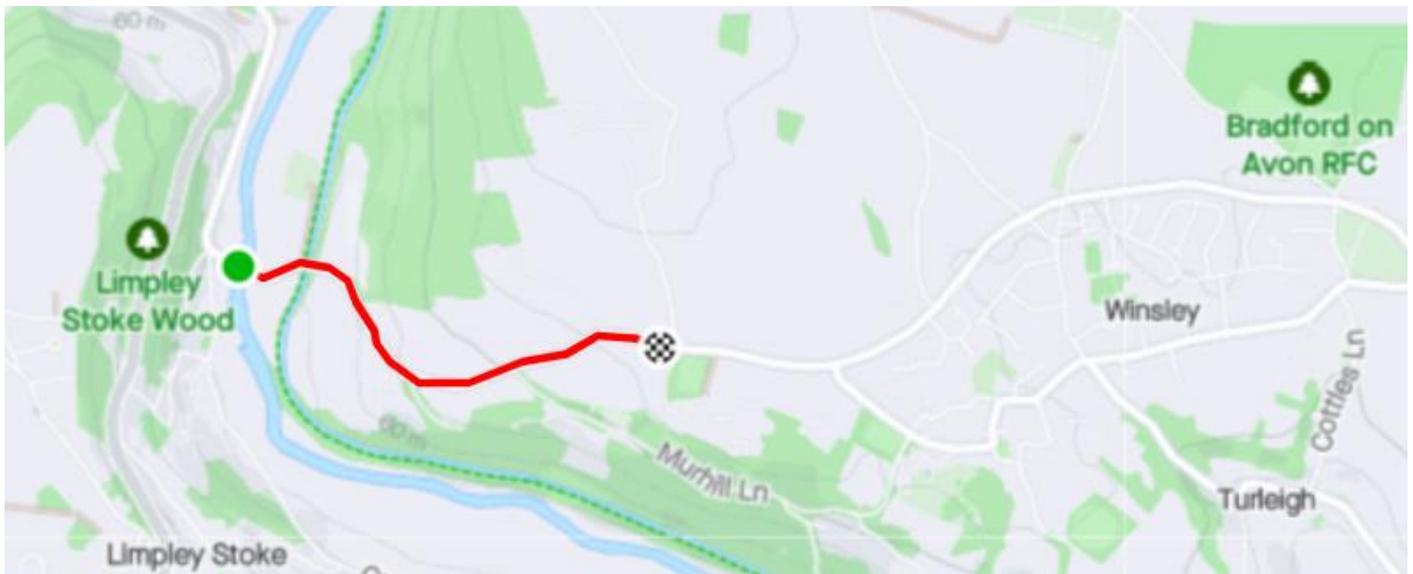
So, after the scores achieved for the April Segment of the Month have been locked in and the Bonus Points achieved so far calculated, the overall leader board looks like this:

Rank	Athlete	Total Points	SotM Ridden	SotM04a	SotM04b	SotM Points	Bonus Segments	SotY04a	SotY04b	Bonus Points	Movement
1	Will Whitmore	100	2	25	25	50	2	25	25	50	↑
2	Tom Carpenter	96	2	25	23	48	2	25	23	48	↑
3	Alan Best	94	2	23	24	47	2	23	24	47	↑
4	Paul Banfield	88	2	22	22	44	2	22	22	44	↑
5	Darren Wrintmore	84	2	21	21	42	2	21	21	42	↑
6=	Gary Day	78	2	20	19	39	2	20	19	39	↑
6=	Simon Williams	78	2	19	20	39	2	19	20	39	↑
8	Andrew Jefferies	76	2	19	19	38	2	19	19	38	↑
9	Graham Livingstone	68	2	17	17	34	2	17	17	34	↑
10	Stephen Clark	58	2	14	15	29	2	14	15	29	↑
Rank	Athlete	Total Points	SotM Ridden	SotM04a	SotM04b	SotM Points	Bonus Segments	SotY04a	SotY04b	Bonus Points	Movement
1	Caroline Scott (AVT)	100	2	25	25	50	2	25	25	50	↑
2	Jenny Natrass	98	2	24	25	49	2	24	25	49	↑
3	Caroline Tassell	92	2	23	23	46	2	23	23	46	↑
4	Esther Frawley	86	2	22	21	43	2	22	21	43	↑
5	Annalie Jane	85	2	21	22	43	2	20	22	42	↑
6	Jo Mumford	79	2	18	20	38	2	21	20	41	↑
7	Sue P	76	2	20	19	39	2	18	19	37	↑
8	Samantha Grant	72	2	18	19	37	2	16	19	35	↑
9=	Eve Green	61	2	14	17	31	2	13	17	30	↑
9=	pauline bradley	61	2	16	15	31	2	15	15	30	↑

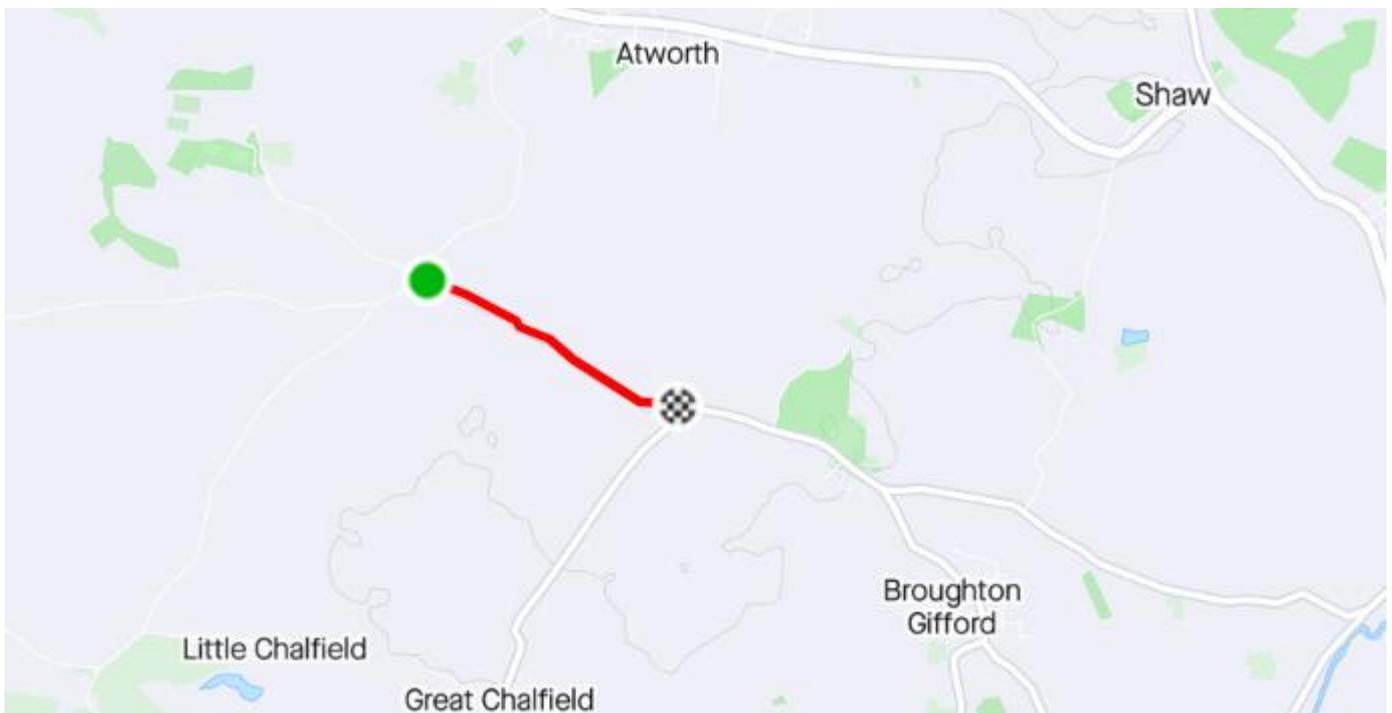
So on to our next round in the monthly element of our Stava Segment Challenge competition...

Please send any news, articles or achievements to [news@avonvalleyrunners.org.uk](mailto:news@avonvalleyrunners.org.uk).

For May we have two new segments. For those that took on the April segments and wondered where all of the long, hard uphill segments were, then you will be pleased to see that [Winsley Hill](#) has joined the line up with its 0.71-miles of it at a quad burning 9% gradient, for those of you who don't like this, then please direct your wrath to Alan Best who suggested this segment 😊



Our second segment for May is presented by Annalie Jane and is a much more palatable affair with the [Combe lane to Great Chalfield Turn](#) at Broughton Gifford which also comes in at 0.71-miles has a net drop at 0.8% from its start at the Stonar School X-roads. So far this year nine club members have taken on this segment with Alan Best (1:45) and Jenny Natrass (2:13) being our quickest riders so far.



For a fuller explanation of the Avon Valley Segment of the Year competition please check out the [January 2024 edition of the Valley News](#).

Don't forget to check the [AVT Facebook group](#) for news on the segments and the status of the overall standings in the competition.

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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...



**Annalie Jane:** I had an adventure - a 5km road race in Pollenca, Majorca. Now for ice cream.



**Gary MacAlister:** Boston Marathon - What an amazing experience.

**Fiona Price**  
Ran 3:49:49  
at the  
London  
Marathon  
and raised  
£2951 for the  
British Heart  
Foundation  
in memory of  
Sara Robert.



**Peter Campbell & Rosemary Barber:**  
V70 winners at the Corsham 10K

Please send any news, articles or achievements to [news@avonvalleyrunners.org.uk](mailto:news@avonvalleyrunners.org.uk).