



Welcome to The Valley News

Our cover image this month comes from the England Athletics South West Volunteer Awards hosted by Jo Pavey, where AVR scooped four awards:

- Winner of Coach of the Year - Fiona Price
- Runner Up in Newcomer to Volunteering - Katie Louise Oliver
- Runner Up in Contribution to Athletics - Sara Robert
- Third place in Club of the Year

The night provided many stories of hard work and achievement from a range of different clubs, and it was also a great occasion to honour and remember the dedication and passion of the wonderful Sara Robert.

A big congratulations to all our award winners, as well as all our members who help to make AVR the club that it is! What an achievement!

The Newsletter of Avon Valley Runners

Issue #271 – November 2024

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

Wrinty's Ramblings

It was good to read that Avon Valley Runners had regained the Wiltshire Road Race League (WRRL) title following a good turnout at the Devizes 10K. This marked the ninth time that we had taken the title since I initially set up the WRRL in my role as Road Race Secretary for Wiltshire Athletic Association back in 2012. The idea was to promote road running in the county, at the time I was trying to address what I considered to be an imbalance in the county, where the majority of the clubs in the county were road running clubs but the focus seemed to be very much upon the more traditional athletics clubs. I initially established road running championships with the Melksham 5K, Castle Combe 10K and Swindon Half Marathon hosting in 2011. The other aim was to try and generate a revenue stream for WAA which could be used to fund expenses for the counties leading athletes when travelling to events outside of the county. To this end I introduced a charge for races to be part of the League with an uplift if they were commercial operations. By encouraging participation by members of Wiltshires biggest clubs which at the time were AVR, Chippenham Harriers and Slinn Allstars, this seemed to be a good model. That first season's line up in 2012 was:

- #1 – Longleat 10K – 2:09 Events
- #2 – Devizes 10K – Devizes RC
- #3 – St Georges 10K – Corsham RC
- #4 – Highworth 5 – Highworth RC
- #5 – Bath Hilly 10 – Team Bath
- #6 – Springfield 5K – DB Max

- #7 – TBAS 10K * – DB Max
- #8 – Foxtrot 5 – Stampede Sports
- #9 – Melksham 10 * – Stampede Sports
- #10 – Cricklade Half * – Cricklade Leisure
- #11 – Clock Change 10K – Calne Leisure
- #12 – Downton Half – Downton Leisure

* Hosted the county championships for the distance.

For the first season there was both a Men's League and Ladies League (*they wouldn't be combined until the following year*) but in both they proved to be a two-club race with Avon Valley Runners and Chippenham Harriers leading the way. It wasn't until the penultimate race at Calne when AVR Men sealed the victory with Michael Towler winning the race overall; Joby Hobbs was the counties highest male points scorer with his father Bernie taking the MV60 honours and Richard Morgetroyd was the highest scoring MV40. The Ladies had to wait until their final outing at the Downton Half before they could collect the trophy with Fiona Price being the leading FV40 scorer and Rosemary Barber the FV60 winner.



Presenting the 2012 Wiltshire Road Race League winners at Downton

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

Cirencester Slog

Never stopped in Cirencester before, it's a very beautiful and historic town. The Bathhurst country estate which dominates part of the town and is huge, it also happens to be the location of the Cirencester Slog, Race 1 in both the Wiltshire and AVR off road leagues. This is a 10mile event and relatively flat (I am told). About 150 runners turned out in good conditions including a (self) selected group from AVR.

Crossing the line, Gary Day came in 9th man overall and 2nd MV40. Gethin Swann- Price came in 14th man overall and 4th MV40. John Naish came in 33rd man overall. Andrew Trigg came in 45th man and 2nd MV60, Dave Bagshaw came in 66th man overall and 15th MV50. In the ladies Pauline Bradley came in 47th lady and 2nd FV60, Fiona Gibbs came in 54th lady and 20th FV50.







Next off road league race: The Stickler on 27 October 2024.

Andrew Sharratt

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

A selection of forthcoming events which may be of interest:

| Date | Event | Distance | Details | |
|---------------------------------------|--------------------------------------|---------------------|---|---|
| Sunday 3 rd November | <u>Over the Hills</u> | 12K | AVR's flagship race at Bradford on Avon; Race #3 in WORL. |  |
| Sunday 17 th November | <u>Avebury 8 Nine</u> | 9-miles | Marlborough RC present WORL Race #4 taking runners on fields and tracks to Yatesbury and over the Neolithic 'causewayed enclosure' of Windmill Hill and back to the village High Street. |  |
| Sunday 24 th November | <u>AVR Half Marathon</u> | Half Marathon | Volunteers needed for our Half which starts and finishes at Edington. |  |
| Saturday 30 th November | <u>Xmax Fun Run</u> | ½, 1 or 3- miles | Redfish festive fun runs at Westbury. |  |
| Sunday 1 st December | <u>Bromham Pudding Run</u> | 10K | A flat, fast, two lap course. |  |
| Sunday 8 th December | <u>Tri-counties XC Championships</u> | various | Wiltshire XC Championships at Bath Uni alongside Avon & Somerset. |  |
| Sunday 22 nd December | <u>Hullavington Secret Santa</u> | 10-miles | Flat course and a gift from Santa's sack when finishing. |  |
| Thursday 26 th December | <u>Stan Farr 5K</u> | 5K | The 64 th running of our Boxing Day race. Closed to AVR members only. |  |
| Sunday 29 th December | <u>Plain Crazy</u> | 12'ish - miles | Redfish Events challenge you to burn off the festive excess with this trail run at Warminster, dropping by Imber. |  |

VOLUNTEERS NEEDED!





For the AVR Wiltshire
Half Marathon on Sunday 24th
November 2024.

— Different positions
available. —

Please contact
avrhalf@avonvalleyrunners.org.uk
if you can help!

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Multisport News

Well done to the incredible Emily Dye for her performance at WTCS World Triathlon Sprint AG finals in Torremolinos. 79 countries were represented at the event, a huge field of 72. Emily placed 35th and 11th GB athlete. She said the swim was long and in rough sea, a windy bike and a very hot 5k!

Massive congratulations to Alan Best and Caroline Scott for their monster achievements at Ironman! Alan competed in Barcelona and Caroline in the Ironman World Champs in Nice. Storming efforts!

Amazing efforts from Rosemary Barber Jenny Nattrass, Emily Dye, Annalie Jane, Andrew Jefferies ... Fingers crossed for more GB qualifications!



Dates for your diaries 2025 – Some AVT Focus events to aim for...

Sunday, 16th March - [The Draft-legal 'Chilly' Duathlon](#) will be a good one and many AVTers will be there! It will sell out, I expect... so get in early! *There is a discount code for AVT: AVTChillyDuo25*

Sunday, 18th May - [51 Fiver Olympic distance Tri!](#) ... always a great day! Join the relay (1500m swim / 40K bike / 10K run) or have a bash at the whole thing! Discount code to follow!

Sunday 5th October – [Thrupton Mass Attack Duathlon](#)

Also coming up

If you are new to multisport there will be the annual Try-a-Tri and Try-an-Aquathlon events probably in Jan and March - dates TBC soon!

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Swimming

Due to increasing costs of lane hire and other costs associated with running the partner swim session with the Hot Chillies, the PAYG rate will increase from £7 to £8 from 1st November 2024. Their first increase since 2012.

- Monday 7am
- Tuesday 7am
- Wednesday 9pm
- Friday 7am

If you would like to join any of these sessions at Trowbridge pool, please let Caroline Scott or Annalie Ibison know.

The AVT swim session that runs at 9pm on Thursdays at Melksham pool will remain at £7.

<https://calendly.com/avt-2/avt-swim>



Results

Don't forget to send all your multisport race results to Emily Dye at AVTRESULTS@avonvalleyrunners.org.uk to be included in the AVT League or How Hard Did You Tri competitions.

See the AVT website for latest standings. [AVT Results-2024.xlsx - Google Sheets](#)

Note that you need to have entered as AVT and be wearing an AVT or neutral kit.

Caroline Scott

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Segment of the Year 2024

With the monthly element of our Strava Challenge competition now complete it is down to revisiting earlier segments to bag some bonus points in order to move up the club leaderboard.

So, of the twelve segments we had in 2024, these are the best times that have been recorded this year:



April – [Worm Hill](#) near Bradford Leigh – tackled by 49 members this year with Tom Carpenter (1:04 – 21.4mph) and Caroline Scott (1:16 – 18mph) the quickest. [Climb Home Baby](#) at Staverton - tackled by 50 members this year with Will Whitmore (55s -23.8mph) and Jenny Natrass (1:06 – 19.6mph) the quickest.

May – [Winsley Hill](#) - tackled by just 11 members this year with Tom Carpenter (4:19 – 9.9mph) and Jenny Natrass (5:46 – 7.4mph) the quickest on this tough ascent. [Combe lane to Great Chalfield Turn](#) at Broughton Gifford – tackled by 33 members this year with Darren Wrintmore (1:27 – 29.6mph) and Caroline Scott (1:39 – 26mph) the quickest.

June - [Edington Road North](#) - tackled by 31 members this year with Darren Wrintmore (6:28 – 24.4mph) and Caroline Scott (6:36 – 23.9mph) the quickest. [Bratton VC sprint](#) – tackled by 36 members this year, with Tom Carpenter (1:56 – 25.7mph) and Jenny Natrass (2:05 – 23.8mph) the quickest.

July - [Bradford Road Straights](#) @Wingfield – tackled by 23 members this year with Caroline Scott (5:32 – 23mph) and Alan Best (5:36 – 22.7mph) the quickest. [Brokerswood Lump](#) – tackled by 31 members this year with Tom Carpenter (2:30 – 23.3mph) and Jo Mumford (2:59 – 19.6mph) the quickest.

August - [The Semington Drag!](#) - tackled by 34 members this year with Alan Best (1:43 – 25.1mph) and Emily Dye (1:43 – 25.1mph) the quickest. [Up Broughton Gifford](#) – tackled by 24 members this year with Tom Carpenter (2:11 – 22.5mph) and Caroline Scott (2:23 – 20.7mph) the quickest.

September - [Hinton Services Climb](#) tackled by 29 members this year with Tom Carpenter (1:43 – 19.7mph) and Jenny Natrass (2:06 – 16.1mph) the quickest. We had to double up on the segments at Castle Combe with Darren Wrintmore (4:24 – 24.8mph) and Caroline Scott (4:47 – 22.8mph) being fastest on the anti-clockwise [Castle Combe Lap #2](#) whilst on the anti-clockwise [Castle Combe Lap](#) it was again Darren Wrintmore (4:21 – 25.5mph) with Esther Fawley (5:08 – 21.6mph) who proved to be fastest.

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

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...

November 2019

In this month five years ago:

Devizes Running Club hosted race #3 in the Wiltshire Off-Road Race League with the **Roundway Revenge** – This off-road 10k was attended by 31 members with our Men taking the team prize thanks to Ben Mees, Gary Day and Stuart Sellers. Jen Marlow was 3rd FV35, Adele Cooper was 3rd FV55, Gary Day was 2nd MV40, Ben Mees was 2nd overall.



L-R: Gary Day, Tom Edwards, Natalie Freeman, Neil Payne, Gareth Legg, Adele Cooper, Teresa Edwards and Jackie Hall

November 2014

In this month ten years ago:

The Wiltshire Off-Road Race League kicked off with the **Wickstead Wander** held at Highworth. Justin Peters climbed onto the podium with a 3rd placed finish, with 6th Thomas Coney, 19th Peter Veleski, 22nd Warren Wade, 58th Adele Cooper and 105th Anthony Hickson bagging the points for AVR. Race #2 was at the **Avebury 8** and once again Justin Peters found himself on the bottom step of the podium and supported by 4th Pete Slade, 42nd Steven Williams and 125th Anthony Hickson.

Alistair Sheffield of Team Bath AC held off the Avon Valley Runners pairing of Mike Towler and Rich Ayling to win our **“Over the Hills”** race at Bradford on Avon. Clare Prosser of Wells City Harriers took the Ladies victory.

The second running of the **AVR Half Marathon** saw George Gurney from Broughton Gifford take the victory in 1:14:46 ahead of the Team Bath pairing of Alistair Sheffield and Rob Mann. Rebecca Awde of Bristol & West AC took the ladies title in a time of 1:28:32 ahead of Sarah Conway of Birchfield Harriers and Becky James also of Bristol & West AC. Fifth placed Justin Peters lifted the MV40 trophy.

On the road, Mike Towler (16:06) and Rich Ayling (16:37) were our leading contenders at the **Street 5K** finishing in 2nd and 5th positions.

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November 2004

In this month twenty years ago:

The first club away day in this month was to the **Cheddar Half Marathon** with 18th placed Alistair Bartlett being our first man home in 1:20:46, followed by: 34th Darren Wrintmore - 1:24:10; 53rd Steve Bryant - 1:28:05; 63rd Llewelyn Jones - 1:30:17; 74th Les Unsworth - 1:31:57; 75th Derek Jarvis - 1:32:08; 91st Mike Pace - 1:34:39; 102nd Danny Kay - 1:36:40; 109th Sue Macgregor - 1:38:09; 115th Laurie Irwin - 1:39:24; 128th Peter Hunt - 1:41:04; 137th Tom Simpson - 1:42:42; 147th Julia Scott - 1:45:11; 192nd Denise Ellis - 1:51:30; 210th Joyce Field - 1:53:59; 255th Tony Griffith - 2:02:27; 261st Susie Phillips - 2:05:37.

Another away day for the club, this time it was to **Hayling Island** in Hampshire for the 10-miler. Our bus load of runners was led home by Alistair Bartlett in 36th place, recording 58:53 and followed by: 70th Darren Wrintmore - 1:02:30; 108th Steve Noyes - 1:04:42; 129th Mike Pace - 1:06:11; 141st Llewelyn Jones - 1:06:51; 158th Chris Atkinson - 1:07:37; 203rd Stephen Payne - 1:09:43; 208th Stuart Macgregor - 1:10:11; 245th Liz Ringham - 1:11:29*; 248th Sue Macgregor - 1:11:40*; 265th Jo Mumford - 1:12:31*; 283rd Laurie Irwin - 1:13:05; 291st Jackie Rockliffe - 1:13:27; 293rd Anthony Hickson - 1:13:29; 294th Simon Ringham - 1:13:31; 301st Peter Hunt - 1:13:38; 302nd Ted Rockliffe - 1:13:44; 316th Brian Skivington - 1:14:24; 323rd Sonya Stephens - 1:14:30; 365th Tina Vivian - 1:16:18; 410th Julia Scott - 1:18:18; 449th Julia Cox - 1:20:04; 504th Denise Ellis - 1:22:19; 525th Nigel Evans - 1:23:21; 533rd Joyce Field - 1:24:13; 602nd Dave Cox - 1:29:15; 615th Tony Griffith - 1:30:31; 623rd Mike Gerrish - 1:31:17; 634th Dennis Mellor - 1:32:11; 641st Sue Cook - 1:32:29; 642nd Julia Shaw - 1:32:29.

* Liz, Sue and Jo won the bronze medal in the Ladies team race.

The **“Over the Hills”** multi-terrain race at Bradford on Avon was won by Craig Davey from City of Bath [*I met Craig in the check-in line at Schipol airport when returning from the club trip to Amsterdam the previous month and told him about our race – Wrinty*]; Tanith Maxwell from Marshfield was the first lady to finish.

November 1989

In this month thirty-five years ago:

The club had a good turnout at the **Devizes 10K** with 15th placed Keith Elsey leading our twenty-one members home in a time of 34-minutes 53-seconds, followed by: 19th Gerry Fice - 35:23; 21st Tony Chappell - 35:27; 32nd Nick Rosier - 36:38; 36th Roger Carey - 37:19; 41st Neil Whitehead - 37:46; 66th Ron Whittle - 40:12; 86th Linda Brown - 41:14 (3rd Lady); 101st Vic Bull - 42:12; 139th Stan Farr - 44:55; 142nd Ann Bull - 45:17; 148th Mike Beirne - 45:58; 173rd Ann Whittle - 48:34; 176th Colin Williamson - 48:42; 182nd G. Rice - 49:48; 187th Bill Howsego - 50:16; 196th Denise Ellis - 52:29; 203rd Joyce Field - 53:39; 219th L. Boughton - 57:55; 221st M. Harrison - 59:26; 223rd J. Gillespie - 61:10.

Gerry Fice, Keith Elsey and Martin Connor formed the AVR team at the **Victoria Park Road Races** in Bath, finishing 55th, 58th and 66th respectively. Whilst for the Ladies, Linda Brown clocked 26:38 for 7th and Judy Farr clocked 28:28 for 13th place.

#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...



George & Colin Sawyer: Ready to represent AVR at the Dresden Half Marathon



Gemma Stone: I helped out at the beginners group and they put me in charge of the timer and the whistle!



Alan Best: Flying the flag at the at the Barcelona Ironman Triathlon.



Karol Kwiatkowski: Berlin Marathon - 3 hrs 25 mins - PB 🏆