



## Welcome to The Valley News

Our cover image this month comes from Kat Taylor-Laird who packed her AVT kit for her epic trek across Cambodia to raise funds for [Julia's House Children's Hospice](#)

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

### In this issue:

Stan Farr 5K

Where to Run...

SoTY 2025

All those years ago

#Social Gallery

**The Newsletter of Avon Valley Runners**

**Issue #273 – January 2025**



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

# Stan Farr 5K

Fifty-five club members and their guests took on the 64<sup>th</sup> edition of our Stan Farr 5K run on Boxing Day. Leading the field home in 18-minutes 36-seconds was Ben Mees ahead of Dan Coleman and third placed Jack Prout. For the Ladies Elissa O'Brien led home in 22:06 ahead of Amelie Higgins and Imogen Smart.



Healthy leads for Ben and Elissa with just a mile to go



16<sup>th</sup> placed Simon Williams



7-times race winner Alistair Bartlett



President Ellis in 53<sup>rd</sup> place



Thumbs up from Rebecca & Jenny Nattrass



2<sup>nd</sup> placed Dan Coleman



Nicola Applegate – still festive



5<sup>th</sup> placed Gary MacAlister



Founder member – Bob Ellis in 17<sup>th</sup>



Imogen Smart going well for 3<sup>rd</sup> place











Sweeper Hayley – still worse for wear!

**Darren Wrintmore (Wrinty)**

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

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

A selection of forthcoming events which may be of interest:

Date	Event	Distance	Details	
Sunday 12 <sup>th</sup> January	<a href="#">Pronto Bikes Winter TT</a>	10-miles	First cycle Time Trial of the year at Castle Combe.	
Sunday 26 <sup>th</sup> January	<a href="#">Slaughterford 9</a>	9-miles	A popular off-roader hosted by Chippenham Harriers.	
Sunday 26 <sup>th</sup> January	<a href="#">Longleat 10K</a>	10K	A lumpy course but always a great medal from 2:09 Events.	
Sunday 2 <sup>nd</sup> February	<a href="#">The Lungbuster</a>	9-miles	A challenging multi-terrain race organised by Royal Wootton Bassett Hounds.	
Sunday 9 <sup>th</sup> February	<a href="#">The Wiltshire 10</a>	10-miles	Stampede Sports race held out of Melksham.	
Sunday 16 <sup>th</sup> February	<a href="#">SMaRTT Smasher</a>	10K	A flat off-road 10K at Calne.	
Sunday 23 <sup>rd</sup> February	<a href="#">The Terminator</a>	12-miles	Its Back!!! A tough off-roader at Pewsey	
Sunday 23 <sup>rd</sup> February	<a href="#">Two Tunnels races</a>	5K / 10K / Half	A run at Bath through Europe's longest traffic free tunnels.	
Sunday 2 <sup>nd</sup> March	<a href="#">The Bowerhill Bomber</a>	5K & 10K	Redfish Events give you mud galore at Melksham	
Sunday 16 <sup>th</sup> March	<a href="#">Chilly Duathlon</a>	5K/21K/3K	Sprint distance at Castle Combe and 'draft legal' too.	
Sunday 23 <sup>rd</sup> March	<a href="#">Hullavington 20</a>	20-miles	Stampede Sports provide some ideal preparation for a spring Marathon.	



## Saturday 1<sup>st</sup> March

### Trowbridge Civic Hall

Join us for a night of fun, food and dancing, all whilst celebrating the amazing achievements of our members throughout 2024.

The evening decor will be Hollywood themed, and the dress code is simply '*dress to impress!*'

Register online [here](#).

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

# AVT Segment of the Year - 2025

It doesn't seem like it was that long ago that we were wrapping up the third edition of the Avon Valley Segment Challenge competition and yet here we are announcing the fourth. So, if you fancy a challenge on your bicycle, then please read on...

The challenge comprises of two parts, the first being the **Segment of the Month** (SotM) for which you are invited to take on two selected Strava segments in a given month and whoever records the fastest time (Male & Female) within the specified month will earn 25-points. The next fastest (Male & Female) get 24-points, the next fastest (Male & Female) get 23-points and so on down to the 25<sup>th</sup> fastest getting 1-point and in the unlikely event that we should get more than 25 members tackling a segment in a month then they will each get a point as well.





You can undertake the selected segments as many times as you like in a month (*actually up to the 25<sup>th</sup> of the month as I will need time to compile the results*) and it is your best time that will score.

The first two Segments of the Month will be offered up in April and the final two in September, giving you a total of twelve segments on which you can test your speed. with your best ten results of the twelve being your score for this part of the challenge, up to a maximum of 250-points.

The second part of the challenge is held over the same twelve segments as in the monthly part, but this time "bonus" points are awarded according to your best performance throughout the year. For this part there will also be 25 bonus-points going to the fastest (Male & Female) riders over a segment. The next fastest (Male & Female) gets 24 bonus-points, the next fastest (Male & Female) gets 23 bonus-points and so on down to the 25<sup>th</sup> fastest getting one bonus-point and should we have more than 25 then they will each get a bonus-point per segment as well. Your best ten bonus-point scores will carry through to be your final score after being added to your SotM points.

You can undertake a segment as many times as you like over the course of the year to earn bonus-points, well at least until the 25<sup>th</sup> of November (*not just when it is segment of the month*) and it will be your best time that will be taken, again up to a maximum of 250-points.

In order to participate you will need to register for a (free) account on Strava if you have not already done so, which will log your miles recorded from your Garmin or other compatible GPRS device. On Strava you need to join the **Avon Valley Triathletes** club which will be used for tracking results on the identified segments. Simply search for the words "Avon Valley" from the Strava Dashboard, being sure to change the default setting from "Athletes" to "Clubs" using the drop-down list:

Avon Valley		Sport Type		Club Type		Search	
Avon Valley	Location	All	▼	All	▼	Search	
	<b>Avon Valley Runners</b> England, United Kingdom	337 members	Running	Club	<a href="#">Join</a>		
	<b>Avon Valley Triathletes</b> Westbury, England, United Kingdom	112 members	Triathlon	Club	<a href="#">Join</a>		

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

So, what segments have been selected for this fourth year of competition:

We kick off the 2025 challenge in April with two of our most popular segments with [Climb Home Baby](#) aka [The Nestle Climb](#) at Staverton measuring in at 0.4-miles and climbing at 2.6% which attracted 50 members last year and saw Will Whitmore (56s -23.1mph) and Jenny Natrass (1:06 – 19.6mph) the quickest. The second is at [Caught by the Fuzz](#) at Semington which is just short of one-mile and is a quick segment but has a bit of a lump mid-way as you cross over the Kennet & Avon canal. 32 AVT members rode this segment in 2024 with Darren Wrintmore (2:04 – 25.5mph) and Esther Frawley (2:15 - 23.3mph) the quickest.

In May we have two quick segments, the first is the [Fairwood Road Descent](#) near Brokerswood which measures at just 0.4-miles and drops at 1%. 36 club members cycled this segment in 2024 with Martin Watters (1:04 – 26.2mph) and Fiona Gibbs (1:08 – 24.7mph) being our quickest. Our second segment takes us over to Westbury for the speedy sounding [Capps Lane II](#) which is slightly uphill over its 1.8-mile length and saw 32 club members ride it in 2024 with Darren Wrintmore (5:03 – 21.6mph) and Jo Mumford (6:04 – 18mph) the fastest.

In June we see the return of the [Gatehouse to Gatehouse](#) segment which over its 1.8-miles takes you from Holt to Broughton Gifford passing Great Chalfield Manor on the way. 21 Avon Valley Triathletes rode this way in the past year with Alan Best (6:10 – 17.4mph) and defending champion Caroline Scott (6:28 – 16.6mph) being the quickest over this technical segment. Not so technical is the [Atworth Clock Tower to Pulpit turning](#) segment which is a flat half mile and attracted 17 club members in 2024 with Darren Wrintmore (1:02 – 28mph) and Anne Clark (1:25 – 20.4mph) the fastest.

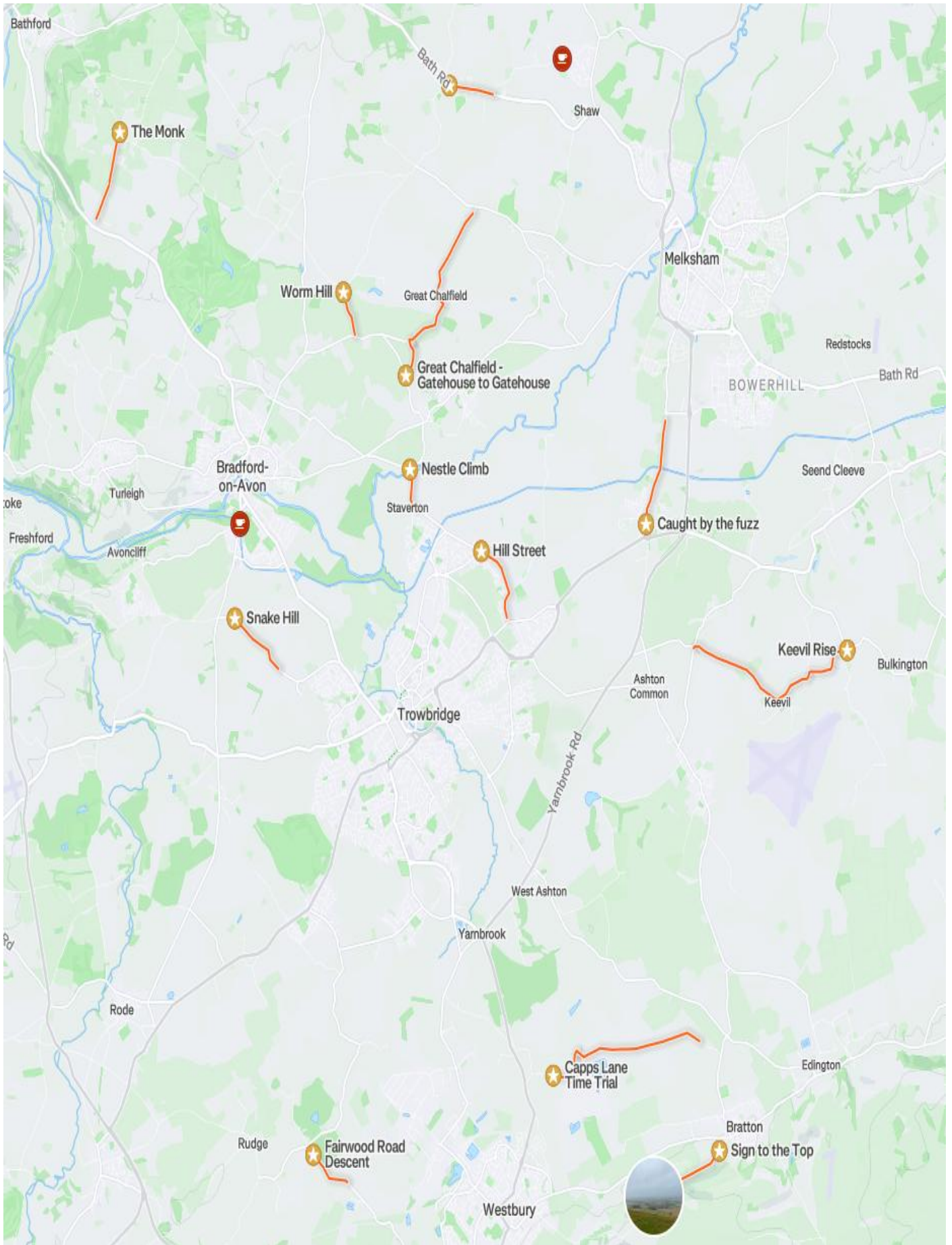
July gives us an interesting 'new' 0.6-mile segment for the challenge, [Snake Hill](#) starts near Westwood and heads into Trowbridge and saw only 16-members cycle it in the past year with Martin Disney (2:03 – 18.9mph) and Jenny Natrass (2:14 – 17.4mph) striking quickest. Another 'new' and interesting segment for July is [The Monk](#), which drops at nearly 2% for 0.8-miles from Monkton Farleigh towards Cumberwell outside of Bradford on Avon – listen out for the wolves at the endpoint. Only 3 club members tackled this segment in 2024 our fastest being Annalie Jane (2:15 – 20.3mph) and Stephen Clark (2:23 – 19.3mph).

August sees a good climb up to Westbury White Horse from Bratton called [Sign to the Top](#) and measures at 0.7-miles at a quad burning 10%. Defending Men's segment champion Tom Carpenter led home the 10 club members who took on this climb last year clocking 5-minutes 39-seconds and Vanessa Lucas led for the Ladies in 6-minutes 23-seconds. When your legs have recovered our second segment is also a climb (though not as brutal) with the [Keevil Rise](#) which is a 2-mile segment starting just outside of Great Hinton and finishing near to Bulkington at an average 1% gradient. Jo Mumford (6:15 – 19.2mph) and John Naish (6:25 – 18.7mph) lead the way for the 46-members who tackled this segment in the past year.

Our final segments coming in September are two returning favourites with [Worm Hill](#) at Bradford Leigh which despite its diminutive sounding name is quite a leg sapping climb albeit just 0.38-miles in length at a 3.4% gradient. Tom Carpenter and Will Whitmore could not be separated on their 1:04 timings (21.4mph) last year and Caroline Scott also claimed max points when featured in the Segment of the Year competition. The other featured in 2020 and is the 0.7-mile climb up [Hill Street](#) in Trowbridge where Alan Best (2:06 – 19.7mph) and Jenny Natrass (2:12 – 18.8mph) were the quickest of the 41 members taking on the average 0.8% gradient.

More details on each segment will be published nearer the time in the Valley News but they can be ridden at any time up until 25<sup>th</sup> November to get those bonus-points.

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



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

## All those years ago

Avon Valley Runners has now been around as a club for over 39-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...

### January 2020

In this month five years ago:

A collection of AVR runners headed down to Yeovil for the **South West XC championships**, over the short but 'lumpy' course at Aldon Hill. For the Men Ed Knudsen led home in 4<sup>th</sup> place overall with the Ladies bagging the team bronze medal and Diane Hier also finishing as 1<sup>st</sup> FV55.



### January 2015

In this month ten years ago:

Darren Wrintmore assumed the role of Team Manager for the Wiltshire team at the **South West Inter-Counties XC Championships** and selected a few Avon Valley Runners for the county team travelling to Bicton College in Devon. In 20<sup>th</sup> place overall Mike Towler led home the AVR contingent followed by 48<sup>th</sup> Rich Ayling, 69<sup>th</sup> Pete Slade and 76<sup>th</sup> Dominic Beddis, also in the field which also hosted the **South West Inter-Club XC championships** were 87<sup>th</sup> Robin-Mark Schols, 108<sup>th</sup> Warren Wade and 111<sup>th</sup> Chris Brown. In the Ladies race 26<sup>th</sup> placed Jackie Rockcliffe along with 41<sup>st</sup> Jen Ford, 44<sup>th</sup> Fiona Price, 52<sup>nd</sup> Diane Hier and 53<sup>rd</sup> Kiersty Barnett claimed the silver club team medal for AVR.

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

## January 2005

In this month twenty years ago:

AVR club members were in the prizes at the **Hangover 10K** at Kewstoke near Weston super-mare with 49<sup>th</sup> placed Danny Kay taking the 1st MV60 in 44:36, 53<sup>rd</sup> placed Rosemary Barber took 1st FV50 in 45:01 and 54<sup>th</sup> placed Sue Macgregor the 1st FV45 in 45:20. 38<sup>th</sup> placed Mike Pace was our first man back recording 41:43 and in 65<sup>th</sup> place Stuart MacGregor brought up the rear in 46:47.

Alistair Bartlett finished in 15<sup>th</sup> place at the **Milborne 10-miler** in Dorset recording 1-hour 1-minute 1-second. This was then followed up later in the month with a victory at the **Tesco 10K** in Trowbridge.

Meanwhile AVR had a good attendance at the Gloucester New Year 10-miler with 51<sup>st</sup> place Tony Inglis leading us home in 68:06, followed by: 56<sup>th</sup> Paul Mumford - 1:08:53; 97<sup>th</sup> Danny Kay - 1:13:41; 98<sup>th</sup> Sue Macgregor - 1:13:55; 109<sup>th</sup> Jo Mumford - 1:14:41; 123<sup>rd</sup> Anthony Hickson - 1:16:35 and 127<sup>th</sup> Tina Vivian - 1:17:35.

A good off-road showing for AVR at the **Rough 'n' Tumble** multi-terrain race at Milton Lilborne: 48<sup>th</sup> Doug Barber, 68<sup>th</sup> Mike Maidment, 98<sup>th</sup> Neil Whitehead, 183 Tina Vivian, 196<sup>th</sup> Anthony Hickson, 205<sup>th</sup> Rosemary Barber, 219<sup>th</sup> Barbara White, 266<sup>th</sup> Tanya Maidment, 272<sup>nd</sup> Lisa Berrington, 332<sup>nd</sup> Denise Ellis, 360<sup>th</sup> Tony Bartlett. Whilst at the **Slaughterford 9** we had: 16<sup>th</sup> Daryl Spicer, 49<sup>th</sup> Doug Barber, 73<sup>rd</sup> Mike Maidment, 74<sup>th</sup> Bob Ellis, 79<sup>th</sup> Mike Pace, 84<sup>th</sup> Simon Ringham, 95<sup>th</sup> Stuart Macgregor, 161<sup>st</sup> Liz Ringham, 201<sup>st</sup> Barbara White, 207<sup>th</sup> Gary Thwaites, 212<sup>th</sup> Tanya Maidment, 230<sup>th</sup> Alan Meadow, 323<sup>rd</sup> Tony Bartlett.

*The Valley News reported that we had 139 club members of whom 35 had run a 10K, 10-miler and Half Marathon to qualify for the club championships. It was Kevin Sparey and Sonya Stephens who were declared as club champions boasting combined times of 2:51:48 and 3:44:26.*

## January 1990

In this month thirty-five years ago:

C Stiles, Vic Bull, Stan Farr, Ann Bull and Bill Howsego kicked off the New Year with the **Kewstoke Road Race** at Weston Super-mare. A week later and T Chappell, Bob Ellis, C Stiles, Vic Bull, Stan Farr, Judy Farr, Ann Bull, Bill Howsego, Denise Ellis and Joyce Field took on the **Clevedon Pier 10K**. Judy Farr claimed the second Lady prize at the **Yate 10K**. At the end of the month three members took on the **Fareham 10** in Hampshire with 231<sup>st</sup> Bob Ellis - 1:02:32; 250<sup>th</sup> Tom Roberts - 1:03:13 and 391<sup>st</sup> P Reed - 1:06:50.

Off-road and the main fixture was the **Avalon XC League** race at Burnham on Sea: 80<sup>th</sup> Gerry Fice; 89<sup>th</sup> Bob Ellis in the seniors and 17<sup>th</sup> R Cleverley; 22<sup>nd</sup> Alex Keay; 33<sup>rd</sup> Tom Brooke-Taylor in the Intermediates and 15<sup>th</sup> Darren Earney; 16<sup>th</sup> D Gillett; 17<sup>th</sup> J Sheppard in the Junior race.

A little further afield and Phil Mitchell, Stan Farr and Hazel Connor travelled to Tunisia to take part in the 5K and 10K races.

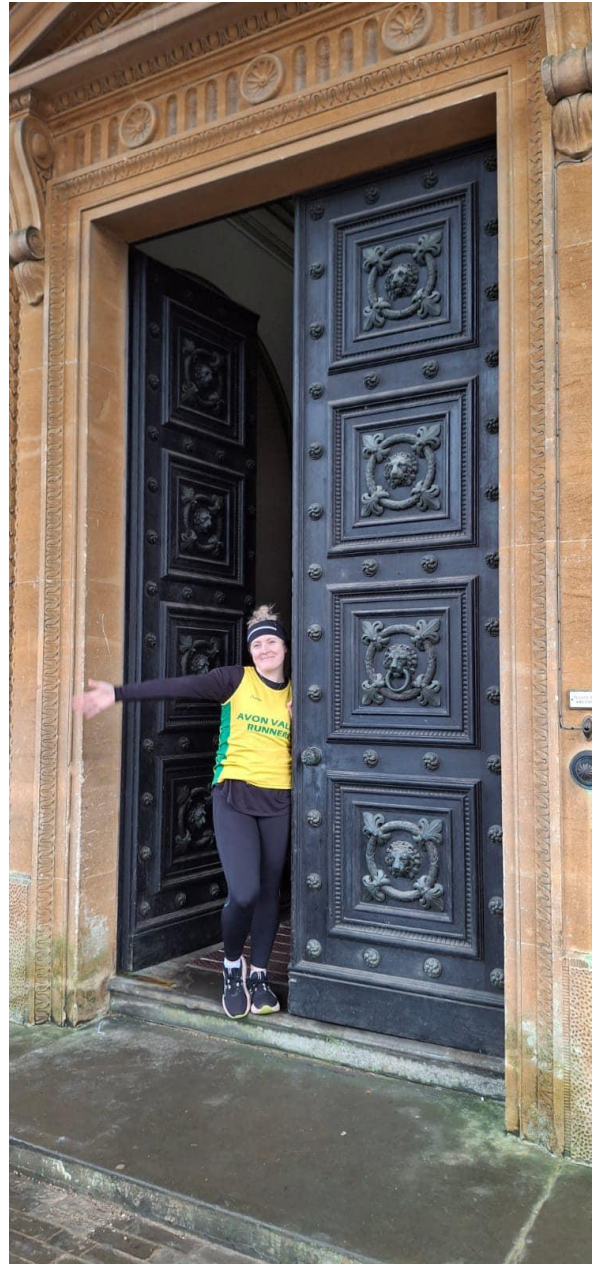
*The Valley News reported that 19 club members had been accepted for the London Marathon and that some races were now introducing a £1.00 surcharge for on-the-day entries.*

## #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...



A big congratulations to **Sarah Waugh** who has won the AVR ballot place for London Marathon 2025!



**Kayleigh Louise** - What a race to end the year on. Photo outside Westonbirt House with AVR vest for point 35 of GG. Surprised myself with shaving 5 minutes off my time and getting a decent PB to finish the year