



Welcome to The Valley News

"Thank you to everyone who donated unwanted sports equipment - We delivered 6 black bags to Cotswold Outdoors in Bath - from there the donated kit will be picked up by Phoenix Resource Centre and sorted.

Nothing is wasted. We have saved 33 Kilos of trainers and clothing going into landfill, and provided sports kit to be shipped to 3rd world countries where it will be reused. I was blown away by your generosity." – **San Dra**

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

In this issue:

London Calling
Sports Club of the Year
My Ultra Challenge
E-A-S-T-E-R
All those years ago
The Max Mile
Multi-sport Musings
#Social Gallery

The Newsletter of Avon Valley Runners
Issue #277 – May 2025



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

London Calling

The London Marathon has been a staple of the running calendar since its inception in 1981. Representatives from the Avon Valley Runners have attended for many years, and this year's group are coming to the end of their training and looking forward to the big day on Sunday 27th April.

Diane Hier, who currently holds the club's FV60 marathon record of 3:35:27 which she set in 2023 at London, will be running her 21st London this year. Tina Vivian ran at London for the first time in 2004 at the age of 48 and will complete her 11th London this year at the age of 70.

Izzy McNally qualified for her place by running a 'good for age' time at the Edinburgh Marathon, "I am very excited to run at London with my fellow Avon Valley Runners and hoping it will be less rainy than Scotland was!". Gill Perry won her place in a competition organised by The Body Coach, Joe Wicks who personally phoned Gill to give her the good news, "I couldn't believe it when I picked up the phone. I thought it was a joke at first but I'm so happy to be running!" Joe shared his phone call on his Instagram page, so you can watch the moment that Gill receives her news, [here](#).

Gemma Roseworn is raising money for the charity, Shelter whilst Sarah Waugh is the proud winner of the club's ballot for a place in the event. "I'm so excited!" says Sarah, "I'm so grateful to have won the club ballot. My coach, Fiona Price, has been coaching me through every step of the way, helping with my training plan, giving advice, encouragement and moral support. Everyone has been very kind and it really means so much".



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

Sports Club of the Year

We are pleased to say that at the 'Celebrating Community' event on the 15th April hosted by Trowbridge Town council, Avon Valley Runners were awarded 'Sports Club of the Year'. Joint Chairs, Vicky Bodman and Tim Burrell were delighted to accept the trophy on the club's behalf.

Beating some stiff competition from the Trowbridge Rugby Club and the Trowbridge Football Club, both our competitive achievements and community involvement were applauded.



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

My Ultra Challenge

It was a crisp, chilly morning on the 29th of March when we arrived at Bath Racecourse, our rucksacks packed, walking poles in hand, and a buzz of anticipation in the air. There was no mistaking the day ahead—this was the day of the Bath 50k Ultra Challenge!

After months of training, planning, and talking about it endlessly, the moment had finally arrived. The day was here.

This year marks a special milestone for both me and Terri, we're celebrating our 50th birthdays, so it seemed only fitting to commemorate the occasion in a unique and meaningful way. What better challenge than walking 50 kilometers in my 50th year? It would be my first ultra, and I couldn't have been more excited I could not stop smiling.

Terri has taken part in several ultra events before, so I knew I was in safe, hands.

As we stood at the starting line, taking in the cool morning air and the sound of other eager participants preparing for the journey ahead.



Before we had much time to overthink it, we were off! The first few miles flew by as we chatted, laughed, and found our rhythm. The route offered absolutely stunning views of Bath, passing stunning historical sites, along with rolling green hills, and wide-open countryside stretching as far as the eye could see. The terrain was gentle in places and challenging in others, but always beautiful. The undulating hills certainly tested us, but my trusty walking poles gave me a much-needed boost and helped me power through each incline and painful decline with determination.

Around mile seven, we met another walker on the route. We struck up a conversation, shared a few laughs, and before we knew it, our duo became a trio. There was something lovely about the bond that quickly formed. We didn't know each other before that moment, but from then on, we stuck together, supporting each other through every mile, every ache, and every high and low the day had in store.

As the hours passed, we walked, talked, and soaked in every moment. There were blisters, sore muscles, sore joints and moments of fatigue, but there was also a deep sense of pride, camaraderie, and accomplishment growing with every step. We shared snacks, stories, and silent stretches where we simply enjoyed the stillness of the countryside around us.

After 11 hours and 45 minutes we crossed the finish line. We had walked 32 miles and conquered the Bath Ultra. The feeling of joy and achievement was indescribable. We hugged, laughed, and took in the moment, proud of what we had done together.



What an amazing day it was, unforgettable in every way.

Will I do another one? That's an easy answer: absolutely, yes!!!

Here's to new challenges, milestone birthdays, and discovering just how far we can go when we believe in ourselves and support each other. So, ask yourself what is your next challenge?

Tracey Webb

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

E-A-S-T-E-R

The AVR Goal Getter Challenge for April was to spell out the word "Easter" using the first letter on street signs whilst out on a run...



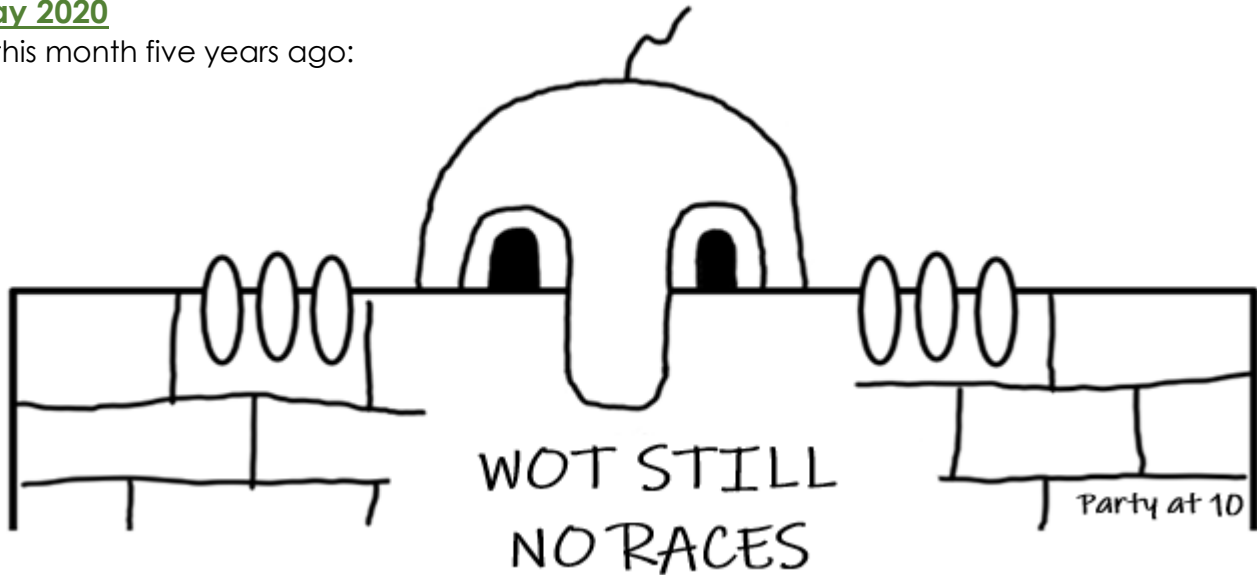
Please send any news, articles or achievements to news@avonvalleyrunners.org.uk.

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...

May 2020

In this month five years ago:



May 2015

In this month ten years ago:

Michael Towler (32:46) and Ruth Barnes (36:03) both set new senior club records at the **Bristol 10K**, whilst Jackie Rockcliffe (38:59) set a new club FV40 record.

Ali Atkinson was 3rd FV50 at the **Hogweed Trot**, clocking 51:23 for the 10K.

Ruth Barnes was 1st Lady at the **Bideford 10K**, finishing 10th overall in 36:14.

Rosemary Barber was 1st FV65 at the **Yeovilton 5K**, recording 25:04.

Fiona Price bagged a FV45 Bronze Medal and a new PB time of 39:16 over 10K at the **European Masters Championships** held at Grosseto, Italy.

Thomas Coney finished 6th overall at the **Ox Ultra Marathon** held on the Rushmore Estate in Wiltshire.



Jackie Rockcliffe (19:25) was first Lady, whilst Mike Towler (16:08) and Richard Ayling (16:24) made it onto the podium in second & third places respectively at the **Trowbridge "Super-Hero" 5K**. Also in the prizes were 1st Junior – Max Davis; 1st MV40 – Warren Wade; 1st MV50 – Robin-Mark Schols; 1st FV50 – Diane Hier; 1st FV60 – Rosemary Barber.

Other Avon Valley Runners took a much more relaxed approach to the race.

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

May 2005

In this month twenty years ago:

Danny Kay ran 3:43:09 at the **Halstead Marathon** in Essex and then a week later was 1st MV60 at the **Isle of Wight Marathon** with 3:33:45

A good month for our Ladies, with Jo Mumford finishing as 3rd Lady, Tina Giles (1st FV40) and Sonya Stephens taking the team prize at the inaugural **Shaw & Whitley Stampede**. Then the Ladies team of Sue Macgregor, Kathy Kinsey, Linda Brown and Lisa Berrington took the honours at the hilly, **Bratton Happy Valley 11K**, followed by the Ladies team of Bridget Casey, Julia Scott and Tina Vivian were first over the line at the **Calne Road Relay**.

Running laps around the moat, Darren Wintmore clocked 38:19 at the **Tower of London 10K**.

Rosemary Barber was 1st FV55 at the **Yeovilton 5K**, recording 20:23 and also finished as second lady overall at the **Hilmarton 5** with 35:18.

May 1990

In this month thirty-five years ago:

Martin Connor clocked 2:56:45 for 18th place at the **Isle of Wight Marathon**.

Mike Hehir covered an incredible 92-miles at the **Warminster 24-hour race**.

Debbie Clarke won a gold medal in the 1500m at the **Wiltshire Schools Track & Field championships**, whilst Alex Keay took a silver and bronze medal in the 400m and 800m events.

Twenty club members lined up for the "original" **Chippenham Half Marathon** and were led home by 24th placed Phil Mitchell in 1:21:56.



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

The Max Mile

Six Avon Valley Runners headed to Castle Combe circuit for the Easter edition of the Max Mile and some stayed on for the 3K too...



Andrew Evans – 5:35



Tim Burrell – 5:47 – 1st MV60
New Club Record



Leah Sartain – 6:03 – 1st FV40



Zoe Yeomans – 7:06



Sarah Emery – 8:06



Rosemary Barber – 8:17

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

Multi-Sport Musings

AVT Brick session - 12th April at Odd Down cycle track, Bath.

In the world of multisport, a brick session is a training set which involves practising two disciplines back-to-back, usually bike/run. Moving from one sport to another in a race often means your body is adapting to physiological changes in muscle usage with resulting feelings of dizziness or jelly legs all whilst trying to change into different kit and refuel etc.



Multisport races can often be lost or won in transition between the disciplines and therefore training for transition to minimise any drops in performance, or at least prepare yourself for how you will feel, can make a big difference to your overall race time. In April AVT offered an hour's coached brick session to practise the transition from bike to run.

We are hoping to offer more sessions during the year, they will be suitable for all members and all abilities so don't be afraid to have a go. Keep an eye out for details on [Facebook](#).

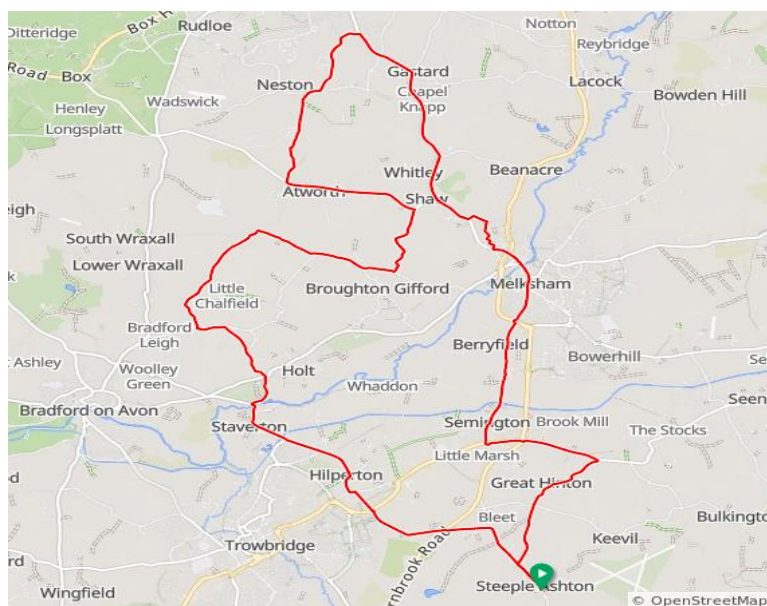


Please send any news, articles or achievements to news@avonvalleyrunners.org.uk.

Segment Saturday #1 - 5th April

This month kicked off the first of five monthly buddy social rides, with the route taking in the two Strava Segments for April. Jen Burke and Adrian Holland met me (Maria) outside the Long Arms at Steeple Ashton and we had an enjoyable 25-mile ride on a warm spring Saturday and tested our legs on the two official segments ([Nestle Climb](#) and [Caught by the Fuzz](#)) plus a couple of the bonus segments.

The next social ride (Segment Saturday #2) will take place on May 3rd meeting outside Noah's Pantry at Widbrook Marina - this ride is socially paced and all are welcome - you don't have to be participating in the Segment of the Month competition to join in but if you are interested full details of the Segment of the month competition, segments and routes can be found in the January editions of the [Valley News](#).



What is coming up next in our AVT multi-sport calendar?

We have a mix of AVT led sessions but also our AVT focus events once a month. All sessions are designed to be accessible to all and with a club member championing the session or event, and many of our members participating it's a good way to have a go surrounded by club members who can advise and cheer you on!

3rd May	Segment Saturday #2 Social ride	Meet for 9am outside Noah's Pantry at Widbrook Marina. https://ridewithgps.com/routes/49490977	Maria Harryman
10th May	AVT Open Water buddy Swim	Lake 32 https://fb.me/e/5noA2hTKU	Caroline Scott
June date TBC	Vobster Aquathlon series #1	Vobster	Maria Harryman Annalie Ibison

Maria Harryman

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

Segment of the Month

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, no doubt helped by the good weather.

The [Nestle Climb](#) segment at Staverton saw 29 members tackle its 0.38-mile length climbing at a deceptively testing 1.6% average gradient. Tom Carpenter put down a very impressive 53-seconds (24.4mph) to claim the maximum 25-points and Annalie Ibison also took max points with her 1:05 (19.9mph).

Rank	Name	Date	Speed	HR	Time
	Tom Carpenter	20 Apr 2025	24.4 mi/h	146 bpm	53s
2	Alan Best	23 Apr 2025	21.2 mi/h	158 bpm	1:01
3	Martin Disney	11 Apr 2025	20.9 mi/h	-	1:02
4	Annalie Jane	20 Apr 2025	19.9 mi/h	-	1:05
5	Caroline Scott (AVT)	22 Apr 2025	18.8 mi/h	156 bpm	1:09
7	Jenny Natrass	20 Apr 2025	17.5 mi/h	106 bpm	1:14

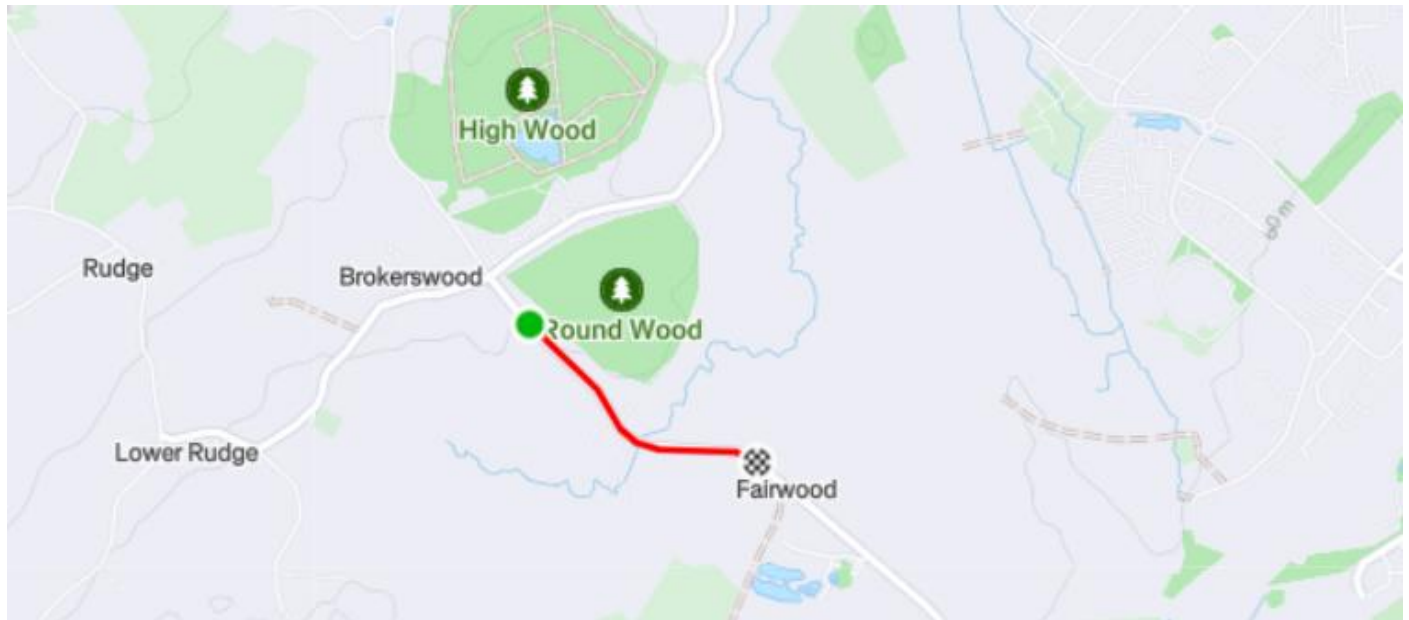
Our second segment was [Caught by the Fuzz](#) and is a quick 0.87-mile ride starting in Semington High Street with a mid-way lump as you cross the Kennet & Avon Canal before finishing outside the Police Station in Melksham. Twenty-one members took on this speedy stretch and again it was Tom Carpenter who proved speediest cracking out a 27.6mph average speed (1:54) and for the Ladies it was defending champion Caroline Scott who sped through in 2-minutes 3-seconds (25.6mph).

Rank	Name	Date	Speed	HR	Time
	Tom Carpenter	13 Apr 2025	27.6 mi/h	151 bpm	1:54
2	Alan Best	22 Apr 2025	27.4 mi/h	167 bpm	1:55
3	Caroline Scott (AVT)	22 Apr 2025	25.6 mi/h	156 bpm	2:03
4	Darren Wintmore	13 Apr 2025	25.4 mi/h	-	2:04
7	Jenny Natrass	4 Apr 2025	22.5 mi/h	154 bpm	2:20
10	Maria Harryman	5 Apr 2025	21.1 mi/h	-	2:29

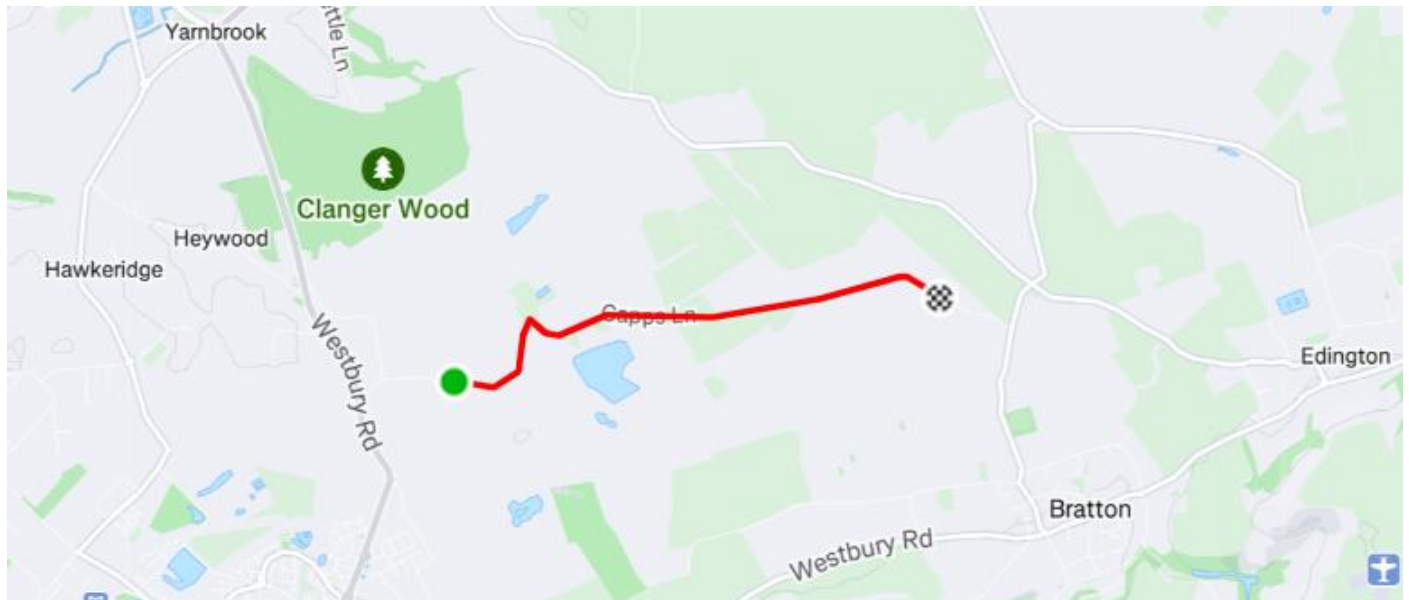
Please send any news, articles or achievements to news@avonvalleyrunners.org.uk.

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

For 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%. Nineteen club members have cycled the segment so far this year, so will be guaranteed some bonus points with Simon Williams (1:09 – 24.3mph) and Sarah Jewers (1:23 – 20.2mph) being the quickest.



Our second May segment takes us over to Westbury for the speedy sounding [Capps Lane TT](#) which is slightly uphill over its 1.8-mile length. Only twelve club members have cycled the segment so far this year, so will be guaranteed some bonus points with Maria Harryman (5:39 – 19.3mph) and Alan Best (6:12 – 17.6mph) being the quickest.



For a fuller explanation of the Avon Valley Segment of the Year competition please check out the [January 2025 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.

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

So here is the Top-10 Leaderboard after round one...

Rank	Athlete	Total Points	SotM Ridden	SotM Points	Bonus Segments	Bonus Points	Movement
1	Tom Carpenter	100	2	50	2	50	▣
2	Alan Best	96	2	48	2	48	▣
3	Darren Wrintmore	87	2	44	2	43	▣
4=	Andrew Jefferies	83	2	42	2	41	▣
4=	Charlie Pickman	83	2	42	2	41	▣
6	Adrian Holland	77	2	39	2	38	▣
7	Cliff Dye	73	2	37	2	36	▣
8	Paul Banfield	71	2	37	2	34	▣
9	Ian White	58	2	27	2	31	▣
10	Stephen Clark	56	2	29	2	27	▣
Rank	Athlete	Total Points	SotM Ridden	SotM Points	Bonus Segments	Bonus Points	Movement
1	Caroline Scott (AVT)	98	2	49	2	49	▣
2	Jenny Nattrass	94	2	47	2	47	▣
3	Annalie Jane	90	2	45	2	45	▣
4	Maria Harryman	89	2	45	2	44	▣
5	Jo Mumford	83	2	42	2	41	▣
6	Emily Dye	83	2	41	2	42	▣
7	Jennifer Burke	73	2	37	2	36	▣
8	Rosemary Barber	69	2	35	2	34	▣
9	Anne Clark	62	2	32	2	30	▣
10	Vanessa Lucas	54	1	19	2	35	▣

Track Sessions

All sessions take place on the running track at TRFC and are open to all abilities

**Tuesday
7pm**

**Wednesday
12:30pm**

**Wednesday
6pm**

Avon Valley Runners Youth
Age 11+

**Wednesday
7pm**

**Thursday
7pm**

Join us for fun and inclusive weekly interval sessions, open to all club members regardless of experience or ability. Each session includes a structured warm-up, dynamic drills, and a varied speed workout designed to help you build strength, improve form, and increase pace.

Sessions are always adapted to suit individual needs, especially for those recovering from a recent race or tapering for an upcoming one. We often incorporate relevant seasonal races into the training plan along the way.

All Track Sessions are included in your annual membership fee of £29

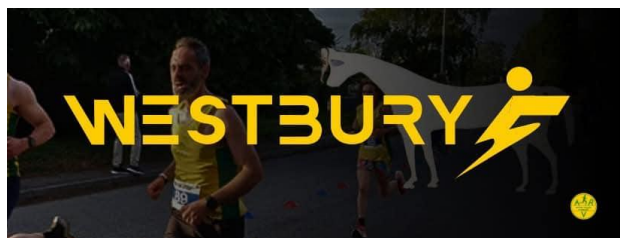
Please send any news, articles or achievements to news@avonvalleyrunners.org.uk.

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

A selection of forthcoming events which may be of interest:

Date	Event	Distance	Details	
Sunday 4 th May	Oldbury White Horse Sprint Triathlon (AVT Focus Event)	250m/20K/5K	Triathlon, Duathlon, Aqualon and Aquabike at Calne with LPS Events. AVT Champion – Andrew Jefferies	
Saturday 10 th May	Semington Slog	10K	Off-road fun brought to you by St Georges School.	
Wednesday 14 th May	Pronto-Bikes TT	10-miles	DB Max hosted TT race at Castle Combe circuit	
Sunday 18 th May	51Fiver Triathlon Relay (AVT Focus Event)	51.5K	AVT focus event at Lake32: 1500m lake swim, 40k bike, 10k run AVT Champion – Caroline Scott	
Saturday 14 th June	Broad Town 5	5-miles	Race #4 of the 2025 WRRL hosted by Royal Wootton Bassett Hounds.	
Saturday 14 th June	Cotswold Big Swim	various	Watery fun at Lake32 with DB Max	
Sunday 15 th June	Dilton Dash	3K & 10K	Redfish Events invite you to a picturesque village run.	
Thursday 26 th June	The Great Chalfield 10K	10K	Stampede Sports deliver their final ever race, at Broughton Gifford.	

Organised by **Avon Valley Runners**.



Sign up at RaceNation [here](#)

We are pleased to bring you the 2025 edition of our popular series of 5K events!

Join us for a flat and fast road course and an event that promises to be good fun for all abilities.

Tuesday: 13th May / 10th June / 8th July / 12th August

West Wilts Trading Estate, Westbury BA13 4JT

All races are chip timed by **DB Max Sports Timing & Events** with instant online results available.

#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...



Club cycling guru **Sean Price** demonstrates a new pedalling technique...I think 😊



Martin Russam @Benidorm, nipping out for a crafty run whilst on a stag do!



Vicky Bodman: Beat my 10k for Goal Getters!



Peter Campbell leads **Robert Macklin-Day** at the Bratton Hilly 11K

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