



Welcome to The Valley News

Avon Valley Runners put in a strong showing as defending champions for the second race of the 2025 Wiltshire Road Race League. Our fifty-nine runners were led home by Dan Jewell in 37:04 and Clare Wood in 48:08 and picked up plenty of points to help us on our way to retaining the WRRL title.

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

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**The Newsletter of
Avon Valley Runners**

Issue #278 – June 2025



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

Westbury 5K

The first race in our 2025 race series proved to be a sellout with 200 runners signing up for the flat and fast 5K around the West Wiltshire Trading estate at Westbury.

Leading the field home in a very impressive time of 15-minutes 25-seconds was Tobi Loughlin of Team Bath and for the Ladies it was an equally impressive 16-minutes 54-seconds by Erin Willmers from City of Salisbury A&RC.

Good times were recorded and had throughout the field, which included fifty-three Avon Valley Runners, with Ben Mees 10th overall and 2nd MV40, Stewart Avery & Jay Hopkins top-10 MV40, Alan Button, Darren Messen, Douglas Watkinson & Kenneth Pyper top-10 MV50, Tim Burrell 2nd MV60 & Andrew Trigg & Simon Woodhead top-10 MV60 & Peter Campbell 4th MV70.

Females we had Katie Stone 3rd Senior & Sarah Hillman top-10 Senior, Samantha Grant & Louise Belbin top-10 FV40, Annalie Jane 4th FV50 & Debbie Parnell top-10 FV50, Hayley Southgate 5th FV60 & Rosemary Barber 1st FV70. Well done to all our runners. **Martin Russam**



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WORL – End of Term Report

A tough season with some challenging events in the Wiltshire Off-Road Race League (WORL). Congratulation to Gary Day coming in 4th place overall with an incredible (*but I believe it!*) 568 points of a maximum possible 600-points and Fiona Gibbs coming in 8th and 5th FV50 with 430 points. Other mentions include John Naish who finished 7th overall, Andrew Trigg - 2nd MV60 and Pauline Bradley - 3rd FV60.

Congratulations to all others who took part, we had sixteen men and seventeen ladies on the start lines. At the club level AVR "A" in Division 1 came in fourth with 104 points, with the League winners being Chippenham Harriers with 118 points. AVR "B" in Division 2 came in 12th with 26 points, whilst the winners were Pewsey Running Club with 112 points.



Within our club, Fiona Gibbs came in as 1st AVR lady and 1st AVR FV50 having completed seven WORL races. Whilst Gary Day came in as 1st AVR man and 1st AVR MV40 having also completed seven WORL races.

Also bringing in lots of points were:

- John Naish came in 2nd AVR man and 1st AVR MSEN, came in 7th overall and 5th MSEN having completed six WORL races and achieved 497 points.
- Andy Trigg came in 3rd AVR man and 1st AVR MV60, came in 16th overall and 2nd MV60 having completed five WORL races and achieved 367 points.
- Dan Coleman came in 4th AVR man and 2nd AVR MSEN, came in 37th overall and 14th MSEN having completed three WORL races and achieved 250 points.
- David Bagshaw came in 5th AVR man and 1st AVR MV50, came in 43rd overall and 13th MV50 having completed four WORL races and achieved 233 points.
- Isabella McNally came in 2nd AVR lady and 1st AVR FSEN, came in 26th overall and 5th FSEN having completed three WORL races and achieved 261 points.
- Pauline Bradly came in 3rd AVR lady and 1st AVR FV60, came in 27th overall and 3rd FV60 having complete four WORL races and achieved 255 points.
- Samantha Grant came in 4th AVR lady and 1st AVR FV40, came in 35th overall (*this is a corrected position*) and 5th FV40 having completed three WORL races and achieved 208 points.
- Stacey Harris came in 5th AVR lady and 2nd AVR FSEN, came in 87th overall and 27th FSEN having completed one WORL race and achieved 92 points.

Andrew Sharratt

Division 1		WORRL 2024/25			
Team	Points	Score	Female	Male	
1 Chippenham Harriers A	118	6334	2963	3371	
2 Corsham Running Club A	109	5137	2675	2462	
3 Royal Wootton Bassett Hounds RC A	109	5043	2405	2638	
4 Avon Valley Runners A	104	4375	1870	2505	
5 City Of Salisbury AC & RC A	104	3934	1906	2028	
6 Chippenham Harriers B	98	3714	1351	2363	
7 Calne Running Club A	94	3408	2029	1379	
8 Stonehenge Striders Running Club A	87	2733	939	1794	
9 St Mary's Sports Centre Running & Triat	80	1855	659	1196	
10 Devizes Running Club A	74	1486	262	1224	
11 Royal Wootton Bassett Hounds RC B	70	1866	668	1198	
12 City Of Salisbury AC & RC B	12	313	143	170	

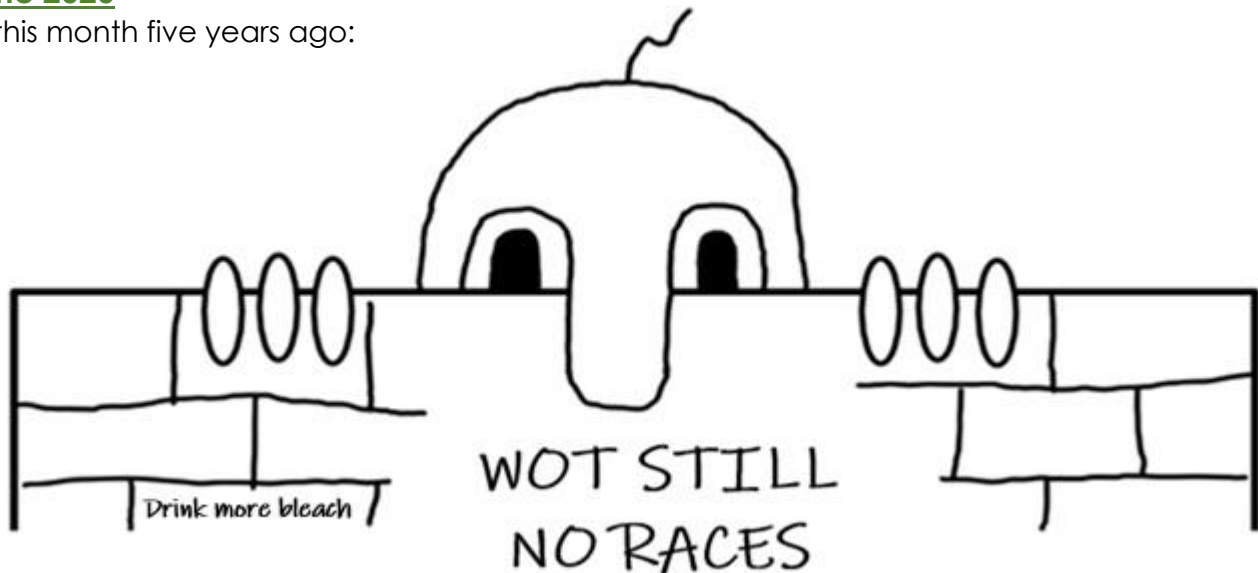
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All those years ago

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...

June 2020

In this month five years ago:



June 2015

In this month ten years ago:

Tom Frost recorded 18:43 to finish 3rd overall and 1st MV40 at the **Chippenham River Run 5K**.

Richard Hudson finished in 16th place overall at the **Round the Island Challenge** on the Isle of Wight, taking 13 hours 25 mins 5 seconds over the two-day event.

Laura Saxty was first lady at the **Cheddar Gorge Challenge** race over a tough 5K course.

AVR were in the prizes at the **Great Chalfield 10K** taking place at Broughton Gifford, with Ruth Barnes finishing as 1st Lady in 37:36; Dominic Beddis was 3rd man in 37:30; Tom Frost was 1st MV40 in 39:06; Robin-Mark Schols was 1st MV50 in 40:12; Kate Hails was 3rd Lady in 44:38; Anna Cottle was 1st FV40 in 46:06; Sarah Sims was 1st FV50 in 49:14.

Rich Ayling took the runners-up spot on the podium at the opening race in the Wiltshire Road Race League at the **Broadtown 5**; joining him on the podium was Robin-Mark Schols as 1st MV50 and Phil Harding as 1st MV60.

Rich Ayling took victory at the **Heddington 5K** recording 16:25; Pete Slade ran 17:21 for 3rd place Jacqueline Rockliffe ran 19:11 to win the Ladies race, whilst Robin-Mark Schols ran 18:19 to win the 1st MV50 prize.

AVR took the team honours in the second race of the Wiltshire Road Race League at the **Chippenham 5** with Mike Towler, Robin-Mark Schols, Peter Veleski and Mark Harrison taking the Men's team prize and Ruth Barnes, Fiona Price, Jacqueline Rockliffe and Anita Mellodew taking the Ladies team prize.

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June 2005

In this month twenty years ago:

It was an AVR 1-2-3 at the **Roundway Chase** trail run at Heddington with Tina Vivian, Lisa Berrington and Bridget Casey all on the podium.

Alistair Bartlett ducked under the hour with 59:46 to finish third at the **Salisbury 10**, Tina Giles with her 76:55 performance finished as 3rd Lady. Meanwhile, Susie Phillips finished as 2nd Lady at the **Chalke Valley 10K**, near Salisbury

Sixth placed, Stuart Macgregor led us home at the **Keevil 10K** and picked up the 2nd MV50 prize with his 40:48 clocking. In 23rd place Rosemary Barber recorded 45:32 for 3rd Lady; 28th Tina Giles was 1st FV40 with 46:43 and 35th placed Julia Scott was 3rd FV40 with 49:20.

Kevin Sparey was 2nd MV50 at the Poole 10K, recording 36:35 and a couple of weeks later finished second overall at the **Neroche 10K** in Somerset, recording 37:43. To finish the month, Kevin led home the 25 Avon Valley Runners at the **Warminster Forest 10** with an 8th place finish and 1st MV50.



AVR at the Warminster Forest 10

June 1990

In this month thirty-five years ago:

20th placed Martin Connor was our first runner home at the **Bristol Half Marathon**, recording 1:20:40

Terry Chappell clocked 28:15 at the **Broadtown 5** to finish 15th overall and 3rd MV40; In 66th place, Linda Brown clocked 32:24 for 1st FV35 whilst Judy Farr finished as 1st FV40 with 36:00 for 119th place.

Terry Chappell finished third overall at the **Great Hinton Agony Run** with 15:05; In 19th place overall, Judy Farr finished as 1st Lady recording 18:55.

Neil Fyfe and Neil Whitehead finished as 2nd & 3rd placed Vet's at the **Warminster 10K** when finishing 7th & 10th overall with 37:03 and 37:59.

Gerry Fice and Rosemary Barber made it an AVR double victory at the **Southwick Fun Run** 4.5-miles.

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Avon Valley Marathon Runners

So how did our runners fare at this year's **London Marathon**...

SW Sarah Waugh W GBR Event: Mass Club: Avon Valley Runners Finish 4:46:08 32573	DH Diane Hier W GBR Event: Mass Club: Avon Valley Runners Finish 4:00:34 12517
GP Gill Perry W GBR Event: Mass Club: Avon Valley Runners Finish 5:01:23 30135	GR Gemma Roseworn W GBR Event: Mass Club: Avon Valley Runners Finish 6:07:29 32975
GT Gretchen Tucker W GBR Event: Mass Club: Avon Valley Runners Finish 6:58:21 72692	TD Terri Duddy W GBR Event: MyWay Club: Avon Valley Runners Finish 5:31:45 V2132
IM Isabella McNally W GBR Event: Mass Club: Avon Valley Runners Finish 3:29:38 48888	WS Wendy Staden W GBR Event: Mass Club: Avon Valley Runners Finish 6:11:43 31365



Meanwhile at the **Manchester Marathon**...

Ben Mees ran a fantastic 2-hours 41-minutes 19-seconds to set a new club MV40 record over the Marathon distance.

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Multi-Sport Musings

By Maria Harryman

Wow, what a month May has been for AVT, with athletes representing GB at the European Duathlon championships in Poland, two AVT focus events (Oldbury White Horse Tri and the #51Fiver), and a few social training sessions (Lake 32 Swim and #2 Segment Saturday ride). Don't forget, if you have been racing this year and would like your results to be included in the AVT leagues or the "How Hard Did You Tri?" competition, then please send your results in to; avtresults@avonvalleyrunners.org.uk

European Duathlon Championships, Rumia, Poland

Whoop whoop, congratulations to the four AVT members representing GB at the end of April in the European Duathlon Championships. Annalie Ibison, Sue Porto and Alan Best competed in the Sprint distance and Jenny Doyle (aka Nattrass) in the Standard Distance. Great results all round with 1:06 and 12th place for Alan, 1:15 and 6th for Annalie, 1:20 and 9th for Sue in the Sprint and 2:33 and 10th for Jenny in the Standard.



If you are curious how you go about qualifying for an age-group place then I'm sure any of them would be willing to speak to you or, visit the British Triathlon Website for guidance [Great Britain Age Group Team – British Triathlon](#)

Segment Saturday

May 3rd saw the second of the five planned monthly buddy social rides. Meeting outside of Noah's Pantry in Widbrook and after an enjoyable ride and testing our legs on the two segments ([Capps Lane II](#) and [Fairwood Road Descent](#)) we enjoyed tea, cake and chat in the cafe afterwards.



Segment Saturday #3 will take place on June 7th meeting at 9am outside of Merkins cafe in Bradford Leigh - 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 2025 edition of the Valley News](#).

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

Oldbury White Horse Sprint Triathlon and Aquabike

A great turn out with at least eight of our members turning out for the first of our AVT Focus events on the fourth of May, championed by Andrew Jefferies. The event format is a 250m pool swim, 20K cycle and 5K run (minus the run for Aquabike!) Particular shout out to Charlie Pickman doing his first ever triathlon but well done also to Emily Woolacott, Paul Banfield, Graham Livingstone, Adrian Holland, Annalie Ibison, Keith Withers and Andrew Jefferies.



#51 Fiver Triathlon

The second of our focus events in May saw us field twelve relay teams to take on the Standard Distance Triathlon (1,500m Swim, 40k cycle, 10k run – *this adds up to 51.5K, hence the event name*) and some individuals racing the whole event or Aquabike. With so many of us there, either racing or supporting and our own gazebo inside the transition area it was a real party atmosphere.

Despite the day turning out to be lovely and sunny, we arrived to find the lake shrouded in mist, resulting in ongoing delays to the start and a risk that the event organisers would have to cancel the swim, but...with 15 minutes to go, the mist cleared and to the cheers of all the competitors (*now shivering in their wetsuits*) the swim got underway.

The relay format was such an inclusive event, giving people the opportunity to challenge themselves in a new discipline or just to experience multi-sport without having to complete all three disciplines and it made me smile when the finish line caller said “*and another AVT relay team coming in, AVT are really monopolising the relay this year*” ...roll on 2026!



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Segment of the Month

Our second round of segments which came in May have proved popular, probably as the good weather has continued...

The [Fairwood Road Descent](#) near Brokerswood, saw fourteen members tackle its 0.4-mile length with its slight drop at 1%. Tom Carpenter put down a very impressive 55-seconds (30.5 mph) to claim the maximum 25-points. However, Strava could not separate the times recorded by our three leading ladies and so each get 25-points after Jenny, Annalie & Caroline recorded 1:02 (27.1 mph).

Rank	Name	Date	Speed	HR	Time
	Tom Carpenter	18 May 2025	30.5 mi/h	119 bpm	55s
2	Darren Wrintmore	3 May 2025	28.9 mi/h	-	58s
2	Alan Best	24 May 2025	28.9 mi/h	164 bpm	58s
4	Jenny Natrass	14 May 2025	27.1 mi/h	149 bpm	1:02
4	Annalie Jane	14 May 2025	27.1 mi/h	-	1:02
4	Caroline Scott (AVT)	24 May 2025	27.1 mi/h	124 bpm	1:02

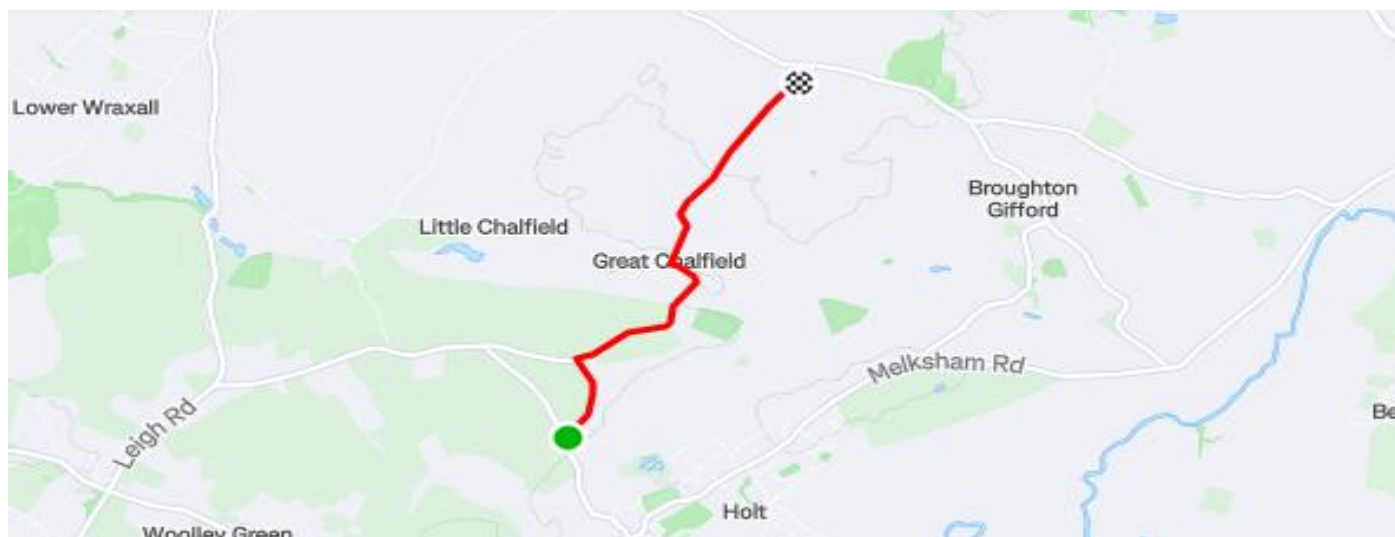
Our second segment was the speedy sounding [Capps Lane TT](#) but climbs slightly on its 1.8-mile length. Seventeen club members took this segment on, and it was the ladies that dominated with Jenny Natrass breaking the five-minute barrier with 4:55 (22.2mph) and both Caroline Scott (5:02 - 21.7mph) & Annalie Jane (5:05 – 21.5 mph) recording impressive times too. For the men, Alan Best broke 5-minutes with 4:56 to claim the max 25-points.

Rank	Name	Date	Speed	HR	Time
	Jenny Natrass	25 May 2025	22.2 mi/h	116 bpm	4:55
2	Alan Best	23 May 2025	22.2 mi/h	168 bpm	4:56
3	Caroline Scott (AVT)	24 May 2025	21.7 mi/h	120 bpm	5:02
4	Darren Wrintmore	24 May 2025	21.6 mi/h	-	5:04
5	Annalie Jane	25 May 2025	21.5 mi/h	-	5:05
6	Tom Carpenter	18 May 2025	20.9 mi/h	136 bpm	5:13

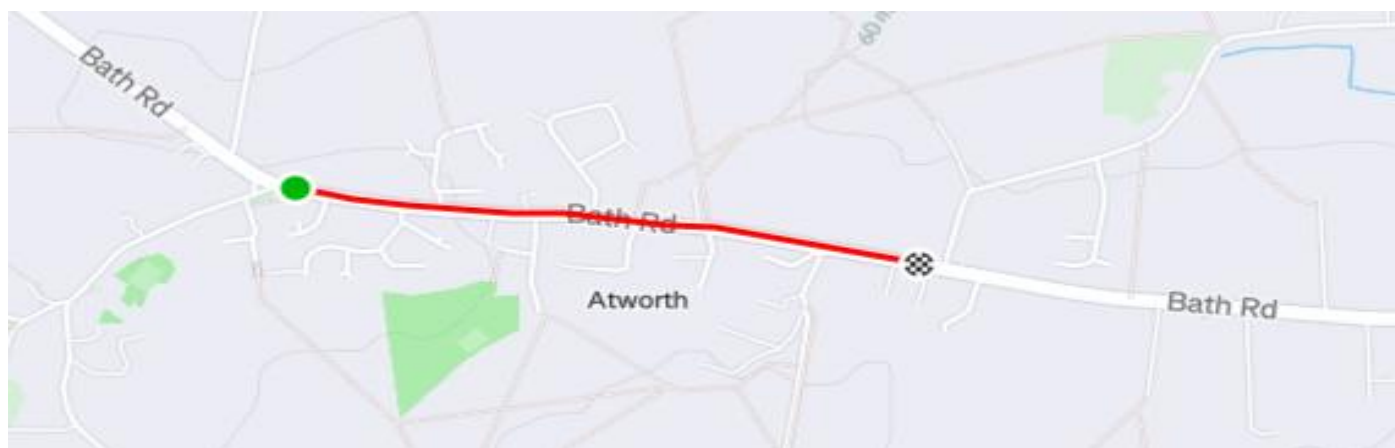
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So on to our next round in the monthly element of our Stava Segment Challenge competition...

For June we see the return of the [Gatehouse to Gatehouse](#) segment which is a technical ride and rises over its twisting 1.8-miles as it takes you from Holt to Broughton Gifford passing Great Chalfield Manor on the way. Eleven Avon Valley Triathletes have ridden this way so far this year with Dan Coleman (6:12 – 17.3 mph) and Jenny Nattrass (6:17 – 17mph) being quickest.



Our second segment for June is relatively nearby and is the [Atworth Clock Tower to Purpitt turning](#) segment which is a flat half mile and has attracted eleven club members so far this year. Adrian Holland (1:11 – 24.5 mph) and Maria Harryman (1:12 – 24.1mph) are our quickest so far.



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.

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So here is the Top-10 Leaderboard after monthly round two...

Rank	Athlete	Total Points	SotM Ridden	SotM Points	Bonus Segments	Bonus Points	Movement
1	Tom Carpenter	196	4	98	4	98	▢
2	Alan Best	194	4	97	4	97	▢
3	Darren Wrintmore	184	4	92	4	92	▢
4	Charlie Pickman	173	4	86	4	87	▢
5	Andrew Jefferies	164	4	83	4	81	↓
6	Adrian Holland	152	4	77	4	75	▢
7	Paul Banfield	131	4	71	4	60	↑
8	Simon Reeves	110	2	40	4	70	↑
9	Sean Price (Westbury Wheelers)	87	2	32	4	55	↑
10	Cliff Dye	76	2	37	2	39	↓
Rank	Athlete	Total Points	SotM Ridden	SotM Points	Bonus Segments	Bonus Points	Movement
1	Caroline Scott (AVT)	196	4	98	4	98	▢
2	Jenny Nattrass	194	4	97	4	97	▢
3	Annalie Jane	184	4	93	4	91	▢
4	Maria Harryman	175	4	89	4	86	▢
5	Jennifer Burke	154	4	79	4	75	↑
6	Rosemary Barber	145	4	75	4	70	↑
7	Caroline Tassell	103	2	36	4	67	↑
8	Jo Mumford	102	2	42	3	60	↓
9	Emily Dye	86	2	41	2	45	↓
10	Anne Clark	60	2	32	2	28	↓

Wrinty's Ramblings

This edition marks two years since I sat back down into the Editors Chair of the Valley News, following a break of twelve years. It also means that I have now passed Sarah Emery's mark of publishing 63-editions and by the end of this year I should overtake the 67-editions published by the late Tim Northwood.

However, these pages do not write themselves and so I am grateful for the input of our contributors, so that I am not just raking up content from the archives. If you have anything for consideration, any race reports, anecdotes, pictures or poems then please send them through to news@avonvalleyrunners.org.uk

It is also nice to know that you are enjoying the read, so a "Like" on our Facebook post that brought you here is most welcome.



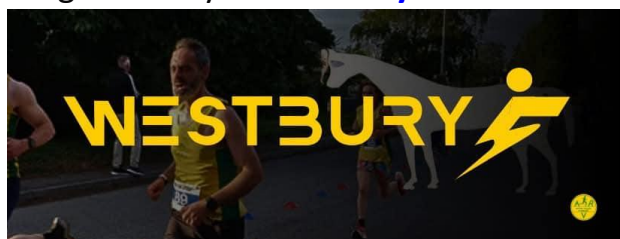
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Where to Run...or Ride...or Swim

A selection of forthcoming events which may be of interest:

Date	Event	Distance	Details	
Tuesday 3 rd June	The Stanley Stomp	5K & 10K	Midweek race along the Chippenham-Calne cycleway from LPS Events.	
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.	
Wednesday 18 th June	Chippenham Longest Day 10K	10K	The name of this race from i-Compete says it all!	
Sunday 22 nd June	Lightning Bolt 10K	10K	Fast paced road race at Chippenham presented by i-Compete.	
Wednesday 25 th June	Pronto-Bikes TT	25 or 10-miles	DB Max hosted TT race at Castle Combe circuit.	
Thursday 26 th June	The Great Chalfield 10K	10K	Stampede Sports deliver their final ever race, at Broughton Gifford.	
Saturday 28 th June	The Regain Cycle Challenge	Various up to 100-miles	Traffic free laps of Thruxton race circuit to gain a Bronze, Silver, Gold or Platinum challenge award.	
Tuesday 1 st July	The Stanley Stomp	5K & 10K	Midweek race along the Chippenham-Calne cycleway from LPS Events.	
Wednesday 16 th July	Combe Summer Miles & Smiles	10K, 3K & 1-mile	Midweek fun from DB Max at Castle Combe circuit.	
Friday 11 th July	Vobster Aquathon	750m / 5K	Swim and run at Vobster lake	
Sunday 20 th July	Frome Triathlon	400m/23k/5km	AVT focus event for July <i>Championed by Annalie Ibison</i>	

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.

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

Relay Season is here

Avon Valley Runners now have two teams (each of 10 people), two reserves and two volunteers for the **Cotswold Way Relay** on Saturday 5th July.

Alongside AVR, there are another 98 teams, many local clubs are represented as well as teams brought together specially for the event: <https://cotswoldwayrelay.co.uk/>

The first leg starts in Chipping Campden at 07.00 and the final leg from Cold Ashton at 17.00, the same day! The 103-mile relay finishes at Bath Abbey. This is a self-navigated event so most runners do a reconnaissance, it can be very busy on the Saturday before race day!

Last year's race was characterised by horrible weather conditions for the first few legs and brilliant sunshine for the later legs. Too early for a meaningful weather forecast for this year!



People ask how you get to the start of your leg; well Avon Valley Runners are teaming up with Chippenham Harriers and other local running clubs and are hiring a mini bus to take runners from the end of their leg (where they leave their transport) to the beginning. It's all planned and has worked many times in the past. So, if you have a place, enjoy running through the beautiful Cotswolds and if not, then put a date in the diary for 2026!!!

Our own, **Avon Valley Relay** is taking place on Saturday 19th July, starting at Bradford on Avon Rugby Club and finishing at Trowbridge Rugby Football Club – 17-miles later!

This can run as a relay team of four runners or solo and is **free** to AVR paid up members, **yes free!!!** This is an open race so other clubs and individuals can enter but pay. The route goes along country roads, tracks and the tow path of the Kennet and Avon canal. So why not form a relay team (real wooden batons!!) or take on the 17-miles solo?

More details at <https://facebook.com/events/s/2025-avon-valley-relay/644598535085321/>
Spread the word.



Andrew Sharratt

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

#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...



Waiting to handover from cycling to running at the 51fiver triathlon relay.



Sarah Emery: Jumping for joy at Exmouth parkrun!



Molly Bramham: Repping AVR at the Land's End parkrun.



Tina Vivian with Chris Davidson and Denise Ellis: On the Camino Way in Portugal and using their "Over the Hills" collapsible drinking cups.

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