



Welcome to The Valley News

With a good team performance at the Devizes 10K, Avon Valley Runners retained their Wiltshire Road Race League title!!!

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

**The Newsletter of
Avon Valley Runners**

Issue #283 – November 2025

In this issue:

All those years ago
Where to Run...
Your Club Needs You
Multi-sport News
#Social Gallery



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 somethings 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 2020

In this month five years ago:

The November edition of the Valley News was dedicated to David Griffiths, who sadly passed away in this month.



David passed away on Sunday 29th November after a long illness. David was a proud member of AVR for many years and the comments on Facebook show what a genuine, well-loved and wonderful man he was. The club extend their deepest sympathies to his family during this difficult time.

"David was a true angel and running legend. Funny, cheeky, kind and so very generous." – Jay Sims-Bagshaw

November 2015

In this month ten years ago:

It was a club double at the **AVR Half Marathon** with Rich Ayling and Jackie Rockliffe running out as winners in 1:16:40 and 1:30:25 respectively. Anita Mellodew also made the podium, finishing as 1st FV40.

Another club double was achieved at the **Aztec West 5K** where both Mike Towler and Ruth Barnes set new club records for the distance of 15:40 and 17:13 respectively.

Gary MacAlister led our sixteen runners' home at the **Wickstead Wander** multi-terrain race at Highworth, which was hosting Race #3 in the Wiltshire Off-Road Race League.

Ruth Barnes was first lady at the **Swindon 10K**, clocking a time of 35:32 and setting a new club record for the distance.

Justin Peters finished in third place overall and 1st MV40 at the **Old Down Country Park 10K**.

Fiona Price was 1st Lady to finish at the **Burnham-on-Sea 5K**, clocking 19:07.

November 2005

In this month twenty years ago:

Susie Phillips was 2nd FV55 at the **Eynsham 10K** in Oxfordshire.

Danny Kay ran 3-hours 43-minutes at the **Luton Marathon**.

Alistair Bartlett set a new Personal Best time for the distance at the **Cheddar Half Marathon** of 1:17:47, the Ladies team of Rachel Bown, Sue MacGregor and Jo Mumford claimed the top prize.

The club hired a coach and thirty of us travelled down to Hampshire for the **Hayling Island "10"**, where Alistair Bartlett was our first runner back, recording 58:50. Half of us made it into the team photo:



November 1990

In this month thirty-five years ago:

Rosemary Barber was 1st FV50 at the **Grittleton Ladies 10K**.

Maureen Laney, Jackie Rockliffe and Joyce Field were the first Ladies team at the **Bournemouth "10"**.

Rosemary Barber, Dennis Mellor, Mike Gerrish and Stan Farr travelled to the **Lanzarote Running Festival** and took part in four races, ranging in distance from 5K to 23K.

Jackie Rockliffe was third lady at the **Lymington 10K**, setting a new Personal Best time for the distance of 38:22.

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 2 nd November	Over the Hills	12K	Our club's flagship off-road race, held out from Bradford on Avon.	
Wednesday 12 th November	Street 5K	5K	#2 in the six-race series hosted by Wells City Harriers	
Sunday 16 th November	Avebury 9	8-miles	You will neither pass the stones or run 9-miles (unless you take a wrong turn).	
Sunday 23 rd November	AVR Wiltshire Half Marathon	Half Marathon	Our club's flagship road race, held out from Edington.	
Sunday 7 th December	The Christmas Chilly 10K & ChrisMax Mile	10K & 1-mile	Festive fun at Castle Combe with our friends at DB Max.	

"Your Club Needs You"



As we approach the clubs fortieth anniversary, I am sad to announce that after producing over 70 editions of the Valley News, that the January 2026 edition - #285 will be my final outing in the Editors Chair.

If you would like to see the Valley News continue, then please reach out to the AVR club committee to see how you can assist.

secretary@avonvalleyrunners.org.uk

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

Multi-Sport News

Women's Ironman World Championships in Kona Hawaii Saturday 11th October 2025

Kona is perhaps the holy grail of triathlons; it's an event that takes huge dedication to even qualify for an entry. So huge congratulations to Diane Hier who stormed home in a time of 12-hours 37-minutes 41-seconds, coming 14th/80 in her age category.



Thruxton Mass Attack Duathlon - October 5th 2025

The event took place on the wide smooth tarmac race circuit at Thruxton in Hampshire making it a good event for beginners and experienced duathletes alike. This year the event was also the Qualifying event for the 2026 European Age Group Duathlon Sprint Championships. Well done to the four AVT members who entered; Emily Dye (4th Age Group, 14th Women overall in a time of 1:05:19), Caroline Scott (9th in Age Group in a time of 1:16:33), Annalie Ibison (3rd Age Group 1:18:30), and Rosemary Barber (2nd Age Group in a time of 1:34:58).

Don't forget, if you have been racing this year and would like your results to be included in the AVT leagues or How Hard Did You Tri? competition, then please send your results in to; avtresults@avonvalleyrunners.org.uk



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

The AVT working group met on October 14th to plan our calendar of focus events and club organised training events for 2026.

If you haven't decided what events you want to enter next year, or, if you are dipping your toe into Multi-sport for the first time, the focus events are a great way to ensure you will have fellow AVT members around you for support and advice on the day.

AVT (Multi-Sport) Calendar 2026

AVT focus event:



Name	Type	Date	Champion	Accessible for beginners
Tri an Aquathlon	<u>Aquatholn</u>	Feb	<u>Annalie?</u>	Y
Tri a tri	Triathlon	March	Cath & Jen?	Y
Odd down	Brick session	April		
<u>Oldbury White Horse Sprint 2026</u>	Sprint Triathlon, duathlon, aquathlon, <u>aquabike</u>	3rd May		Y
<u>51Fiver Standard/Relay</u>	Olympic distance <u>Aquabike</u>	May 17th		Y - relay No - full
Shepton Mallet	Aquathlon	May and July		
<u>Studland SwimRun</u>	Multi distance	13th June		Y
<u>Berkley Sprint Triathlon</u>	Super sprint & sprint	19th July		Y
<u>Vertruvian Triathlon</u>	70.3	13th Sept		
<u>New Forest Triathlon</u>	Multi distance tri/ <u>aq bike</u> /duathlon)	6th Sept		

We are still really keen to hear from our members if you have any particular training or social ideas you would like the club to offer next year. Please contact one of the working-group (Caroline Scott, Alan Best, Maria Harryman, Jennifer Burke, Cath Rose, Annalie Ibison or Emily Dye) if you've got ideas.

Maria Harryman

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...



Congratulations to **Ben Mees**, winner of the Marshfield Mudlark.



"Is that all you've got" - clearly it was too easy for **Vicky Bodman** at the Mother Tuckers 10K 😊



Great team spirit from AVT at the Yeovilton 5K



Darren Wintmore sported his AVR hoody at Geysir in Iceland



Great AVT working group calendar planning evening tonight!

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