



Welcome to The Valley News

Vicky has got a new hat!!!

If you would like to buy one of these commemorative technical running caps which are embroidered with our club's logo, then reach out to Eve Green with £15-

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 #284 – December 2025

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

Road Race – End of Season Report

Confirmation was received that we have retained the Wiltshire Road Race League!

Our "A" team won the league by 3-points in the end & our "B" team were 6th showing our consistent attendance.

Congratulations to Alan Button who was 1st MV50, Peter Campbell 1st MV70 & Margaret Thompson 1st FV70. We also had Sarah Hillman finishing as a top-10 senior lady, Adrienne Barthram 3rd FV40 with Samantha Grant, Sonia Pateman, Jen Natrass & Louise Belbin all finishing in the top-10 too. Annalie Jane, Paula Farrell, Fiona Gibbs & Clare Wood were all top-10 in the FV50 category. Whilst Pauline Bradley finished top-10 FV60 & Rosemary Barber was 4th FV70.

Dan Jewell & Luke Stubbs were both in the top-10 men overall & 3rd & 4th Seniors respectively with Paul Dredge also in the top-10. Jay Hookins & Neil Gregory were top-10 in the MV40 category, Darren Messen was 3rd MV50, Andrew Trigg 2nd MV60 with Tim Burrell & Robin Mark top-10 also. Amazing running across the age categories.

The final AVR Road league tables saw Paula Farrell as first female, Annalie Ibison second & Adrienne Barthram third. For the men, Dan Jewell was first, Luke Stubbs was second and Paul Dredge third.

Paula, Sam & Darren ran all eight races (with Darren Messen also running all races in both 5k series!). Alan Button ran seven races along with Andrew Trigg, Anthony Brooks, Annalie, Adrienne & Fiona Gibbs. Dan Jewell ran six races along with Luke, Daniel Crosby, me! Sonia, Louise, Pauline & Vicky Bodman. All the runners who ran six or more races went into a draw with the winner getting free entry into the AVR race of their choice - Dan Crosby was the winner.

Well done to all who ran, as all contributed to our success.

Thank you - Martin Russam



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A Spooktacular Parkrun

What a spooktacular Halloween and Pacer Week we had at Southwick Country Park!

Event number 665 saw 233 runners, joggers, and walkers creeping, crawling, and sprinting through the park. Many of you embraced the Halloween spirit with skeletons, ghosts, pumpkins, witches, bumblebees, and even a couple of Crayola crayons joining the monster mash!

Following the fang-tastic success of our first Pacer Week in October, Avon Valley Runners were dying to get back, and this time we almost filled every pacer role! All but the 18-minute pacer spot were claimed, with some of our amazing members swapping their usual yellow and green club tops for bright red pacer bibs ranging from 19 minutes to 40 minutes. What a frightfully fantastic atmos-fear from start to finish at this Halloween-special Pacer Week event!

As runners arrived, it was eerie-sistible to see so many people embracing the spirit of the season. Skeletons rattled their bones, ghosts glided through the park, pumpkins rolled in style, witches zoomed on broomsticks, bumblebees buzzed, and even a couple of Crayola crayons added a pop of colour to the monster mash!

I even had a great chat with a young runner who shared all about her favourite parkruns while we ran to Michael Jackson's iconic Halloween anthem, Thriller! She zoomed down the final hill like a bat out of hell to the finish line and achieved a new Southwick PB. When she said, "thank you, pumpkin, for pacing me at the end," it honestly gave me a warm fuzzy feeling inside—nothing beats knowing you've contributed to someone else's achievement!



The pacers were fang-tastic too, with many runners thanking them for the extra encouragement that helped them chase down new personal bests—over twenty-six PBs were achieved—boo-yeah!

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A total of forty-six fa-boo-lous high-vis heroes (including our wonderful pacers) kept things running smoothly despite the haunted atmosphere. Witches, ghouls, ghosts, skeletons, and other scary creatures lurked around, but our volunteers made sure everyone stayed safe and spookily happy.

We bathed in sunshine under a clear blue sky—perfect conditions for smashing PBs. A little rain the night before had made the paths wet and muddy, which only added to the fun, as runners splashed their way through like zombie hordes.

Belonging to a club like Avon Valley Runners is truly magical. Events like this make me feel so grateful to be part of such a wonderful community, having met so many lovely people who, without a doubt, have become friends for life. What I love most about our club is that our weekly social runs and training sessions are open to everyone, no matter how fast or slow—you're never left behind, and the support is incredible!

A huge thank you from me to everyone who came along to support Parkrun and took on the role of pacer / volunteer—you would have made someone's day by helping them achieve a PB, and there is no better feeling than that. What a fantastic way to start the weekend!

Looking ahead, our next Pacer Week will be on Saturday 6th December, and it's going to be festive style. So, save the date, dig out your favourite Christmas jumper, and get ready to spread some seasonal cheer on the course. Can't wait to see you there!

Molly Braham

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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 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...

December 2020

In this month five years ago:

With the global pandemic still disrupting races, our Stan Farr 5K went virtual using Strava to determine the results. The winning AVR man was Gary Day who completed the course on the 27th December 2020 in a time of 21:38 and the winning AVR lady was Rosemary Barber who completed the course on Christmas Eve in 31:03.

Even the Clubs Christmas Party went virtual with Sean Price being our host (and Quiz Master) for the evening on Zoom...



December 2015

In this month ten years ago:

Our Men's team of Michael Towler, Mike Rose, Justin Peters, Dominic Beddis, Pete Slade and Antony Mills achieved the bronze medal at the **Tri-County XC Championships** behind Team Bath AC and Wells City Harriers; they also claimed the **Wiltshire XC Championships** at the event held at Bath University with Mike also gaining another bronze medal, in the individual county race.



For the Ladies, Ruth Barnes took the overall individual honours and supported by Jackie Rockliffe, Clare Howard and Juliette Coulson took the team bronze in the **Tri-County XC Championships** behind Bristol & West AC and Team Bath AC, they also claimed the **Wiltshire XC Championships** crown.

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December 2005

In this month twenty years ago:

Danny Kay recorded 3-hours 43-minutes at the **Luton Marathon** and a week later recorded 3-hours 34-minutes at the **Calvia Marathon** in Mallorca.

Thirty-six club members headed to the **Bromham Pudding Run 10K**: 9th Paul Mumford - 36:08; 10th Alistair Bartlett 36:17; 15th Daryl Spicer 37:07; 20th Kenny Brown 38:10; 22nd Stuart Macgregor - 38:33; 36th Deane Smith - 39:35; 37th Stephen Williams - 39:45; 53rd Llewelyn Jones - 40:47; 54th Richard Hudson - 40:49; 58th Rachel Bown - 41:00; 60th Chris Atkinson - 41:15; 62nd Mike Maidment - 41:20; 63rd Mike Pace - 41:32; 82nd George Roberts - 42:34; 89th Jo Mumford - 42:48; 95th Jimmy Lowther - 43:27; 101st Sue Macgregor - 43:45; 119th Ted Rockliffe - 45:25; 137th Jackie Rockliffe - 46:15; 140th Tina Vivian - 46:31; 158th Chris Snape - 47:20; 169th Laurie Irwin - 48:13; 170th Bernie Hobbs - 48:14; 171st Julia Scott - 48:17; 176th Ali Atkinson - 48:35; 181st Denise Ellis - 49:02; 190th Bob Ellis - 49:36; 199th Peter Hunt - 50:16; 234th Catherine Greenland - 53:11; 237th Joyce Field - 53:27; 262nd Alan Grout - 55:41; 272nd Ashley Leat - 56:45; 275th Genevieve Sharam - 56:52; 276th Tony Griffith - 56:56; 304th Dennis Mellor - 61:00:11; 329th Judy Farr - 61:04:56.

An interesting prediction from the pages of the Valley News...



Hello everyone at **Avon Valley Runners**. I was born on October 25th 2005 to Mike and Tanya, keen club members who I know would like to thank everyone at the club for their kind thoughts and warm wishes. I saw my first race at the **Bromham 10K** this year, proudly wearing the **Avon Valley** colours. Don't be fooled by the fact that I spent most of the race asleep - I was very excited really. Mum is looking forward to starting running again soon with me in my nice new running buggy! See you again soon.....

Alex Maidment - Club champion 2025 (according to my Dad)

December 1990

In this month thirty-five years ago:

There were personal best times all around at the **Bournemouth "10"**: Martin Connor - 56:47; Ted Rockliffe - 1:01:40; Rosemary Barber - 1:12:27; Mike Brain - 1:16:21; Denise Ellis - 1:19:26 and Joyce Field - 1:20:29.

Bernie Hobbs was our first runner back at the **Yate Half Marathon**, clocking 1:29:37.

Danny Kay recorded 3-hours 43-minutes at the **St Albans Marathon**.

Ten club members headed to the **Bromham Pudding Run 10K**: C Williamson - 38:19; Bernie Hobbs - 39:46; P Turner - 39:50; Linda Brown - 39:52; Ray Withey - 40:30; Mike Beirne - 42:34; Vic Bull - 43:00; Rosemary Barber - 43:25; Dennis Mellor - 44:53; and Mike Brain - 46:16.

Martin Connor won our **Boxing Day race** over the original 3.4-mile course starting from the Castle Inn in Trowbridge, with Rosemary Barber winning for the Ladies.

Over the Hills

Our flagship off-road race attracted over 250-runners to the start line in Barton Farm Country Park in Bradford-on-Avon on Sunday 2nd November and saw Team Bath AC grab a 1-2-3 in the Men's race with Harry Palmer, Mark Threlfall and James Reeder claiming the podium places.

For the Ladies, international Pentathlete Heather Fell took the win from Laura Backhouse and Katie Strange of Bristol & West AC.



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

Goal Getters '26

Did you know that Goal Getters has been running since 2020? It's a fantastic opportunity to mentor or be mentored, achieve your personal goals, and engage more with the Avon Valley Runners (AVR) and Avon Valley Triathletes (AVT) community.

The programme has two parts:

"Me vs. Me" – a time-based goal where you aim to compete against yourself and beat your previous year's times.

"Goal Getters Challenge" – a non-time-based challenge where you earn points by engaging with AVR, AVT, and other running or multi-sport events through completing various challenges.

If you'd like to be a mentee or a mentor, please register your interest [here](#).

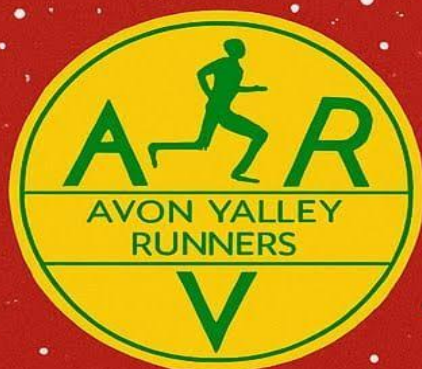


GOAL GETTERS
2026
REGISTRATION
IS OPEN

Get ready to set your sights high, smash your goals, and make 2026 your year! 🏃

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AVR at Christmas...



AVON VALLEY RUNNERS FESTIVE EVENTS 2025



1st December – Beginners Graduation @ TRFC – 8:15 pm



3rd December - AVR Christmas Party @ TRFC – 8:15 pm



**6th December - Christmas Pacer Week
@ Southwick Parkrun - 9 am**



15th December - Christmas Lights Run @ TRFC – 7 pm



**17th December – Sean & Fiona's Holly Rox
@ Track - 7 pm**



**24th December – Christmas Eve Run
@ Pound Lane, Bradford on Avon – 9 am**



**26th December - Stan Farr 5k Boxing Day Race
@ TRFC – 11 am**







**1st January – 40th Anniversary Run
@ Red Admiral, Hilperton – 11 am**

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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 7 th December | The Christmas Chilly 10K & ChrisMax Mile | 10K & 1-mile | Festive fun at Castle Combe with our friends at DB Max. |  |
| Friday 26 th December | Stan Farr 5K | 5K | The 65 th edition of our Boxing Day run – for club members (and guests) only. |  |
| Monday 29 th December | Plain Crazy | 12'ish -miles | Redfish Events challenge you to burn off the festive excess with this trail run at Warminster, dropping by Imber. |  |
| Thursday 1 st January | AVR 40-year celebration Run | various | Starting and finishing at The Red Admiral in Paxcroft Mead. |  |

“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

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Multi-Sport News

Segment of the Year

Our Strava segment challenge has come to a close for its fourth year. With the points achieved during the twelve-monthly segments held between April and September along with the bonus points added where the segment of the month had been revisited (or even pre-empted) and for a few keen riders' points have been deducted, where more segments had been tackled than were actually required.



So, I am pleased to announce that **our Strava segment challenge champions for 2025 are Tom Carpenter** (with a maximum 500-points, which has never been achieved before in our challenge) **and Caroline Scott** who both successfully defended their titles from last year, with Alan Best, Jenny Nattrass, Darren Wintmore and Maria Harryman joining them on the podium.

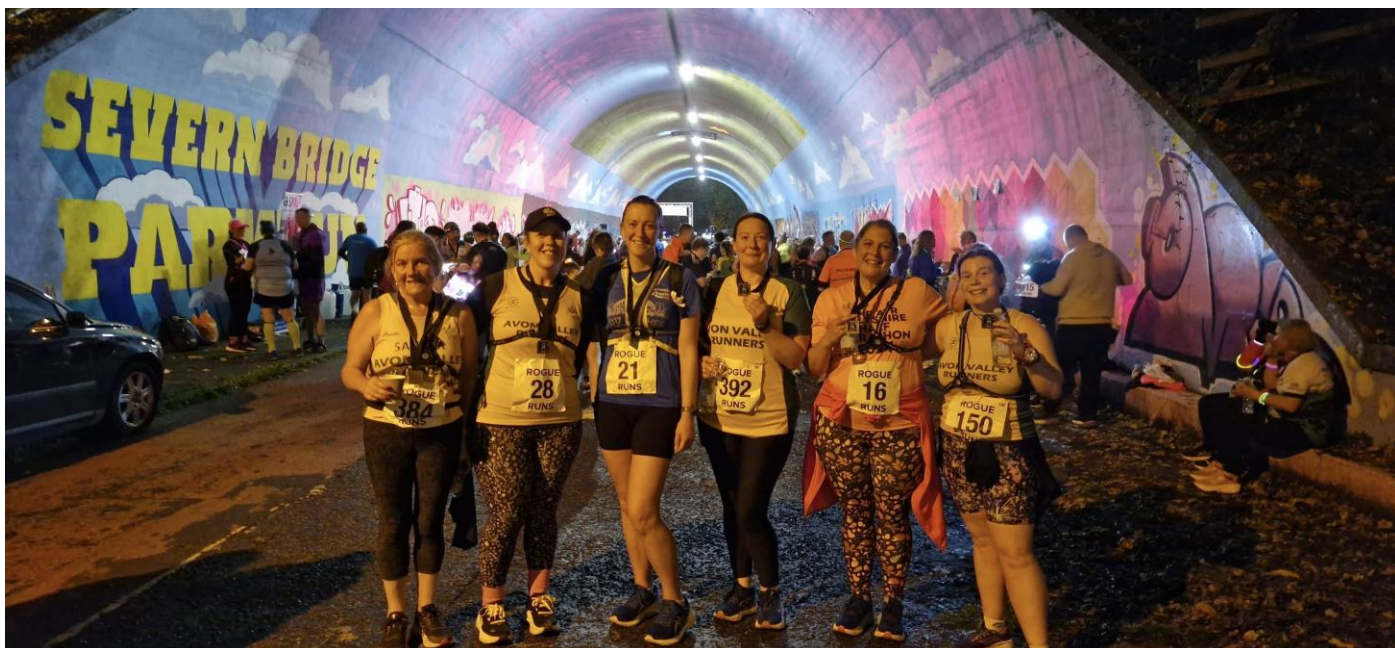
| Rank | Athlete | Total Points | SotM Ridden | SotM Deductions | SotM Points | Bonus Segments | Bonus Deductions | Bonus Points |
|------|--------------------------------|--------------|-------------|-----------------|-------------|----------------|------------------|--------------|
| 1 | Tom Carpenter | 500 | 12 | 48 | 250 | 12 | 48 | 250 |
| 2 | Alan Best | 481 | 12 | 45 | 241 | 12 | 45 | 240 |
| 3 | Darren Wintmore | 459 | 12 | 41 | 230 | 12 | 41 | 229 |
| 4 | Charlie Pickman | 447 | 12 | 41 | 224 | 12 | 29 | 223 |
| 5 | Paul Banfield | 392 | 12 | 33 | 203 | 12 | 22 | 189 |
| 6 | Adrian Holland | 384 | 11 | 18 | 197 | 12 | 27 | 187 |
| 7 | John Naish | 223 | 4 | 0 | 67 | 9 | 0 | 156 |
| 8 | Martin Disney | 220 | 3 | 0 | 62 | 9 | 0 | 158 |
| 9 | Sean Price (Westbury Wheelers) | 192 | 4 | 0 | 72 | 8 | 0 | 120 |
| 10 | Andrew Jefferies | 171 | 4 | 0 | 83 | 5 | 0 | 88 |

| Rank | Athlete | Total Points | SotM Ridden | SotM Deductions | SotM Points | Bonus Segments | Bonus Deductions | Bonus Points |
|------|----------------------|--------------|-------------|-----------------|-------------|----------------|------------------|--------------|
| 1 | Caroline Scott (AVT) | 493 | 12 | 47 | 247 | 12 | 45 | 246 |
| 2 | Jenny Nattrass | 485 | 10 | 0 | 244 | 12 | 34 | 241 |
| 3 | Maria Harryman | 439 | 12 | 43 | 225 | 12 | 38 | 214 |
| 4 | Annalie Jane | 417 | 8 | 0 | 187 | 11 | 17 | 230 |
| 5 | Rosemary Barber | 363 | 10 | 0 | 202 | 10 | 0 | 161 |
| 6 | Jennifer Burke | 294 | 6 | 0 | 121 | 9 | 0 | 173 |
| 7 | Jo Mumford | 254 | 5 | 0 | 107 | 7 | 0 | 147 |
| 8 | Caroline Tassell | 219 | 4 | 0 | 81 | 9 | 0 | 138 |
| 9 | Emily Dye | 214 | 2 | 0 | 41 | 8 | 0 | 173 |
| 10 | Vanessa Lucas | 161 | 2 | 0 | 37 | 7 | 0 | 124 |

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#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...



We went to Wales to run in a different country, crossing the old Severn Bridge to England and back



Jez Bennett-Representing AVR in Morocco



Peter Campbell leads the field around the AVR Half Marathon in his classic Volvo



Hayley Southgate meets the Gruffalo
– but which is which?

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