



Welcome to The Valley News

The mementoes given to the finishers at our “Over the Hills” race were well received - a highly useful and as you can see in the picture, very versatile, half pint cup.

If you have a favourite photograph which you would like to have featured as a cover image on your favourite monthly Avon Valley based newsletter then please send it along with a few words to news@avonvalleyrunners.org.uk

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

In this issue:

Wrinty's Ramblings

Back to the Fells

Mallards Pike

Multi-sport Mumblings

Chilly

The Fear

All those years ago

Over The Hills

#Social Gallery

The Newsletter of Avon Valley Runners

Issue #260 – December 2023



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

Wrinty's Ramblings

So here we are again at the start of the festive season of over-indulgence, however there are plenty of opportunities to build up a calorific buffer with lots of [Santa Run's](#) on offer locally, with the [Santa & Elf Run](#) in Winsley on Sunday 3rd December, the [Santa Scamper](#) at Calne on Saturday 9th December and the [Hullavington Secret Santa 10-miler & 5K](#) on Sunday 10th December being three of the best.

Of course, on Boxing Day we have the 64th iteration of the [Stan Farr 5K](#), a race that started back in 1960 by Trowbridge & District Athletic Club over a course just shy of three and a half miles starting from the Castle Public House in Ashton Street up to the West Ashton crossroads and back again. This route was used for forty years before the increased levels of traffic forced other options to be investigated. The race has been started in Moulton Road, Bradford on Avon (2000 – 2007) when it became a 5K and also Barton Farm Country Park, Bradford on Avon (2008), Whaddon Lane, Hilperton (2009 – 2011) and now at its current location (since 2012) from Trowbridge Rugby Club.



Judy Farr turns around the marshalling elf in 2007



Alistair Bartlett leads the field in 2002








Mike Towler in 2009

Darren Wrintmore (Wrinty)

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

A selection of forthcoming events which may be of interest:

Date	Event	Distance	Details	
Sunday 10 th December	Tri-counties XC Championships	various	Wiltshire XC Championships at Bath Uni alongside Avon & Somerset.	
Saturday 30 th December	Plain Crazy	12'ish - miles	Redfish Events challenge you to this trail run at Warminster, dropping by Imber.	
Sunday 28 th January	Slaughterford 9	9-hard miles	Brought to you by our friendly rivals at Chippenham Harriers	
Sunday 4 th February	The Lungbuster	9-hard miles	Royal Wootton Bassett Hounds present race #5 of the Wiltshire Off-Road Race League at Broad Hinton	
Sunday 11 th February	The Wiltshire 10	10-miles	Stampede Sports race held out of Melksham and around the village of Lacock	

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

Back to the Fells

It had been a long time - too long - since I had run in a proper Lake District fell race. I've enjoyed running in the fells since a summer day many years ago when I first experienced the elation of struggling up a long climb, soaring along a lofty ridge and returning, gasping for breath, to the valley below. I joined the Fell Runners Association (FRA), and while Barbara and I were living in the north-east and running with Morpeth Harriers we would quite often go to the Lakes to compete in fell races. Since moving south that has been too far, but we often still book a cottage for a week, usually in November when the summer crowds have left, and enjoy running / walking in the fells together.

This year we had booked a cottage in Ambleside, when looking through the FRA calendar I noticed that the Dunnerdale fell race was due to take place on Saturday 11th November, starting at 12:00. Perfect timing – we had to vacate our cottage that morning, so we would just have time for Barbara to do the parkrun at Rothay Park (just down the road), drop the cottage key back to the letting agency and drive over to Broughton Mills where the race would start. Dunnerdale is classed as an “AS” fell race (which means category A Short), 8K long and with 550m ascent, and according to the race description it is *“a classic short race around the tiny but rugged fells the scenery is superb, the course is tough and varied and there’s a very nice pub at the end”*. A traditional low-key fell race, organised by local club Black Combe Fell Runners, and a £12 entry fee including a free pie at the finish. What's not to like? - event entered!

Fast forward to November, and we had spent a week of changeable weather in Ambleside, exploring the local fells and dodging the showers, but the forecast for Saturday looked good. We decided to spend Friday walking the race route – partly to explore a part of the Lakes that neither of us had visited before, and partly so that I could recce the course. Although with good weather there would probably be no need for me to navigate, fell race routes are not usually marked, except where needed for safety reasons and do not necessarily follow established paths, so it is helpful to know the best line to follow through areas of rough ground and the fastest way down the steep hillsides.

Come Saturday, and the weather was perfect for running – clear blue sky, warm sun but still cool enough for comfort. We walked a mile down the lane from the car park (a farmer's field) to registration in the tiny village hall, where a crowd was beginning to gather in the road outside. Of the 296 entrants most were from local clubs, so I felt slightly out of place as the only southerner, in my AVR vest! I was also surprised to find that 61 were from the over 60 age categories, of which 8 were over 70 – obviously a case of once a fell runner, always a fell runner! As 12:00 approached I strapped on my bum-bag containing the compulsory kit of cagoule, over-trousers, hat, gloves, map, compass and whistle. Then we were off.

I knew there would be 800ft of climbing in the first mile, so took it steady up the lane to the fell gate. Once on the climb up the fell-side I found myself overtaking a few people, which encouraged me to push harder, hands-on-knees fast walking mostly, before breaking back into a run before the first of the four checkpoint summits. Downhill briefly to a grassy saddle, before another steep climb past some crags onto an area of broken ground with rocky outcrops and indistinct sheep trods – this is a place where in poor visibility runners have sometimes gone walkabout, but no problem today. Past the checkpoint on the second summit, and the first steep downhill, trusting my feet as we race down a narrow rocky path through the bracken before traversing across the back of the valley and across the road. Then there's another steepish climb to the ridge back along the other side of the valley, where I begin to regret my enthusiasm on the first climb!

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

A steep scramble up to Stickle Pike, checkpoint 3 and the event photographer, followed by another scramble back down from the rocky summit to a flatter, boggy ridge. Through the bog or round? - the runners ahead didn't seem to have sunk without trace, so I squelched across after them, before another steady climb to the fourth and final checkpoint.

From here it's (nearly) all downhill, and very steeply. I've always been in awe of 'real' fell runners who just let themselves go, flying over the rocks and bracken; maybe I should have been a bit more cautious, as I took a tumble part way down which, although I was able to get straight back up and keep going, gave me a bruised shoulder that was still painful several days later.

Anyway, I was soon back in the finish field with my complimentary pie, feeling tired but satisfied to have completed in a good time and enjoyed a great day out in the fells.



If you enjoy off-road running and can navigate with a map and compass, I can recommend trying fell running.

Although the 'spiritual home' of the sport is still in the north, there are also races in the south west and in Wales – for details see the [Fell Runners Association](#) website.

Ian White

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

Mallards Pike

Following our previous successful trips to parkruns within two hours of Trowbridge, AVR set off again, this time on Saturday November 11th to sample the delights of Mallards Pike in the Forest of Dean.

After a very early 5:30am alarm, we were on the minibus and on our way with Rich Newman behind the wheel. We weren't disappointed when we arrived as it was super easy to park with toilets and a cafe nearby but the best part of it was how beautiful it was. Despite being absolutely freezing, the weather was wonderful and really showed off all of the autumn colours.

There were less than 100 runners on the day making it feel especially friendly. Coupled with the lovely greeting we had from the core team; we were all made to feel very welcome. The run briefing was well delivered and put us all at ease, despite the promise of a long hill that "drags on a bit". We were told there was also an outside chance we might see deer and wild boar but definitely squirrels.



The route is one simple clockwise lap through the forest...and yes, it was hilly. What struck me the most was how peaceful the forest was - absolutely perfect for Remembrance Day. Everywhere you looked, fairytale trees lined the path and a bouncy carpet of moss lay on the forest floor. I even spotted a red spotted Fly Agaric toadstool which only added to the magical feeling. The gentle mist and low sun cast long rays of sun over the paths and the autumn leaves were showing their absolute best colours too.

Unfortunately, there were no deer or boar in sight today (I did see a squirrel!) but I was pleasantly surprised to run past a herd of small and inquisitive horses. They munched lazily on the grass from behind their fence and watched us all whizz past on the downhill section towards the finish. What must they think of all the runners huffing and puffing past them?

After the run, we all headed to the lake for a group photo and then onto the cafe which was way too small for all of us! We can only apologise to everyone else for taking up so much room. Slowly, we managed to find seats and were very impressed with the food. I had a delicious sausage roll and an enormous slab of carrot cake!



As usual, a huge thank you must go to all of the volunteers who had to stand out in the freezing cold today. Every single one was very cheerful and encouraging, including our very own Fiona who was at the first marshal point giving us all a wave.

We all thoroughly recommend visiting Mallards Pike. This is easily now one of my favourite locations and I'll definitely be back again in the future.

AVR's next parkrun trip is to California Country on 3rd February 2024. All details can be found on the [AVR Facebook event page](#).

Sarah Emery

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

Multi-sport Mumblings

The AVT working group met at Caroline's house for an afternoon of calendar planning. Armed with post it notes and fuelled by cauliflower popcorn and lemon drizzle cake we have come up with an exciting calendar of AVT focus events throughout 2024.



Whether you are new to multi-sport, want to step up a distance, or if you simply are new to the club and want to go to events knowing you will have a friendly face and lots of support then these will be great, mainly local events which we guarantee some of us will be attending. The list is below if you want to sign up and make the commitment or make the most of early bird prices:

Date	Event name	Location	Options	AVT Champion
Sunday 5 th May	Oldbury White Horse Triathlon	Calne	Sprint triathlon (individual or team), aquabike, aquathlon, duathlon	Vicky Bodman
Sunday 19 th May	51Fiver	Cotswold Water Park - Lake 32	Standard triathlon (Relay)	Caroline Scott
Sunday 9 th June	Royal Windsor Triathlon	Windsor Castle	Sprint, Olympic, plus European and British Qualifiers options	Emily Dye
Sunday 14 th July	Swansea 70.3	Swansea	70.3/Half	Caroline Scott
Friday 2 nd – 4 th August	Mumbles Centurion	Swansea	2k Swim, 78km Bike, 20km Run, individual or all three.	Annalie Ibison
Sunday 8 th September	End of Season Triathlon relay	Cotswold Water Park - Lake 62	Super Sprint (Relay)	
Sunday 6 th October	Thrupton Duathlon	Thrupton race circuit, near Andover	Sprint, GB Qualifiers	

In addition to the focus events above we will also be keeping the calendar updated as the year progresses and more event dates become known. The Calendar can be access via our AVT "[What we do page](#)".

Maria Harryman

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

Chilly

With a selection of medals on offer as well as a wide range of post-race goodies being promised, one could draw the conclusion that DB Max were clearing out their cupboards for the end of the year. As well as offering a 10K run around the Castle Combe race circuit, they were offering a Duathlon too and as a bonus there was a discount code for Avon Valley members. Quite fancying the 'motor car' medal, I was pleased to see that they were offering a Team Relay option for the Duathlon. With my running days now behind me, I of course was opting for the bike leg and a quick call in to Richard Morgetroyd and I had my team sorted. Within the hour, team "The Not so Dynamic Duo" were registered, but a day later Richard had come a cropper whilst out cycling, the bike was OK but his arm not so much – the prognosis being that he would be out of action for seven weeks and the Chilly was in four weeks 😞



Trawling through my little black book of runners who could rise to the challenge, I stopped at Ed Knudsen and he agreed to take on the two by two-mile runs that would sandwich my 10-mile cycle, I was back in business.

With just a few days to go I couldn't help but think that Richard had seen the race-day forecast in his crystal ball and conjured up a rather extreme excuse to avoid racing. The conditions were going to be 40mph winds accompanied by torrential rain. The pre-race briefing from DB Max advised checking alternative websites for the weather forecast, however all the ones that I looked at offered similar weather of biblical proportions...No disc wheels on the bike then, and just to provide more control I would opt for my road bike over my TT-bike and sacrifice a few miles per hour for the sake of staying upright.

Race day came and the promised weather was delivered. First up was **The Chilly 10K** run with several Avon Valley club members on the start line. I watched the start before quickly retreating to the shelter of the Race HQ.



First home for AVR was Will Whitmore in 42:27 and claiming the 3rd MV50 spot;

Diane Hier finished in 47:13 as the 1st FV60;

Rosemary Barber finished in 59:07 as 2nd FV70.

Other AVR finishers were: David Bagshaw 47:49; Simon Woodhead 49:40 and Paula Farrell 50:21.

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

Inside the Race HQ I found a very cold Caroline Scott who was promoting Avon Valley Triathletes, and the Avon Valley Half Marathon as well as modelling most of the Avon Valley clothing range in order to stay warm – it was definitely chilly.



Soon it was time to venture out of the Race HQ to rack my bike; the transition area was carnage with several bikes having been blown off of the racking, helmets detached from bikes and a few control fences having come down too. From a safe distance I was able to see the Duathlon get underway and ten-minutes later saw Ed approaching me in transition with a very healthy lead.

After fumbling to put on my helmet and transfer the timing chip, I was off out of transition at well over 30mph. Then I hit Quarry Corner and suddenly I found my forward momentum replaced with a sideways push as the wind tried to expel me from the circuit (thankfully I wasn't riding disc wheels) I came out of the turn nearer to 15mph and was now fighting a headwind for the next mile before Tower Corner brought some respite and then I could get back up to speed again. This process continued for five laps, during which time I had lost a good few positions to those that had literally 'thrown caution to the wind' and rode on their TT-bikes.



Handing over to Ed again (this time in 12th place) he put in another good run to bring us through to fifth place overall and the first Relay team – though this was a somewhat hollow award being the ONLY RELAY TEAM. Alan Best, Ken Pyper, Andrew Jeffries (3rd MV60), Caroline Scott and Nicola Johnson (3rd FV60) were soon over the finish line too and in the shelter of the Race HQ.

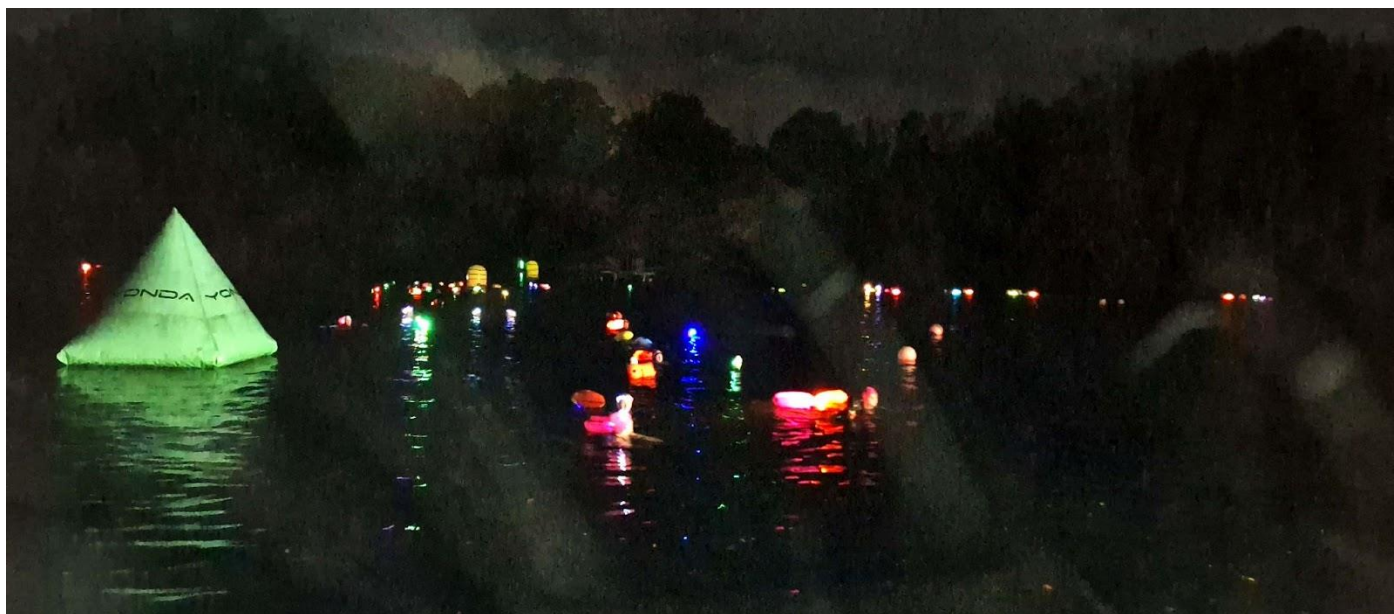
Darren Wrintmore

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

The Fear

Four years ago, if you said I would be swimming in a deep dark lake at night I would have raised an eyebrow in disbelief whilst coming out in a cold sweat at the thought, but I've spent the last 3 years working on my swimming and particularly overcoming my fear of open water so that I could enter the world of triathlon and the 28th October felt particularly special as I joined the **Vobster Glow Swim** and weirdly felt the calmest I've ever felt!

Vobster is a pretty zen place anyway, I literally feel all my stresses melt away when I'm there, but with the swimmers all lit up, a fire, live music and a full moon, the atmosphere was especially magical. and it was great to see a few of our AVT members there too.



Now, back to the fear of open water swimming, I want to share my story in the hope that it inspires any of you who might be holding back to give it a go.

I've always loved swimming but when faced with rocks, dark water or any water where "creatures" might lurk hidden underneath I just couldn't get in, and if I tried panic would get the better of me, but this was stopping me from doing anything but pool swim triathlon, and those of you who know me well know that my real love is to be in out in the landscape.



So, during the last year of COVID, when events weren't running and we were all mainly exercising outdoors I joined Richard Smiths "**Bathtub to 1K**" group sessions at Vobster. Back then achievement for me was just getting in the lake and joining in without panicking. The days I swam I wouldn't sleep the night before and as soon as I drove into Vobster I could feel the anxiety rise and my hands would go clammy,

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

Roll forward to 2022 and using the breathing drills Richard gave us to focus and calm my nerves I did my first open water triathlons in the Cotswold Water park and later that year in the Slatesmand in Snowdon. Buoyed on by this breakthrough, I've continued to go to Vobster regularly so I don't lose that confidence, and this year I decided to extend my experience by focussing on some sea swims, my first experience at Mumbles was a baptism of fire, we had a big swell following Storm Antoni and it was a definite case of keep your mouth shut after a sewage release 52 hours previous, I wasn't sure I liked the sensation of swimming in the sea, but I went back for more at Bowleaze cove and later off the coast of Anglesey which were much more enjoyable!

All this time I have also continued pool swim coaching with AVT or U-Perform with the aim of becoming a stronger and better swimmer. So, has my fear gone away?

No and I don't think it ever will, but I don't lose sleep anymore, I look forward usually with excitement to my open water swim adventures, I've learnt how to manage my fear, I'm not complacent and I prepare my mind in lots of ways so that when I get in the water I am as calm as I can be and I can relax and enjoy the swim.

And on nights like the glow swim, or in Snowdon Lake when I look up and see nature all around me, I am so glad I took the step. So, if you are wondering whether to venture into triathlon or open water swimming next year, why not set yourself a winter goal to improve your swimming.

Maria Harryman

5-days a week coached swim offering for AVR/AVT members

In addition to our weekly Thursday evening swimming coached by Keith Withers and Stephen Clarke, we are piloting a 5-day a week collaboration with Hot Chillies Tri club to try and pool (sorry for the pun) our coaching and pool time resources.

If successful, this could provide a potential long-term possibility that provides all athletes with a variety of swim options, from beginner focus days (Wed & Fri) to those that want to be stretched more (Mon, Tues, Thurs).

Costs will be £7 PAYG per session for any athlete that wishes to attend a swim session providing they are an AVR/AVT member.

Please contact Annalie Ibison (AVT Swim Champion) via avt@avonvalleyrunners.org.uk who will advise you on booking details.

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



AVT Segment of the Year - 2023

Our Strava segment challenge has come to a close for its second 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 2023 are Will Whitmore and Caroline Scott, with Alan Best, Jenny Natrass, Darren Wrintmore and Annalie Ibison joining them on the podium at the club presentation evening on Saturday 9th March.

Rank	Athlete	Total Points	SotM Ridden	SotM Deductions	SotM Points	Bonus Segments	Bonus Deductions	Bonus Points
1	Will Whitmore	492	12	48	246	12	47	246
2	Alan Best	489	12	45	245	12	45	244
3	Darren Wrintmore	465	12	43	232	12	42	233
4	Andrew Jefferies	428	10	0	215	12	35	213
5	Martin Disney	287	6	0	132	7	0	155
6	Keith Withers	268	6	0	123	8	0	145
7	Sean Price	180	3	0	60	7	0	120
8	Simon Williams	173	3	0	62	6	0	111
9	Simon Reeves	143	3	0	58	5	0	85
10	Stephen Clark	129	1	0	23	6	0	106
11	Cliff Dye	109	1	0	18	6	0	91
12	Graham Anderson	104	2	0	40	4	0	64
13	Mark Sims	82	1	0	19	4	0	63
14	Tony Dunford	79	0	0	0	4	0	79
15	Dan Colman	75	0	0	0	4	0	75
16	Ben Mees	72	1	0	22	3	0	50
17	David Clarke	70	1	0	17	4	0	53
18	Martin Russam	48	1	0	18	2	0	30
19	Ben Vincent	45	1	0	16	2	0	29
20	Richard Newman	41	0	0	0	3	0	41

Rank	Athlete	Total Points	SotM Ridden	SotM Deductions	SotM Points	Bonus Segments	Bonus Deductions	Bonus Points
1	Caroline Scott (AVT)	495	12	46	248	12	46	247
2	Jenny Natrass	481	11	23	242	11	22	239
3	Annalie Jane	460	12	43	232	12	38	228
4	Rosemary Barber	385	10	0	206	10	0	179
5	Caroline Tassell	322	6	0	135	9	0	187
6	Sarah Jewers	179	4	0	85	5	0	94
7	Gemma Knudsen	146	3	0	60	5	0	86
8	Fiona Price	143	2	0	43	5	0	100
9	Anne Clark	125	2	0	37	5	0	88
10	Jo Mumford	125	1	0	20	5	0	105
11	Esther Frawley	107	1	0	25	4	0	82
12	sandra sharratt	95	3	0	52	4	0	43
13	Izzy McNally	94	1	0	17	4	0	77
14	Diane Hier	90	1	0	14	4	0	76
15	Vicky Bodman	84	2	0	38	4	0	46
16	Jen Davies	80	2	0	38	3	0	42
17	Sara Robert	80	0	0	0	5	0	80
18	jay sims	77	1	0	18	5	0	59
19	Fiona Gibbs	76	1	0	18	4	0	58
20	Amélie Higgins	68	1	0	16	4	0	52

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

How Hard Did You Tri?

This award is based on pure grit. We have added up the distance of all the events and all the legs you did this year. Furthest distance wins:

Rank	Name	Total Distance (km)
1	Alan Best	435.8
2	Will Whitmore	260.32
3	William Bridges	253.4
4	Andrew Jefferies	182.26
5	Scott Green	133.2

Rank	Name	Total Distance (km)
1	Caroline Scott	286.4
2	Annalie Ibison	246.9
3	Diane Hier	238.9
4	Vicky Bodman	230.35
5	Emily Dye	188.45

The AVT League is performance-based. We take your best result in each of Time Trial, Aquathlon, Duathlon, Triathlon and Aquabike, and express it as a %. For example, if there were 100 finishers and you came 57th, you'd get 57% for that event. We then average your results across each of the above events. If you didn't do a particular event, you are awarded 100%. Lowest score wins.

Rank	Name	Time Trial	Aquathlon	Aquabike	Duathlon	Triathlon	Average
1	Alan Best	36.17	72.73	39.39	50.41	20.95	43.93
2	Will Whitmore	31.75	100	100	24.24	9.02	53.00
3	Steve Clark	49.21	100	47.83	100	22.42	63.89
4	Scott Green	100	100	100	23.29	29.69	70.60
5	Paul Banfield	100	33.33	100	100	46.75	76.02
5	Keith Withers	92.06	100	40	100	48.05	76.02
7	Andrew Jefferies	75.38	100	100	63.64	57.29	79.26
8	Cliff Dye	81.82	100	50	100	68.61	80.09
9	Tom Gurney	100	100	100	100	0.61	80.12
10	Ben Mees	100	100	100	100	6.64	81.33

Rank	Name	Time Trial	Aquathlon	Aquabike	Duathlon	Triathlon	Average
1	Emily Dye	87.27	40	70	58.46	36.50	58.45
2	Annalie Ibison	87.3	44.74	51.52	100	38.69	64.45
3	Kathryn Butt	74.6	100	17.39	100	50	68.40
4	Jenny Natrass	84.13	100	100	37.5	47.92	73.91
5	Sarah Jewers	100	23.68	100	100	47.45	74.23
5	Jen Davies	100	68.42	100	100	5.26	74.74
7	Diane Hier	100	40	100	100	45.56	77.11
8	Caroline Scott	93.85	100	100	74.26	43.07	82.24
9	Paula Farrell	100	74.29	100	100	48.39	84.54
10	Gemma Knudsen	100	100	100	79.55	46.35	85.18

Don't forget to send all your multi-sport results to avtresults@avonvalleyrunners.org.uk

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 37-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 2018

In this month five years ago:

Ed Knudsen won the **Plain Crazy** trail race at Warminster, with Gary MacAlister claiming the 1st MV40 prize.

Max Davis set a new club record at the **Telford 10K**, recording 31:20 for 73rd position in a very high-quality field.

The Avon Valley Runners Ladies team of Veryan Cranston, Gemma Lawton, Jennifer Marlow and Diane Hier took the county silver medal at the **Wiltshire XC Championships** behind Chippenham Harriers.

The Men's team of Chris Roxburgh, Rich Harding, Gary MacAlister, Stuart Sellers, Tim Lerwill and Mark Sargeant took the Wiltshire County XC title and also the silver medal in the **Tri-county XC championships** behind Westbury Harriers.

December 2013

In this month ten years ago:

Peter Veleski was the winner of the **Everest Challenge** at Westbury, ascending to the top of the White Horse in 8-minutes 11-seconds. Juliet Coulson was the fastest Lady clocking 10-minutes 18-seconds.

The Avon Valley Runners Ladies team of Jackie Rockliffe, Fiona Price, Jill Westwood and Diane Hier took the county title at the **Wiltshire XC Championships**.

In the Senior Men's race, Michael Towler led the way home to become county champion and led the Avon Valley Runners team of Chris Roxburgh, Joby Hobbs, Tim Lowrie, Thomas Coney and Peter Veleski to the Wiltshire County XC title and also to the bronze medal in the **Tri-county XC championships** behind Bristol & West AC and Westbury Harriers.



Both Michael Towler and Ruth Barnes set new club records over 10K, at the **Bromham Pudding Run**, recording 32:50 and 36:07 respectively.

December 2003

In this month twenty years ago:

Danny Kay recorded 3:35:38 to finish as 1st MV60 at the **Luton Marathon** and a week later finished as 2nd MV60 in the **Majorca Marathon** with a time of 3:36:54.

AVR were out in force at the **Bromham Pudding Run 10K** with 4th placed Kevin Sparey leading our 24 runners' home to a Christmas pudding: 4th Kevin Sparey - 34:45; 9th Martin Connor - 36:44; 22nd Alistair Bartlett - 38:41; 25th Darren Wrintmore - 39:31; 44th Steve Noyes - 41:08; 45th Richard Hudson - 41:09; 55th Chris Atkinson - 41:47; 60th Paul Symns - 42:10; 61st Gerry Fice - 42:14; 62nd Nigel Evans - 42:15; 78th Liz Ringham - 43:30; 79th Ted Rockliffe - 43:36; 80th Sue MacGregor - 43:41; 88th Rosemary Barber - 44:25; 91st Simon Ringham - 44:36; 106th Tina Vivian - 45:42; 126th Laurie Irwin - 46:54; 133rd Susie Phillips - 47:26; 146th Mike Pratt - 48:30; 153rd Liz Harding - 49:15; 161st Janice Betteridge - 50:12; 171th Alan Meadow - 50:57; 173rd Jo Pomeroy-Smith - 51:12; 191st Viv Toms - 53:26; 200th Dennis Mellor - 54:39; 243rd Tony Bartlett 72:12.



Nigel Evans, Ted Rockliffe, Richard Hudson and Darren Wrintmore pose for the Wiltshire Times photographer with their post-race Xmas puddings.

December 1988

In this month thirty-five years ago:

Kerry Fice became **Wiltshire XC** Champion in the Junior race held at Salisbury. In the Senior race, Tim Northwood was the first Avon Valley Runner to finish, being in 35th place overall and ahead of 40th placed Gerry Fice and 76th placed Stan Farr.

Judy Farr was first Lady in the challenging **Wellington Monument 10K** in 46:28, a whole minute ahead of husband Stan who finished in 87th place overall.

Darren Wrintmore couldn't quite break the hour to complete the **Silver Knight race series**, clocking 60:15 at the Christian Malford '10' to finish in 8th place overall in the three race series.

Our **Boxing Day race** started from the long-lost Castle Inn in Trowbridge and up to West Ashton X-roads and back. Tim Northwood led the way home over the 3.4-mile course, with Neil Fyfe 2nd and Andy Lilley third. Judy Farr finished as first Lady.

Over the Hills

With a week of heavy rainfall, the river Frome was flowing a bit too fast and furious for a crossing but this didn't dampen the experience for the 400 entrants at another excellent edition of our flag-ship race, held out of Barton Farm Country Park in Bradford on Avon. James Reeder of Team Bath AC led the way for the Men and Caroline McAleese of Vegan Runners for the Ladies.



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...



Alzheimer's Support: The 400 runners were hungrier than ever after their challenging 12k off-road event and our homemade cakes went, well like hot cakes - raising an amazing £570

David Hyde: Receiving an award for Leaders from Jo Pavey!



David Bagshaw: Gloucestershire XC - tough but enjoyable day

Stuart Mackie: Shepton Mallet Prison



AVR C25K Beginner Class of 2023!

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