



## Welcome to The Valley News

The new trackside notice board has been installed at Doric Park.

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

**The Newsletter of Avon Valley Runners**  
**Issue #276 – April 2025**

### In this issue:

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- Slaughterford
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- Multi-sport Musings
- #Social Gallery



Please send any news, articles or achievements to [news@avonvalleyrunners.org.uk](mailto:news@avonvalleyrunners.org.uk).

# Avon Valley Awards

On Saturday 1<sup>st</sup> March, we held our annual Presentation Evening at the Civic Centre in Trowbridge, celebrating the achievements of our members throughout 2024. The full list of award winners is below:

## Outstanding Performance (Men):

U23 - George Sawyer  
Senior - Ben Mees  
V40 - Gary Day  
V50 - Chris Redshaw  
V60 - Andrew Trigg  
V70 - Peter Campbell

**Ultramarathoner Award** - Nicky Applegate

## Best Beginner:

Male - Tristan Watts  
Female - Louisa Brown

## Club Championship (Men):

1<sup>st</sup> Senior - Ben Mees  
1<sup>st</sup> V40 - Gary Day  
1<sup>st</sup> V50 - Tim Burrell  
1<sup>st</sup> V60 - Robin Mark-Schols

## WAVA Awards (Men):

1<sup>st</sup> - Tim Burrell  
2<sup>nd</sup> - Ben Mees  
3<sup>rd</sup> - Gary Day

## Outstanding Performance (Ladies):

U23 - Amelie Higgins  
Senior - Isabella McNally  
V40 - Jenny Natrass  
V50 - Annalie Ibison  
V60 - Diane Hier  
V70 - Rosemary Barber

**Most Improved** - Sam Grant

**Most Promising New Member** - Callum King

**The "Bomb"** - Sean Price

**Perseverance Award** - Martin Russam

## Club Championship (Ladies):

1<sup>st</sup> Senior - Kayleigh Haines  
1<sup>st</sup> V40 - Jen Natrass  
1<sup>st</sup> V50 - Fiona Price  
1<sup>st</sup> V60 - Diane Hier  
1<sup>st</sup> V70 - Rosemary Barber

## WAVA Awards (Ladies):

1<sup>st</sup> - Diane Hier  
2<sup>nd</sup> - Rosemary Barber  
3<sup>rd</sup> - Fiona Price



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**AVR Road League (Men):**

- 1<sup>st</sup> - Gary MacAlister
- 2<sup>nd</sup> - Darren Messen
- 3<sup>rd</sup> - Paul Dredge

**AVR Off-Road League (Men):**

- 1<sup>st</sup> - Ben Mees
- 2<sup>nd</sup> - Gary Day
- 3<sup>rd</sup> - Daniel Colman

**AVT League (Men):**

- 1<sup>st</sup> - Keith Withers
- 2<sup>nd</sup> - Simon Williams
- 3<sup>rd</sup> - Andrew Jefferies

**WAVA Awards (Men):**

- 1<sup>st</sup> - Tim Burrell
- 2<sup>nd</sup> - Ben Mees
- 3<sup>rd</sup> - Gary Day

**AVT Segment of the Year (Men):**

- 1<sup>st</sup> - Tom Carpenter

**AVT Time Trial (Men):**

- 1<sup>st</sup> - Darren Wintmore

**Most Improved Multi-Sport Athlete:**

- Male - Andrew Jefferies
- Female - Annalie Ibison

**AVT Inspire and Motivate Award:**

Keith Withers

**AVR Road League (Ladies):**

- 1<sup>st</sup> - Jenny Natrass
- 2<sup>nd</sup> - Annalie Ibison
- 3<sup>rd</sup> - Sam Grant

**AVR Off-Road League (Ladies):**

- 1<sup>st</sup> - Isabella McNally
- 2<sup>nd</sup> - Gemma Knudsen
- 3<sup>rd</sup> - Fiona Gibbs

**AVT League (Ladies):**

- 1<sup>st</sup> - Jenny Natrass
- 2<sup>nd</sup> - Emily Dye
- 3<sup>rd</sup> - Annalie Ibison

**WAVA Awards (Ladies):**

- 1<sup>st</sup> - Diane Hier
- 2<sup>nd</sup> - Rosemary Barber
- 3<sup>rd</sup> - Fiona Price

**AVT Segment of the Year (Ladies):**

- 1<sup>st</sup> - Caroline Scott

**AVT Time Trial (Ladies):**

- 1<sup>st</sup> - Jenny Natrass

**How Hard Did You Tri:**

- Male - Andrew Jefferies
- Female - Emily Dye



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## Slaughterford

The Slaughterford 9 took place in near perfect condition, chilly first thing but soon became a one-layer event. Blue sky, no wind, good ground conditions, varying reports about the water feature! In the end it was good that the race was postponed from the original date due to a tree down. A sell out event (as always) with 226 crossing the line, ten of whom were in Yellow and Green.

John Naish came in as the first Avon Valley Runner and 31<sup>st</sup> overall; Daniel Coleman came in 50-seconds behind John in 37<sup>th</sup> overall. Andy Trigg came home in 72<sup>nd</sup> position overall and 6<sup>th</sup> MV60. David Bagshaw finished as 148<sup>th</sup> overall (24<sup>th</sup> MV50). Andrew Jefferies came in 164<sup>th</sup> overall (70 seconds behind Tina Towler) and 15<sup>th</sup> MV60. Chris Ashton came in as the 22<sup>nd</sup> MV60. Our first lady home was 131<sup>st</sup> placed Zoe Yoemans who was the 26<sup>th</sup> lady to finish and 5<sup>th</sup> FV40. Tina Towler in 161<sup>st</sup> was 2<sup>nd</sup> FV60 - Well done Tina!! Sam Grant came in 193<sup>rd</sup> overall (16<sup>th</sup> FV40). Haley Anderson came in just a few seconds behind Sam in 194<sup>th</sup> overall and 17<sup>th</sup> FV40.

The Slaughterford 9 was the last race (of 8) in the 2024/2025 Wiltshire Off-Road Race League season. I would like to thank everybody who has taken part in the League this year. Some great racing across a range of categories. Enjoy the summer races! - **Andrew Sharratt**



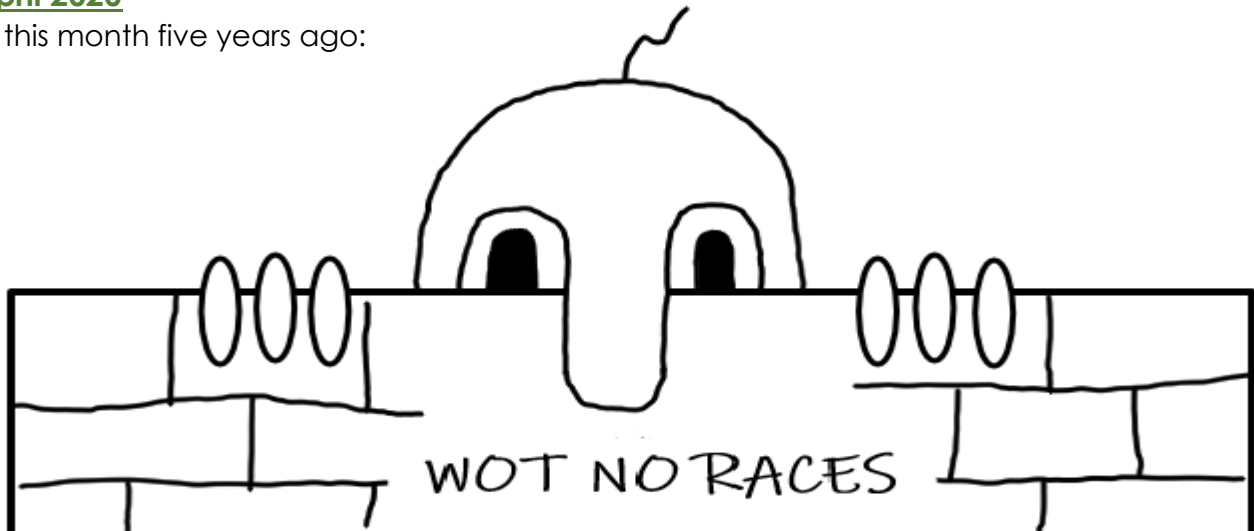
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## All those years ago

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...

### April 2020

In this month five years ago:



### April 2015

In this month ten years ago:

Rosemary Barber was 1<sup>st</sup> FV65 at the **Yeovilton 5K** in 25:13.

Mark Harris was 1<sup>st</sup> MV50 at the **Bournemouth Bay Half Marathon** with 1:31:19.

Ruth Barnes set a new ladies club record of 29:29 at the **Highworth 5-mile race**, whilst Mike Towler was second man overall in 27:17. Robin-Mark Schols was the first SuperVet with 30:30, whilst Phil Harding set a new MV60 club record with 33:44.

Fiona Price set a new Ladies FV40 club record at the **Corsham St Georges 10K** of 39:26 and with Vanessa Lucas, Sarah Jewers and Fiona Gibbs took the Ladies team prize too. Rosemary Barber was 1<sup>st</sup> FV60. Kiersty Barnett was 1<sup>st</sup> Lady at the **Trowbridge Lions 10K**, whilst Andy Marchant was 1<sup>st</sup> MV50 and James Rowan was third man overall. Andrew Sharratt was 1<sup>st</sup> MV60 at the **Cheddar Gorge 10K**.

Andrew Jefferies secured a new PB time of 3:52:15 at the **Madrid Marathon**. Mike Rose recorded 2-hours 52-minutes 08-seconds at the **Paris Marathon** to finish 453<sup>rd</sup> out of a field of 40,157 runners, whilst Kiersty Rose clocked 3:35:50 to finish 486<sup>th</sup> out of 9555 female runners. Whilst at the **London Marathon**, Robin-Mark Schols recorded a new club MV50 record with 2:53:21 and Diane Hier with 3:14:57 set a new club FV60 record.



## April 2005

In this month twenty years ago:

Tina Vivian was 3<sup>rd</sup> FV45 at the **White Horse Half Marathon** in Grove, Oxfordshire, clocking 1:40:12.

An AVR double victory at the **Trowbridge Lions 10K** with Michael Bryant taking the win in 39:15 and Vanessa Lucas leading the ladies in 46:41. Susie Phillips was 1<sup>st</sup> FV50.

Kevin Sparey was 3<sup>rd</sup> Man & 1<sup>st</sup> MV50 at the **Penselwood 10K** in Somerset, whilst Stephen Williams was 1<sup>st</sup> MV50 at the **Corsham St Georges 10K** with 38:26.

Danny Kay was 2<sup>nd</sup> MV60 at the **Taunton Marathon** in 3:47:33; Mike Maidment clocked 3:20:59 at the **Paris Marathon** whilst fourteen members took on the **London Marathon**: with 3,298<sup>th</sup> place Stuart MacGregor being first back for AVR in 3:23:37.

The AVR bard penned the poem below for the Valley News...

## A Troubled Man

Tony Bartlett

1. Contented was I, comfy and happy, just watching the telly  
Laid out on the sofa, hands resting on belly,  
When the voice of the missus breathed in my ear:  
"You fat lazy slob, all you do is drink beer!"
2. This slur on my character I resolutely denied,  
But the shaft had hit home and it dented my pride.  
"Why not get a hobby, outside of the house?  
Try taking up golf or go fishing," said spouse.
3. Now these types of activity did not really appeal,  
The swing of a club or the rod and the reel.  
"There must be something," said my wife, stroking the cat,  
When from the letterbox a card dropped on to the mat
4. The local village Scout group are holding a fête  
With a fun run for all in a month's time, said the date.  
"There you are," said my good lady, "you silly old fool —  
You told me you enjoyed running when you were at school."
5. A glimmer of interest sparked deep in my brain:  
Could I, would I be so athletic again?  
So the decision is taken and I decide to get fit,  
That old feeling of pleasure; all I need now is kit.
6. Down to the sports shop in the town I now go,  
Where shorts and vests and shoes are on show.  
The prices, I discover, are way over the top,  
But at this stage of proceedings I cannot just stop.
7. Therefore I'm now kitted up and my training's begun,  
That first half a mile I've tentatively run.  
Gradually I increase the distance each night;  
I must, I can, I *will* get it right!
8. The time soon flies by, and then comes the day:  
To the fête in the sportsfield I now make my way.  
I line up with the rest, my courage starting to fade  
At the sight of fine-looking athletes here on parade.
9. The race now begins, and with gentle stride I lope  
Along the hot road (to the finish, I hope!),  
Past the halfway mark, and I'm doing quite well,  
But my muscles are aching and my breathing is hell.
10. Finally it's ended and I've completed the last mile.  
"Darling, you were wonderful!" says my wife with a smile.  
So I bask in the glory as my tired legs I rub. . . .  
But alas, she's enrolled me in the AVR club!

## April 1990

In this month thirty-five years ago:

Linda Brown was first lady at the **Trowbridge Road Race** over 5.2-miles and Judy Farr the first lady vet. For the Men, Gerry Fice just missed out on the podium with a fourth-place finish in 29:46.

Both Martin Connor (11<sup>th</sup>) and Bob Ellis (15<sup>th</sup>) broke the one-hour barrier at the **Corsham 10-mile race**, recording 57:32 and 58:54 respectively.

Eighteen club members headed to the capital for the **London Marathon** with 1558<sup>th</sup> Maurice Cockell - 2:54:30; 1671<sup>st</sup> Neil Whitehead - 2:55:31 and 2221<sup>st</sup> Nick Rosier - 2:59:43 all breaking the 3-hour barrier.

# Multi-Sport Musings

## AVT Working Group

Did you know if you are a member of AVR, you're automatically a member of AVT at no extra charge?

This month the AVT working group welcomes a new member, Jen Burke. Jen will be looking to encourage existing AVR members to dip their toes into the world of multi-sport as well as promoting AVT to encourage new members.

Other members of the AVT working group are;

- Caroline Scott - Lead AVT representative on the AVR Committee
- Alan Best - cycling champion and minutes secretary
- Annalie Ibison - swim champion
- Maria Harryman - AVT Newsletter coordinator
- Emily Dye - AVT Results secretary



Remember that you can contact any of us via messenger or email [avt@avonvalleyrunners.org.uk](mailto:avt@avonvalleyrunners.org.uk)

If you would also like to get involved in the working group we would love to hear from you.

## AVT Focus event – The Chilly Duathlon

The Focus event for March, championed by Emily Dye, was the **“Chilly” draft legal Duathlon** on Sunday 16<sup>th</sup> March at Castle Combe race track. This was also a GB qualifying event for the World Sprint distance Duathlon Championships.

The race consisted of a 5K run out and back on the famous race circuit, a 20k bike (*7 laps of the circuit*) and a final 3k run to the finish.

Nine athletes competed as Avon Valley Triathletes - well done to Annalie Ibison, Jenny Natrass, Rosemary Barber, Emily Dye, Caroline Scott, Adrian Holland, Keith Withers, Andy Jefferies and Alan Best. Fingers crossed for some qualifications!

If you would like to know about age group qualification then more information can be found on the British Triathlon website here; [About Age-Group Team – British Triathlon](#)

## So, what's coming up next in our AVT multi-sport calendar?

Now spring is here and us multi-sporters have finally come out of hibernation; we not only have some 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!

Saturday 5<sup>th</sup> April @9am - April Segment Saturday Cycle ride: [\(Caught by the Fuzz & Nestle Climb\)](#)  
Meet at Steeple Ashton outside the Long Arms. Maria Harryman to lead.

Saturday 12<sup>th</sup> April @12:00-13:00 - Coached Brick training session, led by Caroline Scott  
Held at Odd Down Cycle Track in Bath – Click [here](#) to book.

Friday 18<sup>th</sup> April (*and most Fridays thereafter*) - Open Water buddy swim held at Vobster  
And led by Keith Withers.

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## Segment of the Month – April 2025

April sees the launch of our **Avon Valley Segment of the Year competition** and to recap...the idea is that you are invited to take on a couple of Strava segments which can be incorporated into one of your training sessions and the fastest times recorded within the month (*actually up to the 25<sup>th</sup> of the month as we will need time to compile the results*) will get loads of kudos; with the fastest overall (Male & Female) getting 25-points. The second fastest (Male & Female) getting 24-points, the third fastest (Male & Female) getting 23-points and so on down to the 25<sup>th</sup> fastest (Male & Female) getting 1-point each; in the unlikely event that we should get more than 25 members tackling a segment then they will each get a point as well.



You can undertake a segment as many times as you like in a month and it is your best time that will be taken. Even when the month has passed you can continue cycling the segments right through until November (25<sup>th</sup>) and these will make up your Bonus-points score, with up to another 25-points on offer per segment

In order to participate you will need to register for a (*free*) account on Strava if you have not already done so, which will log your miles recorded from your Garmin or other compatible GPRS device. Once logged into Strava you need to join the **Avon Valley Triathletes club** which will be used for tracking cycling results on the segment.

Avon Valley	Location	Sport Type All	Club Type All	Search
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**Avon Valley Runners**  
England, United Kingdom

315 members

Running

Club

Join



**Avon Valley Triathletes**  
Westbury, England, United Kingdom

106 members

Triathlon

Club

Join

Simply search for the words "Avon Valley" from the Strava Dashboard, being sure to change the default setting from "Athletes" to "Clubs" using the drop-down list:

Of course it goes without saying, but I am going to say it anyway that **undertaking these Strava segment challenges is done at your own risk.**

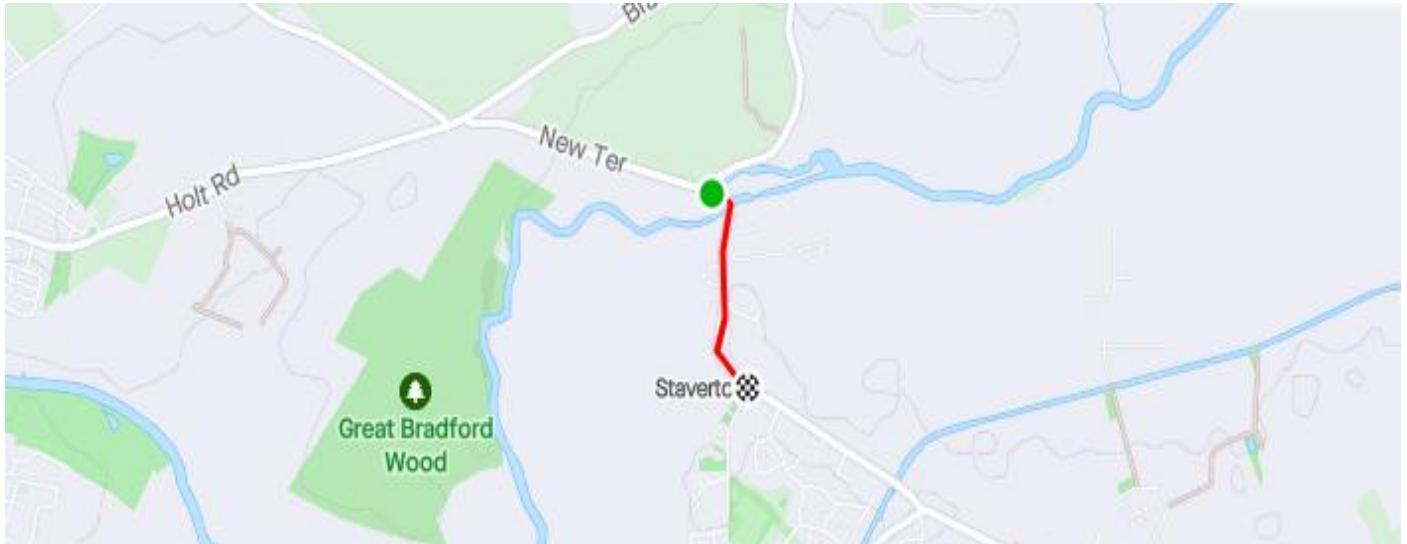
So where are the Avon Valley Strava segments?

Please send any news, articles or achievements to [news@avonvalleyrunners.org.uk](mailto:news@avonvalleyrunners.org.uk).

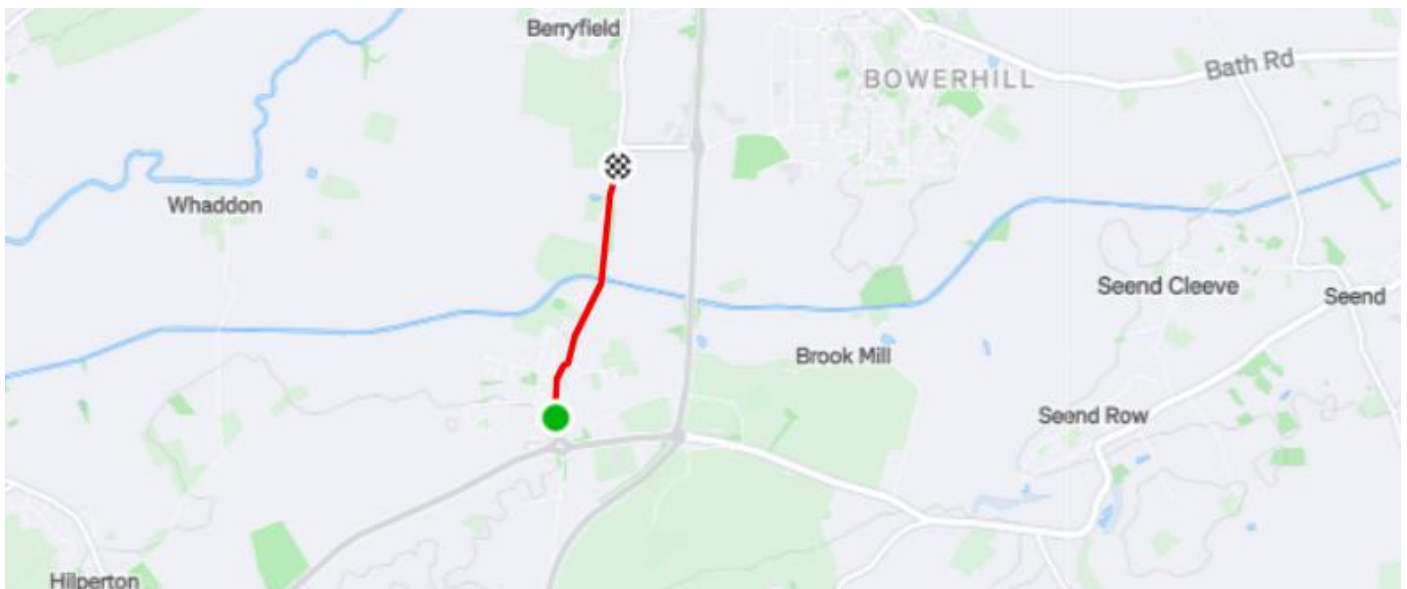


We kick off our fourth edition of the challenge with a couple of the most popular segments ridden by our members over the past few years...

Our first segment is the [Nestle Climb](#) at Staverton and last year saw 50 club members tackle this 0.36-mile climb at an average gradient of 1.6%, leading up from the traffic lights by the river bridge and finishing by the turning into School Lane. So far this year twenty club members have taken on this short climb with Gary Day (1:08) and Emily Dye (1:14) being our quickest riders so far.



Our second segment is [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. Thirty-two club members took on this segment in 2024 and so far, this year just nine members have taken on the challenge with Adrian Holland (2:36 – 20.2mph) and Caroline Tassell (2:46 – 19mph) 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.

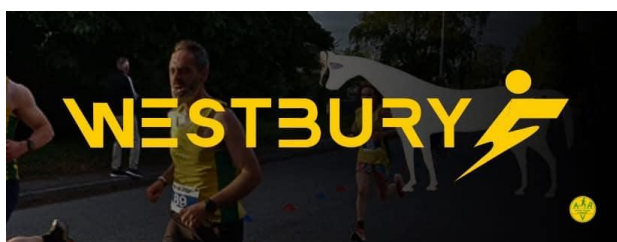
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# Where to Run...or Ride...or Swim

A selection of forthcoming events which may be of interest:

Date	Event	Distance	Details	
Saturday 5 <sup>th</sup> April	<a href="#">Bratton Hilly</a>	11K	A picturesque, challenging, multi terrain course with panoramic views.	
Sunday 6 <sup>th</sup> April	<a href="#">Devizes Half</a>	Half Marathon	LPS bring you a good 13.1-mile challenge.	
Sunday 13 <sup>th</sup> April	<a href="#">Lightning Bolt 10K</a>	10K	Potentially fast 10K at Langley Burrell provided by iCompete Events.	
Wednesday 16 <sup>th</sup> April	<a href="#">Easter Max Mile &amp; 3K</a>	1-mile / 3K	DB Max present a couple of shorter run challenges at Castle Combe circuit.	
Friday 18 <sup>th</sup> April	<a href="#">Westonbirt Easter runs</a>	10K / Half Marathon	iCompete road races at Westonbirt House.	
Wednesday 23 <sup>rd</sup> April	<a href="#">Pronto-Bikes TT</a>	10-miles	DB Max hosted TT race at Castle Combe circuit	
Sunday 27 <sup>th</sup> April	<a href="#">St Georges 10K</a>	10K	Very popular 10K brought to you by Corsham Running Club	
Sunday 27 <sup>th</sup> April	<a href="#">London Marathon</a>	Full Marathon	Oversubscribed fun run in the capital. <i>At least you can watch it on TV.</i>	
Sunday 4 <sup>th</sup> May	<a href="#">Oldbury White Horse Sprint Triathlon</a> (AVT Focus Event)	250m/20K/5K	Triathlon, Duathlon, Aqualon and Aquabike at Calne with LPS Events. <i>AVT Champion – Andrew Jefferies</i>	
Saturday 10 <sup>th</sup> May	<a href="#">Semington Slog</a>	10K	Off-road fun brought to you by St Georges School.	
Wednesday 14 <sup>th</sup> May	<a href="#">Pronto-Bikes TT</a>	10-miles	DB Max hosted TT race at Castle Combe circuit	
Sunday 18 <sup>th</sup> May	<a href="#">51Fiver Triathlon Relay</a> (AVT Focus Event)	51.5K	AVT focus event at Lake32: 1500m lake swim, 40k bike, 10k run <i>AVT Champion – Caroline Scott</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](mailto: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...



Fiona Price presents the Star Vest to **Tim Burrell** now a V60 club record holder



**Ben Mees** on his way to a new club V40 record of 1:13:54 at the Bath Half



Club President **Denise Ellis** denies that she has a problem with her drinking – “Look how many I can carry” 😊



**AVT at the Chilly Duathlon – Caroline Scott, Annalie Ibison & Jenny Nattrass**

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