



Welcome to The Valley News

Avon Valley Runners put in a good showing at the Endure 24-hour race at Reading.

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 #279 – July 2025



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

Chris Walford

It is with great sadness that the club learned of the passing away of long-standing member Chris Walford. Chris was the winner of our "Inspire and Motivate" award in 2022. He was a humble, down-to-earth person with a great sense of humour. Chris quickly made friends and often spent time encouraging club members to go above and beyond what they thought they could do. With an unmatched 'can do' attitude, I think everyone that knew him would agree that he made a significant difference to many people's lives.

As an active triathlete, Chris came to AVR in 2020, full of enthusiasm and in full training mode. Pushing himself into more and more challenging triathlon activities which included the full distance Ironman Barcelona in 2021. Along the way he spread his infectious enthusiasm for multisport, persuading some of us runners to try the dark side - 'triathlon!' He connected with people, built their confidence and supported them in achieving sporting accomplishments they didn't think they could.



One of Chris' achievements was to persuade fourteen AVR athletes to do the Weymouth Half Ironman 70.3. To this day, many of us are unsure how he managed to persuade us into such a monumental challenge but his positive approach, unlimited support and gentle teasing meant that we did, indeed, embark on a gruelling training plan!



Only a few months before Weymouth 70.3, Chris learnt of his terminal illness. This was a huge shock to him and his family but he refused to give up. He received rapturous applause from his family and team mates as he celebrated his moment on the red carpet. True to form, Chris announced it had been his best ironman ever and that he had stopped to thank every marshal on the course. In 2022, Chris was instrumental in organising what has now become an annual AVT/AVR 51 Fiver triathlon relay. Always looking to share his love of multisport, he was keen to promote triathlon to more AVR members. He managed to organise over 40 members of the club to take part in various relay teams - this was quite an organisational feat but he knew it would bring us all together. Chris hoped that the event would help bring more club members together in a spirit of mutual support, friendship and achievement. He definitely achieved his aim.

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Chris was known as someone who managed to get you involved in things you didn't expect to be involved in! To this day, those who knew Chris often affectionately say "it is all Chris's fault" when we sign up to do a multisport event, but of course, we are eternally grateful for what he has left us: skills we didn't realise were possible, the highs and lows of learning new disciplines, strong friendships and people we will know forever. Thank you, Chris - your legacy stays with us.

Very sadly, Chris passed away on 18th May, the day we were at the 51Fiver. That day, the lake was shrouded in fog so thick there was the distinct possibility that the swim would not take place. We all stood for over 75mins waiting for the Race Director to make the call but at the last minute, the fog began to clear and blue sky appeared. Finally, the full triathlon started and perhaps it was Chris smiling down on making sure we finally entered the water?

Chris's family are raising money for Dorothy House, where Chris spent his final days, and we would like to raise money for that cause too.

Please help raise money for Dorothy House with your participation in 51Fiver 2026: a relay event for all club members.



Caroline Scott - Multi-Sport Secretary

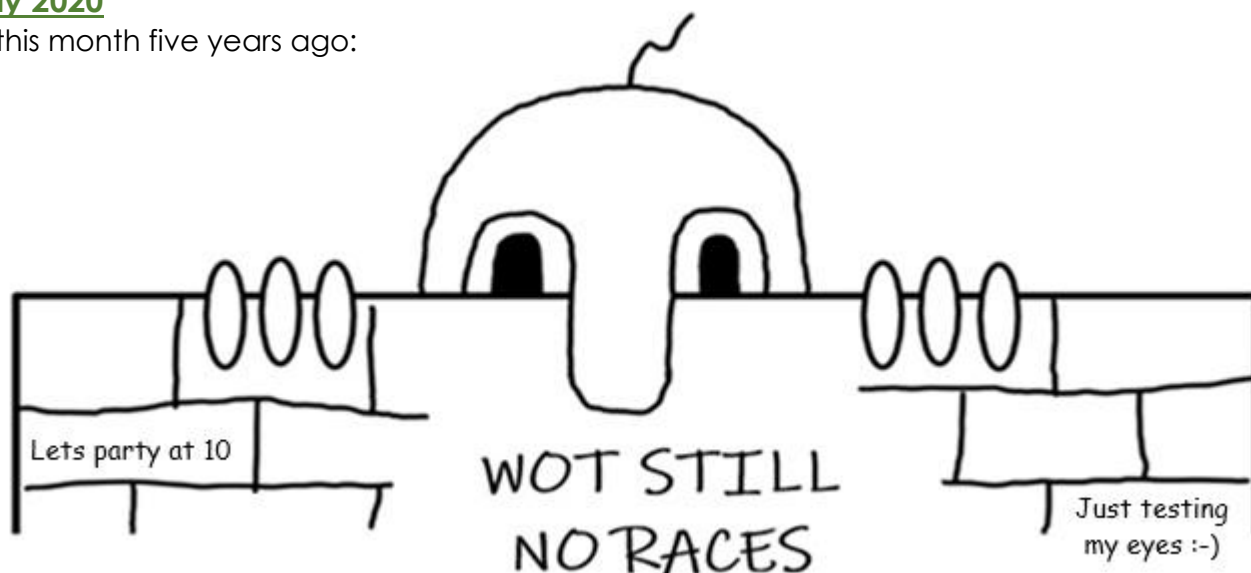
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All those years ago

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...

July 2020

In this month five years ago:



July 2015

In this month ten years ago:

Thomas Coney won the **9bar Railway Ultra Marathon** over a 37-mile distance along the banks of the River Severn at Coalport in Shropshire.

Mike Towler clocked a super-speedy 15:52 at the **Aztec West 5K** in Bristol, for 6th place.

Both Fiona Price and Kate Hails were in the prizes at the **Magor 10K** at Chepstow, collecting a silver and gold medal respectively, in their British Masters age groups.

George Gurney took second place overall at the **Frome Half Marathon** with a time of 1:13:18. Diane Hier was third lady with her 1:36:17 whilst Phil Harding was 2nd MV60 in 1:39:17. In the supporting 10K, Mike Towler recorded 33:44 for second place overall and Rosemary Barber took the 1st FV60 prize in a time of 56:34.

Sharon Firkins was first lady at the **Two Tunnels 5K** at Bath with a time of 24:58.

Anna Cottle was second lady at the **Bishop Cannings 5000m Dash** and Peter Veleski was third placed man.

Nigel Oatley was just 3-seconds off of his predicted time to win our **Tom Roberts Watchless** race in Bradford on Avon.

Carl Davies claimed third place overall at the **Dundry Thunder** trail run over the Mendips and a week later led off the AVR "Quads of Fury" with Dominic Beddis, Mike Towler and Anthony Mills to claim the Open prize at the **Avon Valley Relay**.

Tom Frost finished third overall at the **Chippenham River Run** with 18:43.

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July 2005

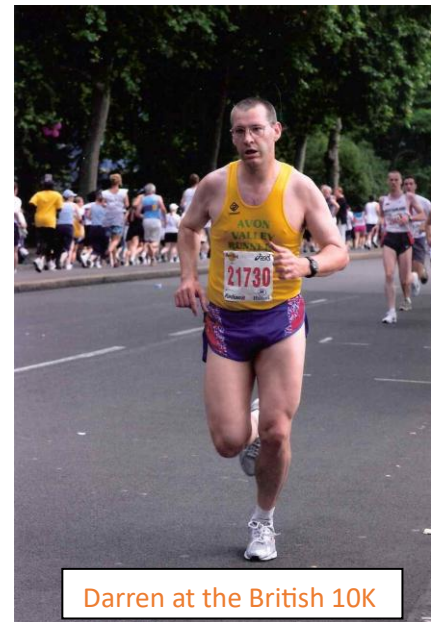
In this month twenty years ago:

Michael Bryant took the runner-up spot in the **Springfield 5K** at Corsham, whilst Susie Phillips finished as 1st FV50. Susie also finished as second lady overall at the **Chalke Valley 10K** near Salisbury.

Kevin Sparey was 1st MV50 at the **Yeovilton 5K** in a new club record age-group time of 16:58 and a few days later got second place overall at the **Wincanton 10K** with 36:30.

Rosemary Barber was 1st FV50 at the **Sherston 10K** with 47:59.

Darren Wrintmore flew the flag for AVR at the **British 10K** in London, though his 39:51 for 176th place did not trouble race winner Haile Gebrselassie of Ethiopia who stormed home ahead of the 5,000 strong field in 28:12.



July 1990

In this month thirty-five years ago:

Judy Farr was third lady at the **Milton Abbass 10K** with 47:27 and later first female veteran at the **Clevedon Pier 10K**.

AVR were in the prizes at the **Westwood 7** with Martin Connor finishing second overall in 42:09. In 6th place, Neil Fyfe was the first male veteran. Linda Brown was the first lady overall to finish and Judy Farr was third placed lady.

From the Valley News...

Hail...

Welcome to the following new members in 1990: Rosemary Barber, Rebekah and Thomas Brooke-Taylor, Mike Chubb, Allan Clarke, Debbie Clarke, John Green, Sean Greenland, Richard Havergal, George Henderson, Mark Johnson, Christopher Noakes. We hope your stay with Avon Valley Runners is long, happy and rewarding.

and Farewell

Several of our younger runners have left to join Trowbridge AC, either first or second claim, to benefit by their participation in track and field competition; and two seniors, Gerry Fice and Phil Mitchell, have joined Chippenham Harriers. We wish all these members good luck in their new surroundings.

Multi-Sport Musings

By Maria Harryman

AVT members Rosemary Barber and Emily Dye both pulled on the GB tri-suit this month at the 4th World Sprint Duathlon Championships in Pontevedra, Spain. The race consisted of a 5km run, 19.7km bike and 2.5km run. They both had incredible races with Emily Dye coming 3rd in her age category in a time of 1:09:06 and Rosemary coming 4th in hers with a time of 1:43:58.



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 - please send your results in to: avtresults@avonvalleyrunners.org.uk

Just a reminder AVT still have coached swim sessions with our partner club (Hot Chilli's) at Clarendon Swimming Pool in Trowbridge:

- 7-8 am on Mondays & Tuesdays (more endurance based)
- 9-10 pm on Wednesdays and
- 7-8 am Fridays (more technical based)

For details on prices and a booking link please contact Caroline Scott, the AVT Multi Sport Club Secretary on avt@avonvalleyrunners.org.uk

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Segment of the Month

Our third round of segments which came in June didn't attract as many riders as previous rounds. Probably down to multi-sport competitions demanding our attention and a couple of wet weekends not helping either. Notwithstanding some pretty sharp performances were undertaken...

The [Gatehouse to Gatehouse](#) segment which is a technical ride from Holt to Broughton Gifford passing Great Chalfield Manor on the way, saw eleven members tackle its twisting 1.8-mile length. Tom Carpenter set an all-time best time of 4-minutes 29-seconds to dominate this segment. Jenny Natrass led for the ladies with a 5-minutes 24-seconds clocking.

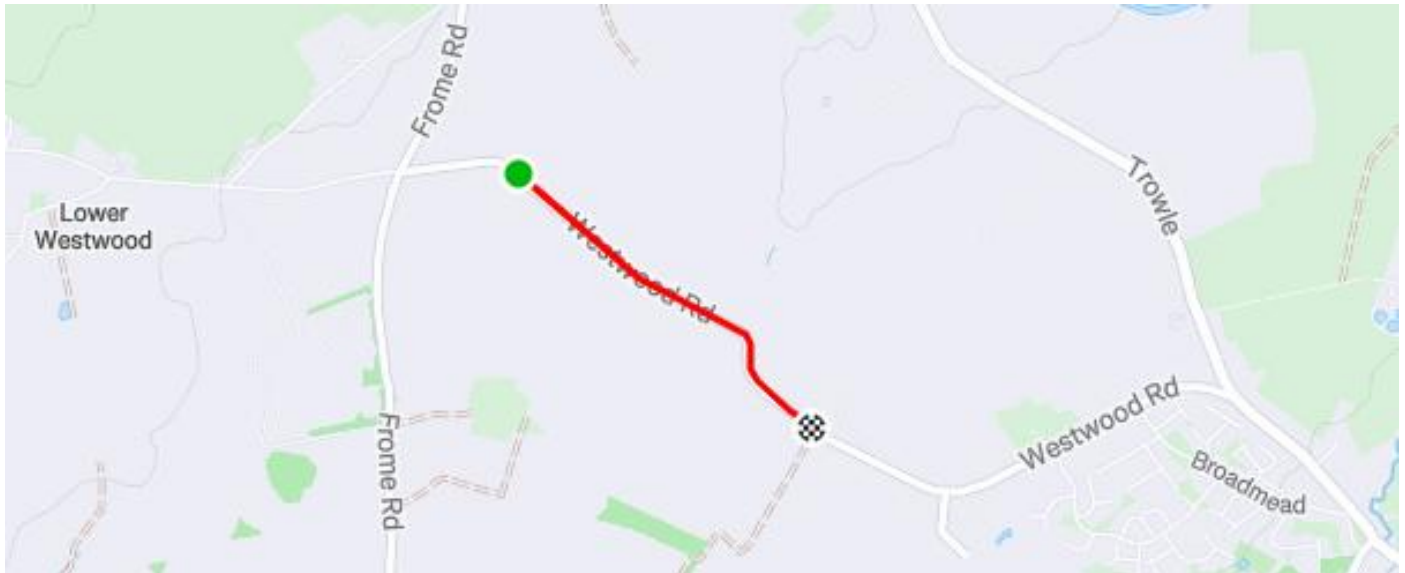
Rank	Name	Date	Speed	HR	Time
	Tom Carpenter	21 Jun 2025	23.9 mi/h	152 bpm	4:29
2	Alan Best	23 Jun 2025	21.6 mi/h	166 bpm	4:58
3	Charlie Pickman	24 Jun 2025	21.2 mi/h	-	5:03
5	Jenny Natrass	25 Jun 2025	19.8 mi/h	144 bpm	5:24
6	Annalie Jane	25 Jun 2025	18.7 mi/h	-	5:43
7	Caroline Scott (AVT)	23 Jun 2025	18.6 mi/h	141 bpm	5:45

Our second segment for June was the [Atworth Clock Tower to Pulpit turning](#) segment which is a flat half mile and attracted twelve club members to flex their fast-twitch muscle fibres. Tom Carpenter and Caroline Scott twitched the fastest to get the 25-points on offer.

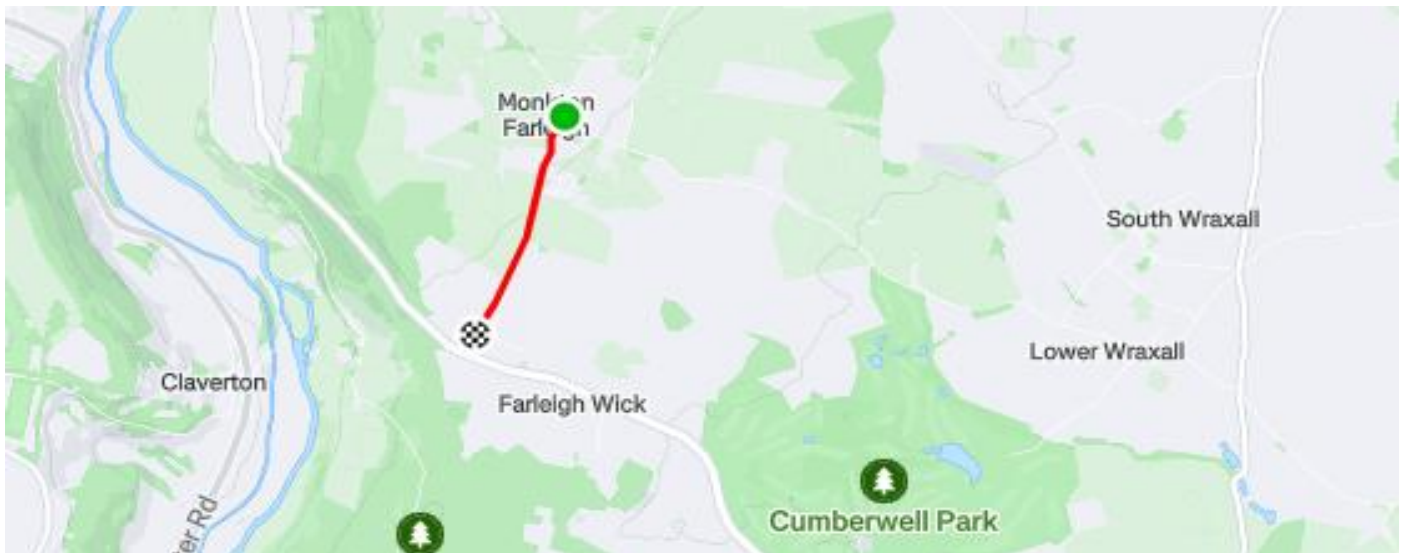
Rank	Name	Date	Speed	HR	Time
	Tom Carpenter	15 Jun 2025	32.2 mi/h	148 bpm	54s
2	Charlie Pickman	1 Jun 2025	31.6 mi/h	-	55s
3	Alan Best	23 Jun 2025	30.5 mi/h	163 bpm	57s
5	Caroline Scott (AVT)	23 Jun 2025	27.6 mi/h	137 bpm	1:03
6	Jenny Natrass	2 Jun 2025	27.1 mi/h	141 bpm	1:04
8	Annalie Jane	18 Jun 2025	24.8 mi/h	-	1:10

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

For July we are introducing two new segments. The first being [Snake Hill](#) which starts near Westwood and climbs for 0.6-miles into Trowbridge. Ten Avon Valley Triathletes have ridden this way so far this year with Alan Best (1:45 – 22.2mph) and Izzy McNally (2:31 – 15.4mph) quickest.



What goes up must go down, and so our second segment for July is [The Monk](#) near Monkton Farleigh and drops down towards Farleigh Wick outside of Bradford on Avon. Only three AVT members have taken on the 0.8-mile descent this year with Darren Wintmore the quickest in 1-minute 37-seconds (28.3mph).



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.

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





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

Rank	Athlete	Total Points	SotM Ridden	SotM Points	Bonus Segments	Bonus Points	Movement
1	Tom Carpenter	296	6	148	6	148	□
2	Alan Best	288	6	144	6	144	□
3	Darren Wrintmore	272	6	136	6	136	□
4	Charlie Pickman	267	6	133	6	134	□
5	Adrian Holland	238	6	119	6	119	↑
6	Paul Banfield	207	6	111	6	96	↑
7	Andrew Jefferies	164	4	83	4	81	↓
8	Cliff Dye	113	2	37	4	76	↑
9	Simon Reeves	109	2	40	4	69	↓
10	Ian White	99	2	27	5	72	↑

Rank	Athlete	Total Points	SotM Ridden	SotM Points	Bonus Segments	Bonus Points	Movement
1	Caroline Scott (AVT)	294	6	146	6	148	□
2	Jenny Nattrass	290	6	146	6	144	□
3	Maria Harryman	265	6	133	6	132	↑
4	Annalie Jane	253	6	140	5	113	↓
5	Jennifer Burke	239	6	121	6	118	□
6	Rosemary Barber	141	4	75	4	66	□
7	Caroline Tassell	137	2	36	6	101	□
8	Emily Dye	127	2	41	4	86	↑
9	Jo Mumford	101	2	42	3	59	↓
10	Sarah Jewers	84	0	0	5	84	↑

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

A selection of forthcoming events which may be of interest:

Date	Event	Distance	Details	
Tuesday 8 th July	Westbury 5K	5K	Our third of four races around West Wilts Trading Estate in Westbury	
Friday 11 th July	Vobster Aquathon	750m / 5K	Swim and run at Vobster lake	
Wednesday 16 th July	Combe Summer Miles & Smiles	10K, 3K & 1-mile	Midweek fun from DB Max at Castle Combe circuit.	
Saturday 19 th July	Avon Valley Relay	17-miles 4-stages	Our relay run from Winsley to Hilperton returns for its 15 th edition and is FREE to AVR members	
Sunday 20 th July	Frome Triathlon	400m/23k/ 5km	AVT focus event for July <i>Championed by Annalie Ibison</i>	

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WRRL Update

By Martin Russam

Avon Valley Runners were in action all over the county in June...



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The current league standings and AVR are sitting pretty at the top of Division One...

WRRL Division 1			Race #1		Race #2		Race #3		Race #4		Race #5	
Position	Team/Club	Total Pts	Race Score	Race Pts	Race Score	Race Pts	Race Score	Race Pts	Race Score	Race Pts	Race Score	Race Pts
1	Avon Valley Runners - A	93	767	19	695	17	750	18	771	19	871	20
2	Chippenham Harriers - A	91	440	13	866	20	780	19	797	20	807	19
3	Royal Wootton Bassett Hounds RC - A	81	837	20	524	15	439	12	756	17	579	17
4	Frome Running Club - A	77	704	18	688	16	505	15	725	16	161	12
5	Avon Valley Runners - B	77	516	16	492	14	500	14	493	15	646	18
6	Calne Running Club - A	72	492	15	461	13	475	13	765	18	239	13
7	Team Bath AC - A	63	0	0	847	19	925	20	77	9	346	15
8	Royal Wootton Bassett Hounds RC - B	63	616	17	109	9	71	9	475	14	266	14
9	Devizes Running Club - A	62	279	12	251	11	254	11	419	12	538	16
10	Corsham Running Club - A	57	0	0	731	18	548	16	440	13	60	10
11	Stonehenge Striders RC - A	55	466	14	183	10	114	10	251	10	100	11
12	City of Salisbury AC & RC - A	51	182	11	308	12	626	17	279	11	0	0

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The Great Chalfield 10K

A final hurrah from Darren Wintmore as Race Director when Stampede Sports staged their final race with the Great Chalfield 10K at Broughton Gifford on Thursday 26th June. This was the fourteenth edition of the race and has raised over £2,400 for Broughton Gifford and Holt Scout Group. It was good to see so many Avon Valley Runners on the start line on the warm summers evening...



AVR waiting for the starters orders



Jay Hookins – 1st MV40



Fiona Price – 1st FV50



Race Director - Darren

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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...



Ben Mees: The club MV40 record for 5K is now 16-minutes 18-seconds



Fiona Price and Diane Hier: proudly representing England at the Swansea Half Marathon.



Jen Burke: All smiles on completing the Blenheim Palace Sprint Triathlon.



Jenny Nattrass & Paul Banfield: It was fun representing AVT at the Bowood Sprint Triathlon

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