



Valley News

THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS (50) OCTOBER 1998

CLUB CHAMPS STILL WIDE OPEN

Anyone can win!

... Theoretically, that is – because there are still three races available, one at each of the three prescribed distances: **Stroud half-marathon on 25 October, Bournemouth 10 miles on 22 November and Bromham 10 kilometres on 6 December** – and it still possible for a dark horse to steal up on the rails.

By the end of September, with six of the nine optional races over, only ten men and two women had qualified by competing at all three different distances, and the leaders so far are:

MEN – 1 Simon Spedding, whose total of 2:51:41 is made up of 35:02 in the Trowbridge 10K, 59:10 in New Forest 10M and 1:17:29 in Bath half-marathon; 2 Alistair Bartlett (Trowbridge 10K 35:18, Warminster 10M 1:00:32, Bath half-marathon 1:22:47) 2:58:37; 3 Bob Ellis (Trowbridge 10K 37:44, New Forest 10M 1:05:37, Bath half-marathon 1:25:01) 3:08:22; 4 Anthony Hickson (who also leads in the 60–69 age-group) 3:28:33; 5 Alan Meadow 3:33:03, 6 Mike Pratt (50–59) 3:47:45, 7 Tony Bartlett (60–69) 3:54:24, 8 Bob Sales (40–49) 3:58:18, 9 John Bowley (50–59) 4:05:55, 10 Dennis Mellor (60–69) 4:18:47.

WOMEN – 1 Joyce Field (Langport 10K 51:30, New Forest 10M 1:22:57, Bath half-marathon 1:41:07) 3:55:34, 2 Viv Toms (Trowbridge 10K 50:31, New Forest 10M 1:29:54, Bath half-marathon 1:49:36) 4:08:11.

‘Pain? – I feel no pain!’

All members will welcome hard-working club secretary Stan Farr back to normal routines after his recent hip replacement operation. Thanks to the regular exercise he took right up to the time of going into hospital, his recovery rate was excellent from day one. When he came round after the op., a nurse brought him the pain-killers normally required by patients after such major surgery. “What for?” asked Stan; “I feel no pain!”

Since returning home he’s resumed cycling, swimming and walking – but no running. Well, not yet, anyway. . . .

Best wishes for continuing good health – and don’t be afraid to take it easy!

Editor: Tim Northwood, 45 Hilperton Road, Trowbridge; Tel. 769929.

RUNNING ON EMPTY

BY VIV TOMS

*Push my body to the limit
Feel my legs about to snap
Watch the clock, count every minute:
Can I do another lap?*

*Chest is thumping,
Face is red;
Muscles pumping,
Legs like lead.*

*Tendons stretching,
Heart-rate soaring,
Stomach retching –
This is boring!*

*Sweat is running in my eyes:
I don't think this is very wise.
Would it matter if I gave it a miss?
Warming up shouldn't be like this!*

SECRETARY'S NOTES

I would like to thank everyone who visited me and sent their good wishes and cards during my nine-day stay in hospital. I will be back running when my three-month recovery period is over.

We have again entered the Avalon cross-country league. These races are free, but you must wear a club vest and hand in your finishing ticket in an envelope supplied by the promoting club. Travel instructions can be obtained from me.

We now have so many children of varying standards at training that we are appealing for more helpers. If you can spare an hour, please ring Bernard Hobbs on 01225 865404 or Simon Spedding on 01225 760723. Stan Farr.

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Welcome to the Valley!

The healthy influx of new members continues, and during the past three months the following have arrived to swell our ranks: **Tony Griffith** on 7 July, **Joe Beauchamp** on 16 July, **Terry Clarke** and **Madelaine Gay** on 11 August and **Adam Ghey** (12-year-old twin brother of Sam) on 20 August. We wish you all a long and happy stay in Avon Valley Runners.

Milestones

Only two significant birthdays to celebrate this quarter: On 2 October **Maureen Laney** will join the over-45s, and **John Makin** will reach his half-century on 5 November. Best wishes to both of you. And apologies to **Diane Green**, whose 40th birthday on 9 August was missed in the last issue of *Valley News*.

RESULTS: July–September

4 JULY – Upavon 10K: 25 Alan Meadow 46:21, 35 Tony Bartlett 50:28, 36 Mike Pratt 50:49, 48 Judy Farr (1st o-50) 1:00:04, 56 Stan Farr 1:12:42.

8 JULY – Chippenham 5K River Run: 8 Simon Spedding 17:39, 20 Gerry Fice 18:22, 58 Anthony Hickson 20:58, 100 Mandy Spedding 23:20, 105 Pete Chapple 23:35, 117 Susie Phillips 24:43.

9 JULY – Marlborough 10K: Rose Barber 44:27.

12 JULY – New Forest 10M♦: 21 Simon Spedding 59:10, 57 Neil Whitehead 1:04:48, 63 Bob Ellis 1:05:37, 161 Anthony Hickson (3rd M60) 1:12:00, 347 Bob Sales 1:22:07, 363 Joyce Field (1st W55) 1:22:57, 443 John Bowley 1:29:30, 451 Viv Toms 1:29:54; **Under-10 ½M:** 3 Ashlie Spedding 4:01, Lewis Spedding 4:40.

Salisbury 10M: Kevin Sparey 1:00:12, Mike Pratt 1:17:50, Tony Griffith 1:22:06.

Portland 10M: Ray Withey 1:15:09.

14 JULY – Calne 3 x 3-4M Relays: Men: 2nd J Hobbs 19:49 + S Spedding 18:51 + G Fice 19:23 = 58:03, 10th L Unsworth 21:34 + R Sales 24:36 + A Hickson 22:13 = 1:08:23; Women: 1st S Phillips 25:37 + M Spedding 24:07 + J Field 25:57 = 1:15:41.

18 JULY – Hambledon Hill 3.5M Ramparts Run, Child Okeford (Dorset): 17 Alan Meadow 28:55, 52 Judy Farr 36:43, 59 Stan Farr 43:50.

19 JULY – Calne Triathlon (400m swim, 25K bike, 8K run): Neil Whitehead 1:35:09.

South Cerney Triathlon: 12 Simon Spedding (3rd o-30) 1:35:09.

22 JULY – Yeovil 5K: Kevin Sparey 17:04.

26 JULY – Theale Duathlon: Rose Barber (2nd woman) 6K run 24:28 + 16M bike 53:14 + 6K run 26:25 = 1:44:17.

Bath Triathlon (750m swim, 15M bike, 5K run): Mandy Spedding 1:33:58, Joyce Field 1:55.

30 JULY – Tom Roberts 5K Handicap: 1 Alex Cox, 2 John Bowley, 3 Susie Phillips. Actual times: 1 Alistair Bartlett 18:14, 2 Simon Spedding 18:19, 3 Kevin Sparey 18:36, 4 Bob Ellis 19:37, 5 Alan Meadow 20:24, 6 Les Unsworth 20:55, 7 Ted Rockcliffe 21:07, 8 Sean Brown 21:31, 9 Alex Cox 21:41, 10 Mike Carpenter 21:56, 11 Bob Sales 24:11, 12 Frank Lamerton 24:20, 13 Diane Green 24:56, 14 Tony Bartlett 25:01, 15 Pete Chapple 25:09, 16 Susie Phillips 25:17, 17 John Bowley 25:30, 18 Joyce Field 25:37, 19 Viv Toms 26:15, 20 Robin Porter 26:20, 21 Kevin Lee 2:45, 22 Tony Griffith 27:24, 23 Mike Gerrish 27:40; **Junior 2½M:** 1 Sam Ghey 15:35, 2 David Unsworth 23:01, 3 Lewis Spedding 29:30. **Overall results (aggregate of best 2 times):** Men: 1 A Bartlett 36:11, 2 M Connor 3:46, 3 K Sparey 37:18; Women: 1 J Field 49:39, 2 D Green 49:54.

Marlborough 10K MT: Rose Barber (2nd woman) 43:39.

1 AUGUST – Swanage 12M: 40 Bob Ellis 1:18:50.

2 AUGUST – Sturminster Newton Half-Marathon: 24 Alistair Bartlett 1:20:37, 197 Tony Bartlett 1:47:40.

Blagdon 5½M: 14 Kevin Sparey 33:45, 61 Les Unsworth 37:51, 119 Susie Phillips 45:35, 125 Judy Farr 46:13, 149 Linda Unsworth 51:40, 173 Stan Farr 1:01:04.

9 AUGUST – Alderholt Triathlon: Neil Whitehead 1:54:19.

Askern 10M: 82 R Ellis 1:04:43.

11 AUGUST – Calne 3 x 3-4M Relays: Men: 5th S Spedding 19:17 + G Fice 19:49 + T Rockcliffe 21:06 = 1:00:12, 11th M Gay 21:42 + D Green 25:51 + T Clarke 21:00 = 1:08:33, 13th A Cox 24:02 + J Field 26:36 + G Fice 20:34 = 1:11:12; Women: 1st S Phillips 25:20 + R Barber 22:35 + M Spedding 23:41 = 1:11:36.

16 AUGUST – Westbury White Horse MT: 2 Simon Spedding 32:17, 7 Alistair Bartlett 33:25, 9 Bob Ellis 35:10, 19 Richard Hudson 40:11, 20 Rosemary Barber (3rd woman) 40:29, 26 Alan Meadow 41:23, 33 John Bowley 45:22, 34 Joyce Field (1st W50) 45:31, 35 Tony Griffith (1st M60) 45:57, 40 Mike Gerrish 47:32, 41 Judy Farr 47:56, 47 Viv Toms 48:59, 291 Stan Farr 1:07:21.

Corsham 5-3M: 11 Kevin Sparey 31:24, 17 Ted Rockcliffe 33:24.

19 AUGUST – Yeovil 5K: 22 Gerry Fice 17:19, 37 Ted Rockcliffe (1st M50) 18:29.

20 AUGUST – Marlborough 10K MT: Rose Barber (series winner, best 5 of 6 times) 43:49.

27 AUGUST – BernCol 3 x 1-36M Relay: 1 Linda Unsworth 10:00, Frank Lamerton 8:29, Joby Hobbs 7:24 = 25:53; 2 Gordon Babb 9:08, Polly Beauchamp 9:17, Bob Ellis 7:29 = 25:54; 3 Simon Spedding 7:16, Viv Toms 10:15, Rose Barber (fastest woman) 8:34 = 26:05; 4 Bob Sales 9:01, John Bowley 10:13, Gerry Fice (fastest man) 7:14 = 26:28; 5 Bernie Hobbs 9:24, Susie Phillips 9:53, Alistair Bartlett 7:16 = 26:33; 6 Robin Porter 10:43, Simon Reeves 8:10, Alan Meadow 7:54 = 26:47; 7 Julie West 9:08, Luke Hobbs 9:51, Les Unsworth 7:50 = 26:48; 8 Ted Rockcliffe 8:00, Mandy Spedding 8:54, Tony Griffith 9:54 = 26:49. **Junior 2 x 1-36M:** 1 Joe Beauchamp 10:44, Lewis Spedding 13:09 = 23:53; 2 Hannah Spedding 11:47, Jake Hobbs 12:35 = 24:32.

(Continued on Page 4)

FIXTURES: October-January

OCTOBER

Sun 4 Longleat Relays, 11.00.
 Sun 11 Mendip Muddle 20K, 11.00; Ilchester 8M + 4M Fun Run, 10.40; Aldbourne 10K, 10.00.
 Sat 17 Weymouth 10M, 2.00.
 Sun 18 Avalon CC, Mangotsfield, 1.00; Abingdon Marathon, 10.00.
 Sun 25 Stroud Half-Marathon♦, 10.30; Warminster 10K, 11.00; Dorset "3 Peaks", 10.30.
 Sat 31 Mike Sully CC (all ages), Whitchurch (Bristol), 12.00.

NOVEMBER

Sun 1 Salisbury Firemen's Half-Marathon, 11.00; Cheddar 10M, 11.00; Ilminster 10K, 10.30.
 Sun 8 Beagle Bash 8M MT, Chipping Sodbury, 11.00.
 Sat 14 Victoria Park Road Races, Bath, 1.00.
 Sun 15 Avalon CC, Bridgwater, 1.00; Gillingham 7½M, 11.00.
 Sun 22 Bournemouth 10M♦, 11.00.

DECEMBER

Sun 6 Bromham 10K♦, 11.00.
 Sun 13 Avalon CC, Bath University, 1.00; Wyvern 10K, 11.00.
 Sun 20 Wellington Monument 6¼M, 10.30.
 Sat 26 Boxing Day 3-4M, Trowbridge, 11.00.

JANUARY

Fri 1 Kewstoke 10K, 11.00.

♦ Club championship race.

RESULTS (continued from Page 3)

30 AUGUST - Langport (Battle of Sedgemoor) 10K♦: 26 Alistair Bartlett 36:36, 37 Kevin Sparey 37:40, 45 Ted Rockliffe (2nd M50) 38:43, 46 Bob Ellis 38:44, 67 Les Unsworth 40:59, 98 Rose Barber (1st W45) 43:04, 113 Richard Hudson 44:09, 114 Alan Meadow 44:14, 150 Mike Pratt 46:47, 165 Bob Sales 47:51, 172 Susie Phillips 48:41, 176 John Bowley 48:59, 177 Tony Griffith 49:06, 186 Judy Farr (1st W55) 50:02, 189 Viv Toms 50:40, 195 Joyce Field 51:30, 200 Dennis Mellor 52:14, 236 Pauline Sanger 58:10, 237 Linda Unsworth 58:32. **2½M Fun Run:** 43 Stan Farr 20:24.

Pewsey Half-Marathon: 4 Simon Spedding* 1:20:01, Bernard Dunn* & Bob Sidwick* 1:40:34. (*2nd men's team.) **1.5K Fun Run:** Ashlie Spedding 7:17, Lewis Spedding 7:56.

31 AUGUST - Southwick 3M: 3 Simon Spedding 16:36, 5 Kevin Sparey (1st vet.) 16:49, 11 Nigel Stevens 18:46, 18 Sam Ghey (1st u-14 boy) 19:44, 23 Adam Ghey 20:49, 26 Alex Cox 21:06, 28 Bob Sales 21:09, 32 Susie Phillips (2nd woman) 22:31, 35 Tony Griffith 23:19, 36 Richard Havergal 23:20, 38 Polly Beauchamp (1st u-14 girl) 23:33, 42 David Unsworth 26:34, 43 Les Unsworth 2:34, 45 Hannah Spedding 28:08, 51 Ashlie Spedding 33:06.

6 SEPTEMBER - New Forest Marathon: Mike Pratt & Danny Kay 3:47, Viv Toms 4:18.

The Beast 13M MT, Corfe Castle: Nick Rosier 1:38:26, Neil Whitehead 1:39:26.

Calne 10K: 26 Gerry Fice 36:57, 73 Alex Cox 45:36, 87 Bob Sales 47:22, 91 Tony Griffith 48:59, 96 Judy Farr (1st W45 + 1st Wiltshire W45) 50:02, 104 Dennis Mellor 52:07.

Wansdyke Triathlon, Midsomer Norton (400m swim, 15M bike, 5K run): 12 Simon Spedding (6:27, 47:27, 19:14) 1:13:01, Joyce Field (8:32, 1:17:30, 27:40) 1:53:42, John Bowley 13:51, 1:11:13, 28:40) 1:53:44.

9 SEPTEMBER - Bath City Centre 5K: Men - 5 Simon Spedding 16:58, Alan Meadow 19:58, Alex Cox 20:45; **Women -** Susie Phillips 24:04. **500m Fun Run:** Ashlie Spedding 2:46, Lewis Spedding 3:06.

12 SEPTEMBER - Hambledon Hill 3-4M: 10 Alan Meadow 26:57.

13 SEPTEMBER - Bath Magnificent 9-1-ish MT: 27 Bob Ellis 1:10:49, 32 Neil Whitehead 1:11:57, 55 Rose Barber (3rd woman, 1st vet.) 1:21:57, 66 Ray Withey 1:27:19, 67 Tony Griffith 1:27:24, 71 Mike Carpenter 1:29:59, 78 Susie Phillips 1:35:08.

Langport Triathlon (400m swim, 22K bike, 6-5K run): 6 Simon Spedding (6:36, 40:29, 20:17) 1:07:22, Mandy Spedding (7:43, 50:03, 26:40) 1:24:20.

16 SEPTEMBER - Yeovil 5K: Gerry Fice 17:08.

27 SEPTEMBER - Marlborough 10K MT: 59 Rose Barber (3rd woman, 1st W45) 43:29, 91 Paul Turner 46:11, 166 Tony Griffith 51:08, 176 Dave Earley 51:26, 180 Judy Farr 51:47, 188 Susie Phillips 52:34, 244 Bill Howsego 1:02:00; **1-6M Town Run:** 3 Sam Ghey 9:38, 6 Adam Ghey 10:18, 54 Jan Hunt 14:56.

Bitton 10K: Dennis Mellor (2nd M60) 51:35.

♦ 1998 club championship event.

To ensure inclusion, telephone results to Stan Farr, Trowbridge 755605.