



Valley News

THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS

(52)

APRIL 1999

AVR Over The Hills a great success

The third running of this multi-terrain race (estimated at around 7¼ miles) attracted a large field from near and far, and the general verdict was that it was a great success. The sun shone and the rain held off in spite of a cool breeze, and our own Avon Valley was looking its spring best for the visitors. Full marks to organizer Simon Spedding and his helpers, not least the army of marshals comprising AVR and Lions' Club members who guided competitors past tricky parts of the course.

The large entry meant that we were able to contribute a worthwhile amount (a quarter of the entry fees) to Alzheimer's Support West Wiltshire, who provided refreshments after the race, and on their behalf Sheila Jennings (also a founder member of AVR) thanked all who made it possible. There were prizes in many categories, but an unlisted winner on the day was the sport, as the course (even the muddy tracks and the cold crossing of the River Frome) was a great advertisement for multi-terrain running.

Prizewinners: 1st Alec Woods (City of Bath AC) 43:37, 2nd Leigh Butler (Bath) 44:58, 3rd Guy Woods (Bath) 46:07; 1st MV40 Dave Gunstone (Bath) 48:19, 2nd MV40 Paul Newman (Bath) 49:45; 1st MV50 Ken Payne (Stubbington Green) 49:48; 1st MV45 Chris Moules (Wootton Bassett Hounds) 51:42; 1st woman Yvonne Cox (Bitton RR) 53:30, 2nd woman D. Sprutt (Bath) 55:44, 3rd woman Alison Vuagnimaux (Bath) 55:55; 1st FV40 Allison Lucas (Bitton RR) 1:00:08; 1st FV50 Joan Manners (Clevedon AC) 1:03:14.

Twenty youngsters took part in the two-mile fun run to Avoncliff and back, and the first three to finish were: 1 Sam Ghey 13:51, 2 Adam Ghey 14:36, 3 Joe Beauchamp – all of Avon Valley Runners.

NEXT STOP TROWBRIDGE !

On **Sunday 9 May at 11 a.m.** the ninth **AVR 10K road race** will take place from St Augustine's School, Wingfield Road, Trowbridge, and it is hoped that as many members as possible will turn up to help with marshalling etc. to maintain this event's excellent reputation for smooth organization, an accurate course and rapid results. Last year's race attracted a disappointingly small field, but it's up to us to keep it going as a worthwhile event on the athletics calendar. Let organizer **Bob Ellis (01373 827138)** know a.s.a.p. that you'll be available on the day – and turn up an hour before to be allocated a job or marshalling-point.

Championship changes

Don't forget the slight changes for the 1999 club championships: (1) This year the men's championships will again be decided by adding up best times over 10km, 10 miles and half-marathon, while the ladies will compete over 5km, 10km and 10 miles. (2) To facilitate greater qualification for the championships, any certified races in the U.K. will be valid for calculation, given proof of times achieved.

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a history Lesson

We all know the story of Alfred the Great and how, having been left to keep an eye on a batch of cakes in the oven, England's king fell asleep, allowing the cakes to burn. Well, history repeats itself, just to demonstrate that some lessons are never learnt. One Thursday in March, a certain member's wife baked and beautifully iced a christening cake, but had to go out soon afterwards. However, she confidently left her husband to hold the fort (and mind the cake). It had probably been a long day, perhaps there was something restful on television, but for whatever reason the guardian of the griddle dozed off. That would have been okay, but the kitchen door had been left open, and while he was having forty winks, a canine member of the household, feeling peckish, sneaked in, tasted the icing on the cake, liked it, tasted the cake, liked it, and scoffed the lot. So when Mrs ——— returned and discovered that all that remained of her appetizing creation was a scattering of crumbs, our man was in the doghouse (with the errant dog), but first had to go out and buy more ingredients. The lengths some blokes will go to just to avoid training!

SECRETARY'S NOTES

We are now into the busy racing period after a slight winter lull. Best wishes to ten members running the London Marathon; let us hope they all recover in time to run the eagerly-awaited BernCol relay and Tom Roberts Handicap in May. It was great to see forty-one members racing on the same day in March at two venues, with many more of us on the sidelines cheering them on.

Finally, could we have more articles for the newsletter. I'm sure many of you have had experiences you would like to share with the club. — *Stan Farr.*

Welcome to the Valley!

Membership is increasing steadily, and the list now has about 120 names. However, not all have paid their subscriptions (have you paid yours? — they were due on 1 January), so we're probably still a little short of the 100 mark. Seven enthusiasts signed on during the quarter just past, and we welcome the following: **Johanna Baynton, Gareth Brown, Simeon Bush, Glyn Phillips, Geoff Saxty, Lewis Spedding and Craig Thompson.** Best wishes for happy and healthy times in the Valley.

Milestones

Two members reached their half-centuries during last quarter. Apologies and belated greetings to **Bernie Hobbs** (21 March) and **Geoff Saxty** (11 March). Others who will graduate to the next age-groups in April, May and June are: **Gordon Babb**, 45 on 18 May; **Roger Carey**, 40 on 30 May; **Terry Clarke**, 55 on 11 June; **Bob Ellis**, 40 on 25 June; **Linda Fice**, 45 on 9 April; **Dave Gosling**, 55 on 13 April; and **Phil Mitchell**, 45 on 17 April. Best wishes to all.

Memory Lane . . .

THE MARATHON MARATHON: From the time I first started running I wanted one day to do the original run from Marathon to Athens, but I had to wait a good many years before the opportunity arose. In October 1982 three of us from Trowbridge AC, Stan Farr, Brian Gore and myself, joined a group of thirty (fifteen runners and their supporters) assembled by Mike Morgan of Bristol AC for a holiday at Vraona Bay on the eastern side of the Attica peninsula in Greece, a few miles south of Marathon, where in 490 BC the Athenians defeated the Persians. Immediately afterwards an unnamed participant in the battle ran to Athens, gave the news of the victory, and dropped dead.

We spent a week seeing the wonders of ancient Athens, enjoying the beaches in pleasant warmth and dining on scrumptious food and cheap beer. We also did some light training (though a warm 10-mile run on grapejuice-sticky roads blistered both my feet). Then on the Friday morning we lined up in the sunshine at the flag-bedecked starting-point with 1,400 runners from all over the world. Incidentally, there we met a man who'd just completed in three days the course followed by Pheidippides, who before the Battle of Marathon ran the 150 miles to Sparta to ask for help — putting our mere marathon effort in the shade!

Shade was one commodity not plentiful along the way, except soon after the start where the course took runners round the tree-encircled burial mound of the ancient Athenian warriors. From there the road undulated, climbing steadily, and around halfway my blisters re-inflated, causing increasing discomfort for the rest of the way. However, perhaps the thought of doing the classic distance in those special surroundings helped, for still making good progress I reached the 20-mile point, where thankfully the road began a six-mile gradual descent into the city. The traffic was heavy, but half of the carriageway was coned off, and I was able to see runners ahead of me, passing several in the last few miles. At last I saw one of them, then another, turning off. My old-style Omega wristwatch told me that three hours was fast approaching.

I was directed left across a wide paved area, up some broad shallow steps and through the entrance of the magnificent marble stadium erected for the 1896 Olympics, with its high marble stands and long cinder track. Looking at my watch, and seeing the hands so close to the three-hour mark, with the sound of our ("Boop-i-doop-boop, singin' in the rain") supporters in the stands spurring me on, I sprinted up the home straight, to cross the line 38th in 2 hours 59 minutes 24 seconds. That moment was the highlight of the holiday, and in a sense made all the years of running before that well worth while. — *Tim N.*

RESULTS: January-March

FRI. 1 JAN. - Kewstoke 10K: 5 Kevin Sparey (2nd o-40) 36:43, 40 Rose Barber (3rd woman, 1st vet.) 42:46, 71 Susie Phillips 48:30, 72 Judy Farr 49:06, 94 Joyce Field 52:09, 111 John Bowley 57:14, 113 Bill Howsego 57:52, 116 Stan Farr 58:34.

SAT. 9 JAN. - Wiltshire Cross-Country Championships, Swindon: Senior men - 22 Bob Ellis 42:31.

SUN. 17 JAN. - Avalon CC League, Radstock: Senior men - 32 Bob Ellis 34:06.

SUN. 24 JAN. - Romsey 5M: 144 Rose Barber (1st o-40) 33:04, 259 Judy Farr (1st o-50) 38:30, 362 Bill Howsego (1st o-70) 43:27, 379 Stan Farr 44:17.

Slaughterford 9M MT: 3 Simon Spedding 59:18, 9 Alistair Bartlett 1:01:45, 39 Neil Whitehead 1:09:27, 80 Mike Carpenter 1:19:26, 91 Ray Withey 1:20:37, 103 Mandy Spedding 1:23:05, 114 Tony Griffith 1:25:14, 124 Tony Bartlett 1:27:52, 137 Joyce Field 1:34:30, 145 John Bowley 1:39:46.

THU. 4 FEB. - Fry's Keynsham 5K: Pete Chapple 24:40.

SUN. 7 FEB. - Blackmore Vale 5½M: 3 Kevin Sparey 37:55, 5 Les Unsworth 39:32, 14 Linda Unsworth 47:52.

SUN. 14 FEB. - Dursley Dozen 12M MT: 5 Simon Spedding 1:21:06, 220 Mike Gerrish 2:04:21, 235 Dennis Mellor 2:10:41.

Weston Tough 10M MT: 17 Alistair Bartlett 1:02:06, 64 Bob Ellis 1:06:48, 92 Neil Whitehead 1:08:44, 126 Ted Rockliffe 1:10:52, Rose Barber (12th woman, 2nd o-45) 1:17:50, 289 Alan Meadow 1:18:58, Jackie Rockliffe (14th woman) 1:19:16, 302 Mike Carpenter 1:19:25, 424 Mike Pratt 1:25:06, 469 Tony Griffith 1:27:38, Joyce Field (53rd woman, 1st o-55) 1:29:49, Viv Toms (58th woman) 1:30:16, 528 Tony Bartlett 1:31:40, Denise Ellis (82nd woman) 1:33:32, 586 Stan Farr 1:39:53, 603 John Bowley 1:47:04; **3M Fun Run, Weston:** Judy Farr 26:00, Bill Howsego 28:50, Pauline Sanger 31:10.

Avalon CC League, Glastonbury: Under-11 - 16 S. Kent 7:26; Under-13 - 25 Nick Kent 12:08; Senior men - 61 John Kent 34:42.

SUN. 21 FEB. - Yate 10K: Bob Sales 48:08, Tony Griffith (1st o-60) 49:32, Joyce Field 49:46.

SUN. 28 FEB. - Malta Marathon: 95 Danny Kay 3:29:18.

Pewsey Hill 10M: 17 Alistair Bartlett 1:13:13, 76 Les Unsworth 1:24:14, 81 Alan Meadow 1:25:48, 108 Mike Carpenter 1:30:32, 153 Ray Withey 1:37:50, 164 Tony Griffith 1:41:58, 177 Tony Bartlett 1:44:54.

Cardiff 20M: Viv Toms 3:01:18, Mike Gerrish 3:05:19, Dennis Mellor 3:07:15.

SUN. 7 MARCH - Imber Half-Marathon: 10 Kevin Sparey* 1:25:07, 20 Ted Rockliffe* 1:29:58, 41 Rose Barber† (1st woman) 1:36:20, 49 Danny Kay* (1st o-55) 1:37:47, 51 Jackie Rockliffe† (2nd woman) 1:37:50, 52 Dave Earley 1:38:13, 54 Alan Meadow 1:38:28, 63 Mike Carpenter 1:39:59, 71 Ray Withey 1:41:28, 74 Richard Hudson 1:42:11, 86 Mike Pratt 1:47:34, 93 Joyce Field† (1st o-55), 102 Tony Griffith 1:55:13, 109 Dennis Mellor 1:58:41, 118 Bill Howsego 2:04:17, 123 Stan Farr 2:11:36. *2nd men's team; †1st women's team.

SUN. 14 MAR. - Adidas Trail Grizzly 18M MT: 13 Simon Spedding 2:19:50.

SUN 21 MAR. - Bath Half-Marathon: Men - 59 Alistair Bartlett 1:18:15, 236 Sean Greenland 1:26:56, 241 Ted Rockliffe 1:27:02, 391 Les Unsworth 1:31:07, 486 Dave Earley 1:33:36, 506 Danny Kay 1:34:16, 611 Richard Hudson 1:36:48, 705 Alan Meadow 1:38:51, 730 Mike Carpenter 1:39:30, 749 Terry Harrison 1:40:01, 768 Ray Withey 1:40:41, 862 Mike Pratt 1:42:54, 943 Andy Lilley 1:44:32, 1042 Bernie Hobbs 1:46:43, 1111 Bob Sales 1:47:56, 1218 Tony Griffith 1:50:48, 1290 Dennis Mellor 1:52:59, 1317 Tony Bartlett 1:53:35, 1503 Bill Howsego 1:59:37; Women - 35 Jackie Rockliffe 1:34:26, 38 Linda Brown 1:34:54, 158 Joanne Baynton 1:51:19, 165 Viv Toms 1:51:47, 212 Ann Whittle 1:55:47.

Trowbridge 10K: 6 Kevin Sparey 37:57, 7 Roger Carey 40:04, 8 Nick Rosier (2nd o-45) 40:43, 10 Rose Barber (3rd woman) 42:12, 19 Judy Farr 48:49, 20 Linda Unsworth 49:38, 24 Robin Porter 50:28, 38 Gerry Fice 54:31, 40 Susie Phillips 56:06; **2M Fun Run:** 1 Sam Ghey 11:57, 2 Adam Ghey 12:56, 6 Ashlie Spedding (2nd 8-11) 15:19, 9 Lewis Spedding (1st u-8) 16:22, 10 David Unsworth 17:15, 14 Hannah Spedding 19:53.

SUN. 28 MAR. - Wilmslow Half-Marathon: Rose Barber (25th woman, 3rd o-45) 1:33:35.

Marshfield 5M: 2 Simon Spedding 34:38, 29 Tony Griffith 48:50, 34 Bill Howsego 53:00, 35 Stan Farr 55:00; **Fun Run:** 1 Sam Ghey, 3 Adam Ghey, 9 Ashlie Spedding (1st u-9), 22 Lewis Spedding, 28 Hannah Spedding.

Puma Cell 5K: Senior & veteran men - Les Unsworth 19:49, Anthony Hickson 21:38; Senior & veteran women - 46 Linda Unsworth 23:33, 47 Judy Farr 24:07.

FIXTURES: April-July

APRIL

- Sun 11 AVR Over the Hills 8M MT & Fun Run, 11.00.
 Sun 18 London Marathon; Frenchay 10K, 11.00.
 Sun 25 Corsham 10K, 11.00; Somer Cowpat 6½M, 10.30.

MAY

- Sun 2 Glastonbury 6M, 11.00; Neolithic Marathon, Avebury-Stonehenge.
 Mon 3 Bradford on Avon 3M, 2.30; Springfield Triathlon.
 Wed 5 Yeovil 5K, 7.30.
 Thu 6 BernCol 3 × 1.36M Relay, Bradford-on-Avon, 7.45.
 Sat 8 Bratton 11K, 11.00.
 Sun 9 AVR 10K, Trowbridge, 11.00.
 Tue 11 Calne Relays, 7.30.
 Sun 16 Keynsham 10K, 11.00.
 Wed 26 Yeovil 5K, 7.30
 Thu 27 Tom Roberts 5K Handicap, Bradford-on-Avon, 7.40.
 Sat 29 Bath 10M, 11.00.

JUNE

- Sun 6 Crewkerne 9M & Juniors' 3M, 10.00; Combe Grove Triathlon.
 Tue 8 Calne Relays, 7.30.
 Sat 12 Man v. Horse 22M MT, Llanwrtyd Wells.
 Sun 13 Great Hinton 2½M, 11.00.
 Sat 19 Broad Town 5M, 2.30.
 Wed 23 Yeovil 5K, 7.30.
 Sun 27 Warminster 10M, 10.30.

JULY

- Sat 3 Quantock Beast 5-7M, 11.00.
 Sun 4 Portland 10M, 11.00.
 Sat 10 Charmouth-Golden Cap 8M, 2.30.
 Sun 11 New Forest 10M, 12.45; Salisbury 10M, 11.00.

CROSSWORD

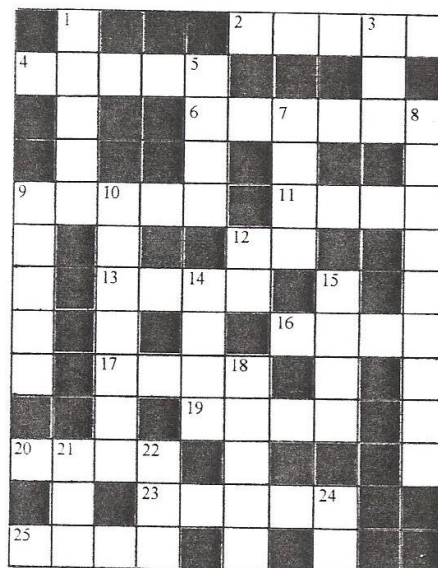
No. 1

Compiled by Viv Toms

- ACROSS**
- If you didn't do so many, your shoes would last longer! (5)
 - Staple diet of runners and Italians. (5)
 - Low area enclosed by hills. (6)
 - See 8 Down.
 - Makes training more meaningful with this in mind. (4)
 - Agree to go backwards in Spain. (2)
 - I strive to be ... (4)
 - ... but this is the reality! (4)
 - Standard treatment popular with Chinese. (1,1,1,1)
 - Often seen at races covered with elastic. (4)
 - The ladies get one at New York Marathon. (4)
 - Known by many names if taken orally, or just train hard to get it! (5)
 - Runners' trots? Or, what this crossword is! (4)

DOWN

- Thin end of the wedge before a big race. (5)
- The first woman runner? (3)



SOLUTION: Ask Viv or look on the noticeboard.

- Western river which flows into 6 Across. (5)
- Extremely useful to a runner! (4)
- (and 9 Across) Cowardly vest top, also ecologically sound (like my shorts!). (6,3,5)
- Is the lady who sells pegs constantly yapping? (5)
- Tuesday nights, especially when it's raining, and cold, and something good on tele. (7)
- See 24 Down.
- It's what can happen if you run too fast. (4)
- In a triathlon, it feels like you're wading through this when you get off your bike and start running! (4)
- If you don't do this first, you can't race! (5)
- Needed if you take up rowing when injured. (3)
- Does Uri Geller use this in marathons? (1,1,1)
- (and 12 Down) Just ___ ___! (Nike advert). (2,2)