



Valley News

THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS (53) JULY 1999

A Springbok Spring Run THE TWO OCEANS (56KM) MARATHON

by Viv Toms

Cape Town is one of the most scenically beautiful cities in the world, set on a peninsula with a central spine of magnificent mountains and an ocean on each side — hence the name of the Two Oceans Marathon. On Saturday 3 April over 9,000 runners started in Newlands at 6 a.m. in darkness to the blare of the traditional fish horn. We ran towards False Bay, passing a bird sanctuary and nature reserve, following the coastline of the Indian Ocean, with Table Mountain majestically towering in front, bathed in the glow of the early-morning sun.

Struggling up the magnificent mountain pass of Chapmans Peak, after cutting across the Cape Peninsula, I heard a clipped South African voice: "Hello, it's Vivien, isn't it?" "How do you know my name?" I replied in amazement. "Ah, everyone knows you're Vivien Toms from overseas." Wow, I'm famous! Visions of me standing on the rostrum swathed in the Union Jack, having just represented my country, flashed in front of me, only to be cruelly dashed when he continued, "Actually, it's written under the number on your back!"

After climbing for an eternity with one leg longer than the other because of the steep camber, sometimes jogging backwards to take in the beautiful views, I thought I was hallucinating when I reached the top of the pass and saw a huge furry giraffe dancing to a steel reggae band! Limping down to the picturesque village of Hout Bay by the Atlantic, it took a great deal of will-power not to have a quick dip as some other runners were, and on reaching the marathon mark I was shocked to see how long I had taken: 4:40. I wished then that I hadn't spent so long partying with the giraffe and chatting to the friendly marshals, who all wanted to know where I came from.

Highest Part of Course

The highest point of the course was Constantia Nek and the heat was really getting to me by then, but we were all drenched with hoses at every kilometre and going down through Tokai Forest was lovely and shady. Apart from water, Powerade, Coke, lager and sherry (!), we were offered cakes, potatoes covered in salt, and tropical fruits — I think I weighed more at the end of the race than when I started.

The last 4km was a struggle as I wasn't expecting any more hills and there was a steep incline to the finish on a rugby field. I could hear a loudspeaker in the distance doing a countdown for the last few minutes, and panicked: all that training and expense only to go home a failure was unthinkable, even for someone who generally finds a calendar more useful than a stopwatch on long runs. With a surge of adrenalin I did a Tom Roberts to the finish, with less than three minutes to spare before the 6:30 deadline.

As I collected my blue medal, which is much nicer than the bronze you get for finishing within six hours (in fact, a Hungarian runner who made it in five hours-something sat down just before the finish and was prepared to wait until the six-hour cut-off so he could have a blue medal; the officials gave him one of each!), I heard the 6:30 gun go off and saw the barriers being dragged across the finish line. There were still 2,000 runners out there, but the saddest ones were those who were only seconds from the end. The look of despair on their faces made me thankful that I had made that last surge, as it could so easily have been me. There were also two cardiac arrests and over 200 stretched off with heat exhaustion.

We then spent a couple of decadent days in opulent luxury at the Palace in Sun City, a fantastic holiday complex built in the crater of an extinct volcano in the middle of the desert, and had a taste of the true Africa on a safari before flying home from Johannesburg, with its superb shopping complex at Santon, to cold winds and hail in Britain. A truly memorable holiday.

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

The Marshal's Lament

by Tony Bartlett

- | | |
|---|--|
| <p>1. The day's arrived, the event draws near,
Runners in their hordes appear;
The car parks' full, there's an overspill:
Please park your car beyond the hill.</p> <p>2. Check the list, please sign in.
Has anyone got a safety-pin?
The changing-room's ready, the water's hot;
Organized now must be the lot.</p> <p>3. At last now comes the marshal's call:
"Inspect the map pinned to the wall.
Fred, you're here; Bert, you're there;
You, old man, can go anywhere."</p> <p>4. The drinks are poured and all laid out;
Some rumours say they wanted stout!
Watch that traffic, mind that bike,
And all those kids out on a hike.</p> <p>5. The weather's fair, a gentle breeze
Is wafting round your knobbly knees.
Butterflies flutter and honeybees hum —
No hint of problems yet to come.</p> | <p>6. The time is now, out comes the sun;
A pistol fires — it's the starter's gun!
Athletes surge forward, all systems go;
Too late, I'm afraid, to call out whoa!</p> <p>7. The leaders approach, they're running strong——
But wait a minute, something's wrong!
"Turn left! Turn left!" you frantically say;
"You're heading off the opposite way!"</p> <p>8. "Go down the road and up the lane——"
Sod it! Now here comes the rain.
They've all gone by in just a blink.
Marshal again? No way, you think.</p> <p>9. Back at the finish, tempers flared,
Faces scowl and teeth are bared.
"Whose fault is it?" you ask the man;
"What happened to the master plan?"</p> <p>10. Finally it's over, all is well
(As far as you can seemly tell).
"Don't worry, mate, have no fear —
I'll see you all again next year."</p> |
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SECRETARY'S NOTES

Just to update you regarding our three June casualties:—

George Henderson, who sustained serious injuries in a motorcycle accident, hopes to be leaving Salisbury Hospital [where he had to spend his 50th birthday on 14 July] soon to recuperate at home. He is in good spirits and said he would visit the club when he is able to walk again.

Pete Chapple has advanced from crutches to one stick after falling from his bicycle and tearing ligaments in his groin early in June.

Bill Howsego is now walking without a stick after falling at Longleat during the Warminster Forest 10-mile race. Unfortunately he still has his arm in a sling to protect his injured shoulder.

We wish them all a speedy recovery, and also best wishes to our newsletter editor, Tim Northwood, who should be having his long-awaited hip operation in the next couple of months. — *Stan Farr*.

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CLUB KIT

(available from Judy Farr)

T-SHIRTS (S, M, L, XL) @ £6.50, LADIES' VESTS (S & M) @ £9,

MEN'S VESTS (S & M), old style @ £8.50, new style @ £10,

SHORTS — *coming soon* — approx. £10.

Welcome to the Valley!

Best wishes to the following, who all signed on during the second quarter of 1999: **Gill Brooke-Taylor, Nigel Evans, Nick Ghey** and **Steve Noyes**. May you have a long and happy membership of AVR.

Milestones

Time marches on for another four members during the quarter just started, as they advance to the next age-group. Happy birthdays to **John Bowley**, 55 on 8 July; **George Henderson**, 50 on 14 July (*albeit spent in hospital!* — see *Secretary's Notes*), **Rose Barber**, 50 on 24 August; and **Neil Fyfe**, 55 on 30 September.

EDITOR'S NOTE: Owing to an unusually large proportion of members' contributions to this issue of *Valley News* (well done!), it's been necessary to hold over a couple of members' "profiles" till the next quarter. — *Tim N.*

RESULTS: April-June

SAT. 3 APR. - Two Oceans 56K (35M): V Toms 6:27 (see report, p. 1).
SUN. 4 APR. - Purdown 8M MT: T Griffith (1st o-60) 1:21:38.
MON. 5 APR. - Easter Bunny 10K, Yeovil: 22 S Spedding 34:54, 54 K Sparey 37:47, 84 Les Unsworth 40:58, 92 R Barber (1st o-45) 41:43, 128 B Hobbs 46:22, 140 J Farr (1st o-55) 47:54, 146 Linda Unsworth 48:47, 157 S Phillips 50:39, 164 B Howsego 52:41, 173 S Farr 54:48, 179 G Phillips 56:46.
SUN. 11 APR. - Taunton Marathon: D Kay 3:28:29. **AVR Over the Hills 7M MT:** 34 N Stevens 54:30, 38 S Reeves 55:46, 52 N Fyfe 59:43, 61 A Cox 1:01:59, 73 C Greenland 1:03:48, 81 R Sales 1:05:58, 89 Linda Unsworth 1:10:46, 93 D Ellis 1:11:16, 96 S Farr 1:15:08, **2 1/2M Fun Run:** 1 S Ghey 13:51, 2 A Ghey 14:36, 3 J Beauchamp 15:58, 6 P Beauchamp 18:15, 7 L Hobbs 18:18, 8 A Spedding 19:31, 9 H Spedding 19:59, 10 L Spedding 20:32, 13 Jake Hobbs 23:38.
SUN. 18 APR. - London Marathon: 3674 T Rockliffe 3:21:35, 4859 B Dunn 3:29:32, 4861 R Sidwick 3:29:33, 7288 D Kay 3:42:24, 7496 B Hobbs 3:43:24, ??? D Earley 3:44:45, 7958 J Rockliffe 3:45:39, 11396 D Mellor 4:00:01, 2258th woman J Baynton 4:31:13, 23776 S Bush 5:59:49. **Rotterdam Marathon:** M Pratt 3:59:28. **Frenchay 10K:** R Barber (2nd woman, 1st veteran) 43:05, P Turner 44:10.
SUN. 25 APR. - Shakespeare Marathon, Stratford-on-Avon: 3 S Spedding 2:47:53. **South Coast Marathon:** D Kay 3:32:26. **Corsham 10K:** 10 A Bartlett 36:16, 46 G Fice 41:01, 52 Les Unsworth 41:31, 65 R Barber (2nd o-35) 43:08, 69 N Fyfe 43:58, 72 N Whitehead 44:43, 74 A Hickson 45:05, 118 D Ellis 50:04, 119 V Toms 50:05, 122 S Noyes 50:20, 123 T Griffith 50:22, 125 J Field 50:52, 132 J Farr 51:4, 138 R Porter 52:31, 146 W Howsego 54:11, 161 S Farr 55:58.
SUN. 2 MAY - Neolithic Marathon, Avebury-Stonehenge: D Kay 3:44:15, R Sidwick 4:32:12, V Toms 4:42:43. **Pensford 10K:** L Brown (4th woman, 1st o-45) 46:34; **2 1/2M:** 9 A Spedding (1st female) 21:56, 18 H Spedding 24:15, 62 L Spedding 34:50. **Glastonbury 5-7M:** K Sparey 36:19, J Farr 45:51, T Griffith 46:21, W Howsego 49:02, S Farr 50:58.
MON. 3 MAY - Springfield Triathlon, Corsham (400m swim/15M bike/5K run): N Whitehead 1:18:17, M Spedding 1:19:30, S Phillips 1:38:09, G Phillips 1:40:16. **Christchurch 3M, Bradford-on-Avon:** 3 A Bartlett 16:05, 7 K Sparey 17:20, 10 S Ghey (1st u-16) 18:07, 11 Joby Hobbs 18:21, 12 R Hudson 18:44, 14 N Whitehead 18:48, 17 R Barber (1st woman) 19:14, 19 A Ghey 19:24, 23 P Turner 19:55, 24 A Cox 20:43, 27 J Beauchamp 21:06, 28 B Hobbs 21:13, 33 R Sales 21:59, 39 J Farr 23:26, 41 T Bartlett 23:44, 44 P Beauchamp 24:23, 4 T Griffith 24:38, 48 S Farr 24:56, 49 W Howsego 25:18, 1 Jake Hobbs 32:29.
THU. 6 MAY - BernCol 3 x 1.36M Relay, Bradford-on-Avon: 1st team - A Cox 8:49, H Spedding 10:39, K Sparey 7:29 (26:57), **2nd team -** D Hewin 9:44, N Kent 9:32, S Ghey 7:43 (26:59), **3rd team -** T Griffith 10:34, N Ghey 8:34, A Ghey 8:18 (27:26); **times -** A Bartlett 7:20, J Kent 7:28, K Sparey 7:29, S Ghey 7:43, G Fice 7:55, P Mitchell 8:06, T Rockliffe 8:11, A Ghey 8:18, S Reeves 8:19, Les Unsworth 8:21, N Ghey 8:34, A Hickson 8:38, J Rockliffe (fastest woman) 8:4, N Fyfe 8:47, A Cox 8:49, M Hehir 9:03, R Sales 9:09, S Noyes 9:20, N Kent 9:32, L Hobbs 9:33, D Hewin 9:44, J Beauchamp 9:50, G Brown 9:52, P Chapple 10:00, D Ellis 10:02, J Field 10:08, S Phillips 10:24, V Toms 10:28, T Griffith 10:34, H Spedding 10:39, R Porter 10:53, T Bartlett 10:59, A Spedding 11:07, Jake Hobbs 11:30, L Spedding 13:13.
SAT. 8 MAY - Happy Valley 8K, Bratton: 3 S Spedding* 42:07, 8 S Reeves* 47:58, 11 R Hudson* 49:04, 13 L Brown* (2nd woman) 51:11, 30 J Field 59:09, 31 T Bartlett 59:21, 32 D Ellis 1:00:33, 33 D Mellor 1:00:41, 37 W Howsego 1:02:29, 39 S Farr 1:03:56. (*1st team.)
SUN. 9 MAY - AVR 10K (actually 5-8M - marshalling error), Trowbridge: 4 A Bartlett 34:00, 7 K Sparey (2nd M40) 35:11, 11 N Whitehead (1st M50) 37:00, 15 J Rockliffe (2nd woman) 39:34, 17 N Fyfe 40:19, 20 M Spedding (3rd woman) 42:28, 21 C Greenland 42:45, 22 A Meadow 43:24, 24 R Sales 44:46, 28 T Griffith 46:45, 29 J Farr 46:49, 30 S Noyes 47:51, 31 S Phillips 49:59, 34 W Howsego 51:42.
TUE. 11 MAY - Calne Relays: 8th (J Kent 19:56, A Hickson 22:34, S Reeves 22:11) 1:04:41, **mixed (S Spedding 19:19, P Chapple 25:58, V Toms 27:00) 1:12:17, 2nd women (D Ellis 26:24, J Field 26:02, J Rockliffe 22:52) 1:15:18.**
WED. 12 MAY - Bovington Triathlon: 3rd woman V Bartlett 1:17:52.
SUN. 16 MAY - Hereford Marathon: D Kay (2nd o-50) 3:27:32. **Keynsham 10K:** 99 A Hickson 44:24, 156 T Griffith 49:14, 158 J Farr (1st o-50) 49:28, 15 S Phillips 49:53, 174 R Porter 50:59, 182 D Mellor 51:41, 189 W Howsego 52:46, 209 S Farr 54:28. **Bournemouth Triathlon (400m swim, 28K bike, 6 1/2K run):** 12 S Spedding 6:23 + 43:35 + 22:46 = 1:12:44.
MON. 17 MAY - Berkeley (Glos.) 10K: A Hickson (2nd o-60) 42:50.
FRI. 21 MAY - Gloucester 5K: 25 Les Unsworth 19:52, 35 Linda Unsworth 23:04.
SUN. 23 MAY - Halstead Marathon, Essex: D Kay 3:32:28, V Toms (1st o-45) 4:14:50. **Bath University Triathlon: "Sprint" -** 59 N Whitehead 1:32:48, 101 J Field (1st o-50) 1:55:29; **Olympic distance -** M Spedding 2:59:27 (no splits).
THU. 27 MAY - Tom Roberts 5K Handicap, Bradford-on-Avon: 1 J Baynton, 2 S Phillips, 3 M Hehir; **times:** 1 A Bartlett 18:17, 2 K Sparey 18:33, S Greenland 20:52, 4 C Switzer 20:59, 5 M Cockell 21:02, T Rockliffe 21:11, 7 S Reeves 21:1, 8 C Payton 21:36, 9 J Rockliffe 21:39, 10 N Ghey 1:52, 11 R Barber 22:02, 12 P Turner 22:04, 13 A Hickson 22:19, 14 N Fyfe 22:27, 15 M Hehir 23:23, 1 S Noyes 23:26, 17 A Cox 23:30, 18 B Hobbs 23:52, 19 D Hewin 24:03, 20 R Sales 24:05, 21 S Phillips 24:21, 22 J Baynton 25:3, 23 J Field 25:48, 24 T Bartlett 2:11, 25 R Porter 26:50, 2 V Toms 27:52, 27 W Howsego 28:03, 28 G Phillips. **2 1/2M Hcp:** 1 S Ghey, 2 H Spedding, 3 A Spedding; **times:** 1 S Ghey 14:23, 2 A Ghey 15:53, 3 J Beauchamp 18:12, 4 L Hobbs 18:42, 5 G Brown 19:03, H Spedding 20:29, 7 A Spedding 20:31, 8 L Spedding 24:21.
SAT. 29 MAY - Bath 10M: 1 A Bartlett 1:05:18, 76 Les Unsworth 1:17:26, 77 R Hudson 1:17:37, 83 N Rosier 1:19:27, 114 A Hickson (1st o-60) 1:28:22, 121 T Bartlett 1:30:38, 122 J Farr 1:30:51, 123 R Sales 1:31:24, 124 J Field 1:31:49, 125 D Mellor 1:32:05, 133 W Howsego 1:36:13, 135 Linda Unsworth 1:38:05.
SUN. 30 MAY - New Milton Triathlon: 5 N Whitehead 2:12:09. **Plymouth Half-Marathon:** M Pratt 1:45:50.
SUN. 6 JUNE - Combe Grove Manor Triathlon (400m swim/16M bike/4 1/2M run): R Barber (2nd woman) 9:37/1:04:14/32:37 = 1:46:28, S Phillips (5th woman) 9:11/1:12:33/39:17 = 2:01:01, S Farr (35th man) 15:32/1:04:28/42:47 = 2:02:47, G Phillips (37th man) 11:00/1:13:27/43:58 = 2:08:25. **Crewkerne 9M:** 108 Tony Bartlett 1:16:26. **Fairford 10K:** A Hickson (1st o-60) 45:18, T Griffith 50:09.
TUE. 8 JUNE - Calne Relays: 7th (T Rockliffe 21:44, S Reeves 21:56, A Hickson 21:53) 1:05:33, **2nd women (C Greenland 23:48, R Barber 22:23, J Field 25:51) 1:12:02.**
SAT. 12 JUNE - Man v. Horse 22M MT: 8th team - N Rosier 54:30 + N Whitehead 49:02 + N Fyfe 1:03:35 = 2:47:07. **Westwood 2 1/2M:** 1 Joby Hobbs 14:11, 2 A Cox (1st inter.) 15:41, 3 Joe Beauchamp (1st u-10) 15:47, 4 A Hickson (1st vet.) 15:47, 6 L Hobbs 1:14, 9 Judy Farr (1st woman) 18:44, 14 S Farr (2nd vet.) 20:41, 21 Jake Hobbs 22:34.
SUN. 13 JUNE - Great Hinton 2 1/2M: 1 Joby Hobbs 14:18, 2 S Ghey (1st u-14) 14:25, 5 N Stevens 15:33, A Ghey 15:40, 7 S Reeves 15:41, 11 R Barber (1st woman) 16:07 (course record), 12 A Hickson 16:21, 18 P Turner 16:55, 22 G Brown 17:25, 23 R Sales 17:26, 25 L Hobbs 17:27, 26 C Thompson 17:30, 29 Linda Unsworth (2nd woman) 17:58, 30 S Phillips (3rd woman) 18:06, 38 J Field 18:48, 39 J Beauchamp 18:50, 40 J Farr 19:24, 45 V Toms 20:14, 49 P Beauchamp (1st girl u-14) 20:58, 50 S Farr 21:00, 68 J Bowley 23:25, 69 Jake Hobbs & B Hobbs 23:30.
SAT. 19 JUNE - Broad Town 5M: 3 K Sparey 28:38, 43 A Hickson 33:32, 84 J Farr (2nd woman o-45) 39:20, 98 D Mellor 40:48, 104 S Farr 42:09.
SUN. 20 JUNE - Potteries Marathon: D Kay 3:29:13, V Toms & W Howsego 4:35:21. **Offa's Dyke 15M MT:** N Whitehead 1:58:06, J field (1st woman o-55) 2:3:32. **Okeford Hill 4.4M:** A Meadow 36:04, P Sanger 51:42.
THU. 24 JUNE - Tom Roberts 5K Handicap, Bradford-on-Avon: 1 G Phillips, 2 P Rigby, 3 B Hobbs; **times:** 1 S Spedding 18:18, 2 K Sparey 18:24, 3 P Rigby, 4 J Kent 20:05, 5 G Fice 20:23, 6 R Carey 20:40, 7 S Reeves 20:53, 8 T Rockliffe 21:03, 9 R Barber 21:22, 10 Les Unsworth 21:26, 11 A Meadow 21:35, 12 A Hickson 21:45, 13 N Ghey 21:46, 14 N Fyfe 22:05, 15 P Turner 22:09, 16 B Hobbs 22:46, 17 M Hehir 24:12, 18 R Sales 24:13, 19 M Spedding 24:15, 20 J Field 25:34, 21 T Bartlett 26:12, 22 R Porter 26:38, 23 G Phillips 27:04, 24 J West 30:19, 25 J Bowley 33:49; **2 1/2M:** 1 L Hobbs 17:39, 2 J Beauchamp 18:03, 3 G Brown 18:18, 4 H Spedding (1st on hcp) 22:29, 6 P Beauchamp 29:35, 7 A Spedding 31:09.
SUN. 27 JUNE - Lymington Triathlon (600m swim/45K bike/11K run): 7 S Spedding 9:37/1:15:45/39:43 = 2:05:05, N Whitehead (4th o-50) 12:47/1:31:53/42:20 = 2:27:00. **Warmminster Forest 10M (approx.):** 4 K Sparey (1st o-40) 1:02:20, 15 Les Unsworth 1:11:03, 19 A Hickson 1:11:45, 20 R Barber* (1st woman) 1:12:20, 25 P Turner 1:14:50, 39 R Sales 1:19:18, 40 M Pratt 1:19:24, 58 Linda Unsworth* (3rd woman) 1:23:27, 59 T Bartlett 1:23:37, 64 J Field (1st female vet.'s award) 1:24:37, 65 S Phillips (2nd female vet.'s award) 1:24:52, 72 D Mellor 1:27:09, 79 G Phillips 1:31:16, 80 S Farr 1:31:22, 81 J Farr (1st supervet.) 1:32:20. (*1st women's team.)
TUE. 29 JUNE - Wroughton Duathlon (2M run/12M cycle/2M run): 2 S Spedding 53:24.

FIXTURES: July-October

JULY

- Wed 14 Chippenham 5K, 7.30.
- Wed 21 Yeovilton 5K, 7.30.
- Sun 25 Tarrant Valley 10M & 5M, 10.30.
- Thu 29 Tom Roberts 5K Handicap, Bradford-on-Avon, 7.40.
- Sat 31 Swanage 12M, 11.00.

AUGUST

- Sun 1 Blagdon 5M, 11.00.
- Wed 4 Castle Combe Duathlon, 7.00.
- Sun 8 Sturminster Newton Half-Marathon, 10.30.
- Tue 10 Calne Relays, 7.30.
- Sun 15 Standish 10M, 11.00. - CORSHAM 5.
- Wed 18 Yeovilton 5K, 7.30.
- Sun 22 Broad Town Hill 4M, 2.30.
- Thu 26 Berncol 3 x 1.36M Relay, Bradford-on-Avon, 7.45.
- Sun 29 Pewsey Half-Marathon & 5M, 10.30; Langport 10K, 11.00.
- Mon 30 Southwick 3M, 3.00.

SEPTEMBER

- Wed 1 Castle Combe Duathlon, 7.00.
- Sun 5 Calne 10K, 11.00; Cardiff 10K, 11.30.
- Wed 8 Bath 5K, 7.00.
- Sun 12 New Forest Marathon & Half-Marathon, 11.00; Bath 9M MT, 11.00; Wansdyke Triathlon.
- Sat 25 Hambledon Hill 3.4M, 2.30.
- Sun 26 Kiwi Half-Marathon, Bulford, 1.00; Bristol Half-Marathon. - MARLBOROUGH 10K.

OCTOBER

- Sun 10 Mendip 20K, 11.00.

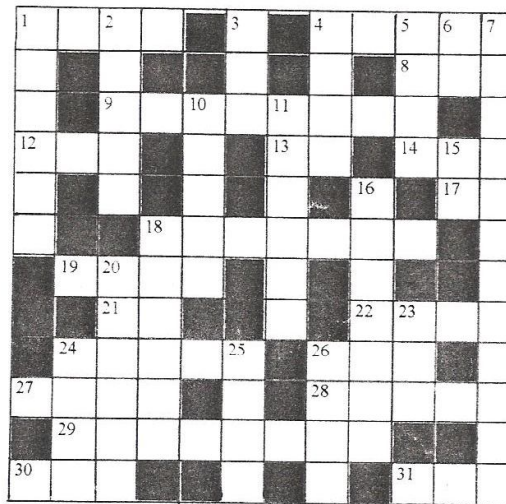
ACROSS

1. Bromham, Yeovil, Corsham, to name but a few. (3,1)
4. What you do on getting to a race and realizing you've forgotten your running shoes. (5)
8. Give this to whoever is meeting you at the finish. esp. marathons. (1,1,1)
9. Flower container before the start prevents bleeding nipples! (8)
12. One-time record-holder. (3)
13. In Argentin, get rid of the francs. (2)
14. All you need of 9 across to get a small flat fish. (3)
17. Hot runners make this (usually men). (1,1)
18. Tired, hungry, thirsty, aching, trembling: normal feelings after training, in fact. (7)
19. An outcrop of land which you have to dodge. (4)
21. Not out. (2)
22. Running nose in low temperature. (4)
24. The more you run, the less you'll ——. (5)
26. No runner wants this wind. (3)
27. Belonging to female runner. (4)
28. Without this no one will know how good we are. (5)
29. Perhaps if his mum had been more careful we wouldn't have these problems. (8)

CROSSWORD

No. 2

Compiled by Viv Toms



SOLUTION:

Ask Viv or look on the noticeboard.

30. What 11 down would say if Stan went into their changing-room! (3)
31. Often found poking out of the end of a sock (usually a man's). (3)

DOWN

1. Cover these if you don't want anyone to know where you run. (6)
2. Time to give up running? (5)
3. Does the Great West Run cross this river? (3)
4. A barrier you run through. (4)
5. Blister-piercer with the French omitted. (4)
6. It makes getting results to 28 across easier. (1,1)
7. Loading becomes second nature. (12)
10. Absence of this eliminates problems. (5)
11. Females are always at a disadvantage in this queue! (6)
15. Sailor gives blood from thigh. (2)
16. These shellfish should always be warmed up. (7)
18. Polished performance at the end. (6)
20. Do this to blisters. (6)
23. It doesn't matter if you are, you can still run (ask Bill!). (3)
24. Could be included in 18 across. (4)
25. You go there and back during a tough race. (4)
26. Almost a half-marathon(?!) (5)