



Valley News

THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS (54) OCTOBER 1999

Ode to The Runner's Wife

by Tony Bartlett

1. As a runner's wife you've much to endure,
For when he gets going there's no human cure.
He's out with his mates most nights at the club,
And when training's over it's straight to the pub!
2. His training is hard and over the hills;
You want to go shopping — it's a battle of wills.
"Return soon", you mutter as he exits the door;
The old fool didn't start till he was past forty-four.
3. He reads all the rules and the magazines too,
And just grunted a bit when you said you had 'flu.
He comes home so late with his muscles all aching,
And covers in sweat the cake that you're making.
4. Ironing his shorts and his treasured club vest,
You feel like singeing a hole in the chest.
You cook a nice meal, but you're choked to the gills:
He prefers supplements and vitamin pills.
5. Race day arrives and off you both go,
Whether it's raining or windy or blinding white snow.
You arrive at the venue with hope in your heart:
With any good luck they've cancelled the start.
6. Your man then gets ready with stretching and bending;
Soon on his way on his travels he'll be wending.
Dear Lord, let it end and soon be all over —
Don't let him go wander or be a lost rover.
7. The race then commences in shimmering haze,
Your spouse, he sets off in glory ablaze.
You retire to the town for an uninterested look,
And sit in the café with coffee and a book.
8. You study your watch and while away time,
Waiting for the church clock its hour to chime.
Around you more wives are beginning to laze,
And you know it'll be just one of those days.
9. So it's back to the finish as the winner arrives,
~~Cheered and applauded by other men's wives.~~
Your man's still running somewhere out there;
You're fed up and hungry and no longer care.
10. At home now it's over and your bed is in sight;
You give him a squeeze as you cuddle up tight —
His response is immediate when you turn out the light:
"Not now, dear, I'm knackered, I'm afraid it's goodnight."

DATES FOR YOUR DIARY

Thursday 6 January, 9.15 p.m.: AVR Annual General Meeting – Avon Sports Club, Bradford-on-Avon. Please note that nominations for the election of officers, duly signed by nominees, must be submitted to the secretary in writing in time for the committee meeting on the first Thursday in December.

Saturday 22 January, 7.30 p.m.: AVR Prizegiving and Party, Southwick Village Hall. Tickets from Judy Farr. Prizes for the usual draw will be welcome.

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

SECRETARY'S REPORT

We would like to welcome all the new members who joined the club since the last newsletter; nine joined in one day in September. It's great to see our three casualties on the road to recovery, with Bill Howsego completing the Edinburgh Marathon against all odds, George Henderson walking to the Beehive unaided, and newsletter editor Tim Northwood getting faster every day on his crutch. — *Stan Farr.*

Substantial increase in AVR numbers

Studying the membership list produces the remarkable fact that eighteen new members joined the club during the past quarter, including a few family groups: **Chris Baross; Gary Blair; Steve Crute; Bernard and George Garforth; Emmy Ghey; Nicholas, Susan, Peter and Lucy Hawkins; Paul Rigby; Cai, Elgan, Genevieve and Jezemin Sayer; Chris Switzer**, who has rejoined after a couple of years' absence; and **Tina Vivian**. We welcome all to the Valley, and wish you many miles of happy running.

Milestones

Only three members are promoted to the next age-group this quarter — one a newcomer, the other two old-stagers: On 2nd October, only two days after joining, **Susan Hawkins** became an over-40 veteran; and **Tim Northwood** and **Nick Nicholls** will become sexagenarians (not as exciting as it sounds!) on 11th and 24th November, respectively.

Memory Lane

I took great pleasure in running in this year's Weymouth "10", as it brought back memories of competing in the event in 1963 [only the second staging of the race], my first-ever attempt at the distance. As a one-mile track runner I was completely outclassed, beating only eight of the forty-two finishers.

The race was won by John Edwards of Frome, who finished in 52:06 on a hilly two-lap course. My time of 1:01:22 did not impress too many fellow-competitors, although I was only half a minute behind Barry Watson, who went on to run for Britain in the Montreal Olympics. Incidentally, the last man finished in 1:06:15, ladies not being allowed in those days. — *Stan Farr.*

PROFILES

These were until recently a more or less regular feature of Valley News, and are extracted from the Members' Questionnaires kept in a box on the noticeboard. If you haven't filled one in, help yourself and watch this space!

TONY GRIFFITH was born in Margate, Kent, sixty-one years ago and started running in the 1970s to keep fit for rugby, which he played twice a week for thirty years. His best times, set in the '80s, are: marathon, 3:29; half-marathon, 1:29; 10 miles (his favourite distance), 1:08; 10 kilometres, 40:00. He prefers road running to other branches of the sport, and trains three times a week, totalling 20–25 miles. Tony's other interests include walking, drystone walling, voluntary work, classical music and jazz. His ambition? To keep running!

* * *

ALEXANDER COX (whose age resembles Tony's, with the figures reversed) started life in the Royal United Hospital, Bath, and started running ten years later. With plenty of time to improve, his best 10-kilometre figures are 45:52; and his favourite race is the AVR Over the Hills — he prefers multi-terrain to other surfaces, so it's no surprise that his ambition is to do the 17-mile Seaton "Grizzly". He also plays basketball to keep fit; and in addition gives one of his interests as "talking at Susie"(??).

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, approx. £10.

A PERSONAL NOTE: Apologies for the late arrival of this issue of the newsletter, caused by overdue repairs to equipment. And thanks for your get-well messages, by card, telephone and in person. — *Tim N.*

RESULTS: July-September

SAT. 3 JULY - Upavon 10K MT: 43 Tony Bartlett 55:39, 53 Stan Farr 1:00:57.

SUN. 4 JULY - Portland 10M: Kevin Sparey 1:01:35, Mike Gerrish 1:28:50.

Appleby-in-Westmorland 10K: 9 Ted Rockliffe 40:43.

Hewlett Packard 5M: 150 Tony Griffith 42:14.

WED. 7 JULY - Castle Combe Duathlon (2M run, 10M bike, 2M run): 5 Simon Spedding 46:14, 126 Viv Toms 1:06:09, 130 Joyce Field 1:08:08, 131 John Bowley 1:23:58.

SAT. 10 JULY - Charmouth-Golden Cap 7-8M MT: Mike Gerrish 1:35:34.

Hambledon Hill 4M Ramparts Run: 12 Neil Whitehead 31:10, 26 Alan Meadow 36:55, 41 Stan Farr 44:17, 45 Pauline Sanger 54:09.

SUN. 11 JULY - Salisbury 10M: 6 Kevin Sparey 1:02:51, 12 Alistair Bartlett 1:05:12, Paul Turner 1:21:12, Tony Griffith 1:27:33, Tony Bartlett 1:28:41, Judy Farr* (1st o-50) 1:29:38, Viv Toms* 1:31:14, Joyce Field* 1:31:16, Stan Farr 1:31:53. (*1st women's team.)

New Forest 10M: 68 Neil Whitehead 1:10:43, Bob Sales 1:26:36.

WED. 14 JULY - Chippenham 5K: Nick Rosier 20:50, Paul Turner 21:32, Mandy Spedding 22:50, Susie Phillips 24:10.

SAT. 17 JULY - Ironbridge Triathlon: 58 Simon Spedding 5:14:03.

WED. 21 JULY - Yeovilton 5K: 17 Kevin Sparey 17:12, 41 Ted Rockliffe 19:39, 44 Rose Barber 19:54, 61 Joyce Field 22:48, 62 Susie Phillips 23:01, 65 Judy Farr 23:41.

SUN. 25 JULY - Tarrant Monkton 5½M: 6 Chris Switzer (1st o-40) 37:00, 28 Susie Phillips 48:49, 30 Stan Farr 49:59, 37 John Bowley 53:28; **Tarrant Monkton 10¼M:** 31 Nick Rosier 1:12:29, 82 Paul Turner 1:28:20, 105 Joyce Field 1:34:54, 119 Viv Toms 1:39:54.

Theale Duathlon (6K run, 25K bike, 6K run): Rose Barber (1st woman) 1:42:56.

SAT. 31 JULY - Swanage 12M: 118 Paul Turner 1:37:57, 146 Tony Bartlett 1:47:33.

SUN. 1 AUG. - Blagdon 5½M: 10 Kevin Sparey 35:17, 93 Joyce Field 47:48, 112 Tony Griffith 50:39, 115 Stan Farr 51:36, 142 John Bowley 58:01.

WED. 4 AUG. - Castle Combe Duathlon (2M run, 10M cycle, 2M run): 7 Simon Spedding 45:35, 90 Rose Barber 56:32, 91 Mandy Spedding 57:18, 115 Viv Toms 1:05:05, 117 Joyce Field 1:05:55, 118 Stan Farr 1:06:53.

SUN. 8 AUG. - Sturminster Newton Half-Marathon: 13 Kevin Sparey 1:20:08, 32 Alistair Bartlett 1:25:22, 107 Paul Turner 1:40:00, 162 Viv Toms 1:52:22, 180 Tony Bartlett 1:57:18.

TUE. 10 AUG. - Calne Relays: 2nd women's team - Susie Phillips 25:44 + Mandy Spedding 23:37 + Rose Barber 22:11 = 1:11:32.

SUN. 15 AUG. - Swanage Triathlon (1,500m swim, 40K bike, 10K run): 20 Simon Spedding 24:14 + 1:05:26 + 38:01 = 2:07:41.

Corsham 5M: 7 Kevin Sparey (3rd vet.) 29:00, 9 Gerry Fice 30:05, 38 Rose Barber (2nd woman) 33:47, 39 Steve Noyes 37:29, 47 Tony Griffith 40:02, 51 Dennis Mellor 42:01, 54 Stan Farr 43:09.

TUE. 17 AUG. - Budleigh Salterton 4½M MT: Les Unsworth 30:17, Linda Unsworth 35:31.

WED. 18 AUG. - Yeovil 5K: 13 Simon Spedding 16:54, 14 Kevin Sparey 16:54, 20 Gerry Fice 17:35, 37 Rose Barber (2nd woman, 1st vet.), 48 Mandy Spedding 21:12.

SUN. 22 AUG. - Glasgow Half-Marathon: Mike Pratt 1:40:39.

Totton Triathlon (600m swim, 23M bike, 5½M run): Neil Whitehead 12:36 + 1:09:20 + 33:42 = 1:55:38.

Broad Town Hill Race: 2 Sam Ghey 34:34.

THU. 26 AUG. - BernCol 3 x 1.36M Relay: 1st team: Sam Ghey 7:54, Gareth Brown 8:53, Nick Ghey 8:35 = 25:22; 2nd team: Bob Sales 8:52, Alistair Bartlett 7:30, Tony Bartlett 7:30 = 27:22; 3rd team: Anthony Hickson 8:24, Diane Green 10:07, Jackie Rockliffe 9:03 = 27:34. *Fastest man:* Gerry Fice 7:25; *fastest woman:* Rose Barber 8:28.

SUN. 29 AUG. - Newbury Triathlon (300m swim, 22K bike, 5K run): Rose Barber (1st o-50) 1:24:07.

Pewsey Half-Marathon: Sean Greenland 1:26:17; **Pewsey 5M:** Cathie Greenland 37:16, Tony Griffith 42:22.

Langport 10K: 34 Alistair Bartlett 37:23, 123 Anthony Hickson 44:27, 177 Verity Bartlett 50:21, 193 Joyce Field 51:12, 199 Tony Bartlett 51:48, 203 Susie Phillips 52:08, 205 Dennis Mellor 52:14, 223 Stan Farr 53:24, 246 Glyn Phillips 55:15, 251 John Bowley 55:48, 256 Kevin Lee 56:07.

MON. 30 AUG. - Southwick 3M: 5 Kevin Sparey (1st vet.) 16:39, 13 Chris Switzer 18:26, 16 Sam Ghey (1st u-14) 18:44, 17 Nigel Stevens 19:03, 20 Nick Ghey 20:21, 26 Mandy Spedding (2nd woman) 21:01, 29 Adam Ghey 21:28, 34 Viv Toms (1st woman vet.) 23:02, 37 Nigel Evans 23:01, 38 Susie Phillips 23:23, 40 Dennis Mellor 23:43, 41 Glyn Phillips 24:09, 45 Kevin Lee 25:32, 48 Hannah Spedding (1st girl u-14) 26:12, 53 Z Taylor 28:08, 54 Lewis Spedding 28:12.

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FIXTURES: October-January

OCTOBER

- Sun 24 Abingdon Marathon, 10.00; Stroud Half-Marathon, 10.30.
Sun 31 Stickler 10.1M, Shillingstone, 10.30.

NOVEMBER

- Sun 7 Salisbury Half-Marathon, 11.00; Gillingham 7.5M, 11.00; Ilminster 10K & 5K, 10.30.
Sat 13 Victoria Park 4M, Bath, 2.00; Bideford Cross-Country.
Sun 14 Sodbury Slog 8M MT, 11.00; Avalon League CC, Bath University, 1.00.
Sun 21 Bournemouth 10M, 11.00.
Sun 28 Lanzarote Challenge starts.

DECEMBER

- Sun 5 Wyvern Christmas Cracker 10K, Weston-super-Mare, 11.00.
Sun 12 Bromham 10K, 11.00; Avalon League CC, Glastonbury, 1.00.
Sun 19 Wellington Monument 10K, 10.30.
Sun 26 Boxing Day 3.2M, Longs Arms, Steeple Ashton.

JANUARY

- Sun 2 Gloucester 10M, 11.00.
Thu 6 AVR AGM, Avon Sports Club, Bradford-on-Avon, 9.15
Sun 16 Avalon League CC, Radstock, 1.00.
Sat 22 AVR Party, Southwick Village Hall, 7.30.
Sun 23 Slaughterford 9M MT, 11.00.

RESULTS

Continued from Page 3

WED. 1 SEPT. – **Castle Combe Duathlon** (2M run, 10M bike, 2M run): 7 Simon Spedding 46:01, 109 Viv Toms 1:04:14, 111 Joyce Field 1:05:01.

SUN. 5 SEPT. – **Corfe Castle Beast 13M**: 9 Simon Spedding 1:24:46.

Calne 10K: 57 Rose Barber (1st o-50) 42:47, 83 Anthony Hickson 45:58, 95 Mike Pratt 47:34, 96 Bob Sales 48:14, 108 Joyce Field (1st o-55) 50:13, 114 Viv Toms 51:16, 118 Dennis Mellor 52:05, 123 Susie Phillips 52:52, 126 Tony Griffith 53:06, 130 John Bowley 53:21, 131 Stan Farr 53:22, 137 Kevin Lee 56:05, 46 Bill Howsego 58:05.

WED. 8 SEPT. – **Bath City Centre 1,500m**: 11 Sam Ghey 4:56; **Fun Run**: 5 Ashlie Spedding 2:31, 6 Lewis Spedding 2:33, 8 Emmy Ghey 2:45.

SUN. 12 SEPT. – **New Forest Marathon**: Kevin Sparey 3:00:45, Danny Kay 3:34; **Half-Marathon**: Tony Griffith 1:53:53.

Bath Magnificent 11M MT: 28 Neil Whitehead 1:23:12, 46 Anthony Hickson (1st o-60) 1:35:14, 60 Mark Hayward 1:43:19, 61 Tony Bartlett 1:43:51, 68 Dennis Mellor 1:50:43, 74 Stan Farr 1:55:40.

Wansdyke Triathlon (400m swim, 25K bike, 5K run): 7 Simon Spedding 1:11:37, Mandy Spedding 1:28:23, Susie Phillips 1:45:27, Joyce Field 1:47:06, Glyn Phillips 1:50:58, John Bowley 2:02:13.

Newbury 10M: 84 Rose Barber (1st o-50) 1:09:46.

SAT. 18 SEPT. – **Catherine Hill 110yd Sprint**, Frome: Stan Farr (1st o-60) 33-38sec.

SUN. 19 SEPT. – **Portsmouth 10M**: 43 Les Unsworth 1:07:13, 1267 Linda Unsworth 1:16:15, 1561 Bob Sales 1:18:40.

Oldbury 10M: 70 Anthony Hickson 1:10:37, 136 Dennis Mellor (1st o-65) 1:23:09, 147 Mike Gerrish 1:27:39, 148 Kevin Lee 1:28:29.

Shepton Mallet 6.2M: 2 Kevin Sparey (1st vet.) 35:20.

SAT. 25 SEPT. – **Hambledon Hill 3½M**: Neil Whitehead 26:28.

SUN. 26 SEPT. – **Edinburgh Marathon**: 1714 Mike Pratt 3:56:56, 3161 Bill Howsego 4:53:06.

Bristol Half-Marathon: 46 Simon Spedding 1:17:58, Tony Griffith 1:51:22, Steve Crute 1:52:16.

Marlborough 10K: 24 Martin Connor 38:44, 67 Les Unsworth 43:13, 72 Rose Barber (3rd woman) 43:27, 95 Anthony Hickson 44:54, 143 Dave Earley 49:39, 174 Joyce Field 52:18, 201 Stan Farr 54:34, 228 John Bowley 58:18; **Fun Run**: 1 Sam Ghey 9:19, 3 Nick Ghey 9:56, 38 Emmy Ghey 13:30, 46 Judy Farr 13:49.

To ensure inclusion in Valley News, Wiltshire Times and The Book, telephone results to Stan Farr, 01225 755605.