



Valley News

THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS (56) APRIL 2000

NO PATHOS IN PAPHOS

(it's all Greek to me!)

by Viv Toms

CYPRUS (home of Aphrodite, goddess of love): Three a.m. on the morning of race day, and my pillow was still vibrating to the sounds of *Zorba the Greek* filtering up from the disco below our hotel room. Making our way to the start, my knee was throbbing painfully where I had been knocked off my bike by a myopic motorist who thought I was a police cone. (I was wearing an orange Royal Mail jacket, but I'm not *that* small!) That could have put an end to my training for a while, but I did what any self-respecting runner would do : swallowed handfuls of painkillers and kept on running.

By 8.30 a.m., when almost 200 runners gathered at the start, the sun was beating down mercilessly from a cloudless blue sky – it did not bode well for a p.b. I was surprised to recognize several runners from previous marathons and we greeted one another like long-lost relatives – a bit like being in the Masons, I thought, as we discussed our injuries.

Setting off from Paphos mediæval fort by the harbour, we followed the coastline for several miles before veering off over the foothills of the snowcapped Troodos Mountains, running through banana plantations and orange and lemon groves. A steep climb to the halfway point, where I clocked in at 1 hour 52 minutes, and then we turned round, retraced our steps and called out "Well done!" 200 times as we passed the others going in the opposite direction. Someone shouted to me that I was fifth lady, which kept me going, as I knew then that I had a chance of a trophy.

By twenty miles my knee had started to swell up in protest like a balloon, forcing me to slow down, but fortunately the sky had clouded over by then and the adrenalin took over, carrying me to the finish in 4 hours 9 minutes and eighth lady. All right, there were only twenty-two of us, but I still got my trophy. (More finished after the five-hour cut-off point.)

It was a lovely race, and the small number of runners made it seem so friendly (also there was no queuing for the loo!).

The Big One

by Tony Bartlett

1. That time of year has come upon,
The month of the London Marathon.
Two weeks to go and you're getting tense,
But the thought of the medal is recompense.
2. You've trained for months through rain and snow
For Britain's most prestigious running show.
Relax now and count down towards the day
When on the capital's streets you'll make your way.
3. All too soon the time flies by,
And to calm your nerves you desperately try.
The coach arrives and the party sets out;
Your clubmates appear with a cheerful shout.
4. At the hotel you pass through the entrance door,
To be told that your room is on the twelfth floor.
You lug all your kit into the small lift
And press the "Up" button, but the damn thing won't shift.
5. Dawn's early light soon comes filtering through
The curtains last night that you previously drew.
Downstairs for breakfast, you're geared up and ready,
But your stomach has butterflies and your legs
are unsteady.
6. You prepare at the start feeling so low,
The toilets are jam-packed and you're bursting to go;
The signal-flag drops and the start gun goes *bang!*
Too late - you're off with the rest of the gang.
7. You start off quite slowly and steady on pace;
At twenty-six miles it's a hell of a long race.
You concentrate hard at every mile mark,
And now you are nearing the old *Cutty Sark*.
8. Tower Bridge next, and you are nearly halfway;
You think to yourself it's not such a bad day;
But as you run on and your stamina's flagging,
Much lower and lower your spirits are sagging.
9. You are passed by a rhino and then Andy Pandy:
Well, ain't that just so flaming-well dandy.
The Mall now appears and down it you totter,
Your temperature rising, getting hotter and hotter.
10. At last around your neck now the medal is hung,
And the cheers of the crowd and plaudits are sung.
It's over at last, but not all's milk and honey:
You've still to collect your sponsorship money.

SECRETARY'S REPORT

As we have had so many new members this year, an update on our activities would not be amiss.

We have club championships with awards for men and women and all age groups [depending on numbers participating]. Members have to compete in any officially measured 10-kilometre, 10-mile and half-marathon races in the United Kingdom running under the club name. Your best three times for these distances are added together. We also have awards for percentage winners in which an eight-year-old's times can be compared with a seventy-five-year-old's.

Best wishes to the twenty-one members who have gained places in the London Marathon, although I gather some will fall by the wayside before the big day. It is great to see so many members competing these days (thirty-six in the Bath Half-Marathon). Forty years ago I was the only road runner in Trowbridge, so I had to go out under the cover of darkness with a cap concealing my features.

Finally, I would like to mention to new members that we meet in the Beehive [just before the canal bridge on the Trowbridge road out of Bradford], which is the club headquarters, on Thursdays after training. — *Stan Farr*.

Welcome to the Valley!

No fewer than nine new members joined in the quarter just ended. In alphabetical order, they are: **Cynthia Cooke, Brett Flook, Mercedes Ghey, Carolyn Gough, Steve Jones, Jez Mancer, Richard Marsh, Sally Tucker and Darren Wrintmore.** We wish you all many happy miles in the Valley.

Milestones

Apologies to **Michael Pratt**, whose graduation to the over-55s on 7 January was missed in the last issue. **Bill Howsego** celebrated his 75th birthday at lunch with several members in a canalside restaurant on 3 April. Others who move up into the next age-groups this quarter are: **Anthony Hickson**, 65 on 4 June; **Ashley Leat**, 40 on 22 April; **Ian White**, 45 on 23 May; and **Ann Whittle**, 60 on 24 June. Best wishes to all.

RESULTS: January-March

SUN. 16 JAN. - Avalon CC, Mangotsfield: 24 Kevin Sparey 29:38, 50 Bob Ellis 32:55.

Bradford-on-Avon Scouts' 5M: 1 Alistair Bartlett 28:17, 2 Bernie Hobbs 33:36, 4 Mark Calway 35:44, 5 Tucker (1st woman) 36:30, Verity Bartlett (2nd woman) 37:57, Luke Hobbs 38:00, Joyce Field 38:30, Tony Griffith 39:46, Tina Vivian 40:39, Tony Bartlett 40:48, Judy Farr 42:34, Cynthia Cooke 44:03. **5K:** 1 Jake Hobbs 33:47.

23 JAN. - Slaughterford 9M MT: 20 Maureen Laney (2nd woman) 1:00:16, 46 Richard Hudson 1:06:14, 84 Bernie Hobbs 1:13:49, 125 Nick Hawkins 1:19:40, 152 Tony Bartlett 1:24:49, 162 Joyce Field 1:26:38.

Yate 10K: 7 Kevin Sparey 36:23, 27 Les Unsworth 41:19, 52 Linda Unsworth (1st o-40) 46:34, 72 Tony Griffith 52:59.

Romsey 5M: 145 Rose Barber (2nd o-50) 34:23, 330 Judy Farr (2nd o-55) 42:30, 339 Stan Farr 42:51, 370 Bill Howsego (3rd o-70) 44:27.

SUN. 13 FEB. - Shrivensham Half-Marathon: Mike Pratt 1:42:15.

Avalon CC, Swindon: Girls u-11 - 8 Lucy Hawkins; Boys u-15 - 8 Peter Hawkins 19:43, 9 Nick Kent 19:55; Men - 49 John Kent 34:26, 54 Bob Ellis 34:46.

Castle Combe 10K: 9 Alistair Bartlett 35:19, 12 Richard Marsh 37:28, 20 Deane Smith 38:35, 32 Bernis Hobbs 41:13, 47 Susie Phillips 47:21, 50 Tony Griffith 49:32.

SUN. 20 FEB. - Weston Tough 10M MT: 64 Richard Marsh 1:07:17, 92 Bob Ellis 1:09:01, 98 Deane Smith 1:09:13, 195 Nick Rosier 1:14:20, 198 Neil Whitehead 1:14:25, 199 Bernie Hobbs 1:14:25, 230 Chris Switzer 1:16:05, 272 Alan Meadow 1:17:37, 279 Rose Barber 1:17:58, 434 Denise Ellis 1:24:07, 495 Joyce Field 1:26:13, 576 Viv Toms 1:30:35, 633 Tony Bartlett 1:33:26, 664 Stan Farr 1:34:55. **Fun Run:** 10 Luke Hobbs, 24 Judy Farr 27:00, 64 Jake Hobbs.

SUN. 27 FEB. - Cyprus Marathon: Viv Toms (2nd o-50) 4:09:20.

Malta Marathon: 55 Danny Kay 3:21:54.

Bramley 20M (near Basingstoke): Les Unsworth 2:29:20, Jackie Rockliffe 2:29:30, Denise Ellis 2:45:48; **10M:** Linda Unsworth 1:16:20.

Yate 10K: Bernie Hobbs 42:46, Tony Griffith 51:01.

SUN. 5 MAR. - Imber Half-Marathon: 8 Kevin Sparey (1st o-40) 1:23:15, 17 Richard Marsh 1:28:15, 22 Deane Smith 1:31:10, 35 Les Unsworth 1:35:48, 37 Bernie Hobbs 1:36:21, 39 Maurice Cockell (1st o-55) 1:37:00, 40 Danny Kay 1:37:22, 47 Rose Barber* (2nd woman, 1st o-50) 1:38:55, 50 Jane Thackeray* (3rd woman) 1:40:06, 54 Alan Meadow 1:41:25, 56 Mike Carpenter 1:41:53, 62 Ray Withy 1:44:08, 63 Anthony Hickson 1:44:21, 74 Steve Noyes 1:47:11, 77 Susie Phillips 1:48:07, 89 Mark Hayward 1:51:15, 96 Joyce Field 1:55:42, 97 Tony Griffith 1:56:17, 99 Tina Vivian 1:57:22, 102 Dennis Mellor 1:58:17, 108 Stan Farr 2:00:52, 114 Bill Howsego 2:03:09. *1st women's team.

SUN. 19 MAR. - Bath Half-Marathon: 120 Brett Flook 1:20:36, 136 Kevin Sparey 1:21:17, 173 Darren Wrintmore 1:23:19, 260 Richard Marsh 1:26:52, 300 Ted Rockliffe 1:28:14, 329 Les Unsworth 1:29:07, 342 Jackie Rockliffe 1:29:32, 351 Deane Smith 1:29:43, 479 Richard Hudson 1:32:49, 512 Bernie Hobbs 1:33:24, 520 Maurice Cockell 1:33:29, 578 Danny Kay 1:34:25, 579 Neil Whitehead 1:34:25, 672 Alan Meadow 1:36:33, 811 Simon Reeves 1:39:18, 817 Denise Ellis 1:39:22, 894 Mandy Spedding 1:40:31, 938 Mike Carpenter 1:41:14, 967 Mike Clarke 1:41:52, 1050 Mark Hayward 1:43:09, 1074 Susie Phillips 1:43:29, 1208 Nick Hawkins 1:45:32, 1259 Anthony Hickson 1:46:17, 1293 Viv Toms 1:46:42, 1451 Steve Noyes 1:48:59, 1487 Nigel Evans 1:49:38, 1554 Bob Sales 1:50:47, 1595 Carolyn Gough 1:51:28, 1661 Joyce Field 1:52:29, 1687 Tony Griffith 1:52:59, 1788 Stan Farr 1:54:39, 1905 Bill Howsego 1:56:50, 2017 Dennis Mellor 1:58:41, 2222 Tony Bartlett 2:02:45, 2289 Ann Whittle 2:04:43. **Fun Run:** 1 Sam Ghey.

Forest of Dean Half-Marathon: Paul Turner 1:41:26.

SAT. 25 MAR. - Post Office CC Championships, Luton: 14 Viv Toms 31:32.

SUN. 26 MAR. - Wilmslow Half-Marathon: Rose Barber (1st o-50) 1:34:22.

Trowbridge Lions' 10K: 4 Kevin Sparey (1st vet.) 35:24, 6 Brett Flook 36:14, 10 Richard Marsh 37:27, 11 John Kent 37:45, 13 Chris Switzer 39:21, 14 Deane Smith 39:47, 15 Gerry Fice 39:50, 17 Joby Hobbs 40:04, 24 Nick Ghey 41:36, 30 Susie Phillips (1st woman) 44:48, 41 Sue Hawkins (1st vet.) 49:11, 43 Mark Calway 49:35, 44 Tony Griffith 49:37, 45 Robin Porter 50:02, 50 Glyn Phillips 51:24, 51 Judy Farr 52:08, 52 Tony Bartlett 52:19, 60 Jan Hunt 57:21, 2 Linda Fice 57:58. **2M Fun Run:** 1 Sam Ghey 13:40, 2 Adam Ghey 14:04, 4 Luke Hobbs 14:42, 6 Paul Turner 15:13, 7 Nick Kent 15:14, 8 Peter Hawkins 15:16, 9 Lewis Spedding 15:17, 14 Zoë Taylor 15:38, 15 Hannah Spedding 15:58, 16 Mercedes Ghey 16:20, 17 Lucy Hawkins 16:24, 20 Jake Hobbs 18:37.

Salisbury 10K: Mike Pratt 47:27.

Bath University 5K: 29 Anthony Hickson 20:46.

FIXTURES: April-July

APRIL

- Sun 16 London Marathon;
Frenchay 10K, 11.00.
Tue 18 Heddington Hill Mile, 7.30.
Mon 24 Yeovil 10K, 11.00.
Sun 30 Neolithic Marathon, Avebury-Stonehenge, 10.30;
Cowpat 6½M MT, Somer, 11.00;
Glastonbury 6M, 11.00.

MAY

- Mon 1 Corsham Triathlon;
Bradford-on-Avon 3M, 2.30.
Thu 4 BernCol 3 x 1.36M Relay, Bradford-on-Avon, 7.45.
SUN 7 ~~Sat 6~~ Fontmell Magna 8M, 11.00; *SAT. 6 BRATTON 11K 11 A.M.*
Bitton 10K, 11.00.
Tue 9 Calne Relays, 7.30.
Wed 10 Yeovil 5K, 7.30.
Sun 14 Keynsham 10K, 11.00.
Thu 25 Tom Roberts 5K Handicap, Bradford-on-Avon, 7.40.
Sat 27 Bath Hilly 10M, 11.00.

JUNE

- Sun 4 Crewkerne 9M, 10.00;
Long Ashton 10K, 11.00;
Fairford 10K, 11.00;
Poole 10K, 2.00.
Tue 13 Calne Relays, 7.30.
Wed 14 Yeovil 5K, 7.30.
Sat 17 Broad Town 5M, 2.30.
Sun 18 Offa's Dyke 15M MT (Hay-on-Wye-Kington), 2.30;
Okeford Hill 4.4M, 3.00.
Sun 25 Norton Radstock Half-Marathon, 10.30;
Warminster 10M, 10.30.
Thu 29 Tom Roberts 5K Handicap, Bradford-on-Avon, 7.40.

JULY

- Sun 2 Portland 10M, 11.00.
Wed 5 Chippenham 5K, 7.30.
Sat 8 Charmouth 8M, 3.00.
Sun 9 New Forest 10M, 12.45;
Salisbury 10M, 11.00.
Tue 11 Calne Relays, 7.30.
Wed 12 Yeovil 5K, 7.30.