



Valley News

THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS (57) JULY 2000

Summer Nights

by

Tony Bartlett

1. At this great time of the solar year,
The weather is warm and the blue skies so clear,
There is blossom on trees and birdies do sing,
And all Nature stands as majestically king.
2. Your long summer run from the clubhouse you start,
Setting off well with so joyous a heart.
It's down through the meadows and along the track;
Following the river course, there's sweat on your back.
3. Mile upon mile across fields and through wood,
Markers so evident where the cowherds have stood.
"Let's rest at the stile," you exhaustedly pant.
"No, carry on running," your teammates all chant.
4. Up the hill track the pathways all winding;
Your lungs are a-bursting and your knees are a-grinding.
At last at the top your wits you can gather,
As your t-shirt is sopping and you're all of a lather.
5. Along through the village you doggedly chunter;
Past a woman on horseback – a bleeding great hunter.
That yappy dog barks as you pass by its gate:
In your turmoil of mind there is murder and hate.
6. At the front of your group they're all running strong,
Your legs are like lead but you're flogging along.
The bridge now arrives with its statue on top;
You've had it, you're beaten and ready to drop.
7. "Come on," says the leader, "it's just up the hill."
You lumber along with so determined a will,
Through footpaths and alleys you earnestly trot;
Your feet feel ablaze and your temperature hot.
8. Down by the river, again you appear.
At last, at last, the clubhouse is near.
A few hundred yards to the end of the run,
Flies so abundant in the lowering sun.
9. Back in the changing-room, your kit now removed,
You've run the long course and your stamina's proved.
You leap for the showers with a gasp and a cough;
But – blow me down gently – the water's gone off!
10. Out to your car for the journey back home;
The evening is finished, you no longer need roam.
The shadows are lengthening in the fading lights . . .
Oh, those glorious, wonderful, sweet summer nights.

Editor: Tim Northwood, 45 Hilperton Road, Trowbridge; Tel. (01225) 769929.

SECRETARY'S NOTES

On behalf of the club I would like to offer our best wishes to **Robin Porter, Maureen Laney** and the **Spedding family** [Simon, who in 1998 and 1999 was a hard-working and successful men's captain, his wife Mandy, Hannah, Lewis and Ashlie], who are all expecting to leave the area during July. They will all be sorely missed.

Congratulations to our male runners who have picked up several team awards recently, after competing in the shadow of the ladies' section for so long.

I would like to remind veteran members that if they join the South West Veterans they will be able to run in regional as well as European and world veterans' championships. Membership costs just £8, and I can assure you that these races are a great experience. — *Stan Farr*.

Welcome to the Valley!

Following the arrival of nine new members in the previous quarter, there were only two new additions in the three months just past: **Stuart and Sue MacGregor**, who joined on 4 May. Best wishes for happy times in the Valley. Membership has increased markedly this year. Even taking into account the seven who are leaving us, mentioned in the Secretary's Notes above, the current list shows an unofficial total of 119 – unofficial because not all have paid their subscriptions for 2000. If you haven't paid, or are unsure, get in touch with the treasurer, Dennis Mellor.

Milestones

Old Father Time (a.k.a. Annie Domino) claims five members this quarter as they move up into the next age-group. Happy birthdays and good luck in your new categories to: **Mike Hehir**, 60 on 25 September; **Fay Merrell**, 50 on 6 August; **Susie Phillips**, 50 on 8 August; **Ted Rockliffe**, 55 on 22 September; and **Neil Whitehead**, also 55, also on 22 September!

RESULTS: April-June

SUN. 2 APR. – Grizzly 20M, Seaton: 862 Mandy Spedding 3:57:54, 1,306 Mike Gerrish 4:46:05.

Corsham 10K: Richard Marsh 38:29, 47 Deane Smith 41:35, 63 Nick Ghey 43:49, 81 Anthony Hickson 45:42, 103 Susie Phillips 47:46, 106 Sally Tucker 48:29, 107 Viv Toms 48:29, 124 Tony Griffith 51:05, 130 Joyce Field 52:09, 144 Stan Farr 53:53, 146 Judy Farr 54:09, 174 Cynthia Cooke & Tina Vivian 1:01:08; **Fun Run**: 1 Sam Ghey.

SUN. 9 APR. – Taunton Marathon: Danny Kay (1st o-55) 3:27:36; **Half-Marathon**: Mike Pratt 1:39:42.

Purdown 8M MT: 17 Anthony Hickson (1st o-60) 1:05:28, 28 Tony Griffith 1:13:20.

Totton 10K: 194 Rose Barber (1st woman o-50) 42:23, 256 Susie Phillips 45:05, 392 Glyn Phillips 50:19.

Pen Selwood 10K: 26 Judy Farr 53:21, 27 Stan Farr 53:40.

SUN. 16 APR. – London Marathon: Sean Greenland 3:02:58, Darren Wrintmore 3:13:22, Jackie Rockliffe 3:16:18, Les Unsworth 3:19:11, Ted Rockliffe 3:21:48, Danny Kay 3:23:45, Denise Ellis 3:39:30, Bernie Hobbs 3:47:34, Dave Earley 3:56:37, Alan Meadow 3:57:48, Nick Hawkins 4:13:56, Dennis Mellor 4:14:35, Mike Carpenter 4:34:00, 15281 Bill Howsego 4:35:34, Ann Bull 5:21:55.

MON. 24 APR. – Yeovil 10K: 28 Kevin Sparey 36:48, 45 Brett Flook 38:16, 47 Bob Ellis 38:19, 122 Paul Turner 44:37, 142 Denise Ellis 46:26, 175 Joyce Field (1st woman o-55) 50:12, 180 Glyn Phillips 50:31, 183 Tina Vivian 50:53, 191 Stan Farr 51:53.

SUN. 30 APR. – Neolithic Half-Marathon: Bernard Dunn (2nd o-50) 1:45:35, Bob Sidwick (3rd o-50) 1:45:36.

Pensford 10K: Linda Brown (2nd woman, 1st woman o-40) 46:35.

Glastonbury 9.1K: 16 Brett Flook 34:00, 93 Rose Barber (1st woman o-45) 40:01, Bill Howsego 51:48, Stan Farr 51:49.

(Continued on Page 3)

RESULTS: April-June*(continued from Page 2)*

MON. 1 MAY - Bradford-on-Avon 3M: 2 Brett Flook 16:45, 3 Alistair Bartlett 16:49, 5 Sam Ghey (1st u-16) 17:36, 7 Maureen Laney (1st woman) 18:02, 8 Richard Hudson 18:16, 11 Adam Ghey 19:08, 13 Nick Ghey 19:23, 14 Nick Rosier 19:23, 17 Bernie Hobbs 20:11, 19 Alex Cox 20:34, 22 Luke Hobbs 21:00, 24 Bob Sales 21:28, 26 Sally Tucker 22:14, 34 Dennis Mellor 23:54, 39 Tony Bartlett 24:42, 40 Tony Griffith 24:43, 42 Stan Farr 24:58, 43 Bill Howsego 25:45, 46 Steve Crute 26:24, 53 Jake Hobbs 28:31. **Springfield Triathlon**, Corsham (400m swim, 20K bike, 5K run): 5 Richard Marsh 1:00:56, 113 Neil Whitehead 1:17:51, 138 Roger Carey (1st newcomer) 1:19:30, 245 Glyn Phillips 1:30:31, 277 Viv Toms & Joyce Field 1:37:00, 314 Susie Phillips 1:44:37.

THU. 4 MAY - BernCol 3 x 1.36M Relay: 1st team - Viv Toms 10:10 + Mark Hayward 9:15 + John Kent 7:40 = 27:05; 2nd team - Stuart MacGregor 7:57 + Sian Brown 11:46 + Brett Flook 7:24 = 27:07; 3rd team - Les Unsworth 8:15 + Luke Hobbs 8:40 + Joyce Field 10:13 = 27:08. (13 teams.)

SAT. 6 MAY - Bratton Happy Valley 11K: 9 Bob Ellis 44:23, 11 John Kent 45:33, 15 Simon Reeves 47:28, 20 Bernie Hobbs 50:31, 25 Linda Brown (3rd woman) 51:32, 52 Joyce Field 59:07, 53 Dennis Mellor 59:12, 55 Stan Farr 59:55, 60 Tony Bartlett 1:02:42, 64 Bill Howsego 1:04:54.

SUN. 7 MAY - Swindon Duathlon (National Championships) (6K run, 38K bike, 6.2K run): 222 Rose Barber 25:25 + 1:31:50 + 27:07 = 2:24:22.

TUE. 9 MAY - Calne Relays: "A" team 10th - Luke Hobbs 23:36, Les Unsworth 22:08, Joby Hobbs 21:50 = 1:07:34; "B" team 14th - Bernie Hobbs 22:39, Bob Sales 24:47, Glyn Phillips 26:15 = 1:13:41; women's team 16th - Joyce Field 26:35, Tina Vivian 26:27, Mandy Spedding 23:55 = 1:1:57.

WED. 10 MAY - Yeovil 5K: Brett Flook 17:08, Kevin Sparey (1st o-45).

SUN. 14 MAY - Neroche 10K, Ilminster: 1 Brett Flook 36:23. **Keynsham 10K:** 69 Rose Barber (1st woman o-50) 44:17, 152 Dennis Mellor 52:40, 161 Stan Farr 53:09, 181 Bill Howsego 57:19.

SAT. 27 MAY - Bath 10M: 38 Richard Hudson 1:12:00, 60 Neil Whitehead 1:16:08, 95 Anthony Hickson 1:26:12, 106 Joyce Field 1:30:07, 107 Dennis Mellor 1:30:57, 111 Stan Farr 1:31:21, 112 Bill Howsego 1:31:35.

Newport 10M: Alistair Bartlett 1:04:01, Tony Bartlett 1:33:16.

SUN. 28 MAY - Mersey Tunnel 10K: Paul Turner 44:00.

SUN. 4 JUNE - Crewkerne 9M: Alistair Bartlett 55:53, Tony Bartlett 1:23:24. **Poole 10K:** 22 Brett Flook 35:17, 34 Kevin Sparey (1st o-40) 36:16, 153 Stuart MacGregor 41:18, 24, Mike Pratt 44:33, 258 Mandy Spedding 44:41, 268 Chris Switzer 44:53, 353 Susie Phillips 47:09. **Fairford 10K:** 97 Nick Hawkins 47:57, 99 Anthony Hickson 48:08, 145 Stan Farr 52:18, 172 Judy Farr (1st woman o-55) 55:27, 176 Jan Hunt 56:04, 180 Bill Howsego 56:20; **3K Fun Run:** 14 Peter Hawkins 11:49, 86 Lucy Hawkins 14:49. **Long Ashton 10K:** 93 Rose Barber (2nd woman, 1st woman o-50) 45:31.

THU. 8 JUNE - Castle Combe 10K: 15 Bernie Hobbs 40:52, 25 Anthony Hickson 44:23.

SUN. 11 JUNE - Horton 4.3M: 2 Simon Spedding 25:10, 3 Kevin Sparey (1st o-40) 25:15.

TUE. 13 JUNE - Calne Relays: 7th AVR "A" - Phil Mitchell 20:55, Les Unsworth 21:3, Simon Reeves 21:4 = 1:04:17; 10th AVR "B" - Bernie Hobbs 22:05, Anthony Hickson 23:35, Bob Sales 24:17 = 1:09:57; 16th AVR Women's "A" - Tina Vivian 25:42, Viv Toms 25:45, Denise Ellis 24:59 = 1:16:26; 20th AVR Women's "B" - Joyce Field 26:32, Cynthia Cooke 30:02, Linda Unsworth 26:21 = 1:22:55.

WED. 14 JUNE - Yeovilton 5K: 17 Brett Flook 16:49, 18 Kevin Sparey 17:01, 43 Rose Barber (1st woman o-50) 19:44.

SAT. 17 JUNE - Broad Town 5M: 48 Susie Phillips (1st woman o-45) 38:43, 58 Tina Vivian (1st woman o-40) 40:07, 63 Glyn Phillips & Anthony Hickson 41:01, 70 Stan Farr 41:39, 80 Dennis Mellor 43:11.

SUN. 18 JUNE - Potteries Marathon: Danny Kay 4:17, Mike Pratt 4:51. **Offa's Dyke 15M MT:** Bob Ellis 2:13, Denise Ellis 2:50, Joyce Field (1st woman o-55) 2:58:37. **Oldbury 4M:** 2 Simon Spedding 22:22, Mandy Spedding (3rd woman) 28:27.

SAT. 25 JUNE - Westwood 2.4M: 1 Sam Ghey (1st u-16) 13:48, 3 Bernie Hobbs (1st o-50) 14:56, 4 Les Unsworth 15:01, 5 Luke Hobbs (2nd u-16) 15:13, 7 Nick Ghey 15:33, 8 Richard Ayling 15:35, 9 Alex Cox 15:46, 15 Susie Phillips (1st woman) 17:23, 18 Andrew Unsworth 19:17, 22 Stan Farr (2nd o-50) 20:14, 26 Jake Hobbs 21:30.

SUN. 26 JUNE - Warminster 10M: 4 Alistair Bartlett* 1:01:46, 10 Bob Ellis* 1:05:52, 14 Richard Hudson* 1:08:41, 18 Simon Reeves 1:10:31, 2 Nigel Stevens 1:12:11, 30 Les Unsworth 1:13:07, 37 Paul Turner 1:16:09, 44 Anthony Hickson 1:18:37, 45 Alan Meadow 1:18:38, 50 Denise Ellis† 1:20:52, 57 Viv Toms† (1st woman o-50) 1:23:55, 62 Susie Phillips† 1:24:57, 65 Linda Unsworth 1:26:52, 67 Tony Griffith 1:27:17, 68 Joyce Field 1:27:33, 73 Stan Farr 1:28:57, 77 Dennis Mellor 1:29:37, 79 Jan Hunt 1:30:03, 82 Tony Bartlett 1:32:13. *1st men's team; †1st women's team.

FIXTURES: July-October

JULY

- Sun 23 Gloucester Festival Half-Marathon, 9.30;
Tarrant Monkton 5M & 10M, 10.30.
Thu 27 Tom Roberts 5K Handicap, Bradford-on-Avon, 7.40.
Sat 29 Swanage Carnival 12M, 11.00.

AUGUST

- Wed 2 Castle Combe Duathlon, 7.00.
Sun 6 Sturminster Newton Half-Marathon, 10.30.
Tue 8 Calne Relays, 7.30.
Wed 9 Yeovilton 5K, 7.30.
Sun 13 Plymouth 10K, 10.30.
Sat 19 Race the Train 14M MT, Tywyn, Gwynedd, 2.00.
Sun 20 Standish 10M, 11.00.
Sun 27 Pewsey Half-Marathon & 5M, 10.30;
Langport 10K, 11.00.
Mon 28 Southwick 3M, 3.00;
Twenty-fifth Staunton Beer Race 10K (nr Gloucester), 11.00.

SEPTEMBER

- Sun 3 Calne 10K, 11.00.
Wed 6 Bath City Centre 5K, 7.30.
Sun 10 New Forest Marathon & Half-Marathon, 11.00;
Bath Magnificent 9-1M MT, 7.30;
Ivybridge Beacon Challenge 9M MT, Dartmoor, 11.00;
Chepstow Half-Marathon, 11.00;
Ash Excellent 8M MT, Martock, Somerset, 11.00.
Wed 13 Yeovilton 5K, 7.30.
Sun 17 Oldbury 10M, 10.30; Portsmouth 10M;
Beacon Beer Race 10K (nr Gloucester), 11.00;
Newton Abbott Ladies' 10K, 10.30.
Thu 21 Weston Prom Run, 7.30.
Sat 23 Woodstock 12M, Blenheim Park, Oxon., 2.00.
Sun 24 Taunton 10K, 11.00;
Littledown 5M, Bournemouth, 10.30.

OCTOBER

- Sun 1 Gloucester Marathon, 10.00;
Cricklade Half-Marathon, 10K & Fun Run, 10.30;
Marlborough 10K, 10.30.
Sun 8 Bristol Half-Marathon, 9.30 (provisional);
Avalon League CC, 1.00.
Sun 15 AVR Over the Hills 12K, Bradford-on-Avon, 11.00.