



Valley News

THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS (58) OCTOBER 2000

The Fairer Sex

by

Tony Bartlett

1. Running is for all, whatever the gender,
So to well-upholstered females our homage we render.
Their attributes bring to the club a new life:
It's no wonder they're called the "trouble and strife".
2. They run down the roads in a pristine white shirt,
Some wearing a faded old school hockey skirt.
The things men don't have both bobble and jiggle,
And the rear end produces an interesting wiggle.
3. The lassies trot gaily along paths made of grass,
And get in men's way when they're trying to pass.
While they are trotting, their hearts full of song,
Men say, "Get back in the kitchen where you belong!"
4. They puff and they pant and then they are walking –
A legacy acquired by continuous talking.
Powder and lipstick and eyeliner paint
Enhance all their charms – but models they ain't!
5. On winter's dark evenings they wear running tights
And armbands all jazzy with red flashing lights.
Along grey lamplit streets they gaily meander;
The men follow on, their fancies to pander.
6. Some ladies get serious and time every race
To ensure they're maintaining an accurate pace;
Nothing's too difficult or distance too far,
Their sights set ahead to a bright golden star.
7. Their faces are shining with honest endeavour,
As they paddle along in cold, rainy weather.
Their stature is varied, of all shapes and sizes,
But really they're angels dressed up in disguises.
8. They rest now and then and stop for a talk;
Some are less keen and just want to walk.
But the men are appearing, so they dare not give in.
To show they're not worthy would be a great sin.
9. At the end of the day now, I reluctantly admit,
They're jolly and happy and, I must confess, fit.
I just wish they'd give us poor men a wee chance
When at the head of the field they regularly prance.
10. Now fear not, dear girls – all's said in fun.
You are heavenly bodies, every sweet darling one.
Don't worry if you're short, a bit fat or quite tall:
You're immortal, dear ladies, and we men love you all!

SECRETARY'S REPORT

On the 14th September Caspar Hull, an osteopath based at 39 Lowbourn, Melksham, gave a very informative talk in the clubhouse at Culver Close on injury prevention. Caspar can be contacted on 01225 704883 by any runner in the Melksham area needing treatment.

We have again entered the Avalon Cross-Country League. The races are free, but you must wear a club vest and hand your finishing ticket to whoever has the envelope supplied by the promoting club.

This year's club championships are beginning to cause excitement as more members complete the requirements of 10-kilometre, 10-mile and half-marathon races. Don't forget, there are awards for all age-groups.

We hope to hold the club annual general meeting on Thursday 4 January at 9.15 p.m. Nominations for the election of officers must be submitted to me by the first Thursday in December.

The club presentation party will be held at Southwick Village Hall at the end of January or the beginning of February 2001. Keep your eye on the noticeboard for confirmation. — *Stan Farr*.

Welcome to the Valley!

Membership continued to climb during the past three months, and on paper (subject to the elimination of a few whose unpaid subscriptions suggest that they may have drifted away) now stands at 131. **Iain Perry** joined on 11 July; **Nicholas Stevens** on 20 July; **Richard Ayling** on 3 August; and **Kathryn Macrae** on 10 August. Best wishes to all of you for a long and happy time with Avon Valley Runners.

Milestones

With such an abundance of age-group prizes to be striven for in races nowadays, once a member reaches the age of forty we make no apology for disclosing what might otherwise be a closely guarded secret — your arrival at each progressive five-year milestone on the road of life. It happens to all of us, so don't be depressed: rather think of it as a fresh opportunity to gain some hard-earned hardware! This quarter's birthday boys and girl are: **Howard Marson**, 45 on 4 October; **Nick Ghey**, 40 on 8 October; **Tony Bartlett**, 65 on 10 October; **Tina Vivian**, 45 on 24 December. Many happy returns and best wishes to all.

RESULTS: July–September

SUN. 2 JULY – Great Bradford Ascent 5K: 1 Simon Spedding 19:36, 2 Alistair Bartlett 19:41, 3 Sam Ghey (1st jnr) 19:48, 4 Stuart MacGregor 20:20, 5 Richard Hudson 20:22, 11 Adam Ghey (2nd jnr) 21:50, 12 Bernie Hobbs 22:10, 13 Susie Phillips (1st woman) 22:12, 15 Luke Hobbs 23:00, 19 Viv Toms (2nd woman) 26:35, 20 Robin Porter 27:01, 21 Joyce Field (3rd woman) 27:14, 22 Glyn Phillips 28:04, 24 Stan Farr 28:25, 29 Anthony Hickson 29:58, 30 Jake Hobbs 30:55.

Portland 10M: Kevin Sparey (1st o-45) 1:01:30.

Hewlett Packard 5M, Bristol: Tony Griffith 42:20.

WED. 5 JULY – Chippenham 5K: 27 Bernie Hobbs 20:50, 38 Anthony Hickson 21:47, 39 Paul Turner 21:53, 53 Susie Phillips 23:40, 57 Peter Hawkins 24:09, 58 Nick Hawkins 24:09, 85 Lucy Hawkins 30:37, 86 Susan Hawkins 30:38.

SAT. 8 JULY – Bishops Cannings 5K: 18 Paul Turner 24:50, 32 Susie Phillips (3rd woman) 27:18, 34 Peter Hawkins 27:41, 35 Nick Hawkins 27:44, 49 Stan Farr 30:56, 60 Lucy Hawkins (3rd girl) 33:11, 61 Sue Hawkins 33:13, 63 Judy Farr 33:52.

Golden Cap 8M, Charmouth: 166 Tina Vivian 1:20:53, 207 Mike Gerrish 1:33:00.

SUN. 9 JULY – Salisbury 10M: 2 Alistair Bartlett* 59:53, 4 Kevin Spacey* (1st o-40) 1:01:01, 12 Bernie Hobbs* (1st o-50) 1:08:21, 62 Tony Griffith 1:24:06, 83 Tony Bartlett 1:32:5. *1st men's team. **Fun Run:** 1 Luke Hobbs.

New Forest 10M: Anthony Hickson 1:13:33, Mandy Spedding 1:15:20, Bob Sales 1:21:07.

SUN. 9 JULY – Wellington 10M: 7 Brett Flook 1:01:55.

WED. 12 JULY – Yeovilton 5K: 13 Brett Flook 17:12, 61 Susie Phillips 22:03, 71 Glyn Phillips 23:27.

SAT. 15 JULY – Veterans' National 10K, Newport: Rose Barber (2nd woman o-50) 43:22, Stan Farr 51:31.

WED. 19 JULY – Reigate 10K: Neil Whitehead 43:47.

SUN. 23 JULY – Gloucester Half-Marathon: 15 Kevin Sparey 1:19:24, 17 Brett Flook 1:19:40.

Tarrant Valley 10M 494y: 40 Bob Ellis 1:10:12, 4 Stuart MacGregor 1:12:14, 119 Viv Toms 1:26:14, 136 Joyce Field 1:31:08, 139 Stan Farr 1:31:53. **5M 779y:** Anthony Hickson (1st o-50) 39:22, Susie Phillips (1st o-35) 43:03, Sue MacGregor 45:03, Tina Vivian 45:20, Glyn Phillips 48:20.

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RESULTS: July–September

(continued from Page 2)

THU. 27 JULY – Tom Roberts 5K Handicap, Bradford-on-Avon: 1 Pete Chapple, 2 Nick Stevens, 3 Denise Ellis. *Actual times:* 1 Richard Marsh 18:00, 2 Brett Flook 18:16, 3 Kevin Sparey 18:20, 4 Alistair Bartlett 18:40, 5 Sam Ghey 19:17, 6 Bob Ellis 19:31, 7 Nick Stevens 19:41, 8 Stuart MacGregor 20:12, 9 Nigel Stevens 21:08, 10 Les Unsworth 21:42, 11 Paul Turner 21:45, 12 Nick Ghey 21:51, 13 Rose Barber 21:54, 14 Denise Ellis 23:43, 15 Susie Phillips 24:04, 16 Viv Toms 24:24, 17 Linda Unsworth 24:50, 18 Sue MacGregor 25:03, 19 Tina Vivian 25:42, 20 Joyce Field 25:49, 21 Robin Porter 25:54, 22 Jan Hunt 26:04, 23 Pete Chapple 26:07, 24 Glyn Phillips 27:19, 25 Tony Bartlett 29:41. *Juniors (2-3M):* 1 Ashlie Spedding 20:30, 2 Lewis Spedding 21:19, 3 Jamie — 24:47. **Season's aggregate** (best of two): *Men* – 1 Brett Flook 36:28, 2 Richard Marsh 36:31, 3 Kevin Sparey 36:56; *women* – 1 Rose Barber 43:55, 2 Denise Ellis 47:24, 3 Susie Phillips 48:02.

SAT. 29 JULY – Swanage 12M: 116 Paul Turner 1:34:44, 128 Denise Ellis 1:36:33, 150 Joyce Field 1:44:33, 153 Stan Farr 1:45:28, 15 Jan Hunt 1:48:50, 176 Viv Toms 1:55:35, 193 Tony Bartlett 2:04:08.

WED. 2 AUG. – Castle Combe Duathlon: 122 Rose Barber (1st woman o-50) 1:01:48, 143 Joyce Field 1:08:18.

SUN. 6 AUG. – Sturminster Half-Marathon: 12 Brett Flook* 1:18:46, 17 Kevin Sparey* 1:19:51, 23 Alistair Bartlett* 1:22:13, 150 Mike Pratt 1:48:22, 238 Tony Bartlett 2:22:55. *2nd men's team.

TUES. 8 AUG. – Calne Relays: 5th Men's "A" – Martin Connor 20:48, Stuart MacGregor 21:01, Phil Mitchell 20:15 = 1:02:04; 12th Women's "A" – Rose Barber 22:22, Denise Ellis 24:09, Jackie Rockliffe 22:59 = 1:09:30; 14th Men's "B" – Ted Rockliffe 22:33, Les Unsworth 22:1, Pete Chapple 27:19 = 1:12:08; 19th Women's "B" – Sue MacGregor 25:21, Linda Unsworth 24:38, Cynthia Cooke 29:42 = 1:19:41. Joyce Field (2:21) and Roger Carey ran for other teams.

WED. 9 AUG. – Yeovil 5K: 1 Kevin Sparey (1st o-40 in Somerset championship) 16:45, 19 Brett Flook 16:55.

SUN. 13 AUG. – Keynsham 7M MT: 4 Tony Griffith 1:11:37. **Plymouth 10K:** 43 Stuart MacGregor 42:11, 120 Susie Phillips (1st woman o-50) 49:32, 124 Sue MacGregor (2nd woman o-40) 49:47, 162 Glyn Phillips 54:39.

SUN. 20 AUG. – Standish 10M MT: 138 Tony Bartlett 1:40:53. **Totton Triathlon:** Neil Whitehead 600m swim 12:02 + 23K bike 1:06:30 + 5½M run 33:55 = 1:52:27. **Concorde Triathlon, Bradfield, nr Newbury (400m swim, 20K bike, 5K run):** Rose Barber (2nd o-50) 1:20:23.

SUN. 27 AUG. – Pewsey Half-Marathon: Iain Perry 1:59:16. **5M:** 7 Martin Connor 31:40, 9 Phil Mitchell 32:13, 28 Tony Griffith 43:56. **Langport 10K:** 24 Alistair Bartlett 36:43, 71 Richard Hudson 39:5, 14 Mike Pratt 46:11, 15 Susie Phillips (1st o-45) 46:12, 244 Stan Farr 53:23, 264 Judy Farr (1st o-55) 54:51, 286 Tony Bartlett 58:43.

MON. 28 AUG. – Southwick 3M: 2 Simon Spedding 17:12, 5 Bob Ellis (1st male vet.) 17:53, 8 Neil Whitehead 18:52, 12 Les Unsworth 19:40, 15 Paul Turner 20:27, 16 Richard Ayling 20:39, 19 Nigel Evans 21:03, 20 Mandy Spedding (1st woman) 21:10, 24 Susie Phillips (2nd woman) 22:00, 25 Linda Unsworth (3rd woman) 22:11, 27 Tina Vivian (1st female vet.) 23:48, 29 Iain Perry 24:04, 31 Glyn Phillips 24:42, 32 Zoë Taylor 25:26, 34 Tony Griffith 25:52, 35 Ashlie Spedding (1st girl u-14) 26:30, 42 Lewis Spedding 29:24. **St Helen's 3½M, Isle of Wight:** 6 Sam Ghey 21:25, 9 Adam Ghey 23:08, 11 Nick Ghey 24:4.

SUN. 3 SEPT. – Calne 10K: 11 Simon Spedding 36:48, 12 Alistair Bartlett 36:54, 31 Nick Stevens (1st u-18) 38:47, 44 Roger Carey 41:21, 48 Nigel Stevens 42:03, 51 Les Unsworth 42:29, 53 Bernie Hobbs 42:33, 65 Rose Barber* (3rd o-45, 2nd Wilts., 2nd o-50 SW) 43:46, 90 Susie Phillips* (3rd o-45 Wilts.) 46:36, 93 Denise Ellis* (3rd o-35 Wilts.) 46:44, 104 Nick Hawkins 47:46, 113 Bob Sales 48:50, 119 Iain Perry 49:44, 123 Tina Vivian 50:17, 127 Glyn Phillips 50:52, 137 Tony Griffith 52:20, 144 Stan Farr (3rd o-60 SW) 53:07, 146 Judy Farr (1st o-55 SW) 53:29, 170 Tony Bartlett 57:59. *1st women's team.

SUN. 10 SEPT. – New Forest Half-Marathon: 27 Brett Flook 1:23:15, 158 Bob Ellis 1:37:04, 39 Denise Ellis 1:49:46. **Seaton Half-Marathon:** 11 Alistair Bartlett 1:22:53, Tony Bartlett 2:25:43. **Wansdyke Triathlon (400m swim, 23K bike, 5K MT run):** 1 Richard Marsh 5:29 + 41:11 + 18:50 = 1:05:30, 6 Simon Spedding 6:05 + 45:09 + 20:31 = 1:11:45, 82 Stuart MacGregor 8:46 + 53:41 + 24:59 = 1:27:26, 93 Mandy Spedding* (5th woman) 6:58 + 56:31 + 25:51 = 1:28:20, 153 Ashley Leat 7:32 + 58:26 + 28:18 = 1:34:16, 171 Rose Barber* 9:21 + 1:01:34 + 25:12 = 1:36:07, 177 Susie Phillips* 7:58 + 1:01:42 + 27:10 = 1:36:50, 195 Glyn Phillips 9:44 + 1:00:57 + 29:12 = 1:39:53, 218 Joyce Field 7:42 + 1:08:30 + 27:39 = 1:43:51, 232 Viv Toms 11:09 + 1:05:54 + 28:42 = 1:45:46, 266 Stan Farr 19:09 + 1:02:28 + 34:23 = 1:56:00. *1st women's team.

WED. 13 SEPT. – Yeovilton 5K: 14 Brett Flook 17:05.

SUN. 17 SEPT. – Oldbury 10M: 16 Simon Spedding 1:00:41, 71 Les Unsworth 1:09:28, 111 Rose Barber* (1st woman o-50) 1:14:46, 135 Susie Phillips* 1:18:17, 140 Nick Hawkins 1:18:48, 14 Viv Toms* 1:19:17, 171 Joyce Field (1st woman o-55) 1:23:20. *1st women's team. **Shepton Mallet 10K:** 5 Brett Flook 35:58, 7 Kevin Sparey (1st o-40) 36:43, 8 Alistair Bartlett 36:55, 31 Paul Turner 43:45, 49 Tony Griffith (1st o-60) 51:55, 51 Judy Farr (1st woman o-50) 53:02, 57 Stan Farr 55:44, 4 Bill Howsego 57:55, 67 Tony Bartlett 1:01:20.

SUN. 24 SEPT. – Robin Hood Marathon: Brett Flook 2:59:30. **King Alfred's Torment 7M MT, Stourhead:** 33 Joyce Field (1st woman o-45) 1:01:20, 37 Stan Farr 1:02:32, 37 Bill Howsego 1:09:55. **Collingbourne 10K:** Iain Perry 49:10. **Taunton 10K:** 18 Kevin Sparey (1st o-45) 36:33.

FIXTURES: October-January

OCTOBER

- Sun 15 AVR Over The Hills 12K & 4K Fun Run, Bradford-on-Avon, 11.00.
 Sat 21 Weymouth 10M, 2.00.
 Sun 22 Stroud Half-Marathon, 10.30.
 Sun 29 Dorset "Three Peaks" 10M, Shillingstone, 10.30;
 Cheddar 10M, 11.00.

NOVEMBER

- Sun 5 Avalon League Cross-Country, Bath University, 12.45;
 Salisbury Half-Marathon, 11.00;
 Gillingham 7½M, 11.00;
 Ilminster 10K, 10.30.
 Sat 11 Victoria Park Road Races, Bath.
 Sun 12 "Sodbury Slog" MT, 11.00.
 Sun 19 Bournemouth 10M, 11.00;
 Avalon League Cross-Country, Glastonbury, 12.45;
 Sun 26 Boscombe 10K, 11.00.

DECEMBER

- Sun 3 Bromham 10K, 11.00.
 Sun 10 Wyvern 10K, 11.00;
 Avalon League Cross-Country, Poole, 12.45.
 Tue 26 Boxing Day Run, Steeple Ashton, 10.30 *or* —
 Wed 27 "Boxing Day" Run, 11.00 (*to be decided*).

JANUARY 2001

- Mon 1 Hangover 10K, Kewstoke Village Hall, 11.00 [*revived after two years: thereby hangs a tail! – Stan F.*]
 Sun 14 Milborne (Dorset) 10M & Fun Run, 10.30.
 Sun 21 Romsey 5M, 11.00.

Advance Notice: MARCH

- Sun 18 Bath Half Marathon, 11.00. Entry £9 if posted before 15 February; £16 on the day.
 Also 2K for over-10, under-17.

Tales from the Past

Many years ago I went on a distance training weekend in Derbyshire. One of the sessions was a fifteen-mile run through the Dales in which after about a mile I developed severe back pain, so I told a chap with whom I was running at the rear of the pack that I was returning to base. I spent the next hour and a half stretching in the gym before joining the others in the showers, where the conversation was mostly about the chap who'd completed only a mile of the fifteen-mile run. I kept my head well down.

Later on that day we had to go to a dinner followed by a talk, for which I sat alone as I didn't know anyone. I was soon joined by a gentleman who was also alone. We talked about running (as one does), so I asked him if he had ever done a marathon. Yes, he had, he said. Any good? I asked. Not too bad, he replied. I've broken three hours, I proudly told him.

After we'd completed our meal the weekend organizer announced that the guest speaker, Brian Kilby, the European marathon champion, would give a talk. My dinner companion rose from his seat and went to the microphone. — *Stan Farr.*