



Valley News

THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS (59) JANUARY 2001

2000 AVR Championship Results

The club championship rules continue to evolve, with minor changes taking place to arrive at the best way of rewarding the winners and encouraging the runners-up and also-rans. Last year members of both sexes competed over the same three distances for best aggregate times, and there was again an increase in the numbers of qualifiers — from 18 men in 1999 to 22 in 2000, and nine women in 2000, compared with seven the previous year. The outright champions are Brett Flook and (for the *sixth* time since the championships were first held in 1993!) Jackie Rockcliffe. The following table also shows award-winners in other categories.

FULL RESULTS

	Age-group	Award(s)	10K	10M	Half-Mthn	Total
1	Brett Flook	M u-40 1st	35:17	59:17	1:18:46	2:53:20
2	Alistair Bartlett	M u-40 2nd	35:07	59:53	1:18:27	2:53:27
3	Kevin Sparey	M40-44 1st (3rd)*	35:17	59:43	1:18:33	2:53:33
4	Simon Spedding	M u-40	35:51	1:00:41	1:19:55	2:56:27
5	Bob Ellis	M40-44	38:19	1:05:52	1:29:08	3:13:19
6	Ted Rockcliffe	M50-59 1st	39:43	1:08:46	1:28:14	3:16:43
7	Les Unsworth	M45-49 1st	41:19	1:09:28	1:29:07	3:19:54
8	Richard Hudson	M u-40	39:56	1:08:41	1:32:49	3:21:26
9	Jackie Rockcliffe	W u-40 1st	41:58	1:12:15	1:29:32	3:23:45
10	Bernie Hobbs	M50-59	42:33	1:08:21	1:33:24	3:24:18
11	Rose Barber	W50+ 1st (2nd)†	42:23	1:13:16	1:34:22	3:30:01
12	Simon Reeves	M u-40	42:44	1:10:31	1:39:18	3:32:33
13	Paul Turner	M45-49	43:45	1:12:10	1:36:45	3:32:40
14	Neil Whitehead	M50-59	44:30	1:16:08	1:34:25	3:35:03
15	Alan Meadow	M u-40	43:58	1:16:44	1:36:33	3:37:15
16	Mandy Spedding	W u-40 3rd	44:41	1:15:20	1:40:31	3:40:32
17	Michael Pratt	M50-59	44:33	1:17:19	1:39:42	3:41:34
18	Anthony Hickson	M60+	45:07	1:13:33	1:44:21	3:43:01
19	Denise Ellis	W u-40	45:21	1:19:38	1:39:22	3:44:21
20	Susie Phillips	W45-49 1st	44:49	1:16:59	1:43:29	3:45:17
21	Viv Toms	W50+	47:35	1:18:59	1:44:39	3:51:13
22	Nick Hawkins	M40-44	47:46	1:18:48	1:45:32	3:52:06
23	Joyce Field	W50+	49:30	1:23:20	1:48:53	4:01:43
24	Tony Griffith	M60+	50:52	1:24:06	1:52:59	4:07:57
25	Tina Vivian	W40-44 1st	48:24	1:26:30	1:57:22	4:12:16
26	Glyn Phillips	M50-59	50:19	1:25:00	1:58:30	4:13:49
27	Stan Farr	M60+	51:31	1:28:57	1:54:39	4:15:07
28	Jan Hunt	W50+	51:47	1:30:03	1:54:33	4:16:23
29	Dennis Mellor	M60+	52:02	1:27:05	1:58:17	4:17:24
30	Bill Howsego	M60+	56:20	1:31:35	1:56:50	4:24:45
31	Tony Bartlett	M60+	57:53	1:32:13	2:02:45	4:32:51

* 1st male veteran 40-44 and 3rd man overall. † 1st female veteran 50+ and 2nd woman overall.

Results supplied by Ken Barber.

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SECRETARY'S REPORT

A happy New Year to all our members and their families. The year 2000 saw the most exciting club championships in our 14-year history. The men's lead changed hands several times during the year and was only decided in the latter part of December, with only 13 seconds covering the first three runners; and the women's championships were also in doubt until the last two weeks of December.

During the year the club promoted two successful races — the Over the Hills 12K and the Bromham 10K. On behalf of the club I would like to thank all those who turned out to assist our two able race directors. The change of venue to the club headquarters, The Beehive, for the Boxing Day race was a great success, especially as the presentation lasted for four hours.

The draw for the club's two automatic London Marathon places was made over Christmas, and by a coincidence Les and Linda Unsworth came out of the hat.

Always on the lookout for new and interesting races to compete in, two of my 38 races completed last year come to mind. They are the Stourhead 7M multi-terrain, and the fast Cirencester 10K — both run through lovely scenery. — *Stan Farr.*

Welcome to the Valley!

The last three members to join Avon Valley Runners in the twentieth century were **Howard Marson**, on 5 October, and **Michelle Coxson** and **Andrew Philipson**, both on 19 October. Best wishes to all of you for many happy miles in the Valley.

Milestones

Four members will graduate to the next age-groups during the quarter just beginning: **Denise Ellis**, 40 on 12 March; **Simon Reeves**, 40 on 2 February; **Simon Spedding**, 40 on 3 February; and **Irene Warden**, 50 on 10 February. Birthday greetings and best wishes in your new categories. [See Page 4 for a change to the age-group rule in the club championships.]

Men Behaving Badly

or

THE DARKER SEX

by Viv Toms

(in reply to "The Fairer Sex" by Tony Bartlett)

Anything men can do, ladies do better:
Even in rain, we seem to get wetter!
Yes, we talk as we run, 'cos that's what we're good at:
The world put to rights with gossip and chit-chat.

Men like to think they run a lot faster;
Do they really think they're our Lord and Master?
We fit in our training in between chores,
Then rush back to cook dinner for "im indoors".

Our sports bras and lycra prevent us from wobbling,
But that doesn't stop the men from their ogling.
Our running shoes come in much smaller sizes;
We might be outnumbered, but we win the prizes!

They say "Good luck" in races, but really don't mean it;
If you pass them they sulk, and they're far from hygienic!
They smell and they spit and they belch and they fart,
While us ladies just take it all in good heart.

Now fear not, dear men — all's said in fun;
We *are* heavenly bodies, when all's said and done . . .
Powder and paint, our looks to enhance:
At the end of the day, boys, you ain't got a chance!

RESULTS: October–December

SUN. 1 OCT. – Marlborough 10K: 16 John Kent 41:11, 50 Rose Barber (1st woman o-50) 45:24, 81 Nick Hawkins 48:38, 95 Bob Sales 49:23, 103 Susie Phillips 49:43, 116 Iain Perry 51:03, 139 Stan Farr 53:50, 151 Judy Farr 56:46, 180 Bill Howsego 1:00:13, 181 Kathryn Macrae 1:00:26. **1.8M Fun Run:** 1 Sam Ghey 9:04, 5 Peter Hawkins 10:49, 36 Lucy Hawkins 13:30, 38 Emmy Ghey 13:36. **Cricklade 10K:** 14 Paul Turner (3rd vet.) 43:26.

SUN. 8 OCT. – Bristol Half-Marathon: Les Unsworth 1:33:45. **Cirencester 10K:** 47 Ted Rockcliffe 40:10, 91 Denise Ellis* 45:21, 99 Susie Phillips* 46:13, 137 Stan Farr 52:09, 150 Judy Farr* 54:02, 160 Bill Howsego 57:07. *1st women's team. **Avalon League CC, Salisbury: Men** – 95 Roger Carey 32:19. **Boys u-16** – 2 Sam Ghey 11:36.

SUN. 15 OCT. – AVR Over the Hills 12K MT: 8 Brett Flook 47:51, 9 Simon Spedding 48:06, 26 Marson Howie 52:01, 28 John Kent 52:32, 31 Deane Smith 53:20, 32 Bob Ellis 53:37, 33 Stuart MacGregor 54:31, 38 Nick Rosier 55:34, 39 Neil Whitehead 55:34, 47 Ian White 57:38, 49 Nick Stevens 58:07, 69 Alan Meadow 1:02:10, 70 Mandy Spedding 1:02:12, 83 Denise Ellis 1:05:31, 84 Iain Perry 1:05:51, 86 Darren Wrintmore 1:05:52, 94 Pete Chapple 1:08:49, 96 Alex Cox 1:10:11, 97 Linda Unsworth 1:10:20, 98 Tony Griffith 1:10:32, 99 Stan Farr (oldest competitor) 1:11:11, 108 Tracey Grigsby 1:21:26. **4K Fun Run:** 1 Sam Ghey 13:31, 2 Richard Ayling 16:05, 13 Hannah Spedding 19:52. **Shaftesbury 6M:** Paul Turner 47:36, Jan Hunt 55:04.

SAT. 21 OCT. – Weymouth 10M: Mike Pratt 1:17:19.

SUN. 22 OCT. – Abingdon Marathon: Bernie Hobbs 3:32:38, Danny Kay 3:34:10. **Stroud Half-Marathon:** 47 Alistair Bartlett 1:18:27, Simon Spedding 1:19:55, Stuart Macgregor 1:30:27, Susie Phillips 1:43:54, Viv Toms 1:44:39, Joyce Field 1:48:53, Sue MacGregor 1:53:09, Jan Hunt 1:54:33, Tina Vivian 1:58:16, Glyn Phillips 1:58:30. **Great North Run** (half-marathon): Sally Tucker 1:48:40. **Lytham 5M:** 60 Paul Turner 34:05. **Bradfield Duathlon** (10K run, 20K cycle): Rose Barber (2nd woman) 1:36:19.

SUN. 29 OCT. – Snowdonia Marathon: 27 Brett Flook 3:10:10. **Cheddar "10M"** (11.14M, course altered): 16 Kevin Sparey 1:07:28, 18 Simon Spedding 1:07:59, 86 Paul Turner 1:22:28, 90 Rose Barber (1st woman o-50) 1:23:14, 97 Mike Pratt 1:24:05, 103 Susie Phillips (2nd woman o-50) 1:25:10, 138 Stan Farr 1:37:09, 151 Bill Howsego (oldest runner – 75) 1:44:30.

SUN. 5 NOV. – Salisbury Half-Marathon: Bernie Hobbs 1:34:16. **Jersey Half-Marathon:** 34 Bob Ellis 1:29:08, 120 Denise Ellis 1:41:55. **Gillingham 7½M:** Susie Phillips (2nd woman o-50) 56:58. **Ilminster 10K:** 2 Brett Flook 3:16, 3 Kevin Sparey (1st o-40) 36:55, 7 Alistair Bartlett 37:23, 41 Rose Barber (3rd woman, 1st o-45) 45:31, 90 Stan Farr 53:47, 95 Judy Farr 54:48, 114 Tony Bartlett 59:53. **Avalon League CC, Bath University: U-16 boys** – 3 Sam Ghey.

SAT. 11 NOV. – Victoria Park Races, Bath: Men's 4M – 19 Sam Ghey 23:57; **one-lap (0-8M)** – 2 Emmy Ghey 6:58.

SUN. 12 NOV. – Sodbury Slog 11½M MT: Tony Griffith 1:49:21.

SUN. 19 NOV. – Gosport Half-Marathon: Paul Turner 1:36:45. **Bournemouth 10M:** 26 Alistair Bartlett 59:59, 31 Brett Flook 1:00:11, 33 Kevin Sparey 1:00:19, 96 Bob Ellis 1:07:17, 187 Alan Meadow 1:16:44, 188 Susie Phillips (1st woman o-45) 1:16:59, 210 Viv Toms 1:18:59, 242 Denise Ellis 1:22:05, 281 Tina Vivian 1:26:30, 289 Dennis Mellor 1:27:05, 292 Joyce Field 1:27:34, 305 Stan Farr 1:29:32, 314 Mark Hayward 1:31:13, 334 Bill Howsego 1:35:52, 336 Tony Bartlett 1:37:37. **Avalon League CC, Glastonbury: Boys u-16** – 2 Sam Ghey 15:42.

SUN. 26 NOV. – Portsmouth 10M: Paul Turner 1:12:09, Rose Barber 1:13:16. **Eynsham 10K:** 32 Alistair Bartlett 36:19, Tony Bartlett 57:53.

SUN.-WED., 26–29 NOV. – Club La Santa, Lanzarote: Sun. – 10K: women – 48 Susie Phillips 46:59, 99 Sue MacGregor 53:03, 100 Tina Vivian 53:03, 116 Jan Hunt 54:52; men – 240 Stan Farr 53:34, 258 Bill Howsego (1st o-75) 58:00, 259 Glyn Phillips 58:35. Mon. – **13K Ridge Run:** 41w Susie Phillips 1:05:22, 201m Stan Farr 1:11:27, 84w Tina Vivian 1:13:31, 94w Jan Hunt 1:17:32, 100w Sue MacGregor 1:20:53, 227m Glyn Phillips 1:22:42, 228m Bill Howsego (1st o-75) 1:24:03. Tues. – **5K Beach Race:** 58w Susie Phillips 28:04, 64w Sue MacGregor 28:40, 83w Tina Vivian 30:24, 226m Stan Farr 30:32, 89w Jan Hunt 30:51, 233m Glyn Phillips 32:56, 234m Bill Howsego (1st o-75) 33:04. Wed. – **23K Transisland MT:** 46w Susie Phillips 1:53:29, 66w Sue MacGregor 2:01:58, 81w Tina Vivian 2:08:22, 89w Jan Hunt 2:11:20, 209m Stan Farr 2:15:43, 221m Bill Howsego (1st o-75) 2:25:07, 222m Glyn Phillips 2:26:40. **FINAL RESULTS:** women – 43 Susie Phillips 4:13:54, 76 Sue MacGregor 4:44:34, 77 Tina Vivian 4:45:20, 87 Jan Hunt 4:54:35; men – 199 Stan Farr 4:51:15, 210 Bill Howsego 5:20:14, 211 Glyn Phillips 5:20:53.

SUN. 3 DEC. – Bromham 10K: 10 Richard Marsh* 35:02, 11 Alistair Bartlett* 35:07, 12 Kevin Sparey* 35:17, 16 Simon Spedding* 35:51, 24 John Kent (1st o-50) 37:54, 30 Bob Ellis 38:30, 36 Deane Smith 39:06, 43 Ted Rockcliffe 39:43, 65 Jackie Rockcliffe 41:58, 73 Simon Reeves 42:44, 94 Steve Noyes 43:58, 100 Paul Turner 44:19, 101 Ray Withey 44:22, 102 Alan Meadow 44:23, 109 Neil Whitehead 44:30, 112 Susie Phillips 44:49, 117 Anthony Hickson 45:07, 129 Nigel Evans 45:55, 135 Ashley Leat 46:44, 136 Denise Ellis 46:45, 140 Mike Carpenter 47:05, 149 Viv Toms 47:34, 168 Tina Vivian 48:24, 169 Iain Perry 48:27, 179 Joyce Field 49:30, 181 Pete Chapple 49:53, 195 Tony Griffith 50:52, 204 Dave Earley 51:26, 208 Jan Hunt 51:47, 215 Dennis Mellor 52:40, 229 Kathryn Macrae 54:15. *1st men's team.

SUN. 10 DEC. – National Veterans' 10M. Brockwell Park, London: 19 Kevin Sparey 59:59, Ted Rockcliffe (3rd o-55) 1:08:43, Bernie Hobbs 1:10:21, Jackie Rockcliffe [not a vet., but allowed to run] 1:12:14, Denise Ellis 1:19:38. **Wyvern 10K,** Weston-super-Mare: 87 Stuart MacGregor 42:47, 189 Rose Barber (1st woman o-50) 46:06, 239 Susie Phillips (2nd woman o-50) 47:36, 348 Sue MacGregor 50:48, 600 Judy Farr 57:24, 722 Stan Farr 1:01:10. **Avalon League CC Final, Bournemouth: Boys u-16** – 7 Sam Ghey (2nd overall).

SUN. 17 DEC. – Lowestoft 10M: 14 Brett Flook 59:17.

TUES. 26 DEC. – Bedford 10M: 8 Kevin Sparey 59:43. **Poole Lakes 10K:** 25 Brett Flook 36:49. **Boxing Day 5K,** Bradford-on-Avon: 1 Alistair Bartlett 17:23, 2 Bob Ellis 18:26, 3 Nick Stevens 18:55, 4 Sam Ghey (1st u-18) 19:19, 5 Simon Reeves 19:49, 6 Nigel Stevens (1st o-40) 19:58, 7 Richard Ayling (2nd u-18) 20:18, 8 Bernie Hobbs (1st o-50) 20:19, 9 Rose Barber (1st woman) 20:27, 10 Neil Fyfe (1st o-55) 21:05, 11 Nick Ghey 21:21, 12 Susie Phillips (2nd woman) 21:27, 13 Les Unsworth 21:27, 14 Mark Hayward (led 1st dog) 22:18, 15 Nick Nicholls (1st o-60) 22:44, 16 Viv Toms (3rd woman) 23:20, 17 Linda Unsworth 23:24, 18 Tina Vivian (1st woman o-45) 19 Sally Tucker 23:57, 20 Pete Chapple 24:33, 21 Tony Bartlett (1st o-65) 26:35, 22 Stan Farr 27:03, 23 Bill Howsego 28:30.

FIXTURES: January-April

JANUARY

- Sat 20 AVR Prizegiving Party, Southwick Village Hall, 7.30.
 Sun 21 Romsey 5M, 10.30.
 Sun 28 Slaughterford 9M, 10.00.

FEBRUARY

- Sun 11 Dursley Dozen, 10.30; Lychett Manor 10M, 10.30.
 Wed 14 Centre 5K, 7.30. *STREET*
 Sun 18 Weston Tough 10M, 11.00.
 Sun 25 Pewsey Hill 10M, 10.30; Bramley 10M & 20M, 10.30; Bourton-on-the-Water 10K, 10.30.

MARCH

- Sun 4 Imber Half-Marathon, 10.00; Wimborne 10M, 10.30.
 Sun 11 Grizzly 18M MT (entries closed); Reading Half-Marathon, 10.00.
 Sun 18 Bath Half Marathon, 11.00; Salisbury 10K, 10.30.
 Sun 25 Trowbridge Lions' 10K & 2M, 11.00; Bath 5K, 12.00.

APRIL

- Sun 8 Taunton Marathon & Half-Marathon, 10.30; Corsham 10K, 11.00.
 Mon 16 Yeovil Easter Bunny 10K.
 Sun 22 London Marathon.

A.G.M. REPORT

The annual general meeting of Avon Valley Runners was held at the Avon Sports Club on Thursday evening, 4 January 2001, and the following is a summary of decisions made:—

Officers elected: President, Mike Holland; vice-president, Clive Crocker; chairman, Bob Ellis; vice-chairman, Bernie Hobbs; honorary secretary, Stan Farr; assistant secretary, Judy Farr; treasurer, Les Unsworth; men's captain Ted Rockliffe, vice-captain Les Unsworth; women's captain Joyce Field, vice-captain Denise Ellis; press officer, Tim Northwood; additional members — Susie Phillips, Dennis Mellor, Tony and Alistair Bartlett.

Club championship rule change: It was agreed that with immediate effect members moving into a higher age-group during the year would be allowed to compete for championship awards in either or both age-groups — e.g. an athlete turning 50 on a day in April would be able to submit times at the three relevant distances set from 1 January until his/her birthday for the under-50 category and then would also be eligible to enter three times set from the birthday to 31 December for the 50-plus championship.

The draw for London Marathon AVR entries: At Les Unsworth's suggestion, it was agreed that a co-ordinator will be appointed at the June committee meeting who will draw up a list of members who have applied to the organizers for entry. To become eligible for consideration in the ballot for the club's allocation of places, members applying are to notify the club's co-ordinator by 31 October (with a home telephone number), and then to inform the co-ordinator of success or failure by 10 December. The ballot will take place on that date if a Thursday, or the Thursday immediately following, at the Culver Close clubhouse before training.

Committee meetings are held after training on the first Thursday evening of every month in The Beehive. Please note that all members interested in knowing more about the running of the club are welcome to attend and express their views.

Award-winners for 2000

The following awards calculated simply on results achieved will be presented at the prizegiving at Southwick Village Hall on 20 January:—

Men: 10K — Richard Marsh, 35:02; 10M — Brett Flook, 59:17; half-marathon — Alistair Bartlett, 1:18:27; marathon — Brett Flook, 2:59:17; percentage — Kevin Sparey, 83%; over-50 marathon — Ted Rockliffe, 3:21:48.

Women: 10K — Jackie Rockliffe, 41:58; 10M — Jackie Rockliffe, 1:12:14; half-marathon — 1:29:32; marathon — Jackie Rockliffe, 3:16:18; percentage — Rose Barber, 83%.

Awards based on improvement and other factors will be announced on the evening. Congratulations to all.