



Valley News

THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS (61) JULY 2001

Much ado about nothing

Thoughts on the Shakespeare Marathon, 29 April,
by VIV TOMS, a Bard of Avon Valley.

"Frailty, thy name is woman" (*Hamlet*). To run or not to run, that was the question. Two days before the marathon I had emergency intensive root canal treatment and was zonked out of my head with antibiotics and painkillers. Carboloading was out of the question, as I couldn't open my mouth more than a centimetre, but Stan assured me that I would be perfectly OK to run (would he have said anything else?). "... And in this harsh world draw thy breath in pain, to tell my story" (*Hamlet*). You are about to read of the exploits of Viv and Joyce, with a bit of literary culture thrown in.

"... Then imitate the action of the tiger; stiffen the sinews, summon up the blood" (*Henry V*). This refers to the stretching that we did before the race, which is never enough, and nonexistent afterwards. "Wisely and slow; they stumble that run fast" (*Romeo and Juliet*). As usual, we started off much too fast. "So foul and fair a day I have not seen" (*Macbeth*). The weather was perfect for spectators, but foul for the runners: boiling hot with a strong wind, making us dehydrated. "O pardon me, thou bleeding piece of earth" (*Julius Caesar*). The usual flat, fast, rural course had been altered because of foot-and-mouth, and now included many steep hills and a busy main road. Also, the organizers had instigated a two-hour cut-off at the half-marathon mark, which deterred many people from entering.

"Once more unto the breach, dear friends, once more" (*Henry V*). It was tempting to drop out when I reached the second lap and pretend that I was only doing the half-marathon anyway. Alas, poor Joyce, I knew her well, Stan, and she was suffering. She told me to go on and she would catch me up, but only made it to 14 miles. I know that if I had still been running with her I would have dropped out then as well. The only thing that kept me going was the thought that all my research into Shakespearean quotes would have been wasted. (Do I hear cries of "You should have dropped out"?) "By the pricking of my thumbs, something evil this way comes" (*Macbeth*). At the dreaded 20-mile mark, true to form, the Wall loomed up, but after my usual projectile vomiting act, the contents of which included the last lot of painkillers, I was able to continue as if nothing had happened.

"A horse! a horse! my kingdom for a horse!" (*Richard III*). Or a bus, or a bike, or a taxi, or a train – anything rather than run. This was at 24 miles and where the next quote comes in: "Life's but a walking shadow" (*Macbeth*); I did walk a few steps while pretending to drink a cup of water, but I thought this line so beautiful that I wanted to put it in anyway. "Misery acquaints a man with strange bedfellows" (*The Tempest*). I was going to write about the weird people I met on the run, but apart from Joyce and Danny Kay everyone was perfectly normal (for runners, that is), but it's another good line.

After the half-marathoners had left, we were very strung out and for the most part I was running completely on my own; it was a bit lonely. "Crabbed age and youth cannot live together" (*The Passionate Pilgrim*). But they *can* run together, and this crabbed, aged woman passed many a youth in the latter stages. Calling out words of encouragement like "Come on, I'm old enough to be your mother" was only met with looks of derision and unprintable comments. "Though patience be a tired mare, yet she will plod" (*Henry V*). And plod I did, especially on the last mile along the River Avon, which was the best part of the course, but I was too exhausted to appreciate it – or the spectators, who in my deranged state I imagined to be jeering rather than cheering.

"Fillet of a fenny snake, in the cauldron boil and bake; eye of newt, and toe of frog..." (*Macbeth*). I was so hungry that I could have eaten a scabby horse (if I could only have opened my mouth more than a centimetre!). Someone gave me a bar of chocolate at the finish, and after grabbing it greedily I could only nibble frustratingly at the edges. "Is it not strange that desire should so many years outlive performance?" (*Henry IV*). I still didn't get my p.b. or even under four hours again. Well, there's always the Berlin Marathon – watch this space! "... and thereby hangs a tale" (*As You Like It*).

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

Sentimental Journey

by Tony Bartlett

1. Echoes of the past, of days gone by,
When o'er roads and paths you did blithely fly,
When training was joy and fun to take part;
Alas, now the old battery needs a mighty jump-start.
2. Those days of youth, of halcyon yore,
When you just couldn't wait to leave the front door;
Green pastures anew across meadow and field;
The temptation to stop – you never did yield.
3. Up with the lark and out at the dawn,
Dew glinting on hedge and pathway and lawn,
Early mist rising, the sun peeping through;
The sky a canopy of bright azure blue.
4. The streets still silent as your run you begin,
Yet to awake to traffic and din;
Out of town and down leafy lane,
Your legs pressing onward again and again.
5. Now in the country by rich pastureland,
The cattle so quiet, like statues they stand;
Small cottage gardens with rustic appeal,
Lean-to shanties and an old haycart wheel.
6. You carry on running past the tinkling brook;
A countrywise fox gives you a curious look;
The owl glides by on a ghostlike wing;
These creatures of Nature, such pleasure they bring.
7. The road leads upward, and to the hills you go;
Towards summit and treeline and straight plough furrow;
Down to the valley through woodland you make,
Past fishermen settling by the calm, placid lake.
8. Along through the next village your path you still run,
Tiring so slightly in the warm morning sun.
You glance at your watch – you've been an hour or two;
Many miles have you been and more yet to do.
9. Now you're heading for home and all you hold dear:
Your family and house – and that fridge full of beer!
It takes a long time from beginning to end –
Along neighbourhood streets your way you now wend.
10. The alarm clock goes off – you awake with a start.
You slide out of bed and the curtains you part;
Your brain cannot focus – strange though it seems,
This wonderful outing has been just in your dreams!

Welcome to the Valley!

There were only two additions to the membership in the quarter just past. **Neil Crook** joined on 5 April to spend just three months as a "youngster" before joining the veteran ranks in July; and **Neville Yates**, who signed on on 17 April, turned 40 only two days later. Best wishes to you both for happy times in the Valley!

Milestone

The aforesaid **Neil Crook**, who turns 40 on 7 July, is the only member to graduate to the next age-group in the quarter just beginning.. Happy birthday, Neil, and best wishes for success in the youngest veterans' category.

BILL HOWSEGO

3 April 1925—3 July 2001

Bill, born in Glasgow, was part of a large family. Upon leaving school he joined the Merchant Navy, in which he travelled the world having adventures which have been related to us over the years. After leaving the Navy, **Bill** found work at Swindon, finally moving to Westbury with his wife **Jean** and son **Gordon**.

On 15 September 1987 **Bill** decided to join Avon Valley Runners, and with regular training he was soon snapping at the heels of the younger members. From time to time he would sail off on his boat to the South of France, where his jovial nature made him many friends.

For a man of his age his running was of the highest standard. He finished last year's London Marthon second in his age-group, and won his group in the four-race Lanzarote Challenge last November. **Bill** retained his sense of humour throughout his illness, and will be sorely missed by all who came into contact with him around the world.

At the funeral on Tuesday 10 July at Semington Crematorium there was a good attendance of his former AVR clubmates. — *Stan Farr*.

RESULTS: April-June

SUN. 8 APRIL - Totton 10K: 161 Deane Smith 39:24, 232 Bernie Hobbs 41:21, 239 Les Unsworth 41:39, 284 Rose Barber (1st woman o-50) 43:05, 321 Derek Jarvis 45:42, 434 Susie Phillips 47:38, 436 Linda Unsworth 47:40, 451 Glyn Phillips 48:09.

SUN. 22 APRIL - London Marathon: 498 Brett Flook 2:51:40, 1295 Kevin Sparey 3:04:16, 2740 Ted Rockcliffe 3:19:51, 2897 Bernie Hobbs 3:21:13, 2910 Les Unsworth 3:21:18, 5741 Neville Yates 3:39:56, 6981 Danny Kay 3:46:52, 7522 Denise Ellis 3:49:25, 10075 Dave Earley 4:00:20, 10627 Linda Unsworth 4:03:02, Neil Crook 4:21:36.

Tresco Marathon, Isles of Scilly: Paul Turner 4:55:30.

Hereford Duathlon: John Kent (1st o-50) 1:34:25.

SUN. 29 APRIL - Shakespeare Marathon: Danny Kay 3:46, Viv Toms 4:10.

Bournemouth Half-Marathon: Rose Barber 1:45:33, Tina Vivian 1:48:10, Sue MacGregor 1:51:24, Glyn Phillips 1:51:49.

Pensford 10K: 9 Alistair Bartlett 37:30, 43 Deane Smith 42:34, 47 Neil Whitehead 43:14, 65 Linda Brown (1st woman o-50) 46:58, 86 Mark Hayward 48:34, 134 Tony Bartlett 57:28, 138 Judy Farr 58:02, 143 Stan Farr 59:00.

THU. 3 MAY - BernCol 3 x 2.2K Relay: 1 Fay Merrell 9:16 (fastest woman) + Maurice Cockell 9:15 + Brett Flook (fastest man) 7:15 = 25:46; 2 Sam Ghey 8:29 + Bernie Hobbs 8:33 + Glyn Phillips 10:04 = 26:03; 3 Nick Ghey 8:29 + Denise Ellis 9:33 + Simon Reeves 8:10 = 26:12; 4 Paul Turner 8:43 + Tina Vivian 10:02 + John Kent 7:38 = 26:23; 5 Ray Withey 9:08 + Jake Hobbs 10:11 + Alistair Bartlett 7:20 = 26:39; 6 Richard Hudson 8:12 + Bob Sales 9:56 + Nigel Evans 8:48 = 26:56; 7 Ted Rockcliffe 8:24 + Linda Unsworth 9:47 + John Hutchinson 8:51 = 27:02; 8 Deane Smith 7:42 + Mike Carpenter 9:06 + Kathryn Macrae 10:41 = 27:29; 9 Susie Phillips 9:42 + Tony Bartlett 12:06 + Luke Hobbs 8:47 = 30:35.

MON. 6 MAY - Fordingbridge 10K: 32 Simon Reeves 40:16, Iain Perry 49:29.

MON. 7 MAY - Bradford-on-Avon 3M: 1 Alistair Bartlett 16:34, 3 Sam Ghey 17:14, 4 John Kent (1st o-50) 17:33, 7 Richard Hudson 18:17, 8 Neil Whitehead 18:27, 14 Bernie Hobbs 20:14, 22 Susie Phillips (2nd woman) 21:42, 24 Tina Vivian (1st female vet. prize) 22:57, 25 Bob Sales 23:09, 28 Tony Griffith 23:33, 29 Jake Hobbs 23:47, 34 Judy Farr 24:56, 40 Stan Farr 25:36, 44 Tony Bartlett 25:56, 46 Cynthia Cooke 26:33.

SUN. 13 MAY - Alton 10M: Derek Jarvis 1:18:46.

Keynsham 10K: 26 John Kent (1st o-50) 39:16, 106 Rose Barber (2nd woman o-50) 45:31, 121 Paul Turner 46:20, 185 Denise Ellis 50:16, 186 Sue MacGregor 50:20, 217 Susie Phillips 51:56, 226 Tina Vivian 52:51, 267 Stan Farr 55:07, 288 Judy Farr 56:36.

SAT. 19 MAY - Westwood 2½M: 1 Sam Ghey (1st u-16) 13:26, 2 John Kent (1st vet.) 14:02, 4 Luke Hobbs (2nd u-16) 16:02, 5 Joe Beauchamp (1st u-14) 16:45, 7 Sue MacGregor (equal 1st woman) 17:31, 9 Tina Vivian (3rd woman) 17:59, 11 Jake Hobbs 18:22, 13 Pete Chapple (2nd vet.) 19:09, 16 Judy Farr (1st female vet.) 20:13, 19 Stan Farr 20:56.

SAT. 26 MAY - Bath 10M: 86 Mark Hayward 1:24:12, 109 Tony Bartlett 1:38:54, 111 Stan Farr 1:43:12.

SUN. 20 MAY - Oxford 10K: 579 Susie Phillips 47:57, 735 Glyn Phillips 49:32.

SUN. 27 MAY - Bath Triathlon: 67 Neil Whitehead (1st o-55) 1:22:23.

Ropley 10K: Iain Perry 49:22.

THU. 31 MAY - Tom Roberts 5K Handicap: 1 Paul Turner, 2 Gerry Fice, 3 Tina Vivian. Times: 1 Alistair Bartlett 18:21, 2 Kevin Sparey 18:45, 3 Sam Ghey 19:03, 4 Gerry Fice 20:27, 5 Richard Hudson 21:10, 6 Ted Rockcliffe 21:34, 7 Les Unsworth 21:37, 8 Paul Turner 21:50, 9 Rose Barber 21:54, 10 Bernie Hobbs 22:33, 11 Alan Meadow 22:46, 12 Mike Carpenter 22:50, 13 Mark Hayward 23:49, 14 Tina Vivian 24:34, 15 Bob Sales 25:14, 16 Julie West 25:17, 17 Viv Toms 25:54, 18 Joyce Field 26:27, 19 Gill Brooke-Taylor 27:44, 20 Susie Phillips 28:04, 21 Tony Bartlett 29:33, 22 Jake Hobbs 31:05.

SUN. 3 JUNE - Blackpool Marathon: Mike Pratt 4:00:17.

Fairford 10K: 16 Alistair Bartlett 37:13, 95 Rose Barber (2nd woman o-45) 44:02, 96 Neville Yates 44:02, 124 Alan Meadow 45:47, 172 Tina Vivian 48:34, 253 Joyce Field (1st woman o-55) 52:17, 258 Judy Farr 53:47, 263 Stan Farr 54:10, 278 Jan Hunt 55:24, 281 Tony Bartlett 55:44.

Long Ashton 10K: Tony Griffith 52:35.

WED. 6 JUNE - Castle Combe Duathlon (2M run + 10M cycle + 2M run): 28 John Kent 51:57.

SAT. 9 JUNE - Broad Town 5M: 44 Iain Perry 37:31, 51 Susie Phillips 38:03, 77 Judy Farr 43:00.

SUN. 10 JUNE - Norton Radstock Half-Marathon: 16 Brett Flook 1:23:31, 100 Paul Turner 1:42:06, 165 Viv Toms 1:52:31, 211 Stan Farr 2:02:44; **Fun Run:** 4 Susie Phillips 12:59, 21 Judy Farr 15:13.

(Continued on Page 4)

FIXTURES: July-October

JULY

- Thu 26 Tom Roberts 5K Handicap, Bradford-on-Avon, 7.40.
Sat 28 Swanage 12M, 11.00.

AUGUST

- Wed 1 Castle Combe Duathlon, 7.00; Pewsey 5M, 7.30.
Sun 5 Sturminster Newton Half-Marathon & 5K, 10.30.
Wed 8 Yeovilton 5K, 7.30.
Tue 14 Calne Relays, 7.30.
Sun 19 Standish 10M, 11.00.
Sun 26 Pewsey Half-Marathon, 10.30; Langport 10K, 11.00.
Mon 27 Southwick 3M, 3.00.
Thu 30 BernCol 3 x 2.2K Relay, Bradford-on-Avon, 7.45.

SEPTEMBER

- Thu 6 Bill Howsego Paarlauf, Bradford-on-Avon, 7.45.
Sun 9 New Forest Half-Marathon, 11.00; Cheltenham 10K; Wansdyke Triathlon.
Tue 11 Calne Handicap (over relay course), 7.30.
Wed 12 Yeovilton 5K, 7.30.
Sun 16 Oldbury 10M, 10.30; Aldbourne 10K, 11.00.
Sun 23 Offa's Dyke 15M MT, 2.30; King Alfred 7M MT, Stourhead, 11.00.
Sun 30 Taunton 10K, 11.00.

OCTOBER

- Sat 6 Blandford Half-Marathon, 2.30.
Sun 7 Bristol Half-Marathon, 1.00.
Wed 10 Street (Somerset) 5K, 7.00.
Sun 14 AVR Over the Hills 12K, Bradford-on-Avon, 11.00.

SECRETARY'S REPORT

It is with sadness that I have to report the death of Bill Howsego, who passed away at the age of seventy-six on 3 July after a short illness. I shared a room with Bill at last year's Lanzarote Challenge, and although at times he was in pain he refused to make a fuss, such was his fighting spirit.

With foot-and-mouth restrictions now lifted, members are busy looking for races to enable them to complete the club championships. I would like to remind you that you have until the end of the year to run a 10 kilometres, a 10 miles and a marathon.

Les Unsworth has offered to be London Marathon co-ordinator, which means that he needs to know of any member who has a rejection slip for the 2002 marathon to enable them to go into the draw for any available club places. — Stan Farr.

RESULTS (continued from Page 3)

WED. 13 JUNE - Yeovilton 10K: 59 Les Unsworth 20:10, 60 Rose Barber (1st woman o-50) 20:22.

SUN. 24 JUNE - Warminster Forest 10M: 5 Kevin Sparey* (1st o-40) 1:05:04, 8 Martin Connor* (2nd o-40) 1:06:21, 11 Richard Hudson* 1:09:21, 31 Nigel Evans 1:20:32, 33 Mark Hayward 1:21:04, 37 Mike Pratt 1:22:55, 38 Paul Turner 1:23:25, 42 Tina Vivian† (2nd woman o-40) 1:25:33, 43 Viv Toms† (3rd woman o-40) 1:26:02, 45 Susie Phillips† (1st woman o-50) 1:28:09, 46 Tony Griffith 1:28:23, 54 Stan Farr 1:33:28, 56 Joyce Field 1:36:15, 57 Jan Hunt 1:40:08.
* 1st men's team. † 1st women's team.

THU. 28 JUNE - Tom Roberts 5K Handicap: 1 Susie Phillips, 2 Jake Hobbs, 3 Alistair Bartlett. Times: 1 Alistair Bartlett 18:10, 2 Kevin Sparey 18:24, 3 Callum Murray (visitor, formerly Trowbridge AC) 18:29, 4 John Kent 19:52, 5 Simon Reeves 20:45, 6 Ted Rockliffe 21:35, 7 Paul Turner 21:55, 8 Rose Barber 22:03, 9 Bernie Hobbs 22:26, 10 Mike Carpenter 22:58, 11 Luke Hobbs 23:31, 12 Nigel Evans 23:44, 13 Ray Withey 23:53, 14 Denise Ellis 24:22, 15 Neil Crook 24:48, 16 Susie Phillips 25:03, 17 Tina Vivian 25:31, 18 Viv Toms 26:08, 19 Jake Hobbs 27:07, 20 Emma Philpott 30:24, 21 Tony Bartlett 31:13.

FRI. 29 JUNE - Coulsdon 10K: Neil Whitehead 44:31.

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