



Valley News

THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS (62) OCTOBER 2001

Important Notice on LONDON MARATHON ENTRIES

At this year's annual general meeting of the club, it was agreed that the procedure for the club ballot for places in the country's premier marathon needed to be revised to speed up the process and advise members of the outcome as soon as possible. Les Unsworth agreed to act as London Marathon coordinator regarding participation in the club ballot.

If you have applied for a London Marathon place, but **do not** have a guaranteed entry and wish to participate in the ballot for club places, then YOU MUST —

1. Advise Les by 31 October at the latest of your entry and provide your telephone number.
2. Let Les know the outcome of your application as soon as possible.

Please note that you must have been on the club's books as at 1 January 2001.

We hope to draw the ballot on Thursday 13 December 2001.

AVR'S OWN WEBSITE

September saw the launch of the Avon Valley Runners website on the Internet. Utilising Yahoo's Geocities free web-hosting service, the site offers the following features:

Club Contacts – For those that are seeking a local running club this section provides all that is necessary to get in contact with Avon Valley Runners, including maps to our training venues in Bradford and Trowbridge.

Coming Events – A listing of local races and where appropriate hyperlinks to take you to the events own website, such as www.bathhalfmarathon.co.uk

Race Results – See how our club member fared in recent events. Once again hyperlinks will take you to those race websites that publish full results online, such as www.london-marathon.co.uk

Race Reports - Straight from the pages of the Wiltshire Times at www.thisiswiltshire.co.uk

Runner Profiles – Size up the opposition with this feature. Share your Personal Bests with the world, along with accounts of your best, worst and strangest running moments.

Running Links – A series of hypertext links taking you to other sites of interest on the World Wide Web, including the club sites of Chippenham Harriers, Corsham Running Club and City of Bath AC. The online running resources at www.runnersworld.co.uk, www.onrunning.com or www.realrunner.com are worth a visit. Why not take part in a virtual road race at www.kicksports.com, start a running log and compare your performance at www.i-run.com or simply find your next marathon at www.marathonguide.com.

Valley News – The club newsletter is going online too and available to a global audience.

To get to the Avon Valley Runners website simply point your browser (Internet Explorer or Netscape) at www.geocities.com/avonvalleyrunners

The site is registered with most of the major Internet search engines, so you could try to locate the site from www.yahoo.com, www.google.com or www.lycos.com

If you would like to send any information for publication on the website, including runner profiles, then email AvonValleyRunners@yahoo.co.uk

Darren Wrintmore

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BILL

by Viv Toms

I'll never again see your cheery face;
You'll never again come with me to a race,
Encouraging me when I started to wilt:
"Come on, gerrl!" in your Scottish lilt.

Poor old Bill,
You were so very ill.

I miss you, Bill, with your good-natured ways;
You lived life to the full and didn't waste your days.
You always did know how to have fun;
Now you're in heaven, training the angels to run.

* * *

Billy Boy – A Tribute

by Tony Bartlett

Over many a road and many a hill
We have run the way with dear old Bill:
A man of utmost charm, integrity and wit,
With whom to talk and listen, or just sit.
He would gladly help all those he could:
If your troubles he might ease, then he simply would.
His time and aid freely would he spend
To close your problems to a happy end.
We shall miss his smile and cheerful wave;
The quiet dignity of a man so brave,
His encouraging words, his infectious grin.
Now the light has gone out, no longer within:
Thus a flame is extinguished, yet a memory living still —
Our Friend, our Mate, our Bill.

Welcome to the Valley!

Membership continues its steady rise, and the list now contains 123 names – subject to the deletion of a few who may have drifted away or failed to keep up their subscriptions. The past quarter saw the addition of five newcomers: **Marisa Brioni** joined on 30 August, **Paul Clark** on 1 July, **Emma Philpott** on 20 September, **Elizabeth Ringham** on 27 September, and **Sonya Stephens** on 13 September. May you all have a happy and healthy time in Avon Valley.

Milestones

The three months ahead seems to be a popular time for significant birthdays, with no fewer than seven members moving up to the next age-group. **Derek Coop** will be 55 on 28 October, **David Earley** 45 on 27 October, club secretary **Ian Stanley Farr** 65 on 13 December, **Sean Greenland** 50 on 3 November, **Sheila Jennings** 70 on 29 November, **Danny Kay** 60 on 15 December, and **Nick Rosier** 55 on 26 November. Many happy returns to all of you!

RESULTS: July-September

SUN. 1 JULY - Portland 10M: Ray Withey 1:22:41.

WED. 4 JULY - Castle Combe Duathlon (run, bike, run): 35 John Kent (2nd o-50) 12:32 + 25:24 + 11:59 = 49:55, 97 Neil Whitehead 13:50 + 28:47 + 12:44 = 55:21, 111 Rose Barber (1st woman o-50) 13:47 + 30:11 + 13:04 = 57:02.

SUN. 8 JULY - Golden Cap 8M MT, Dorset: Stuart MacGregor 1:13:26, Tina Vivian 1:20:17.

Hewlett-Packard 5M: 164 Anthony Hickson 40:35, 181 Susie Phillips 41:25, 203 Tony Griffith 42:56, 224 Judy Farr 44:37, 238 Stan Farr 45:31.

TUES. 10 JULY - Calne Relays: Women - 1st team Susie Phillips 25:37 + Viv Toms 26:56 + Denise Ellis 24:51 = 1:17:24; Jo Yates 28:44 + Joyce Field 28:05 + Linda Unsworth 26:27 = 1:23:16 Men - Martin Connor 19:45 + Paul Turner 22:42 + Neville Yates 22:49 = 1:05:16; Bernie Hobbs 22:38 + Anthony Hickson 25:21 + Les Unsworth 24:36 = 1:12:35.

WED. 11 JULY - Chippenham 5K River Run: 90 Rose Barber (6th woman) 21:48.

Yeovilton 5K: Neil Whitehead 19:40.

SAT. 14 JULY - Bishops Cannings 5K MT: 23 Glyn Phillips 27:47.

SUN. 15 JULY - Salisbury 10M: 13 Alistair Bartlett 1:00:38, 16 Kevin Sparey 1:01:10, 96 Mike Pratt 1:20:11, 107 Tony Griffith 1:21:27, 113 Susie Phillips 1:21:57.

Three Downs Challenge 9M MT, Batheaston: 60 Les Unsworth 1:13:35, 64 Ray Withey 1:14:52, 67 Mike Carpenter 1:17:14, 68 Denise Ellis 1:17:18, 70 Viv Toms 1:19:50, 78 Joyce Field 1:26:41, 79 Stan Farr 1:28:33.

Salisbury Triathlon: Rose Barber (2nd woman o-50) 400m swim 9:20 + 23½M bike 1:24:11 + 5M run 37:07 = 2:10:38.

THURS. 26 JULY - Tom Roberts 5K Handicap: 1 Richard Hudson, 2 Julie Scott, 3 Kevin Sperry. *Actual times:* 1 Alistair Bartlett 18:06, 2 Kevin Sperry 18:11, 3 Sam Ghey 19:23, 4 Richard Hudson 19:56, 5 Simon Reeves 20:44, 6 Ted Rockliffe 21:58, 7 Paul Turner 21:59, 8 Rose Barber 22:18, 9 Mike Carpenter 23:09, 10 Derek Jarvis 23:14, 11 Nick Ghey 23:37, 12 Mark Hayward 23:50, 13 Denise Ellis 24:33, 14 Tina Vivian 25:29, 15 Sonia Stephens 25:37, 16 Glyn Phillips 25:57, 17 Joyce Field 26:36, 18 Susie Phillips 26:49, 19 Tim Northwood 28:30, 20 Julie Scott 30:10, 21 Emma Philpott 31:16.

WED. 8 AUG. - Yeovilton 5K: 17 Kevin Sparey 16:58, 53 Neil Whitehead 19:19.

TUES. 14 AUG. - Calne Relays: Men - John Kent 20:20 + Ted Rockliffe 22:23 + Les Unsworth 3:11 = 1:05:54; women - Rose Barber 22:58 + Denise Ellis 25:29 + Viv Toms 26:19 = 1:14:46; mixed - Neville Yates 23:45 + Joyce Field 27:19 + Linda Unsworth 26:25 = 1:17:29.

FRI. 17 AUG. - Bitton 5K: Kevin Sparey 17:11.

SUN. 26 AUG. - Pewsey Half-Marathon: 14 Martin Connor 1:26:10, 60 Les Unsworth 1:41:20, 79 Viv Toms (1st woman o-45) 1:50:49.

Langport 10K: 15 Alistair Bartlett 36:17, 44 Neil Whitehead 40:18, 136 Glyn Phillips 47:08, 199 Judy Farr (1st woman o-55) 54:09, 213 Stan Farr 55:29.

Southwick 3M: 1 Kevin Sparey 16:29, 2 Simon Spedding (Bitton RR) 16:31, 6 Sam Ghey 17:20, 15 Paul Turner 19:51, 18 Nigel Evans 20:30, 20 Susie Phillips (2nd woman) 22:22, 21 Glyn Phillips 22:32, 22 Bob Sales 23:30, 24 Tony Griffith 24:05, 27 Neil Crook 24:49.

THURS. 30 AUG. - BernCol 3 x 2.2K Relay: 1st team: Luke Hobbs 8:40 + Julie West 5:51 [accidental short cut, but result allowed to stand] + Ted Rockliffe 8:48 = 26:32; 2nd: Tina Vivian 10:10 + Bob Sales 9:47 + Kevin Sparey (fastest man) 7:22 = 27:19; 3rd: Nick Ghey 8:53 + Jake Hobbs 9:42 + Nigel Evans 9:01 = 27:36; 4th: Viv Toms 10:17 + Emma Philpott 10:57 + Sam Ghey 7:44 = 28:58; 5th: Bernie Hobbs 9:04 + Susie Phillips 9:48 + Joyce Field 10:18 = 29:20; 6th Marisa Brioni 11:32 + Richard Hudson 8:36 + Denise Ellis (fastest woman) 9:38 = 29:46.

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FIXTURES: October-January

OCTOBER

Sun 28 Stroud Half-Marathon, 10.00.

NOVEMBER

Sun 4 Salisbury Half-Marathon; Ilminster 10K, 10.30.

Sat 10 Cheddar Half-Marathon, 2.00; Victoria Park Road Races, Bath.

Sun 11 Sodbury Slog, 11.00.

Wed 14 Street 5K, 7.00.

Sun 18 Avalon League Cross-Country, Bristol, 1.00.

Sun 25 Hayling Island 10M.

Sun 2 *2* **BROMHAM 10K 11.00** **DECEMBER**

Sun 9 Christmas Cracker 5M, Weston-Super-Mare, 11.00;

Avalon League Cross-Country, Poole, 1.00.

Sun 23 Wellington Monument 6¼M, 10.30.

Wed 26 Boxing Day 5K, The Beehive, Bradford-on-Avon, 11.00.

JANUARY

Tue 1 Hangover 10K, Kewstoke, 11.00.

Thu 10 AVR AGM, Avon Sports Club, Bradford-on-Avon, 9.00.

RESULTS

(continued from Page 3)

SUN. 2 SEPT. - Burnham-on-Sea 10K: 2 Kevin Sparey (1st o-40) 35:06. **Newbury Triathlon:** Rosemary Barber (10th woman, 2nd woman o-40) 300m swim 7:05 + 22K bike 49:00 + 5K run 19:20 = 1:18:49 (total including transitions).

WED. 5 SEPT. - Castle Combe Duathlon (2M run, 10M cycle, 2M run): 35 John Kent 51:02, 79 Neil Whitehead 55:03, 93 Ted Rockliffe 56:39.

THURS. 6 SEPT. - Bill Howsego Memorial Paarlauflauf (6 laps each x 411 metres), Bradford-on-Avon: 1 Colin Payton & Stuart MacGregor 17:04, 2 Kevin Sparey & Emma Philpott 18:10, 3 Luke Hobbs & Ray Withey 18:21, 4 Ted Rockliffe & Bob Sales 18:25, 5 Deane Smith & Joyce Field 18:28, 6 Sean Greenland & Tina Vivian 18:46, 7 Jake Hobbs & Mike Carpenter 19:02, 8 Bernie Hobbs & Anthony Hickson 19:06, 9 Richard Hudson & Viv Toms 19:12, 10 Brett Flook & Marisa Brioni 19:24, 11 Bob Ellis & Jan Hunt 19:57.

SUN. 9 SEPT. - New Forest Marathon: Danny Kay (199th marathon). **New Forest Half-Marathon:** 19 Alistair Bartlett 1:21:50. **Cheltenham 10K:** 338 Jackie Rockliffe 43:36, 456 Anthony Hickson 46:22, 516 Denise Ellis 47:39. **Wansdyke Triathlon** (400m swim, 25K bike, 5K run): 80 Neville Yates (8:46, 53:14, 24:52) 1:27:17*, 109 Ted Rockliffe (11:20, 55:17, 23:05) 1:29:42, 129 Stuart MacGregor (6:13, 57:21, 25:58) 1:29:32*, 144 Bernie Hobbs (9:22, 58:36, 24:59) 1:32:57, 167 Glyn Phillips (9:27, 1:00:31, 25:49) 1:36:01*, 189 Susie Phillips (8:37, 1:03:39, 27:50) 1:40:06, 225 Viv Toms (12:15, 1:06:56, 28:11), 1:47:22, 234 Tina Vivian (9:57, 1:11:32, 28:16) 1:49:45, 245 Stan Farr (18:45, 1:02:51, 31:04) 1:52:40. *Total given more than sum of split times.

WED. 12 SEPT. - Yeovilton 5K: Kevin Sparey 16:49, Rose Barber (1st female vet.) 20:32.

SUN. 16 SEPT. - Great North Run Half-Marathon: 851 Darren Wrintmore 1:30:30, 2494 Paul Clarke 1:40:41, 4119 Ashley Leat 1:46:47, 9507 Sally Tucker 2:00:43, 18120 Neil Crook 2:18:52. **Oldbury 10M:** 14 Kevin Sparey 59:53, 103 Les Unsworth 1:11:51, 122 Paul Turner 1:13:19, 160 Glyn Phillips 1:18:01, 165 Viv Toms (1st o-55 woman, course rec.) 1:18:29, 178 Anthony Hickson (1st o-65) 1:19:26, 186 Denise Ellis 1:20:53, 187 Tony Griffith 1:21:01, 196 Linda Unsworth 1:21:47, 210 Joyce Field 1:24:36, 225 Sonya Stephens 1:25:36. **Shepton Mallet 10K:** Rose Barber (3rd woman, 1st female vet.) 45:16, Mike Pratt 47:42. **Aldbourn 10K:** 77 Judy Farr 56:30, 78 Stan Farr 56:50.

SUN. 23 SEPT. - Forest of Dean Trails "10M" MT: 8 Brett Flook 1:11:50, 55 Rose Barber (3rd woman, 1st o-45) 1:28:46. **Woodchester 8M MT:** Tony Griffith 1:13:41. **King Alfred's Torment 7½M MT:** 38 Paul Clarke 59:57, 46 Glyn Phillips 1:01:46, 48 Anthony Hickson 1:02:08, 52 Tina Vivian 1:03:40, 61 Iain Perry 1:05:38, 62 Susie Phillips 1:06:11, 88 Stan Farr 1:12:19, 90 Jan Hunt 1:12:40, 98 Judy Farr 1:19:39. **Mersey Tunnel 10K:** 80 Paul Turner 43:25.

SUN. 30 SEPT. - Berlin Marathon: 13117 Viv Toms 3:58:39. **Weston Rotary 10K:** 27 Derek Jarvis 45:18, 56 Anthony Hickson 50:31.

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