



Valley News

THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS {65} JULY 2002

SECRETARY'S NOTES

Just to warn you that after 10 years at the same price membership fees will probably increase for 2003.

Congratulations to Rosemary Barber for being selected to carry the Queens Baton on a leg of the relay through Salisbury.

Glyn and Susie Phillips are again organising the "Over the Hills" race which we hope to hold on 13th October subject to the Pavilion being free. At least 32 Marshals are required some of which will be supplied by the Lions. Any help will be appreciated.

Due to falling numbers participating, we may have to reduce the Tom Roberts Handicap to one race next year. I don't know why numbers are falling as it is an event I always look forward to.

Finally I would like to thank Dennis Mellor and Jenny for putting this Newsletter together and Darren Wrintmore for doing such a good job with the club website.

PAULINE SANGER 13 MARCH 1950 - 17th JUNE 2002

It is with great sadness that I have to report the death of Pauline Sanger on Monday 17th June in RUH Bath.

Pauline has been a member since October 1992 and her cheerful disposition endeared her to all those she came into contact with.

It was on a club trip to Tunisia in 1993 that Pauline met her partner Alan who eventually moved down from Southport to be with her, our thoughts are with him and her family.

On my last visit to see her in Hospital only a few days before her death she was still the life and soul of the ward.

Pauline's popularity was reflected in the overflowing attendance including a large contingent from AVR at her funeral Service in Salisbury Crematorium.

Stan Farr

FIXTURES

06-07 - Charrmouth 7.8, 2-30 pm 07-07 - Portland 10, 11 am : Quantock Beast 5.7 MT, 11.00 am
09-07 - Calne Relays, 7-30 pm 10-07 - Chippenham River 5K, 7.30 pm : Yeovil 5K, 7.15 pm
13-07 - Bishops Canning MT 5k, 3.30 pm
14-07 - Bath MT 9m+, 11.00am : Salisbury 10, 11.00 am : New Forest 10, 12.45 am : Tarrant Valley 10.5, 10.30 am
18-07 - Springfield 5K, 7.00 pm 25-07 - Tom Roberts Handicap, 7.40 pm 27-07 - Swanage 12, 11.00 am
04-08 - Blagdon 6, 11 am : Sturminster Newton 1/2 Mar, 10.30am 07-08 - Castle Combe Duathlon, : Pewsey 5, 7.30 pm
13-08 - Calne Relays, 7-30 pm 14-08 Yeovil 5K 7.15 pm 18-08 - Standish 10, 11-00 am 22-08 - Springfield 5K, 7.00 pm
25-08 - Langport 10K, 11-00 am : Pewsey 1/2 Mar, 10-30 am 26-08 - Southwick 3, 3-00 pm 27-08 - Calne Handicap, 7-30 pm
01-09 - Burnham on Sea 10K, 11 am : Corfe Castle Beast 14, 10-30 am 04-09 - Castle Combe Duathlon
07-09 - Overton 5, 3 pm 08-09 - Oldbury 10, 10-30 am 11-09 - Yeovil 5K, 7-15 pm 15-09 - Aldbourne 10k, 11 am
19-09 - Springfield 5K, 7 pm 22-09 - Cirencester 10K, 10-30 am : King Alfred Torment 7 MT, 11-00 am :
Bristol 1/2 Mar, 9-30 am ; New Forest 1/2 + Full Mar, 11 am
29-09 Taunton 10K, 11 am 06-10 - Great North Run : Cricklade 1/2 Mar + 10K, 10 30 am : Box Fun Run ?
13-10 - Provisional date for AVR "Over the Hills"

RACE RESULTS

01-04-02 YEOVILTON 10K - 15 K SPAREY 36.08 : 109 R BARBER 45.03 : 122 S PHILLIPS 46.52 :
186 D MELLOR 53.45 : 202 I S FARR 57.11 : 216 J FARR 63.10 .
07-04-02 CHEDWORTH 10 MT - 13 B FLOOK 65.17 : 31 M CONNOR 69.48 : 80 N WHITEHEAD 75.18. 300 RAN
07-04-02 TAUNTON HALF AND FULL MARATHONS
HALF MAR - 37 AI BARTLETT 1.23.18 : 639 T BARTLETT 2.14.25 . 690 MEN FIN.
MAR - 43 D KAY 3.28.53 . 117 MEN FIN
14-4-02 LONDON MARATHON - 252 B. FLOOK 2.43.28 : 902 K SPAREY 2.56.49 : 2922 T ROCKLIFFE 3.17.14
3132 R SIDWICK 3.19.01 : 4580 D KAY 3.28.25 : 6478 N YATES 3.38.48 : 9800 B HOBBS 3.52.23
11966 D ELLIS 3.59.37 : 12125 N EVANS 4.00.11 : 12250 V TOMS 4.0048 : 14522 P CLARK 4.10.55
16636 T SIMPSON 4.19.16 : 20831 T GRIGSBY 4.35.07 : 22545 M CARPENTER 4.41.52 : 22611 J WEST 4.42.10
23144 D MITTEN 4.44.30. 33261 STARTED
21-4-02 HIGHWORTH 5 - 30 R BARBER 1st O/50 36.04
21-4-02 CORSHAM 10K - 13 AI BARTLETT 36.53 : 25 M CONNOR 39.36 : 98 N WHITEHEAD 43.27
103 C SWITZER 43.40 : 151 S NOYSE 47.07 : 159 D EARLEY 47.36 : 162 M PRATT 47.48 : 169 A HICKSON 48.14
171 S PHILLIPS 48.26 : 198 M TAYLOR 50.26 : 237 T GRIFITH 52.13 : 240 J FIELD 52.42 : 248 J DAVIES 53.11
275 D MELLOR 54.49 : 294 J FARR 56.23 : 301 I S FARR 56.59
21-04-02 HEREFORD DUATHLON 29 J KENT 2nd O/50 - 5K 17.32 : 30K BIKE 55.07 : 5K 19.28 : TOTAL 1-32-05
28-04-02 PENSFORD 10K 42 D BARBER 42.57 : 70 L BROWN 1st O/50 46.51 : 74 R BARBER 2nd O/50 47.20
83 P CLARKE 48.40 : 121 M TAYLOR 52.57 : 141 J FARR 1st O/60 57.55 : 146 I S FARR 59.24 172 FIN.
28-04-02 BOURNEMOUTH BAY 1/2 MAR 324 N YATES 1.42.51 : LES UNSWORTH 1.47.30 : D ELLIS 1.47.31
496 T VIVIAN 1.50.38 : 535 V TOMS 2nd O/55 1.52.20 : S PHILLIPS 1.53.40 : S MACGREGOR !.?.? : D MELLOR 1.59.27
1-05-02 CASTLE COMBE DUATHLON 2M RUN, 10M BIKE, 2M RUN : 31 J KENT 12.36 : 26.56 : 12.04 = 51.35
R BARBER (1st O/50) 99 14.13 : 32.10 : 14.11= 60.34 : 112 G PHILLIPS 17.11 : 33.10 : 15.51 = 66.12
5-05-02 NEOLITHIC MARATHON M PRATT 1.44.41: M TAYLOR 1.55.? FORDINGBRIDGE 10K D JARVIS 44.?
GLASTONBURY 5.69 7 B FLOOK 33.06 : 257 J FARR 50.29 : 282 I S FARR 51.47 390 FINISHED
6-05-02 COWPAT CANTER 67 T GRIFFITH 61.52 107 FINISHED
6-05-02 BRADFORD 3 6 B FLOOK 16.33 : 7 AI BARTLETT 16.51 : 16 R BARBER 19.59 : 18 T SIMPSON 20.43 :
23 P CLARKE 21.15 : 24 R SALES 21.39 : 33 J HUTCHINSON 23.58 : 37 D MELLOR 24.48 : 40 I S FARR 25.39
45 T BARTLETT 27.46 : SPRINGFIELD TRI 400M SWIM 22K BIKE 5K RUN
111 S MACGREGOR 8.19 : 47.50 : 23.23 = 1.19.32 : 208 G PHILLIPS 9.25 : 53.26 : 26.42 = 1.29.33

12-05-02 KEYNSHAM 10K 35 J KENT 38.38 : 160 P CLARKE 46.18 : 206 G PHILLIPS 49.30 : 239 R SALES 50.35
 246 S PHILLIPS 50.54 : 321 J FARR (1st O/60) 55.59 : 323 I S FARR 56.08 408 FINISHED
14-05-02 CALNE RELAYS - LADIES - R BARBER 22.59 : Su MACGREGOR 25.10 : V TOMS 26.36 = 1.14.45
MEN - St MACGREGOR 21.11 : G PHILLIPS 25.52 : P CHAPPLE 28.55 = 1.15.58 COMPOSITE PHILLIPS 25.45
18-05 02 ISLE OF WIGHT MARATHON D KAY (1st O/60) 3-43-45
25-05-02 BRATTON HILLY 11.65K 9 M CONNOR 46.37 : 13 D SMITH 47.31 : 19 R HUDSON 49.41
 34 S REEVES 53.12 : 44 R BARBER 3rd L 55.26 : 56 G PHILLIPS 60.07 : 62 R SALES 61.27 : 69 V TOMS 62.07
 74 S STEPHENS 63.16 : 82 J FIELD 66.19 : 95 I S FARR 73.14 : 96 T BARTLETT 73.29
25-05-02 WESTWOOD 2 1/2 M ! M CONNOR 14.06 : 5 P CLARKE (1stV) 17.06 : 6 AWOOD 17.35
 9 G PHILLIPS (2nd V) 18.20 : 10 R SALES 18.31 : 11 J FARR (1stLV) 20.34 : 13 IS FARR + HELGA 21.02
 14 E PHILPOTT (1st U/12) 21.41.
26-05-02 MARWELL ZOO 10K M PRATT 48.08 647 FINISHED **SOHAM 1/2MAR** T GRIFFITHS 1-56-57
2-06-02 LONG ASTON 10K 47 R BARBER (1st O/40) 48.09 **FAIRFORD 10K** 14 M CONNOR 38.38
 53 LES UNSWORTH 44.07 : 57 D JARVIS 44.51 : 144 T GRIFFITH : 54.01 : 158 J FARR 55.26 : 167 I S FARR 56.56
 183 J FIELD 60.03 : 209 FINISHED **2M FUN RUN** 31 LIN UNSWORTH (3RD LADY) 14.56 309 FINISHED
2-06-02 POOLE 10K 336 G PHILLIPS 47.34 : 346 Liz RINGHAM 47.45 : 347 Si RINGHAM 47.45
2-06-02 LAKE VRYNWY MARATHON 122 V TOMS 4.00.51 2nd O/55
5-06-02 CASTE COMBE DUATHLON 2M RUN ; 10M BIKE ; 2M RUN
 113 R BARBER (1st O/50) 14.20 ; 32.00 13.55 = 60.15 : 133 G PHILLIPS 15.42 ; 33.06 ; 15.19 = 64.07
8-06-02 BROAD TOWN 5, 48 S PHILLIPS 38.41 : 52 A HICKSON 39.38 : 71 I S FARR (1st DOG) 44.51
 73 T BARTLETT 46.38 : 74 J FARR 46.43
9-06-02 NORTON RADSTOCK 1/2 MAR 3 B FLOOK 80.28 : 7 K SPAREY (3rd O/40) 83.30 42 D JARVIS 95.58. 208 FIN
WEYMOUTH 1/2 IRONMAN 1.2M SWIM ; 56M BIKE ; 1/2 MAR RUN - N WHITEHEAD 34.33 ; 3.22.- ; 1.55.-
11-06-02 CALNE RELAYS - LADIES - R BARBER 23.02 : S PHILLIPS 25.18 : LIN UNSWORTH 27.49 = 1.16.19
MEN - LES UNSWORTH 22.33 : A HICKSON 24.57
16-06-02 OLDBURY 4 - 34 LES UNSWORTH 25.58 : 153 LIN UNSWORTH 32.56 666 FINISHED
20-06-02 SPRINGFIELD 5K 64 G PHILLIPS 23.19 : 67 S PHILLIPS 23.34 : P CHAPPLE 26.16 : 85 C COOKE 27.58
23-06-02 WARMINSTER FOREST 10 - 2 K SPAREY 63.13 : 5 M CONNOR 64.01 : 38 N WHITEHEAD 71.28
 42 T ROCKLIFFE 72.25 : 75 M HAYWARD 78.54 : 81 P HUNT 79.52 : 86 G PHILLIPS 81.21 : 87 M PRATT 81.22
 89 C HOWARD 82.40 : 90 R BARBER (1st SV) 82.49 : 91 T VIVIAN 83.11 : 98 D ELLIS 85.04 : 106 S PHILLIPS 86.44
 112 A MEADOW 88.22 : 114 R SALES 89.17 120 T GRIFFITH 89.48 : 127 J FIELD 91.17
 139 HELGA 2nd DOG STAN FELL 100.05 **BOREHAMWOOD 1/2 MAR** D JARVIS 1.36.06

CLUB RECORDS

MEN	5K	A ROBERTSON	16.37	WELLS 5K
	5 MILES	K ELSEY	26.42	BOWOOD 5
	10K	R ROOTS	33.25	DEVIZES 10K
	10 MILES	R ROOTS	53.38	CORSHAM 10
	HALF MAR	M CONNOR	1.14.43	DEVIZES HALF MAR
	MARATHON	B FLOOK	2.43.28	LONDON MARATHON
LADIES	5K	J ROCKLIFE	18.35	WELLS 5K
	5 MILES	L BROWN	31.45	CORSHAM 5
	10K	M LANEY	36.14	POOLE 10K
	10 MILES	M LANEY	59.50	BOURNEMOUTH 10
	HALF MAR	M LANEY	1.19.17	THE GREAT NORTH RUN
	MARATHON	J ROCKLIFFE	3.16.18	LONDON MARATHON

HAPPY HOLIDAY

1. Now is the time the spouse has just said
To take that new holiday in the Med
A trip you promised back in old winter's clime
To travel abroad in the bright summertime.
2. The suitcases are packed and stacked on the floor
The cat has been boarded and the budgeie's next door
All milk has been cancelled and so have the papers
These essential items and all other capers.
3. You've looked at the passports - and by a cruel twist of fate
They are definitely valid and not out of date
So no matter how much your whingeing and whining
On continental cuisine you soon will be dining.
4. You arrive at the airport and pay off the cab
The kids are delighted - "this is just great, this is just fab"
At the check in counter you patiently wait
"I'm sorry sir, your flight will be ten hours late"
5. At last on the aircraft your seats you now take
It's as much as you can do to stay awake
The missus and kids of of course are quite fast asleep
Not a whisper or murmur, not a sound, not a peep.
6. You get to your hotel room, then, only to find,
You've left the swimsuits and sunscreen and camera behind
But your running kit is remembered which brightens your mood
But as your good lady finds out her remarks are quite rude.
7. The very next day you are up at first light
To go for that run you dreamt of all night
Along boulevard and promenade you jog free of care
But a patrolling Gendarme gives you an icy glare.
8. Later that morn on the beach you all sit
The sands rather coarse with big lumps of grit
Your eldest wanders off to the amusement arcade
And your youngest has lost both her bucket and spade.
9. Your ten days fly by and your hols are now done
You thought it sheer misery but your kids called it fun
Your wife, she enjoyed it but you couldn't care less
For your broke and your sunburnt and well under stress.
10. Back at your work place you try to relax
When from your agent of travel there arrives a new fax
Your nearest and dearest has made it quite clear
She's booked you a fortnight at the same place next year.


Tony Barlett

Who are the two Club Members who joined a Computer Dating Agency and ended up with each other ?

Answers on a juicy bone please to Helga !

ROSEMARY'S COMMONWEALTH GAMES BATON RELAY RUN

Ken dropped me off at the Shell petrol station that was to be the meeting point for all of us. I was one of ten in this relay who were "minder" for the to be ferried to particular starts a mini-bus that painted in The driver and gave us a on how to hand over the spent a little using a mini



section of the greeted by our event. We were and from our and finishes in was colourfully Cadburys logos. our minder demonstration receive and hand over the time practising replica. There was a wide range of participants both male and female and aged between 11 and 65 years but we chatted as if we had known each other for years.

The minibus, accompanied by four police motorcycle escorts, dropped each of us off and I stood alone, feeling rather conspicuous in my crisp new uniform, waiting for my turn in the relay. A shout went up "Here they come" and I could see Mary, a Totton Road Runner, with her escort of police runners and all of the other vehicles coming towards me. I went through the hand-over procedure in my mind, as I didn't want to mess up at this stage.

A police motorcyclist came alongside me and asked if I was ready, and then the cavalcade arrived. The changeover was completed slowly as instructed to allow for official photographs. Just think that Baton and the accompanying handshake had been passed on all around the World. I began running, flanked by two police runners, and was surprised by the weight of the Baton, which was now flashing to my pulse. It felt as if I was running on air and I was savouring the moments. Suddenly about half way through my stage I was unexpectedly ushered off the spectator-lined road to meet the Mayor of Salisbury to receive some scrolls that were to be taken to the Commonwealth Games in Manchester. After another photo shoot, watched by a large number of cheering schoolgirls, we carried on to the next change over and the gent who followed me walked off, proudly carrying the baton, for his few minutes of glory.

No sooner had he left, our trusty mini-bus reappeared and picked me up for the journey back to the Shell station during which we all excitedly exchanged thoughts and stories of our experiences. Truly one of the most memorable days of my life.