



# Valley News

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THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS (66) OCTOBER 2002

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## Secretary's report

### **Draw for two 'London' entries**

Avon Valley Runners have been allocated two additional places in the 2003 London Marathon. To be included in the ballot, please apply *with your rejection slip* to Les Unsworth (honorary secretary) by Thursday 5 December. The draw will take place in The Beehive, Trowbridge Road, on Thursday 12 December. Good luck!

### **Grant from Lottery for coaching**

The club has been allocated a grant from the Lottery-funded "Awards For All". The money is to be used for sending members on coaching courses. Anyone who is interested should contact the honorary secretary.

### **Membership continues to grow**

Fifteen members and a dog have joined Avon Valley Runners this year. The pulling power of Helga means that I have been able to resume running with the group.

### **Surf the Valley!**

The club website on [www.geocities.com/avonvalleyrunners](http://www.geocities.com/avonvalleyrunners) is providing a wealth of information, including the latest results. Anyone with results can send them to me or [avonvalleyrunners@yahoo.co.uk](mailto:avonvalleyrunners@yahoo.co.uk).

### **Subs to be increased**

The committee have agreed that, after many years at the same level, subscriptions will have to be increased to keep pace with rising affiliation and insurance charges. The new figures are: annual membership – £7 seniors, £1 under-18s; training fee 50p (subject to approval at the annual general meeting in January). [For a healthy pastime in good company, it's still a bargain at the price! – Ed.]

### **Keeping Valley News going**

We welcome Tim Northwood back as editor of the newsletter. Thanks are due to Dennis, Jenny and Rosemary, who enabled publication to continue during Tim's absence.

— Stan Farr

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*This is your newsletter! Items for inclusion to: Tim Northwood, 45 Hilperton Rd, Trowbridge; Tel. (01225) 769929; [tijono@tiscali.co.uk](mailto:tijono@tiscali.co.uk)*

## *Welcome to the Valley!*

Membership has continued to grow steadily, with a few moving away from the area or leaving the club for other reasons having been more than made up for by fifteen new Avon Valley Runners so far this year. Best wishes for happy running and good times to: **Stephen Barker** (joined in August), **Janis Betteridge** (August), **Michael Brain** (who rejoined in July after a couple of years away), **Michael Bryant** (August), **Stephen Bryant** (September), **Mark Edwards** (September), **Claire Howard** (May), **Nick Johnson** (August), **Charlotte Maurissen** (July), **Denise Mitten** (February), **Jackie Richards** (February), **Simon Ringham** (March), **Tom Simpson** (April), **Michelle Taylor** (January) and **Jo Ziegert** (April).

## Milestones

Graduation time for the following members, all due to move up into their next veterans' age-groups during 2002: **Gill Brooke-Taylor**, 55 on 7 September; **Linda Brown**, 50 on 12 April; **Peter Chapple**, 65 on 31 August; **Michael Clarke**, 40 on 2 April; **Josephine Davies**, 45 on 7 September; **Bernard Dunn**, 55 on 27 September; **Judy Farr**, 60 on 24 January; **Tracey Grigsby**, 40 on 8 May; **Mark Hayward**, 50 on 21 February; **John Hutchinson**, 50 on 17 March; **Derek Jarvis**, 55 on 29 July; **Glyn Phillips**, 55 on 24 October; **Robert Sidwick**, 55 on 8 November; **Chris Switzer**, 45 on 26 May; and **Barbara White**, 45 on 14 October. Remember, your age is only a number, and these numbers open up fresh prize-winning possibilities!

## *Lulubelle*

by Tony Bartlett

*(loosely based on a reputedly true story heard years ago)*

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| <p>1. This is the tale of sweet Lulubelle<br/>To whom a calamity so hideous befell.<br/>It happened to Lulu (as it does to many):<br/>Before the race she went to spend a penny.</p>                                       | <p>6. "Now", said the ladies' captain (who must be obeyed):<br/>"We'll summon Emergency — the town Fire Brigade."<br/>Said those true, brave men: "Oh dear, never mind;<br/>We'll soon shift this contraption from off your behind."</p> |
| <p>2. Off she trotted with firm determination<br/>To the requisite spot at the changing station;<br/>She closed the door and shot home the bolt,<br/>But as she sat down her heart gave a jolt.</p>                        | <p>7. But those great supermen failed, and panic ensued,<br/>As on the appliance our Lulu stayed glued.<br/>To the Fire Chief a solution came, swift and neat:<br/>"Altogether now, boys — we'll saw off the seat."</p>                  |
| <p>3. A note on the wall stated: "Beware — Wet Paint."<br/>Our bonny lass almost then did faint<br/>For not on the door was the paint that she feared,<br/>But on the seat to which she was now firmly adhered.</p>        | <p>8. In triumph dear Lulu arose from the pan<br/>To gratefully climb into ambulance van.<br/>Her clubmates did cheer and joyfully shout;<br/>At last Lulubelle had finally got out.</p>   |
| <p>4. She wept and she sobbed, crying, "What can I do?<br/>I'm imprisoned forever in this terrible loo!"<br/>She called out for help at this her incarcerate:<br/>"Please assist me to exit this most parlous state!"</p>  | <p>9. In the hospital room some clever old twerps,<br/>With solvents and soap, paintstripper and turps,<br/>Began to release her, and it soon seemed to work;<br/>From the seat she was free with a mighty great jerk!</p>               |
| <p>5. Friends came to her aid and forced open the door.<br/>There then came to pass a real tug-of-war;<br/>They pushed and they pulled, but she just wouldn't shift:<br/>Our sweet Lulubelle they just could not lift.</p> | <p>10. "Now," said the surgeon from the Casualty floor,<br/>"Has anyone seen aught like this here before?"<br/>"Yes," cried a male runner, quite unashamed;<br/>"Many times over, but not so well framed."</p>                           |



## RESULTS: July-September

**WED. 3 JULY - Castle Combe Duathlon** (2m run + 10M bike + 2M run + 10M bike + 2M run): 104 R Barber (1st woman o-50) 14:28 + 31:59 + 15:32 + 32:32 + 14:28 = 1:48:59; 108 G Phillips 15:29 + 33:37 + 16:23 + 35:07 + 15:16 = 1:55:52.

**SAT. 6 JULY - Golden Cap 8M MT:** 89 Stuart MacGregor 1:23:26, 114 T Vivian 1:28:12.

**SUN. 7 JULY - Quantock Beast 5.7M MT:** 97 A Hickson 54:39.

**MON. 8 JULY - Frampton 10K:** 101 D Barber 41:43, 209 P Clark 47:35.

**TUE. 9 JULY - Calne 3x3.4M Relay:** Men - A Hickson 25:13 + L Unsworth 23:01 + S MacGregor = 1:09:40; women (1st team) - S Phillips 24:51 + J Field 27:31 + D Ellis 25:33 = 1:17:55; mixed - Linda Unsworth 29:02 + Pete Chapple 28:57 + Glyn Phillips 25:03 = 1:23:02.

**WED. 10 JULY - Chippenham 5K River Run:** 61 P Mitchell 22:12.

**SAT. 13 JULY - Bishops Cannings 5K MT:** G Phillips 27:51, Helga (1st dog) 32:40, I S Farr 32:44.

**SUN. 14 JULY - Salisbury 10M:** 13 K Sparey 1:05:15, 36 D Jarvis 1:12:01, 79 R Barber 1:23:21, 122 T Bartlett 1:47:17. **New Forest 10M:** 155 M Pratt 1:28:46. **Bath Three Shires 9+M MT:** 75 D Ellis 84:24, 81 A Hickson 91:51. **Peterborough 10K:** 273 T Griffith 51:36. **Tarrant Monkton 5.5M:** 16 J Field 48:08, 25 I S Farr (2nd o-50, with 1st dog) 51:14, J Farr 52:57.

**SUN. 21 JULY - Bath Triathlon** (750m swim, 25K bike, 5K run): 129 S Phillips (1st woman o-50) 17:57 + 59:06 + 29:25 = 1:46:28; 130 G Phillips 19:52 + 57:56 + 29:12 = 1:47:00.

**SAT. 27 JULY - Swanage "12"** (11M 1,400yd): 21 M Connor 1:15:00, V Toms 1:45:37, J Field 1:47:30.

**SUN. 4 AUG. - Sturminster Newton Half-Marathon:** 17 K Sparey (2nd o-45) 1:22:24. **Blagdon 6M:** 11 A Bartlett 37:10, 90 J Farr (1st woman o-60) 54:11, 94 J Field 54:52, 100 I S Farr 56:40, 102 T Bartlett 58:04.

**WED. 7 AUG. - Pewsey 5M:** 9 M Connor 30:03. **Castle Combe Duathlon** (2M run + 10M bike + 2M run): 102 C Maurissen 13:08 + 29:20 + 13:17 = 55:45, 122 T Rockcliffe 13:45 + 30:03 + 13:21 = 57:09.

**TUE. 13 AUG. - Calne 3x3.4M Relay:** Stuart MacGregor 21:47 + N Yates 24:18 + N Johnson 24:48 = 1:10:53; S Phillips 25:21 + V Toms 27:12 + J Ziegert 29:19 = 1:21:52.

**WED. 14 AUG. - Yeovilton 5K:** 25 K Sparey 17:13.

**SUN. 18 AUG. - Standish 10M MT:** 119 V Toms 1:33:52, 127 T Bartlett 1:45:32.

**THU. 22 AUG. - Springfield 5K:** 64 S Phillips 22:45.

**SUN. 25 AUG. - Langport 10K:** 15 A Bartlett 37:07, 23 K Sparey 37:37, 90 Les Unsworth 42:32, 225 J Farr (2nd woman o-55) 52:51, 242 I S Farr 55:22, 259 T Bartlett 59:32.

**MON. 26 AUG. - Southwick 3M:** 5 K Sparey 16:49, 20 R Sales 21:32, 22 S Phillips (3rd woman) 22:07, 23 G Phillips 22:15, 28 T Griffith 25:24, 32 D Mellor 26:44, 33 T Bartlett 27:44, 37 N Crook 33:25.

**TUE. 27 AUG. - Calne 3.4M Handicap:** 3 R Barber (1st woman) 22:57, G Phillips 25:09, S Phillips 25:42.

**SUN. 1 SEPT. - Wolverhampton Marathon:** D Kay (1st o-60) 3:3:05. **Corfe Castle Beast MT:** 36 M Connor 1:33:55. **Harefield Beacon 10K:** 60 P Mitchell 43:19, 74 G Phillips 47:39, 76 T Vivian (3rd woman o-40) 48:35, 77 S Phillips (1st woman o-50) 49:01, 91 J Farr (3rd woman o-50) 53:19, 92 I S Farr 54:02. **Southampton Triathlon** (400m swim + 18M bike + 5K run): N Whitehead 8:20 + 1:01:25 + 8:20 + 1:01:25 + 23:38 = 1:33:23. **Newbury Triathlon** (300m swim + 22K bike + 5K run): 105 R Barber (1st woman o-50) 7:30 + 50:14 + 19:57 = 1:17:41.

**WED. 4 SEPT. - Castle Combe Duathlon** (2M run + 10M bike + 2M run): 112 C Maurissen 13:05 + 29:17 + 13:39 = 56:01, 116 R Barber (1st vet. woman in series) 14:00 + 28:25 + 14:04 = 56:29.

**SUN. 8 SEPT. - Oldbury 10M:** 22 K Sparey 1:00:48, 31 A Bartlett 1:02:03, 77 N Whitehead 1:08:06, 157 N Yates 1:15:04, 212 Sue MacGregor 1:22:00, 230 V Toms 1:24:01, 242 S Stephens 1:25:39, 247 T Griffith 1:26:01, 278 J Field 1:30:45. **Great South 10M**, Portsmouth: D Wrintmore 1:04:46, 454 D Jarvis 1:09:26, 1348 C Howard 1:18:44, 1604 L Ringham 1:20:30, 2232 R Sales 1:24:29. **Wansdyke Triathlon** (400m swim + 15.43M bike + 5K run): 88 N Johnson 7:53 + 52:39 + 26:06 = 1:26:18, 107 Stuart MacGregor 8:20 + 55:23 + 24:21 = 1:28:04, 141 T Rockcliffe 11:07 + 56:17 + 23:32 = 1:30:58, 175 J Betteridge (3rd woman o-30) 7:11 + 59:43 + 27:34 = 1:34:28, 184 G Phillips 9:35 + 59:56 + 27:19 = 1:36:50, 189 S Phillips (3rd woman o-50) 8:29 + 1:01:40 + 27:36 = 1:37:45, 258 T Vivian 8:59 + 1:16:05 + 27:23 = 1:52:27, 267 I S Farr (1st man o-65) 18:41 + 1:05:30 + 35:00 = 1:59:11.

**WED. 11 SEPT. - Yeovilton 5K:** 18 K Sparey 17:04, 51 R Barber (1st woman o-45) 20:34.

**SUN. 15 SEPT. - Robin Hood Marathon:** 253 D Kay (3rd o-60) 3:38:24, 483 M Pratt 4:06:18. **Seaton Half-Marathon:** 11 K Sparey 1:20:32.

**SUN. 22 SEPT. - Bristol Half-Marathon:** 284 D Wrintmore 1:28:27, 329 G Fice 1:29:34, 495 T Rockcliffe 1:33:16, 629 N Evans 1:35:52, 713 N Yates 1:37:04, 1548 T Vivian 1:46:54, 1614 L Ringham 1:47:24, 1618 P Hunt 1:47:26, 1643 S Ringham 1:47:38, 1894 C Howard 1:50:00, 2003 V Toms 1:50:56, 2121 T Simpson 1:51:59, 2127 S Stephens 1:52:01, 2512 T Griffith 1:55:09, 3301 J Scott 2:02:20. **King Alfred's Torment 12K MT:** 5 A Bartlett 47:31, 27 I White 56:21, 44 G Phillips 1:03:01, 66 I S Farr 1:13:41. **Swansea 10K:** D Jarvis 41:56.

**SUN. 29 SEPT. - Taunton 10K:** 128 R Barber (1st woman o-45) 46:40.

For inclusion in Valley News, Wiltshire Times and The Book, send results to Stan Farr, 01225 755605, or avonvalleyrunners@yahoo.co.uk.



## FIXTURES: October–January

### OCTOBER

- Sun 13 AVR Over the Hills 12K MT, Bradford-on-Avon, 11.00;  
Avalon Cross-Country League (combined with Wessex League), Salisbury, 1.00.  
Sat 19 Weymouth 10M, 2.00.  
Sun 20 Box 3¼M & 6½M, 10.45.  
Sun 27 Stroud Half-Marathon, 10.00;  
Fordingbridge (Hampshire) 10M;  
Stickler 10M MT, Blandford Forum, Dorset, 10.30.

### NOVEMBER

- Sun 3 Salisbury Half-Marathon, 11.00;  
Ilminster 10K, 12.30.  
Sat 9 Cheddar Half-Marathon, 1.30;  
Victoria Park 4M, Bath, 2.00.  
Sun 10 Sodbury Slog 8M MT, Chipping Sodbury, 11.00.  
Sun 17 Avalon Cross-Country League, Taunton, 1.00.  
Sun 24 Hayling Island (Hampshire) 10M, 10.00.

### DECEMBER

- Sun 1 Wyvern 10K, Weston-super-Mare, 11.00.  
Sun 8 Bromham 10K, 11.00.  
Thu 26 Boxing Day 5K, The Beehive, Bradford-on-Avon, 11.00.

### JANUARY

- Wed 1 Kewstoke 10K, Weston-super-Mare.  
Thu 16 Weston Prom 5M, 7.30.  
Also: Avalon Cross-Country League – date and venue to be arranged.

***The annual Prizegiving and Party will be held in February – watch this space!***

### *Memory Lane . . .*

## SEVEN HORIZONS TO THE SEA

In athletics terms, “Memory Lane” for me is the Old Main Road between the Natal cities of Durban and Pietermaritzburg, followed where it still exists by the annual Comrades Marathon, which since its inception in 1921 has started in the coastal city on even-numbered years and in the smaller inland centre on odd-numbered years. The distance has varied between 50 and 57 miles, depending on roadworks and the changing venues of the finish; the start has always been at 6 a.m. outside the city hall of the relevant city.

As you can imagine, preparation for this test of stamina must involve a lot of training miles on the road. From the beginning of the year, the Natal competitive long-distance calendar has always been planned to build up to Comrades day at the end of May — from 10-milers and half-marathons in January and February, 20-mile events and standard marathons in February and March, and a few ultra-distance events in April and early May.

In addition, every weekend there would be groups of Comrades hopefuls out on the actual course. It was quite normal on a Saturday and/or Sunday to meet a few Collegians Harriers clubmates at 4 a.m. under streetlights on the outskirts of Maritzburg on the road leading east for a 30-, 40- or even 50-plus-mile training run. The air would have an autumnal chill, but there would be little risk of rain from late March onwards. Although we were heading towards the coast, the predawn skyline concealed almost as many up-hills as down, with several escarpments and intervening valleys to be traversed. This meant that several times over the ensuing four to eight hours, in the increasing heat of the sun, we would climb each long hill to reach the horizon, only to find opening out ahead of us the next vista of Natal’s dissected plateau, with the old ribbon of tarmac undulating ahead towards yet another skyline.

Each feature had a name, and over the decades all had become inseparable parts of Comrades Marathon legend. Only four miles out of Maritzburg was Polly Shortts, a steep, mile-long downhill (but of course on the “up” run, a heartbreaking climb to be conquered near the finish); Mpushini, the long, winding drag up to Camperdown and Cato Ridge; Harrison Flats; Nchanga, a tortuous climb up to a ridge, followed by an equally winding descent to Drummond, with long views of the Valley of a Thousand Hills; another uphill to Botha’s Hill . . . Hillcrest – Kloof – Pinetown – Cowie’s Hill, from where the sea was tantalizingly visible but still a dozen miles away.

The difficulty of the run would be eased by friendships built up over long hours on the road together, and punctuated by our knowledge of refreshment stops: a tap outside this remote trading store, the availability of cold drinks and chocolate bars at that petrol station. All being well, some might be going all the way to Toll Gate, the last hilltop overlooking Durban. Meanwhile, behind us in time and distance, girlfriends, wives and children would be getting up at a civilized hour to drive and meet us at our planned journey’s end, perhaps for a picnic at the seaside. What a wonder it was to be so fit (or mad) as to be able to play football with energetic children on soft beach sand after 40-plus miles on the road! — *Tim N.*