



Valley News

THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS (67) JANUARY 2003

Secretary's report

Happy New Year!

A happy New Year to all our ninety-seven members, twenty-two of these having joined during 2002. Sadly we lost Pauline Sanger after a short illness.

Turning out for the club

Members turned out in large numbers during the year, with thirty-two running in the Bath Half-Marathon. In addition the club successfully promoted two races during the year: Susie Phillips was race director of the AVR Over the Hills 12K MT, and Joyce Field did likewise for the Bromham 10K — both ladies putting in an enormous amount of time and effort. We also helped Trowbridge Lions with their ten-kilometre event.

Annual general meeting

At the a.g.m. it was decided to raise the annual subscription for seniors to £7 (after about ten years at £5); the junior subscription will be reduced to £1. The training fee (to help pay for the weekly use of the facilities at Clarendon, Trowbridge, and Culver Close, Bradford-on-Avon) will remain at 30 pence.

Officers for 2003: President, Mike Holland; vice-chairman, Clive Crocker (in continuing recognition of his longstanding hospitality at AVR headquarters, a.k.a. The Beehive); honorary secretary, Stan Farr; assistant secretary, Judy Farr; treasurer, Les Unsworth; auditor, Linda Unsworth; additional member, Peter Chapple; press officer, Darren Wrintmore; newsletter editor, Tim Northwood; men's captain Les Unsworth, vice-captain Ted Rockcliffe; women's captain Susie Phillips, vice-captain Joyce Field.

Presentation with barn dance

The club presentation of awards, which will include a barn dance, will be held in Southwick Village Hall on Saturday 8 February commencing at 7.30, with the presentation at 8 p.m. Tickets (£5 for seniors, £2.50 for children) are obtainable from Judy or Stan Farr.

— Stan Farr

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

2002 CLUB CHAMPIONSHIP RESULTS

| Pos. | Name | 10K | 10M | Half-Marathon | Total | Awards |
|------|-------------------|-------|---------|---------------|---------|--------|
| M1 | Kevin Sparey | 35:36 | 1:00:48 | 1:19:15 | 2:55:39 | M45-49 |
| M2 | Brett Flook | 34:36 | 1:03:58 | 1:17:57 | 2:56:31 | |
| M3 | Alistair Bartlett | 35:54 | 1:00:58 | 1:21:57 | 2:58:49 | |
| M4 | Martin Connor | 36:41 | 1:04:01 | 1:23:14 | 3:03:56 | |
| M5 | Darren Wrintmore | 39:21 | 1:04:46 | 1:26:06 | 3:10:13 | |
| M6 | Les Unsworth | 42:05 | 1:08:35 | 1:32:35 | 3:23:15 | |
| M7 | Derek Jarvis | 41:15 | 1:09:26 | 1:35:58 | 3:26:39 | M50-54 |
| M8 | Ted Rockcliffe | 43:56 | 1:12:25 | 1:31:23 | 3:27:44 | M55-59 |
| M9 | Dave Early | 47:36 | 1:14:04 | 1:39:13 | 3:40:53 | |
| F1 | Rosemary Barber | 44:32 | 1:16:51 | 1:42:32 | 3:43:55 | F50+ |
| M10 | Anthony Hickson | 47:15 | 1:15:50 | 1:45:03 | 3:48:07 | M60+ |
| M11 | Mike Pratt | 46:27 | 1:18:43 | 1:42:45 | 3:49:07 | |
| M12 | Peter Hunt | 42:47 | 1:19:52 | 1:47:26 | 3:50:05 | |
| F2 | Tina Vivian | 46:29 | 1:22:38 | 1:42:42 | 3:51:49 | F45-49 |
| F3 | Liz Ringham | 47:45 | 1:20:30 | 1:44:51 | 3:53:06 | |
| F4 | Claire Howard | 45:54 | 1:18:44 | 1:50:00 | 3:54:38 | |
| M13 | Glyn Phillips | 46:18 | 1:21:21 | 1:48:01 | 3:55:40 | |
| F5 | Susie Phillips | 46:52 | 1:19:23 | 1:49:47 | 3:56:02 | |
| F6 | Sue MacGregor | 51:23 | 1:22:00 | 1:48:28 | 4:01:51 | F40-44 |
| F7 | Viv Toms | 53:04 | 1:24:01 | 1:46:45 | 4:03:50 | F55+ |
| F8 | Sonya Stephens | 48:47 | 1:23:09 | 1:52:01 | 4:03:57 | |
| M14 | Tony Griffith | 51:36 | 1:26:01 | 1:55:09 | 4:12:46 | |
| F9 | Joyce Field | 52:42 | 1:26:10 | 1:58:02 | 4:16:55 | |
| M15 | Dennis Mellor | 53:52 | 1:36:56 | 1:58:45 | 4:28:33 | |
| M16 | Tony Bartlett | 59:32 | 1:45:32 | 2:14:25 | 4:59:29 | |

THE CHAMPIONS OF 2002

MEN

10 kilometres: BRETT FLOOK. **Half-marathon:** BRETT FLOOK. **10 miles:** KEVIN SPAREY.
Marathon: BRETT FLOOK (2:43:28). **O-50 marathon:** TED ROCKLIFFE. **Percentage:** KEVIN SPAREY 81%.

WOMEN

10 kilometres: ROSEMARY BARBER. **Half-marathon:** ROSEMARY BARBER. **10 miles:** ROSEMARY BARBER.
Marathon: DENISE ELLIS. **Percentage:** ROSEMARY BARBER.

Other awards will be announced at the prizegiving in Southwick Village Hall on Saturday 8 February.

Welcome to the Valley!

The membership list has undergone its usual changes during the past quarter. For various reasons, about twenty names have had to be deleted; but on the credit side we welcome the following who joined us during October, November and December (the total now hovers around 100): **Chris Atkinson**, on 24 October; **David Hudson**, on 21 November; **Deborah Judge**, on 12 December; **Maxine Maurissen**, on 17 October; and **Vanessa Morey**, on 19 November. Welcome to the happy Valley!

Milestones

Old Father Time will be promoting the following members to the next age categories during the quarter just begun: **Maurice Cockell**, 60 on 14 March; **Richard Cooper**, 50 on 28 January; **Tony Griffith**, 65 on 12 March; **Iain Perry**, 50 on 11 February. Birthday greetings and happy hunting to all of you!

RESULTS: October-December

SUN. 6 OCT. - Great North Run Half-Marathon: 7878 L Ringham 1:57:30, S Ringham 1:57:31.

SUN. 13 OCT. - Kingston Marathon: 67 D Kay (2nd o-60) 3:29:53. **Clarendon Way Half-Marathon:** M Pratt (2nd o-55) 1:58:48; **8M:** D Jarvis 55:12. **AVR Over the Hills 12K MT:** 8 A Bartlett 47:58, 16 K Sparey 49:36, 17 B Flook 49:55, 23 Stuart MacGregor 51:13, 25 D Barber 51:22, 58 M Connor 51:43, 42 J Kent 53:57, 44 R Ellis 54:27, 56 S Reeves 56:18, 8 I White 58:06, 89 N Johnson 1:02:39, 97 P Clark 1:03:48, 104 R Barber 1:04:55, 105 T Simpson 1:05:12, 127 T Griffith 1:10:25, 158 I S Farr (& Helga) 1:18:18.

SAT. 19 OCT. - Weymouth 10M: M Brain 1:21:15.

SUN. 20 OCT. - Abingdon Marathon: D Kay 3:34:41. **Salisbury 8K CC:** T Griffith 44:38.

SUN. 27 OCT. - Stroud Half-Marathon: 45 K Sparey 1:19:43, 176 Stuart MacGregor 1:28:59, 354 D Kay 1:38:28, 631 Sue MacGregor 1:49:31. **Fordingbridge 10M:** 37 R Barber (4th woman, 1st vet.) 1:16:52.

SUN. 3 NOV. - Salisbury Half-Marathon: 6 M Connor 1:23:16, 13 A Bartlett 1:26:49, 75 P Hunt 1:45:21. **Iminster 10K:** 3 K Sparey 37:15, 4 B Flook (1st o-40) 37:37, 33 D Jarvis 42:45, 43 T Rockcliffe 43:56, 71 (A Hickson (2nd o-60) 47:15, 85 T Vivian (1st woman o-45) 48:28, 108 J Richards 52:39, 113 I S Farr (& Helga) 53:47, 126 J Farr 56:47.

SAT. 9 NOV. - Cheddar Half-Marathon: 27 D Wrintmore 1:26:06, 116 R Barber* (2nd woman o-45) 1:42:32, 119 T Vivian* (3rd woman o-45) 1:42:42, 128 L Ringham* 1:44:51, 153 G Phillips 1:48:01, Stuart MacGregor 1:48:27, 158 Sue MacGregor 1:48:27, 161 V Toms 1:48:53, 164 S Phillips 1:49:47. *2nd women's team. **Victoria Park 4M, Bath:** 25 M Connor 23:13, 27 A Bartlett 23:27, 69 A Hickson 29:35, 93 T Bartlett 39:31.

SUN. 10 NOV. - Sodbury Slog 8M MT: 17 B Flook 1:09:29, 78 R Ellis 1:16:13, 83 M Connor 1:16:29, 182 I White 1:23:05, 468 D Ellis 1:44:18, 495 B White 1:47:13.

SUN 17 NOV. - Gosport Half-Marathon: 18 K Sparey (3rd o-45) 1:19:15.

SUN. 24 NOV. - Benidorm Marathon: 125 D Kay (3rd o-60) 3:25:18. **Hayling Island 9.3M:** 26 K Sparey 54:54, 58 A Bartlett 57:28, 119 R Ellis 1:01:12, 134 Stuart MacGregor 1:01:51, 161 R Hudson 1:03:13, 169 D Jarvis 1:03:40, 179 T Rockcliffe 1:04:07, 252 Les Unsworth 1:07:29, 264 P Hunt 1:08:12, 271 M Hayward 1:08:37, 305 A Hickson 1:10:04, 333 V Morey 1:11:10, 342 J Rockcliffe 1:11:36, 347 L Ringham 1:11:55, 384 R Sales 1:13:36, 476 D Ellis 1:18:28, 513 T Griffith 1:19:50, 605 J Scott 1:26:08, 656 T Bartlett 1:35:46.

24-27 NOV. - Lanzarote Challenge: Sun. - 10K: G Phillips 47:22, S Phillips 48:53, T Vivian 49:24, Sue MacGregor 51:02. Mon. - 13K Ridge: G Phillips 1:04:40, T Vivian 1:05:51, S Phillips 1:05:58, Sue MacGregor 1:09:40. Tues. - 5K Beach: G Phillips 26:49, Sue MacGregor 28:00, S Phillips 28:15, T Vivian 28:24. Wed. - 23K Transisland: T Vivian 1:54:35 (four-race ranking 44W, aggregate time 4:18:16), G Phillips 2:01:03 (149M, 4:19:56), S Phillips 2:04:49 (55W, 4:27:57), Sue MacGregor 1:59:38 (57W, 4:28:31).

SUN. 1 DEC. - Luton Marathon: D Kay (1st o-60) 3:42:07. **Weston-super-Mare Christmas Cracker 10K:** 63 Stuart MacGregor 41:16, 297 L Ringham 49:36, 298 S Ringham 49:37, 315 S Phillips (2nd woman o-50) 50:15, 336 G Phillips 50:53, 353 Sue MacGregor 51:23, 659 J Farr (1st woman o-60) 59:26, 819 I S Farr 1:04:27.

SUN. 8 DEC. - Bromham 10K: 9 K Sparey (1st o-45) 35:36, 17 A Bartlett 36:38, 19 M Connor (3rd o-45) 36:41, 44 Stuart MacGregor 39:02, 74 D Jarvis 41:15, 117 R Hudson 42:37, 121 P Hunt 42:47, 125 N Evans 42:58, 140 Les Unsworth 44:04, 152 S Barker 45:13, 157 R Barber (2nd woman o-50) 45:23, 167 C Howard 45:54, 168 C Atkinson 45:59, 178 T Vivian 46:29, 196 S Phillips (3rd woman o-50) 214 S Stephens 48:47, 230 M Brain 49:30, 281 J Scott 52:46, 291 V Toms 53:04, 304 T Griffith 53:55, 321 D Mellor 54:44, 344 Linda Unsworth 56:27. **Geneva 7.5K:** 332 A Hickson 31:45.

SUN. 15 DEC. - Majorca Marathon: 61 D Kay (1st o-60) 3:40:28. **Shortwood 10K:** 50 S Phillips (1st o-45) 48:23.

THURS. 26 DEC. - Boxing Day 5K: 1 A Bartlett 18:26, 2 Stuart MacGregor (1st o-40) 18:55, 3 D Wrintmore 19:03, 4 R Bown (Frome) (1st woman) 19:42, 5 R Carey 20:12, 6 D Jarvis (1st o-55) 20:22, 7 S Reeves 20:29, 8 R Barber (2nd woman, 1st o-50) 21:30, 9 M Bryant (1st u-18) 21:46, 10 A Hickson (1st o-60) 21:51, 11 M Hayward 22:11, 12 N Fyfe 22:28, 13 M Pace 22:39, 14 R Sales 23:05, 15 N Whitehead 23:08, 16 Sue MacGregor (3rd woman, 1st o-40) 23:12, 17 G Phillips 23:13, 18 S Stephens 24:09, 19 Kathryn (?) 25:41, 20 V Toms 26:32, 21 Diana (?) 26:33, 22 L Russell 26:48, 23 J Farr 26:49, 24 D Mellor 27:35, 25 R Jarvis 28:22, 26 C Jarvis 28:24, 27 I S Farr 29:36, 28 T Bartlett 31:52.

SAT. 28 DEC. - Exeter 10K: 181 G Phillips 46:18, 279 S Phillips 52:48. **Springfield 5K:** 32 A Hickson 22:30, 60 J Farr 27:39, 62 I S Farr 28:13.

Results received too late for Valley News October 2002:

SUN. 29 SEPT. - Berlin Marathon: 7845 D Jarvis 3:40:56. **Paris-Versailles 16.3K:** 633 D Wrintmore 1:08:44.

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

FIXTURES: January-April

JANUARY

- Wed. 1 Kewstoke 10K, Weston-super-Mare.
 Thu. 16 Weston Prom 5M, 7.30.
 Sun. 26 Slaughterford 9M MT, 9.50; Romsey 5M, 10.30.
 Also: Avalon Cross-Country League – date and venue to be arranged.

FEBRUARY

- Sat. 8 Club Presentations Party, Southwick Village Hall, 7.30.
 Sun. 9 Dursley Dirty Dozen 12M MT, 10.30.
 Sun. 16 Weston Tough Ten 10M MT, Weston-super-Mare, 11.00; Goring 10K, 10.30.
 Sun. 23 Bramley 10M & 20M, 10.30; Pewsey 10M MT, 10.30; Babcary 7½M, 11.00; Salisbury 10K, 11.00.

MARCH

- Sun. 2 Imber Half-Marathon, 11.00; Bristol University Half-Marathon, 1.00.
 Sun. 9 Gloucester 20M, 10.00; Reading Half-Marathon, 9.30.
 Sun. 16 Bath Half-Marathon, 11.00; Fleet Half-Marathon, 11.30.
 Sun. 23 Springfield Duathlon, 8.00; Eastleigh 10K, 2.30.
 Sun. 30 Chedworth 10M, 10.30.

APRIL

- Sun. 6 Taunton Marathon & Half-Marathon, 10.30; Totton 10K, 2.30; Trowbridge Lions' 10K MT (to be confirmed).
 Wed. 9 Yeovil 5K, 7.15.
 Sun. 13 London Marathon.

Boy meets Girl

by Tony Bartlett

1. Whilst training with the club one evening in the week
 I found a new lady member whose acquaintance I would seek.
 I tentatively made enquiries regarding her marital state.
 After establishing that she's single I ask her for a date.
2. She is warm and sympathetic and whispers, "Maybe, but not yet."
 Hope therefore springs eternal and my plans I commence to set.
 I discover that she's asked club members for details about me:
 Am I honest, true and upright, and am I fancy-free?
3. They answer in the affirmative, so I ask again in a while.
 Coyly she now agrees with the hint of a gentle smile;
 She has said "Yes" quite genuinely, not on a sudden whim,
 But now I know that boy chases girl until she catches him.
4. I wined her and I dined her with a five-star hotel dinner:
 Now I've made a conquest and triumphed as a winner;
 Like a fielder in the slips, I've made a super catch;
 But although I didn't know it, I've more than met my match.
5. With practised ease she's stalked her prey, and finally she's pounced.
 At the club's Christmas dinner our engagement is announced:
 She's planned and schemed for the day when at me she set her cap:
 Simple, trusting, naive me — now I'm caught in the tender trap.
6. Our team-mates are delighted, best pleased for us are they;
 They cannot wait for me to state: "I promise to obey."
 For so gorgeous is my bride-to-be that I'm smitten with true love;
 But behind her smile is the hidden hand of iron in a velvet glove.
7. We talk over ideas for our new home to buy:
 She calls the shots, and I concede with a weary little sigh.
 In the furniture store a hard fraught time the salesman is led,
 As my fiancée picks out sofas and a sumptuous nuptial bed.
8. Her parents now get in on the act, which I could not have seen before;
 I'm told what I can and cannot do by prospective ma-in-law.
 The great day arrives and my bride is here, both innocent and pure;
 The best man's speech is hilarious and the bridesmaids are demure.
9. On honeymoon on a tropical beach and on golden sand,
 We give each other an affectionate kiss, and stroll hand in hand:
 I've given up my single ways, my unfettered bachelorhood;
 This my new wife has known all along, she always said I would.
10. Now after many years of wedded bliss and happiness complete,
 I'm domesticated, settled down, my ego in defeat.
 So now the moral of my story, my sad and cautionary tale,
 Is that the female of the species is more deadly than the male.