



Valley News

THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS (74) OCTOBER 2004

"Are we nearly there yet?"

THE RIDGEWAY CHALLENGE 86.5M (and the rest!)

by Viv Toms

It seemed like a good idea at the time . . . when Julie from Pewsey Vale Running Club contacted me. We had run the Dartmoor Challenge together, and this was only three times as long, almost entirely off road, and running non-stop for 32 hours!

It is certainly a spectacular route, passing through two Areas of Outstanding Natural Beauty — the North Wessex Downs and the Chiltern Hills. The route crosses Wiltshire, Oxfordshire, Berkshire, Buckinghamshire and Hertfordshire, five of the greenest counties in England, starting at Ivinghoe Beacon near Tring and finishing at Overton Hill near Avebury. It is said to be the oldest road in Europe, if not the world.

It was hoped to get at least seventy runners, as this was the very first staging of the event, taking over from the South Downs 80, but on the day only twenty-two had entered and fifteen finished. Julie and I came in joint thirteenth — with three hours to spare before the cut-off time. We ran over every type of terrain imaginable: thick, goeey mud, deep-rutted farm tracks, stubby corn fields, spooky forest trails concealing tree roots and potholes, as well as chalk downs and springy turf. Although officially the Ridgeway is 86.5 miles long, due to a detour at the beginning because of a vandalized bridge and a few backtracks (as you can guarantee getting lost at least twice), we probably covered well over 90 miles.

There were checkpoints roughly every 10 miles, where we were plied with sandwiches, hot and cold drinks, fruit and energy bars. We reached the halfway point at Goring Community Hall at 11 p.m. and were given jacket potatoes, beans on toast, soup, rice pudding — in fact, anything we fancied — and all through the night the cheerful volunteers offered us cocoa, soup and food and masses of encouragement at every checkpoint, even though by then competitors were so spread out that there was up to an hour between them.

It was a fantastic moment when we saw the sun rising, although we were lucky that we had a full moon that night. Julie, however, immediately turned into a zombie and it took all my powers of persuasion to get her to carry on. Seven miles from the end it was my turn to decide that I didn't want ever to run again. Seeing the finish banner in the distance, our feet suddenly grew wings, and I don't think even Kelly Holmes could have felt as euphoric as we did when crossing the line. We were given cups of tea and whisked off to the Marlborough Rugby Club for a hot meal and then home to sleep for thirteen solid hours!

We've already arranged to do Hadrian's Wall next year — at only 84 miles it should be a doddle. . . .

THE QUESTION WAS RECENTLY ASKED at a committee meeting: Why doesn't *Valley News* appear on the first day of the quarter? As had already been explained, this is not practically possible. Firstly, it cannot be completed until all results up the end of the preceding month have been received. Secondly, printing can't be done until a mutually agreeable time. When volunteering in autumn 1990 to take on and expand the newsletter, I set myself certain minimum requirements, including a complete record of members' performances of the past quarter, and a list of fixtures for the following four months. I've always believed that a complete newsletter a few days late is preferable to an incomplete one rushed out on the first day of January, April, July or October. For fourteen years this arrangement has worked well, and unless someone comes up with an alternative suggestion to everyone's benefit, I'll continue doing the best I can to provide members with a reliable source of information (and even entertainment!). — *Tim Northwood* (Editor), 45 Hilperton Rd, Trowbridge (Tel. 01225 769929); tijono@tiscali.co.uk.

An Alpine Experience

by Anthony Hickson

It's only 7.3 kilometres. I got up at 4.30 and had breakfast. Still half-asleep, I lay down on the sofa for a few minutes. You could start the race at any time between 6 and 9 a.m. or 3 and 5 p.m., but I hate running with the sun beating down on me, so about 6 a.m. it was. I got in the car and drove higher up the mountain.

I was number six. After 100 metres of road you run up on to a field. A gentle slope. About ten of us started at 6.10. I was in front, when I heard someone say to his nine-year-old son, "Don't start too fast." I looked behind and everyone was walking. Another 300 metres and you really start climbing. A few years ago I tried to see how far I could run up this stretch, but when I stopped I was completely out of breath, so walk (climb) it has been ever since.

After about 2K there are a few stretches of 20 metres where you can run, then more climbing. At about halfway you come out of the trees and there is a drinks station. Hot tea, cold water, orange — a wonderful choice. And the next 50 metres is downhill — but not for long. Then the father and nine-year-old son passed me. It doesn't do much for the morale!

From there it was run whenever you could, climb otherwise. The trouble was that we had only come here a few days earlier and I hadn't got used to the altitude. My head started spinning, I thought I was running in circles. I'd only run 4K, so far. Here the view is magnificent. We came to a lovely downhill section, narrow, rocks all over the place, a ravine on one side and you had to be careful where you put your feet.

Then I saw the chalet where the race finishes, at least 2K away! A bit farther on you had to cross a névé (snow), then a lovely flat section before crossing a stream, jumping from one stone to another. Ah . . . the 2K marker — not far — and up we had to go again, up and up, 1K, and down for a short distance. The final stretch took you up a ridge from which you could see the glacier; 200 metres fast, along a rocky path as you almost collapse at the finish line. My time 1hr 41min. 53sec., and it was only 7.3 kilometres, but including a climb of 1,180 metres. (The winner's time: 53:25.) My best time in the past twelve years was 1:29:34.

But the finish isn't the end of it. First a short climb up to the *cabane* at 2,645 metres for hot drinks and a snack in warm surroundings. Then the sting in the tail: the only way back is the way we've come. Outside the *cabane* it's very cold. As you go back you pass other runners who started after you, and it takes just as long to go back down as it took to get up. At the bottom you're greeted with a glass of wine and a massage. A bit farther and you're given your souvenir prize, this year a rucksack (the prizes are always very good).

Come with me next year! It's called FIONNAY-PANNOSSIÈRE . . . and the Vets II winner speaks (and is) English.

Secretary's Report

So far this year thirty new members have joined the club, with the majority being ladies. I would like to remind them that we are not just a running club, but also compete in triathlons and duathlons. We also drink together in the Beehive on Thursday evenings, and can be found having tea at the Lock Inn on Monday, Wednesday and Saturday afternoons.

We have trips lined up to Malta, Amsterdam and Hayling Island, the last-mentioned being a 10-mile road race for which names are required of those wishing to travel on the coach.

Back in 1986 Tom Roberts suggested that we hold a club handicap race with myself to work out the handicaps. At its height forty members turned out for the three monthly races held during the summer. Sadly, only eight members turned out for the latest race in July, so after eighteen years it looks as though the Tom Roberts Handicap will be no more. — *Stan Farr.*

Welcome to the Valley!

Seven names were added to the membership list during the past three months (latest total: 136). In alphabetical order, they are: **John Adams**, **Adrian Brazeley**, **David Earley** (a returning former member), **Sue Greatwood**, **Tony Inglis**, **Bernadette Keepence** and **Stephen Payne**. We wish you all happy miles and good times.

MILESTONES

There's a neat look to "Milestones" for the quarter just beginning. Three members will turn 45 in November — **Stephen Bryant** on the 4th, **Laurie Irwin** on the 14th, and **Llewelyn Jones** on the 24th; in the same month **Tim Northwood** (11th) and **Nick Nicholls** (24th) will join the over-65s; and in December **Stuart MacGregor** (7th) and **Les Unsworth** (18th) will each attain his half-century. Happy birthdays to all. (Apparently women don't age during the last quarter!)

RESULTS: July-September

Sun. 4 July - PORTLAND 10M: 12 K Sparey (2nd M45) 58:38.
Wed. 7 July - CHIPPENHAM 5K RIVER RUN: 11 D Barber (2nd vet.) 18:41, 17 M Bryant 19:12, 18 T Frost 19:19, 43 T Giles (4th woman) 21:50, 53 M Barber (1st jnr) 22:22. **IRONBRIDGE 4M:** D Wrintmore 26:03.
Sat. 10 July - BISHOPS CANNINGS 5.6K: 71 T Bartlett 43:12.
Sun. 11 July - BATH TRIATHLON (750M swim + 20K bike + 5K run): 46 K Brown 14:28 + 58:33 + 22:51 = 1:35:52, 62 J Betteridge 14:31 + 57:46 + 25:52 = 1:38:10, 109 D Jarvis 20:16 + 1:01:56 + 25:11 = 1:47:25, 138 L Irwin 17:56 + 1:05:24 + 29:38 = 1:52:59. **LLANELLI DUATHLON:** R Barber 10K run 46:53 + 40K bike 1:28:59 + 5K run 25:34 = 2:41:26; **JUNIORS:** C Maurissen (1st jnr) 5K run 18:04 + 14K bike 37:03 + 2.5K run 13:05 = 1:09:22. **NEW FOREST 10M:** 165 L Ringham 1:14:02, 174 J Anderson 1:14:38, 374 M Pratt 1:24:09, 431 V Toms (2nd W55) 1:26:58, 636 J Shaw 1:41:18, 637 S Cook 1:41:19. **DATCHET DASH 10K:** D Jarvis 42:47.
Wed. 14 July - YEOVIL 5K: 23 M Bryant 18:14, 31 S Bryant 18:56.
Thu. 15 July - TINTERN TROT 10K: 146 D Cox 1:12:21.
Sun. 18 July - TARRANT MONKTON 10M: D Barber 1:03:51, 35 R Ellis 1:10:55, 115 M Kirkpatrick 1:27:06, 124 G Phillips 1:30:35, 142 D Mellor 1:39:45, 145 J Farr 1:42:59; **5M 779Y:** 32 S Phillips (1st W45) 48:16, 43 G Sharam 53:07, 53 I S Farr (& 2nd dog) 57:45. **THRUXTON 10K:** 40 Les Unsworth 43:41, 46 J Anderson 45:00, 96 Linda Unsworth 51:52.
Thu. 22 July - SPRINGFIELD 5K: 8 T Frost 18:17, 12 D Wrintmore 18:46.
Sun. 25 July - GLOUCESTER HALF-MARATHON: 12 A Bartlett 1:21:30, 88 L Jones 1:35:53, L Harding 1:44:25, 250 S Phillips 2:09:40.
Thu. 29 July - TOM ROBERTS HANDICAP 5K: 1 Mike Bryant, 2 Alistair Bartlett, 3 Tony Bartlett. *Actual times:* 1 A Bartlett 18:04, 2 D Barber 19:28, 3 M Bryant 19:37, 4 R Barber 23:08, 5 M Barber 26:26, J Field 28:03, 7 G Sharam 30:54, 8 T Bartlett 38:42.
Sat. 31 July - SWANAGE 12 (11M 1400Y): 29 R Bown (Frome, 2nd-claim?) 1:23:43, 103 G Phillips 1:49:17.

Sun. 1 Aug. - STURMINSTER NEWTON HALF-MARATHON: 12 K Sparey (3rd M40) 1:21:36, 61 D Barber 1:37:47, 94 L Ringham 1:44:18, 107 Les Unsworth 1:46:07, 185 L Irwin 2:07:46, 192 J Field 2:11:15. **LONDON TRIATHLON:** 103 J Betteridge (9th W35) 1500m swim 29:45 + 40K bike 1:17:11 + 10K run 45:03 = 2:39:33. **LONDON 10K:** 76 D Wrintmore 38:57.
Wed. 4 Aug. - CASTLE COMBE DUATHLON (2M run + 10M bike + 2M run): 72 N Yates 13:37 + 25:14 + 13:40 = 52:41 (incl. transition time), 160 L Irwin 15:22 + ? + ? = 1:00:30.
Sun. 8 Aug. - DROITWICH TRIATHLON: 154 R Barber (1st W50) 400m swim 10:00 + 20K bike 44:41 + 6K run 26:54 = 1:21:35. **SWANAGE TRIATHLON** (distances not reported except 10K run): C Maurissen (14th woman, 1st jnr) 23:12 + ? + ? = 2:39:50, 217 N Whitehead (2nd M55) 31:40 + 1:26:00 + 44:59 = 2:42:39, 241 K Brown 37:12 + 1:27:03 + 45:36 = 2:49:39.
Wed. 11 Aug. - YEOVIL 5K: 14 K Sparey 17:01.
Sun. 15 Aug. - BURNHAM BEECHES HALF-MARATHON: D Jarvis 1:37:33. **STANDISH WOODLAND CHASE 10M MT:** 40 = R Bown (Frome, 2nd-claim) (3rd woman) & M Pace 1:13:02, 98 Sue MacGregor 123:59.
Thu. 19 Aug. - SPRINGFIELD 5K: 13 T Frost 18:14, P Mitchell 23:43.
Sat. 21 Aug. - RACE THE TRAIN 14M, Tywyn, N.Wales: 174 M Pace 1:52:52, 203 R Bown 1:55:46, 455 Sue MacGregor 2:13:57.
Sun. 22 Aug. - SHERBORNE CASTLE HALF-IRONMAN TRIATHLON: 882 J Betteridge 1.2M swim 41:45 + 56M bike 3:09:21 + 13.1M run 1:57:39 = 5:53:55 (including time in transition).
Sat./Sun. 28/29 Aug. - RIDGEWAY CHALLENGE 86.5M MT: 13 V Toms (1st W50) 30 hours [see Page 1].
Sun. 29 Aug. - PEWSEY HALF-MARATHON: 18 D Barber 1:25:53, 77 Les Unsworth 1:36:47, 96 L Ringham 1:39:18, 143 J Anderson 1:46:16, 153 N Yates 1:47:47, 176 M Clarke 1:50:47, 240 G Phillips 2:04:30. **LANGPORT 10K:** 15 K Sparey 35:53, 19 A Bartlett 36:45, 116 M Maidment 43:48, 173 R Barber (1st W55) 45:47, 269 M Kirkpatrick 52:03, 260 D Cox 51:29, 282 T Maidment 52:55, 284 J Field (2nd W55) 53:24, 287 N Whitehead 53:37, 289 J Cox 53:43, 315 M Gerrish 55:39, 327 D Mellor 56:55, 345 J Farr 58:50, 362 I S Farr 1:01:49, 386 T Bartlett 1:10:21.
Mon. 30 Aug. - SOUTHWICK 3M: G Sharam (3rd woman) 27:26, 34 T Bartlett 36:13.

Fri. 3 Sept. - CASTLE COMBE DUATHLON (2M run + 10M bike + 2M run): 57 C Maurissen 12:20 + 25:05 + 12:22 = 49:47, 143 L Irwin 14:37 + 28:01 + 14:00 = 56:36.
Sun. 5 Sept. - WANSDYKE TRIATHLON (400m swim + 2.5K bike + 5K run): 59 K Brown 7:07 + 53:13 + 24:56 = 1:25:16, 85 N Whitehead (1st M55) 8:15 + 52:44 + 26:40 = 1:27:39, 138 Stuart MacGregor 8:28 + 54:59 + 30:50 = 1:34:07, 178 L Irwin 8:54 + 57:29 + 34:13 = 1:40:37. **NEWBURY TRIATHLON:** R Barber (1st W50) 300 swim 7:20 + 22K bike 48:58 + 5K run 20:26 = 1:16:44.
Wed. 8 Sept. - YEOVIL 5K: 26 M Bryant 17:55, 33 S Bryant 18:47, 63 R Barber (1st W55) 20:58.
Sun. 12 Sept. - ROBIN HOOD MARATHON: 362 D Kay 3:49:05. **BRISTOL HALF-MARATHON:** 91 K Sparey 1:19:50, 230 D Wrintmore 1:25:35, 709 M Maidment 1:34:13, 719 L Jones 1:34:20, 1429 T Vivian 1:40:49, 1468 Sue MacGregor 1:41:06, 1534 L Harding 1:41:41, 1830 J Mumford 1:43:38, 1194 C Atkinson 1:38:47, 1352 L Irwin 1:40:06, 1804 T Simpson 1:43:28, 2204 M Clarke 1:45:56, 2234 R Sales 1:46:07, 2338 J Scott 1:46:46, 3321 M Kirkpatrick 1:52:10, 4863 J Shaw 2:00:19, 6190 T Maidment 2:09:48. **ALDBOURNE 10K:** 89 J Cox 54:35, 93 D Cox 55:06, 112 T Griffith 1:01:23. **WARMINSTER 10M:** 4 A Bartlett 1:01:18, 30 D Jarvis 1:12:36, 45 C Switzer 1:16:45, 60 A Hickson 1:20:29, 62 S Stephens 1:20:46, 63 J Anderson 1:21:10, 72 S Greatwood 1:23:58, 82 D Ellis 1:27:47, 84 G Phillips 1:29:10, 95 D Mellor 1:36:24, 98 J Farr (1st W55) 1:40:02.
Thu. 16 Sept. - SPRINGFIELD 5K: 23 T Frost 18:14, 40 P Mitchell 20:00, 73 J Adams 22:39.
Sun. 19 Sept. - NEW FOREST MARATHON: 152 D Kay 3:50:56. **LAKE VRYNHWY HALF-MARATHON:** 562 M Pratt 1:53:22. **KING ALFRED'S TORMENT,** Stourhead: 5 A Bartlett 46:14, 18 R Ellis (2nd M40) 52:13, 58 T Vivian (1st W45) 1:02:31, 75 A Hickson 1:07:56, 120 T Bartlett 1:31:17. **BRAMBLES 10K,** Stourport: 47 M Pace 41:33, 91 Sue MacGregor (1st W45) 45:50, 92 Stuart MacGregor 45:50.
Sun. 26 Sept. - EUROPEAN DUATHLON CHAMPIONSHIPS, Swansea (10K run + 40K bike + 5K run): R Barber (3rd W55) 49:49 + 1:19:43 + 27:53 = 2:38:46 (incl. transition time), N Whitehead (16th M55) 47:22 + 1:18:24 + 36:40 = 2:43:51 (incl. transition time). **OLDBURY 10M:** 9 K Sparey 58:—, — D Barber (1st M40) 1:03:12, 45 D Wrintmore 1:05:31, 108 D Kay 1:13:47, — Sue MacGregor (1st W45) 1:14:09, — T Vivian 1:05:30, 138 J Mumford 1:17:37, 159 Stuart MacGregor 1:20:31, 178 D Ellis 1:24:13, 218 T Griffith 1:39:57. **TAUNTON 10K:** 57 = R Bown & M Pace 41:37. **CIRENCESTER 10K:** 134 L Irwin 46:32.

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 10 Wessex Cross-Country League, Glastonbury, 1.00; Great South Run 10M, Portsmouth, 10.00.
 Sun 17 Swindon Half-Marathon, 11.00; Amsterdam Marathon, Half-Marathon & 10K.
 Sat 23 Weymouth 10M, 12.00.
 Sun 24 Stroud Half-Marathon, 10.00; Fordingbridge 10M, 11.00.
 Sun 31 Salisbury Half-Marathon, 11.00; The Stickler 10M MT, 10.30.

NOVEMBER

- Sat 6 Victoria Park (Bath) 4M, 2.00.
 Sun 7 AVR Over the Hills 12K MT, Bradford-on-Avon, 11.00.
 Sat 13 Cheddar Half-Marathon, 1.30.
 Sun 14 Wessex Cross-Country League, Salisbury (Hudson's Field), 1.00; [Chipping] Sodbury Slog MT, 11.00.
 Sun 21 Wimborne 10M, 10.30; Gosport Half-Marathon, 11.00.
 Sun 28 Hayling Island 10M, 10.00.

DECEMBER

- Sun 5 Wessex Cross-Country League, Newbury (St Gabriel's School), 1.00; Montacute 10M MT, 10.30.
 Sat 11 Wiltshire Cross-Country Championships, Devizes, 1.00.
 Sun 12 Christchurch 10, 11.00; Wyvern Christmas Cracker 10K, 11.00.
 Sun 19
 Sun 26 Beehive 5K, 11.30.

JANUARY

- Sat 1 Hangover 10K, Kewstoke, 11.00.
 Thu. 6 (provisional date of) AVR AGM — nominations and proposals to secretary at least two weeks before.
 Sun 9 Wessex Cross-Country League, Pewsey (Upavon), 1.00.
 Sun 23 Slaughterford 9M, 9.50.

FEBRUARY

- Sat ? AVR prizegiving and party, Farmhouse Inn, Southwick - details Les Unsworth, tickets from Stan & Judy.

Remaining Wessex League fixtures: Sun 13 February – Wimborne; Sun 13 March – Dorchester.

A Lighthearted Look (at Running's Rich Pattern)

Tony Bartlett

1. A running club's members are of a multiple type:
Some immature and plain-looking, some handsome and ripe.
So place your bets now, because it's for you to perceive
Which particular image is yours to believe.
2. First comes the bold hero striving to lead;
He never gives up and crams on more speed,
But this is oft his undoing in race after race,
When better judgement is required for a more even pace.
3. The poser has every t-shirt and has done this and that:
He'll bore you to death if you hear his idle chat,
He is a bronzed Adonis and he sets out to thrill,
But in reality of course he's just run-of-the-mill.
4. The prima donna who thinks she's the star at the top,
And all other females are from the secondhand shop.
With her exquisite figure on page three she'd like to be,
But it's all foam rubber and padding (between you and me).
5. Comes now the scruff with muddy shoes and torn vest
He couldn't care less about looking his best,
With his unshaven chin and grime-encrusted nails —
Catch a whiff of his armpits and horror prevails!
6. There's always one in the ranks, I'm sorry to say,
Who is after a trophy in his home to display.
He looks for small races which he knows he can win,
But this pot-hunter's trick is beginning to wear thin.
7. Then there's the whinger, where nothing's quite right:
Her shorts are all wrinkled and her shoelaces tight;
She always is injured and moans all the time —
When you train with this lady you're a martyr sublime.
8. A ferocious and bumptious female can always be found
Dictating the rules and bossing everybody around;
She likes to take charge and loves cracking the whip,
Though she's seen by most others as a bit of a drip.
9. Finally we arrive at our categorical last:
The old man or woman whose best days are past.
Tired, slow and leg-weary, they always bring up the rear;
But we wouldn't be without them, for we're next, I fear!
10. So there we are, folks, a composition of contrast:
Some merely quite trivial, others never surpassed;
And I'm sure you know someone of whom this is true;
But be honest with yourself now: *which one is you?*



Valley News

Captains Corner

October 2004



Welcome to the first Captains Corner supplement to the Valley News looking at the racing aspects of the club. By way of an introduction both of our running credentials are laid bare in the Members Profile section – we will be coming for yours soon! Unfortunately we are starting on a rather bum note as neither the Ladies or Men's teams have captured any awards in the last few months, that is despite some fine individual efforts: **Alistair Bartlett** 4th at the **Warminster Forest 10** and 5th at **King Alfred's Torment**, where **Bob Ellis** picked up the 2nd MV40 prize and **Tina Vivian** came away with the 1st FV45 prize. Whilst at some of the multi-discipline events **Rosemary Barber** continues to excel and **Charlotte Maurissen** and **Mitzi Barber** have recorded some good junior results. Therefore things should only get better and local opportunities present themselves for team awards at the **Over the Hills 12K** and the **Bromham 10K**, details of which can be found in the Fixtures section.

The Fixtures section also marks two Captain's Choice events where we have each selected a race that we would like to see a strong Avon Valley presence at. The first choice is the **Amsterdam Half; Marathon & 10K** where we already have seventeen club members signed up to travel to the Netherlands, to indulge in all of the pleasures that that hot bed of European culture can offer and run a race as well. Flights to Schipol are still available from Bristol, Heathrow or Gatwick and entries are still open – if you wish to join the party then please contact Darren on **01225 703252**. Our second Captain's Choice is the **Hayling 10**, last year Avon Valley sent a coach with twenty-two runners onboard to the event that hosted the Hampshire county championships and produced some fast times all round. Due to the popularity of this event, it is advised that you get your entry in to the organisers ASAP and if you would like to join the **Avon Valley Runners** coach trip to the event, then please contact **Ted Rockliffe** on **01225 762113**. October also sees the start of the Cross Country season, with **Avon Valley Runners** fully signed up for the **Wessex XC League** it is just a case of turn up with your club vest and race – that's right "No Entry Fee".

We hope to develop this supplement and as ever your feedback is key to it's success, please pass any comments back to either one of us or to the **Avon Valley Runners** committee so that we can take them on board for future editions.

Susie Phillips & Darren Wrintmore

Fixtures

October:

Sunday 10th - **The Great South Run**; Portsmouth, Hampshire @10:00 - www.onrunning.com

Sunday 10th - **Wessex XC League**; Millfield School, Wells, Somerset @13:00

Sunday 17th - **Amsterdam Half; Marathon & 10K**; Amsterdam, Netherlands @11:00 *****Captain's Choice*****

Sunday 17th - **Swindon Half Marathon**; Swindon, Wiltshire @11:00 - www.swindonhalfmarathon.co.uk

Sunday 24th - **Stroud Half Marathon**; Stroud, Gloucestershire @10:00 - www.stroudathleticclub.org.uk

Sunday 31st - **Fire Station Half Marathon**; Salisbury, Wiltshire @11:00

November:

Saturday 6th - **Victoria Park Races**; Bath @11:00 - www.cityofbathac.org

Sunday 7th - **Over the Hills 12K**; Bradford on Avon @11:00 - www.geocities.com/avonvalleyrunners

Saturday 13th - **Cheddar Half Marathon**; Cheddar, Somerset @13:30

Sunday 14th - **Wessex XC League**; Hudson's Field, Salisbury, Wiltshire @13:00

Sunday 14th - **Sodbury Slog**; Chipping Sodbury, Bristol @11:00 - www.bittonrr.co.uk

Sunday 21st - **Avebury 8**; Avebury, Wiltshire @10:30 - www.marlboroughrunningclub.org.uk

Sunday 21st - **Wimborne 10**; Wimborne, Dorset @10:30 - www.wimborne10.co.uk

Sunday 28th - **Hayling 10**; Hayling Island, Hampshire @10:00 - www.havantac.co.uk *****Captain's Choice*****

December:

Sunday 12th - **Wessex XC League**; Greenham Common, Newbury, Berkshire @13:00

Sunday 19th (PROVISIONAL) - **Bromham 10K**; Bromham, Wiltshire @11:00

Sunday 26th - **Boxing Day 5K** - The Beehive, Bradford on Avon @11:30

*For inclusion in Valley News, Wiltshire Times and The Book,
please send Results or Articles to avonvalleyrunners@yahoo.co.uk*

Member Profile – Susie Phillips

Date of Birth:	8 th August 1950	Residence:	Steeple Ashton
Occupation:	Housewife	E-mail:	susiephillips@btopenworld.com
Height:	5' 4"	Resting Pulse:	
Weight:	8st 4lb	Running Shoes:	Asics 2090 (Size 5 ½)
Personal Best's:			
5K	21:31 – Bradford on Avon - 2000	Ten Miles	76:00 – Bournemouth - 2000
10K	44:34 – Bromham - 2000	Half Marathon	1:43 – Bath - 2000



I was a fitness instructor who thought she was fit until I tried a fun run and discovered otherwise. I met Stan and Judy at the 1995 "**Great Hinton Agony Run**" and they took me under their wing. The new millennium marked a break through in my running career, setting Personal Bests at all distances and securing a number of age category awards. My crowning glory came in last years **Lanzarote Half Marathon**, where I won my age category over a tough course in very hot conditions and that was after competing on each of the four preceding days as part of the **Lanzarote Challenge**. I am looking forward now to this years **Malta Challenge** at the end of November.

I took over as Race Director in 1999 and developed the "**Over the Hills**" race and more recently introduced the joys of Paarlauf to **Avon Valley Runners** club members!

I particularly enjoy the Monday and Wednesday afternoon group run with my fellow wrinklies, along the Kennet & Avon canal towpath and finishing at the Lock Inn cafe for tea. I became Ladies Club Captain in 2002 and have recently taken up Yoga -all in an attempt to stay ahead of the game!

Over the Hills

Avon Valley Runners will be staging the **Over the Hills 12K** multi-terrain race on Sunday 7th November from the Pound Lane Pavilion in Bradford on Avon. For this years event we have secured the services of Race Photographer **Graham Russell** whose team will be located on the route. **Nike** will also be attendance with their Bowerman trial van providing an opportunity to try out shoes from their latest ranges. We also require forty marshals for the course and your assistance would be greatly appreciated. If you can help then please contact **Tina Vivian** on **01225 866193**.

Member Profile – Darren Wrintmore

Date of Birth:	13 th January 1966	Residence:	Shaw near Melksham
Occupation:	Project Manager with Fujitsu	E-mail:	wrinty@talk21.com
Height:	6' 2"	Resting Pulse:	54 beats per minute
Weight:	13st 4lb	Running Shoes:	Saucony Grid Stabil (Size 11)
Personal Best's:			
5K	16:42 – Midsomer Norton - 1988.	Ten Miles	60:16 – Christian Malford – 1988.
5 Miles	28:09 – Westbury - 1988.	Half Marathon	81:23 – Salisbury - 1985.
10K	34:31 – Devizes - 1988.	Marathon	3:03:11 - Dublin - 1999.



I started running at the age of seventeen after reading in a magazine that it could help clear acne. After a few months of training and equipped with a pair of plimsolls and a healthier complexion, I entered my first fun run – The 1983 **Warminster Minithon**. I completed the 5.3-mile course in 32 minutes beating many of the new running boom athletes. The following year (this time equipped with proper running shoes) I shaved almost two minutes off of my time to lift the Junior trophy. I joined **Avon Valley Runners** in 1987 and managed to record a few Fun Run victories before giving up to injury in 1989, after an unsuccessful bilateral posterior-tibial decompression operation in an attempt to cure a recurrent case of shin splints.

In 1996 I decided to try my legs out running again in an attempt to loose weight – I had ballooned up to 15 stone!!! As I was living in South East London I joined Bexley based **Cambridge Harriers**, where Olympic Javelin thrower **Steve Backley** was also a member and completed both the **Dublin Marathon** and the **London Marathon**. Following a move back to the South West I rejoined **Avon Valley Runners** in the Spring of 2001 and was elected Men's Club Captain in January 2004. Looking forward, I have managed to persuade my family that I can do the **Disneyland Marathon** in January 2006 to celebrate my 40th birthday.

For inclusion in Valley News, Wiltshire Times and The Book,
please send Results or Articles to avonvalleyrunners@yahoo.co.uk