



Valley News

THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS (76) JANUARY 2005

Malta Ego

A TALE OF THREE CITIES

by Viv Toms

"... *And don't breathe the air*", I sang to myself, while struggling up yet another steep hill filled with diesel fumes from the traffic whizzing past, as the small field of 135 competitors didn't justify closing off the roads. We'd already been warned against drinking the water, as in Malta it didn't taste like what it oughta.

Susie, Glyn, Mike and I had taken on the MALTA CHALLENGE, a marathon in three stages over three days, which on paper looked ridiculously easy. None of us had been here before, so we had no idea how difficult it would be, and it certainly lived up to its name. It was run with military precision. We were issued with coloured wristbands at the start of every race and threatened with disqualification if we finished without them; in fact, I was severely reprimanded at the end of the first stage as my number had become creased. We were also ordered to put our arms up at the finish, and on no account to stop our watches in case our numbers were hidden from the camera!

After being bussed to the ancient walled city of MDINA for **stage one**, we ran uphill to Dingli Cliffs and finished 11.195 kilometres later at RABAT, where unfortunately Glyn's leg gave out and he was unable to do the following two stages. Having a glass of tea in a back-street café afterwards, we got chatting to a small wizened toothless old local and discovered that it was his birthday. After we'd embarrassed him by singing "Happy birthday" I asked him how old he was. His reply of "Fifty-nine" made me realize that running really does keep you young!

The **second stage** of six kilometres was a circular route from BIRZEBBUGA and, like the first, finished up a steep hill. After completing the pancake-flat Amsterdam marathon a few weeks earlier, I wondered how the Dutch runners had trained for this, as there were so many of them that they were given special orange numbers.

Gamely, Glyn hired a bike for the **third stage**, a 25-kilometre trek starting near our hotel in ST PAUL'S BAY to VALLETTA, the capital, and supported and encouraged us along the coastline and through various hot and dusty villages with unpronounceable names. After a lung-bursting climb at 21km, a marshal called out that the finish was just around the corner, but I couldn't believe my eyes when I saw the narrow cobbled road reaching up into the sky! Not only was it nearly vertical, but it was also jam-packed with shoppers which we had to weave through, and some sort of procession of men dressed as 16th-century soldiers carrying banners. Had I not been gasping for oxygen I would have enjoyed watching them, but was very grateful to Glyn for ploughing a path for me through the crowds.

We all thought we'd worked hard for our unusually heavy medals, reportedly the best in the world, and there were no fewer than sixty cups given out at the prizegiving! No wonder we have to wait until March for our photos. David Mansbridge, a Brit who had won several times previously, was beaten into second place by a Dane by just one second, and British women finished in second and third places. I received a cup for first woman over 55 — my only rival being a local competitor who hadn't run since October. [See Results, Page 3.]

Editor: Tim Northwood, 45 Hilperon Road, Trowbridge; Tel. 01225 769929.

AVR 2004 CHAMPIONSHIP RESULTS

Pos.	Cat. pos.	Name	Aggregate	Pos.	Cat. pos.	Name	Aggregate
1	1M, 1M45-49	Kevin Sparey	2:51:48	21	5W, 1W40-44	Sonya Stephens	3:44:26
2	2M	Alistair Bartlett	2:56:13	22	17M, 1M65-69	Anthony Hickson	3:46:10
3	3M, 1M40-44	Doug Barber	3:02:00	23	18M	Gary Thwaites	3:47:00
4	4M	Darren Wrintmore	3:05:37	24	6W	Jan Betteridge	3:47:12
5	5M	Mike Pace	3:17:48	25	7W, 1W50-54	Rose Barber	3:48:27
6	6M, 2M40-44	Bob Ellis	3:18:32	26	8W, 2W40-44	Julia Scott	3:50:39
7	7M, 2M45-49	Stuart MacGregor	3:18:46	27	19M, 1M50-54	Bob Sales	3:53:22
8	8M, 3M40-44	Llewelyn Jones	3:20:50	28	9W, 3W40-44	Denise Ellis	3:59:57
9	9M	Steve Noyes	3:22:45	29	20M, 5M40-44	Neville Yates	4:00:13
10	10M, 3M45-49	Les Unsworth	3:26:42	30	21M, 4M55-59	Mike Pratt	4:06:05
11	11M, 1M55-59	Derek Jarvis	3:28:06	31	10W, 1W60-64	Joyce Field	4:10:39
12	12M	Chris Atkinson	3:30:55	32	22M	Mark Kirkpatrick	4:11:19
13	1W	Liz Ringham	3:31:02	33	11W, 1W55-59	Viv Toms	4:17:07
14	13M, 1M60-64	Danny Kay	3:31:46	34	12W, 2W50-54	Susie Phillips	4:20:30
15	2W, 1W45-49	Sue MacGregor	3:33:31	35	23M, 2M65-69	Tony Griffith	4:28:48
16	14M, 2M55-59	Peter Hunt	3:37:48	36	24M, 1M70-74	Dennis Mellor	4:33:35
17	15M, 4M40-44	Laurie Irwin	3:39:01	37	25M, 2M50-54	Mike Brain	4:39:43
18	3W	Jo Mumford	3:39:36	38	26M, 3M65-69	Stan Farr	5:21:08
19	16M, 3M55-59	Jim Anderson	3:41:00	39	27M, 4M65-69	Tony Bartlett	6:18:44
20	4W, 2W45-49	Tina Vivian	3:41:01				

BEST TIMES: 10 kilometres: Kevin Sparey 35:36, Rachel Bown 41:30; 10 miles: Kevin Sparey 58:38, Liz Ringham 1:11:29; half-marathon: Kevin Sparey 1:17:34, Liz Ringham 1:35:34; marathon: Llewelyn Jones 3:18:45, Liz Ringham 3:20:30.
Percentage awards: Kevin Sparey 84% (Yeovil 5K), Rosemary Barber 82% (Yeovil 5K).

OLYMPICS WITH A DIFFERENCE

Darren Wrintmore

On a recent family trip to Bristol Zoo, we found that they had added a new activity trail named the ZOOLYMPICS. On the trail you're invited to test your abilities against the best and the rest of the animal kingdom in activities ranging from standing on one leg like a flamingo to flapping your arms like a hummingbird and sticking your tongue out like a chameleon. One particular challenge caught my eye: "What is your speed limit?" A short stretch of running track had been laid out with timing sensors a couple of metres apart — your calculated speed is then displayed for all to see.

First up, my two-year-old son Jaret, toddling down the track and clocking 5.83 kph, a speed that would see him record a seven-hour marathon and outkick a Galapagos tortoise. Next up, four-year-old daughter Kira, whose 6.9 kph would see her perform a half-marathon in a shade over three hours — the same pace, I was informed, as a giant millipede.

While no one was looking it was time for Dad to sneak a go, and I managed a pretty swift 27.6 kph (equivalent to a marathon in just 90 minutes!), putting me on a par with an elephant shrew, but way behind Maurice Greene's 36.7 kph, an ostrich at 65 kph and a cheetah at 100 kph — though reassuringly faster than either a black mamba or a Nile crocodile. But, given that I had had a good run-up and that these creatures are ambush predators, I wouldn't want to put it to the test.

However, a wry smile crossed my face as I recalled to myself the anecdote of the wildlife film crew alone among a pride of hungry lions on the Serengeti. A lioness starts to approach the two men, and one of them starts to change into his running shoes. His colleague says, "You'll never outrun that lioness", to which he replies, "As long as I can outrun you!!!"

Secretary's Report

A happy new year to all members, of which 35 joined during 2004 to give us a total membership of 139.

It was good to see that 39 members completed a 10 kilometres, 10 miles and half-marathon to qualify for the club championships; if the Bromham 10K had gone ahead many more would have achieved this objective.

Lack of space prevents me from naming all of those who have made contributions to the running of the club, but special mention must be made of Sue MacGregor and Tina Vivian, who organized the AVR Over The Hills race which raised hundreds of pounds for charity.

Finally, congratulations and best wishes to 16 members who have managed to get places in the London Marathon.

— Stan Farr.

The Dread Poets' Society

by Viv Toms

Apologies to the person who thought poems should stop: It was just my little indulgence.

Memory Lane, it was said, we should also drop; To me this is utter nonsense.

Am I alone in reading "blasts from the past" And enjoying Tony's odes?

Does it mean that others cannot be arsed? What slimy nematodes! *

Well, I'm sorry to the folk who don't like my rhymes: You don't have to read them, you know!

It's an innocent pursuit — there are much worse crimes; *Please don't upset the status quo.*

The last refuge of the truly desperate Is poetry, Pete McCarthy said.

I don't claim to be a poet laureate, But there's doggerel in my head!

The moving finger writes, and having writ Moves on, to write another bit!

SO THERE!

* That was a bit harsh, but it rhymed!

RESULTS: October–December

Sun. 26 Sept. (late result) – **GREAT NORTH RUN (half-marathon):** 1814 D Jarvis 1:39:38, 10414 M Clarke 2:04:17, 13915 D Judge 2:11:56.

Sat. 2 Oct. – **ARGENTAN HALF-MARATHON** (France): J Field 1:58:30.

Sun. 3 Oct. – **CARDIFF MARATHON:** 148 L Jones 3:18:45, 153 Les Unsworth 3:19:16, 219 L Ringham 3:28:40, 228 M Maidment 3:20:27, 356 D Kay 3:44:48; **HALF-MARATHON:** 382 Stuart MacGregor 1:40:11, 393 Sue MacGregor 1:40:35, 580 S Stephens 1:44:19, 581 S Ringham 1:44:20, 1328 T Maidment 1:59:20. **CRICKLADE HALF-MARATHON:** 13 D Barber 1:23:52, 35 T Frost 1:29:50; **10K:** 89 L Irwin 46:50, 214 T Griffith 58:50. **SHEPTON MALLET 10K:** 30 R Barber (3rd woman, 1st W55) 46:07, 40 S Phillips (2nd W45) 50:25, 50 D Cox 52:55, 61 D Mellor 56:30, 67 J Farr 58:32, 68 I S Farr (& 1st dog) 58:38. **SWANSEA 10K:** D Jarvis 41:22.

Sun. 10 Oct. – **MENDIP MUDDLE 20K MT.** Charterhouse: 2 A Bartlett 1:28:15, 69 I White 1:48:34, 178 B White 2:22:38. **GREAT SOUTH RUN 10M.** Portsmouth: 652 Stuart MacGregor 1:10:25, 1314 J Mumford 1:15:16, L Irwin 1:19:19, 2166 R Sales 1:19:23. **WESSEX CROSS-COUNTRY LEAGUE,** Glastonbury: *Senior men* – 32 R Ellis 35:09, 75 T Northwood 44:59.

Sun. 17 Oct. – **AMSTERDAM MARATHON:** 3913 V Toms 4:30; **HALF-MARATHON:** 78 D Barber 1:23:49, 113 D Wrintmore 1:25:45, 217 R Ellis 1:29:03, 322 M Pace 1:30:54, 464 D Jarvis 1:33:52, 625 M Maidment 1:35:55, 871 Stuart MacGregor 1:38:31, 873 Sue MacGregor 1:38:32, 1283 L Irwin 1:42:17, 1441 P Symms 1:43:24, 2223 M Hayward 1:49:17, 2504 D Ellis 1:50:40, 3098 J Field 1:54:18; **10K:** 1488 T Maidment 56:18, 1801 G Sharam 58:33, 2412 I S Farr 1:03:29. **SWINDON HALF-MARATHON:** 636 S Phillips 2:00:22, 373 G Thwaites 1:49:08, 750 T Griffith 2:07:52. **CABBAGE PATCH 10M:** 642 M Pratt 1:23:41.

Sat. 23 Oct. – **WEYMOUTH 10M:** 127 R Barber 1:21:20.

Sun. 24 Oct. – **STROUD HALF-MARATHON:** 104 D Barber 1:22:59, 295 L Jones 1:32:13, 506 Sue MacGregor 1:38:57, 509 D Kay 1:39:03, 537 T Vivian 1:39:30, 605 J Anderson 1:41:22, 662 Kerry Hall 1:42:54, 687 S Stephens 1:43:42, 663 S Noyes 1:43:04, 677 P Hunt 1:43:32, 840 L Irwin 1:47:27, 1432 S Phillips 2:02:38, 1497 D Mellor 2:04:56. **THRUXTON DUATHLON:** 74 A Bartlett – 5K run 18:27 + 30K bike 1:03:46 + 5K run 18:19 = 1:40:32.

Mon. 25 Oct. – **DUBLIN MARATHON:** 2340 R Bown 3:49:55.

Sat./Sun. 30/31 Oct. – **KARRIMOR MT:** 54 T Vivian & D Ellis Sat. 9:39:51 + Sun. 6:49:16 = 16:27:07.

Sun. 31 Oct. – **SALISBURY HALF-MARATHON:** 39 Les Unsworth 1:34:16, 94 D Jarvis 1:47:07, 102 J Betteridge 1:48:52, 106 P Hunt 1:49:31, 158 T Griffith 2:07:20. **THE STICKLER 10M MT:** 27 D Barber 1:15:15. **ALCHESTER LADIES' 10K:** 9 L Ringham 44:48.

Sat. 6 Nov. – **VICTORIA PARK 4M,** Bath: 144 T Bartlett 47:16.

Sun. 7 Nov. – **OVER THE HILLS 12K MT:** 8 K Sparey (1st M45) 49:06, 18 D Barber 51:07, 26 D Smith 52:08, 31 B Flook 53:33, 41 K Brown 55:05, 44 R Ellis 55:56, 50 T Inglis 57:07, 65 D Jarvis 58:57, 79 C Maurissen 1:00:35, 82 S Ringham 1:00:51, 85 J Adams 1:00:54, 107 B Skivington 1:03:47, 136 R Barber (1st W50) 1:06:50, 149 G Thwaites 1:08:09, 154 S Stephens 1:08:58, 158 T Northwood 1:10:04, 162 J Cox 1:11:02, 163 B White 1:11:21, 172 G Phillips 1:12:40, 177 J Scott 1:13:16, 184 S Phillips 1:14:50, 190 R Barden 1:15:46, 200 T Griffith 1:17:31, 213 D Mellor 1:21:24. **ISLE OF MAN HALF-MARATHON:** 4th woman J Betteridge (1st W35) 1:45:08.

Sat. 13 Nov. – **CHEDDAR HALF-MARATHON:** 18 A Bartlett 1:20:46, 36 D Wrintmore 1:24:10, 53 S Bryant 1:28:05, 63 L Jones 1:30:17, 71 R Bown 1:31:17, 74 Les Unsworth 1:31:57, 75 D Jarvis 1:32:08, 91 M Pace 1:34:39, 102 D Kay 1:36:40, 109 Sue MacGregor (2nd W45) 1:38:09, 115 L Irwin 1:39:24, 128 P Hunt 1:41:04, 137 T Simpson 1:42:42, 147 J Scott 1:45:11, 192 D Ellis 1:51:30, 210 J Field (1st W55) 1:53:59, 255 T Griffith 2:02:27, 261 S Phillips 2:05:37.

Sun. 14 Nov. – **SODBURY SLOG 9M MT:** 79 D Barber 1:10:21, 93 B Flook 1:11:54, 309 C Maurissen 1:24:01, 327 N Whitehead 1:24:43, 602 J Cox 1:39:37, 791 D Cox 1:54:18. **WESSEX CROSS-COUNTRY LEAGUE,** Salisbury: *Senior men* – 79 R Ellis 33:33, 138 T Northwood 41:46.

Sun. 21 Nov. – **GOSPORT HALF-MARATHON:** 21 K Sparey 1:17:34, 369 R Barber (3rd W50) 1:42:25. **WIMBORNE 10M:** 28 A Bartlett 59:59, 162 D Jarvis 1:14:52, 175 J Betteridge 1:16:12. **AVEBURY 8M MT:** 27 I White 1:06:43, 46 A Hickson 1:14:34, 52 B White 1:16:55, 66 T Griffith 1:21:31. **COLYTON 10K:** 35 M Pace 40:43, 85 Stuart MacGregor 44:09, 87 Sue MacGregor 44:16, 106 T Vivian 46:01. **TOMAC OFF-ROAD DUATHLON:** 94 L Irwin 2M run 18:47 + 10M bike 1:39:07 + 2M run 20:51 = 2:18:45.

Fri./Sat./Sun. 26/27/28 Nov. – **MALTA MARATHON CHALLENGE** (11-195K + 6K + 25K): 67 M Pratt 3:46:44, 79 S Phillips (2nd W50) 3:57:39, 95 V Toms (1st W55) 4:13:53.

Sun. 28 Nov. – **HAYLING ISLAND 10M:** 36 A Bartlett 58:53, 70 D Wrintmore 1:02:30, 108 S Noyes 1:04:42, 129 M Pace 1:06:11, 141 L Jones 1:06:51, 158 C Atkinson 1:07:37, 203 S Payne 1:09:43, 208 Stuart MacGregor 1:10:11, 245 L Ringham* 1:11:29, 248 Sue MacGregor* 1:11:40, 265 J Mumford* 1:12:31, 283 L Irwin 1:13:05, 291 J Rockcliffe 1:13:27, 293 A Hickson 1:13:29, 294 S Ringham 1:13:31, 301 P Hunt 1:13:38, 302 T Rockcliffe 1:13:44, 316 B Skivington 1:14:24, 323 S Stephens 1:14:30, 365 T Vivian 1:16:18, 410 J Scott 1:18:18, 449 J Cox 1:20:04, 504 D Ellis 1:22:19, 525 N Evans 1:23:21, 533 J Field 1:24:13, 602 D Cox 1:29:15, 615 T Griffith 1:30:31, 623 M Gerrish 1:31:17, 634 D Mellor 1:32:11, 641 S Cook 1:32:29, 642 J Scott 1:32:29. *3rd women's team. **BOSCOMBE 10K:** 97 Les Unsworth 43:23. **BLACKLANDS 7¼M MT,** Calne: 54 B White (2nd W45) 1:12:25.

Sun. 5 Dec. – **PORTSMOUTH 5M:** 67 K Sparey 28:34.

Sat. 11 Dec. – **WILTSHIRE CROSS-COUNTRY CHAMPIONSHIPS,** Devizes: *Senior men* – 17 R Ellis.

Sun. 12 Dec. – **MAJORCA MARATHON:** D Kay (1st M0) 3:30:28; **HALF-MARATHON:** Sue MacGregor (1st W45) 1:41:14, T Vivian (2nd W45) 1:43:25. **WYVERN CHRISTMAS CRACKER 10K:** 15 K Sparey (1st M45) 36:03, 202 R Barber (1st W50) 44:42, 209 P Hunt 44:54, 363 J Cox 48:54, 495 S Phillips 52:16, 565 D Cox 53:55. **ALCHESTER 10K,** Bicester: 104 J Mumford* 43:27, 117 L Ringham* (1st W35) 43:59, 156 S Stephens* 46:14, 172 J Scott 47:10. *2nd women's team. **WESSEX CROSS-COUNTRY LEAGUE,** Newbury: *Senior men* – 104 T Northwood.

Sun. 26 Dec. – **44TH BOXING DAY RACE** (5K), Bradford-on-Avon*: 1 A Bartlett 17:38, 2 D Spicer 17:47, 3 M Bryant 18:01, 4 D Barber (1st M40) 18:16, 5 M Pace 19:08, 6 S Bryant 19:27, 7 N Whitehead (1st M55) 20:44, 8 G McLaughlan 20:55, 9 L Irwin (1st M45) 21:27, 10 D Ramsden (Aus) 22:17, 11 A Hickson (1st M65) 22:18, 12 M Hayward (& dog) 22:31, 13 C Ramsden (Aus) (1st Mu18) 22:49, 14 H Anstey (Frome) (1st woman) 22:51, 15 P Falla (hol) 23:02, 16 C Howard (Hillingdon) 23:24, 17 M Edwards 23:54, 18 S Phillips (1st W50) 24:05, 19 J Snella (sui) 24:11, 20 P Clarke 25:02, 21 J Field 25:10, 22 V Bartlett 25:23, 23 D Cox 25:51, 24 N Fyfe 26:37, 25 T Griffith 27:41, 26 D Mellor (1st M70) 28:09, 27 I S Farr (& dog) 29:12, 28 T Bartlett 37:57. *Stan Farr has run all 44 since 1961 when Trowbridge AC's 3.4-mile course was from The Castle pub to West Ashton crossroads and back.

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

- Sun. 16 Milton Lilbourne 10M MT, 11.00.
 Sun. 23 Slaughterford 9M, 9.50.
 Sat. 29 Club Presentation / Buffet / Disco, The Farmhouse Inn, Southwick, 7.30.

FEBRUARY

- Sun. 6 Blackmore Vale Half-Marathon, 11.00; Longleat 10K (£12 entry), 10.00.
 Sun. 13 Dursley Dozen MT, 10.30; Wessex Cross-Country League, Wimborne, 1.00.
 Sun. 20 Bramley 20M & 10M, 10.30; Weston Tough Ten MT, 11.00; Salisbury 10K, 11.00.
 Sun. 27 Pewsey 10M, 10.30; Babcary 7½M, 11.00; Winchester 10K, 10.30.

MARCH

- Sun. 6 Gloucester 20M, 10.00; Reading Half-Marathon, 9.30.
 Sun. 13 Calne 10K, 11.00; Grizzly 18M MT, 10.30; Wessex Cross-Country League, Dorchester, 1.00; Eastleigh 10K, 2.30.
 Sun. 20 Bath Half-Marathon, 11.00; Fleet Half-Marathon, 11.30; Hogweed Hilly Half-Marathon, 10.30; Sherborne 10K, 10.30.
 Sun. 27 Marshfield 5½M, 10.30.
 Mon. 28 Yeovil 10K, 11.00.

APRIL

- Sun. 3 Trowbridge Lions' 10K, 11.00; Taunton Marathon & Half-Marathon, 10.30; Bournemouth Half-Marathon; Totton 10K, 1.00; Pen Selwood 10K, 11.00.
 Wed. 13 Yeovil 5K, 7.15.
 Sun. 17 London Marathon; Corsham 5K, 10.00.

CLUB OFFICERS – 2005

At a well-attended annual general meeting on Thursday 13 January, the following officers were elected/re-elected: *President* Mike Holland; *vice-president* Dick Barrow (Lock Inn); *chairman* Bob Ellis, *vice-chairman* Ted Rockliffe; *hon. secretary* Stan Farr, *asst hon. sec.* Judy Farr; *hon. treasurer* Joyce Field; *auditor* Les Unsworth; *men's captain* Darren Wrintmore, *vice-captain* Ted Rockliffe; *women's captain* Tina Vivian, *vice-captain* Joyce Field; *press officer* Darren Wrintmore; *newsletter editor* Tim Northwood; *committee members* all above plus Pete Chapple, Jan Hunt, Derek Jarvis.

Bob kept proceedings going smoothly. Appreciation was expressed to Stan and Judy for their continuing dedication to the running of the club. After four years' service as treasurer (for which he was unanimously awarded "the Bomb") Les handed over to Joyce – to whom your subscription of £7 is now due! Andy Collins of the British Triathlon Association addressed members, and it was agreed that AVR would pay £60 plus £30 insurance to affiliate; this should benefit all competing in both triathlons and duathlons. The 2004 awards for improvement were both uncontested, as both Laurie Irwin and Julia Scott had made considerable advances on their championship totals for 2003. A lively discussion took place on the format and content of the newsletter, at the end of which it was agreed that any supplementary items would first be submitted to the editor for checking and approval. Finally, general discussion continued in the warmer, better provisioned surroundings of a local "apiary".

A Helping Hand

Tony Bartlett

- When a moment of reflective solitude upon you descends,
Give thought to your clubmates, buddies and friends,
The way that your club operates — there must be a link;
But how does this happen — by magic, do you think?
- A most dedicated band of officials work on your behalf,
Taking seriously their duties, not just there for a laugh,
Ensuring that the club flourishes and continues to thrive;
To their honour and credit to this end they positively strive.
- When you arrive at club night for your usual training run,
You probably enjoy it and agree that it's been fun;
But someone has to organize the evening's venue,
Which you readily take for granted, just as you always do.
- Who lists all the team events for the coming racing days,
And composes press reports to give you fulsome praise?
Who arranges all the transport for outings miles afar?
Just give a thought to this when you're standing at the bar.
- Who compiles the club magazine, the quarterly review,
Burns the midnight oil with sweat and toil? It isn't you!
Your club puts on a road race or on muddy rough terrain:
Do you always enter it yourself, again and yet again?
- Now ages of club membership are many decades apart,
Some quite elderly runners, others young, soon to start:
Who trains the youngsters to champion or Olympian star;
Do you give help or advice, or just go home in your car?
- When marshals are called for to stand in boggy wet ground,
Are you first in the queue or nowhere to be found?
When asked to give assistance, an excuse you always find:
You're above these minor things — just one of a kind.
- Comes the end of the year and the prizegiving "do";
Although you may not have won you go along there too.
The evening's been great, a pleasure for one and all;
But who arranged the catering, the music and the hall?
- Consider all these good souls who undertake this work,
Whilst deep among the background you furtively lurk;
Think therefore and reflect on what has just been said:
Whether your club remains alive or collapses stone dead.
- Reflect now hard and long on the help that you can give,
Be forthcoming with assistance and act most positive;
For whether you're at the bottom or the top of the great heap,
Just as ye have sown, so shall ye the harvest reap.

Welcome to the Valley! New members who joined during the final quarter of 2004 are: **Ruth Barden, Suzanne Hoskins, George Roberts, Brian Skivington and Alan Tate.** Happy running and good times to all.

MILESTONES Birthday greetings and best wishes to the following members who graduate to their next age-groups during the quarter just beginning: **Bernadette Keepence**, 40 on 16 February; **Alan Tate**, 45 on 26 January; **Linda Ladner**, 45 on 28 January; **Kevin Sparey**, 50 on 2 March; and **Michael Pratt**, 60 on 7 January.



Valley News

Captains Corner

January 2005

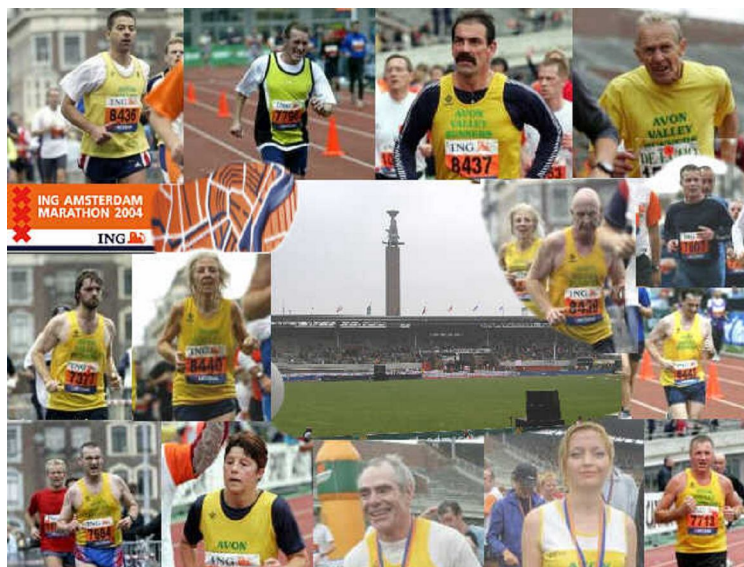


The Autumn provided good hunting both at home and abroad for club members seeking Personal Best times. At the **Cheddar Half Marathon** in November favourable conditions saw new best performances at the distance for: Llewelyn Jones (1:30:17), Derek Jarvis (1:32:08), Laurie Irwin (1:39:24) and Julia Scott (1:45:11). Whilst our Captains Choice event at the **Hayling Island 10** saw 31 Avon Valley Runners competing, with Personal Best times being recorded by: Alistair Bartlett (58:53), Steve Noyes (64:42), Mike Pace (66:11), Llewelyn Jones (66:51), Chris Atkinson (67:37), Stephen Payne (69:43), Liz Ringham (71:29), Sue MacGregor (71:40), Jo Mumford (72:31), Laurie Irwin (73:05), Simon Ringham (73:31), Sonya Stephens (74:30) and Julia Scott (78:18).

Our other autumnal Captains Choice event was the **Amsterdam races**, which saw seventeen, club member's travel to that hot bed of Euro culture. A string of good performances were rewarded with a spot of window-shopping in the Red Light district and an evening at the Boom Chicago Comedy club where Denise Ellis revealed her darkest secret "She is a Neighbours fan".

A handful of club members also travelled to **Malta** to compete in the Island's three-day challenge with Viv Toms returning home with one of the biggest trophies to have ever graced the Pound Lane Pavilion!!!

Looking forward to the spring, sixteen club members have made it into the **London Marathon** on April 17th, so our first Captains Choice event is the ever-popular **Bramley 20** on February 20th with it's supporting 10 miler. Our second choice is the **Bath Half Marathon** – this race has it's critics but 40 Avon Valley Runners are scheduled to line up in Great Pultney Street on the 20th March. The New Year also means the club AGM and both of us will be standing for re-election as Club Captains – hopefully we would have been successful by the time that you read this.



Susie Phillips & Darren Wrintmore

Member Profile – Julia Scott

Date of Birth: 23/12/63
Height: 5'6"
Weight: 9.5st

Residence: Whaddon
Occupation: Sports Massage Practitioner
Running Shoes: Brooks Radius 04

Personal Best's:
Ten Miles 78:18 – Hayling Island - 2004

10K 47:10 – Reading - 2004
Half Marathon 1:45:11 – Cheddar - 2004



I loved running at school and took part in lots of athletic and cross-country events. However after leaving school, I decided that pubs were more fun! I didn't start running again until 1992 when someone I worked with asked me if I would like to run at lunchtime. I ran on and off for a couple of years without taking part in any races apart from the **Avon Valley 10K** in 1993. I eventually joined **Avon Valley Runners** in 2000. I then left the club due to illness and returned in 2001. It was a Tom Roberts evening and Stan gave me a good handicap and I won! I then worked my way up to my first Half in Bath 2002.

The extra training took its toll and I developed a very painful toe, which turned into a stress fracture and was told to have 8 weeks off. The physio suggested orthotics, which have helped enormously. I entered the **London Marathon** this year but was rejected. There is always next year but I will have to take running more seriously and the pubs a little less so!

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

Womens Talk - Here are some web sites for you to browse.

Firstly, the benefits of a good fitting sports bra are obvious, comfort and support. Some of us don't need a lot of support and some of us do! Either way, finding a suitable bra can be a time consuming chore so look on these web sites and take your choice:
www.sportsbras.co.uk, www.lessbounce.com, www.naturallyclose.co.uk,
www.boobydoo.co.uk or www.easybras.co.uk



Secondly, what to wear during the winter for both daytime and in the dark? A good solution is a pair of leggings with some sort of sporty design (plain and you will look like Max Wall!), a white long sleeved wicking base layer and on top, a short-sleeved race T-shirt, surprisingly the T-shirt does not affect the wicking of the base layer: www.girlsruntoo.co.uk is a good place to go looking for ladies running kit.

Thirdly, more and more women are wearing fitness gear to run in mainly due to the gym entry into running. But so often the "cycle" short look is really unflattering "does my bum look big in this" syndrome. A good solution is, when racing, to wear a club vest in a slightly larger size over the shorts to give a neat line and in training any wicking top that covers the bum. Also be careful of some shorts that ride up when running. Some are just the right length and have gripping fabric along the edge 3/4 length are very comfortable as are sport knickers but you've got to be fast to wear them!
www.sportique-uk.com, www.anniluce.co.uk and www.workout-sportswear.com provide good selections online.

Finally, have you tried like Jo, Tina, Sonya and myself the MP3 player? It is great for long runs and is a good excuse not to have to chat! My favourite music is Trance and Euphoria. Try running some efforts and discover the joys of "Trance Fartleks"! Runners World were recommending the i-Bead 200 which can be found at www.mp3players.co.uk or www.advancedmp3players.co.uk

Happy Stylish Running - Susie

Member Profile – Alistair Bartlett

Date of Birth: 13th January 1976
Height: 6' 1"
Weight: 10st 4lb

Residence: Trowbridge
Occupation: Tyre Fitter
Running Shoes: Nike Pegasus (size 9)

Personal Best's:
Ten Miles 58:53 – Hayling Island – 2004

10K 35:07 – Bromham - 2000
Half Marathon 1:18:27 – Stroud - 2000



I started running at the age of seven to try and keep up with my Dad (Tony) and big sister (Verity). In 1984 I joined **St Georges Running Club** and after a few years of competition I managed to overhaul my sister and in 1989 I managed to win my first race – a Five Miler in Spye Park. I followed this up with further victories at Westwood – winning the three-mile race in both 1990 and 1991 (I also won the race in 1993 setting a then a Course Record of 17:39).

In 1992 following the closure of Hattersley Heaton, I moved across Trowbridge to train with **Avon Valley Runners**. The move proved successful and I achieved a major milestone in my running career that year - I managed to beat my Dad for the first time, defeating him at the **Wroughton 8** mile road race.

Wearing AVR colours, I went on to take victory at the 1998 **Great Hinton Agony Run** and at the **Boxing Day 5K** that same year - also remembered as the last time that the event was held on the "classic route" from the Castle Inn to the West Ashton crossroads and back. The new Bradford on Avon route for the **Boxing Day 5K** also proved to my liking and I secured victories at the event in 2000, 2002 & 2004 - a year that saw me win the **Sport Relief: Woolley Street Mile** time trial and finish runner-up in the **Mendip Muddle**.

Looking forward, I would like to improve over the **Avon Valley Runners** club championship distances and dislodge Kevin Sparey from his lofty perch. With attempts scheduled at the **Langport 10K**, **Bramley 10** and **Bath Half**, where I have managed to record some good times in recent years. Looking even further ahead I would like to try the marathon experience one day.

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