



# Valley News

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THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS

(77)

APRIL 2005

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## *Friends you can rely on . . .*

by Anthony Hickson

*Avon Valley Runners have training sessions almost every day of the week (see list below), and the following notes should give a glimpse of the shared experience.*

One Friday we were five (Tina, Jo, Denise, Julia and myself). The aim was to improve our stamina, so we set off on a fifteen-mile run along the canal towpath from Budgens' car-park in Bradford-on-Avon. Two of us (them!) were faster than the other three, but we never really separated. It's great running with friends. We chatted all the way to the George Inn at Bathampton, not feeling in the least tired. We stopped, relaxed, drank, talked a bit more, and then returned to Budgens.

On the following Friday I was feeling under the weather — 'flu, cough etc. — but not bad enough to stop a member of AVR from running. We were planning to do eighteen miles — just a bit past the George. Well, that's where I began to struggle. I said to Denise, "Go on, I'll see you on the way back", and I slowed down, walking, jogging a bit. I nevertheless managed to get to the turn-round point, but I struggled all the way back.

At the Dundas Aqueduct water point, we waved to one another, and the others disappeared along the towpath. For the last three and a half miles I walked almost all the way, not expecting to see anybody at the car-park, but I followed the same route back. The running manuals say that you should complete your course, even if you have to walk, but it was slow progress.

Imagine my surprise, as I was about to cross the canal bridge to Budgens, when I saw Tina looking for me, with the others still waiting in the car-park. They must have waited a long time, although they wouldn't admit it. These are the kind of people who run with Avon Valley Runners, and it makes me proud to be a member — they are wonderful.

### A TYPICAL WINTER TRAINING WEEK

*Monday:* 2 p.m. from Bailey's Barn car-park, Bradford-on-Avon.

*Tuesday:* 7.30 p.m. from Clarendon Sports Centre, Trowbridge. Usually short sprint sessions for the faster runners and a slow run of four to seven miles for the others.

*Wednesday:* We have a pleasurable run at 2 p.m. from Bailey's Barn car-park, picking up stragglers at the Lock Inn Café at 2.04 p.m., stretching at the swingbridge at 2.11. Budgens to the swing bridge is 1.06 miles by towpath. [Such precision! — Ed.]

*Thursday:* 7.30 p.m. from Culver Close, Bradford-on-Avon, around the town — a fast group, a slow group, and the others.

*Friday:* A few of us have been training for the marathon, doing longer runs starting from Budgens car-park at 9.30 a.m., but confirm this the previous Thursday evening.

*Saturday:* 2 p.m. from Bailey's Barn car-park.

*Sunday:* 9.30 a.m. from Pound Lane, Bradford-on-Avon — usually medium-paced for an hour and a half to two hours.

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## Secretary's Report

Welcome to the twelve new members who have joined the club this year, and also the four previous members who have come back to the fold. One important item of news to surface is that (from 1st October 2004) unattached runners will now pay a levy of £2 to run in registered races, so if any of you have unattached friends point out the benefits of joining a club.

Congratulations to the forty-two members who completed the Bath half-marathon; unfortunately I was helping at the finish and missed most of you. Finally, the best of luck to the sixteen members running (injury permitting) in the London marathon on 17 April. — *Stan Farr.*

## Welcome to the Valley!

New members who signed on in the first three months of 2005 are: **Bridget Casey, Lisa Berrington, Anna Keen, Sarah Williams, Kathy Kinsey, Reuben Dallimore and Edward Main** in January; **Gill Brooke-Taylor** (rejoined), **Rod Ellis** and **Victoria McHale** in February; and **Judy Marling** and **Mark Edwards** (rejoined) in March. *Many happy miles in the Valley!*

## MEMBERSHIP STATISTICS

The annual analysis of AVR membership at 1 January 2005 (your age at this date will determine eligibility for club age-group prizes for the current year) produced the following breakdown:

			U-40	40-44	45-49	50-54	55-59	60-64	65-69	O-70
<b>Men:</b>	<b>84</b> (60.43%)	(33.33% u-40)	28	10	7	13	10	5	9	2
<b>Women:</b>	<b>55</b> (39.57%)	(47.27% u-40)	26	8	7	7	3	3	0	1
<b>TOTALS:</b>	<b>139</b>	(38.85% u-40)	54	18	14	20	13	8	9	3

**Subs reminder:** The above totals notwithstanding, the actual total of paid-up members in February 2005 was 91. The annual subscription of £7 for seniors was due on 1 January and should have been paid to treasurer Joyce Field during the first quarter, so you know what to do if you want to avoid being omitted from the list and forfeiting benefits of membership!

## MILESTONES

Pride of place in this issue must go to **Anthony Hickson**, who will attain his three-score-and-ten years on 4 June, still able to outrun many half his age — long may we continue to enjoy his old-world courtesy and genial company. Birthday greetings and best wishes to him and the following members due to reach a higher age-group during the quarter just beginning: **Deborah Judge**, 40 on 30 April; **Tony Inglis**, 40 on 25 May; **Kevin Ladner**, 45 on 26 April; **Ian White**, 50 on 23 May; **Mike Brain**, 55 on 7 April; **Ann Whittle**, 65 on 24 June.

## A Troubled Man

Tony Bartlett

- Contented was I, comfy and happy, just watching the telly  
Laid out on the sofa, hands resting on belly,  
When the voice of the missus breathed in my ear:  
"You fat lazy slob, all you do is drink beer!"
- This slur on my character I resolutely denied,  
But the shaft had hit home and it dented my pride.  
"Why not get a hobby, outside of the house?  
Try taking up golf or go fishing," said spouse.
- Now these types of activity did not really appeal,  
The swing of a club or the rod and the reel.  
"There must be something," said my wife, stroking the cat,  
When from the letterbox a card dropped on to the mat
- The local village Scout group are holding a fête  
With a fun run for all in a month's time, said the date.  
"There you are," said my good lady, "you silly old fool —  
You told me you enjoyed running when you were at school."
- A glimmer of interest sparked deep in my brain:  
Could I, would I be so athletic again?  
So the decision is taken and I decide to get fit,  
That old feeling of pleasure; all I need now is kit.
- Down to the sports shop in the town I now go,  
Where shorts and vests and shoes are on show.  
The prices, I discover, are way over the top,  
But at this stage of proceedings I cannot just stop.
- Therefore I'm now kitted up and my training's begun;  
That first half a mile I've tentatively run.  
Gradually I increase the distance each night;  
I must, I can, I *will* get it right!
- The time soon flies by, and then comes the day:  
To the fête in the sportsfield I now make my way.  
I line up with the rest, my courage starting to fade  
At the sight of fine-looking athletes here on parade.
- The race now begins, and with gentle stride I lope  
Along the hot road (to the finish, I hope!),  
Past the halfway mark, and I'm doing quite well,  
But my muscles are aching and my breathing is hell.
- Finally it's ended and I've completed the last mile.  
"Darling, you were wonderful!" says my wife with a smile.  
So I bask in the glory as my tired legs I rub . . .  
But alas, she's enrolled me in the AVR club!

## RESULTS: January-March

**Sat. 1 Jan. - KEWSTOKE 10K:** 38 M Pace 41:43, 39 R Bown (2nd woman) 41:43, 49 D Kay (1st M60) 44:36, 53 R Barber (1st W50) 45:01, 54 Sue MacGregor (1st W40) 45:20, 65 Stu MacGregor 46:47.

**Sun. 2 Jan. - HUNCOTE HASH 6M CC:** 162 B White 1:05:24.

**Sun. 9 Jan. - WESSEX CROSS-COUNTRY LEAGUE 9.2K,** Devizes: 76 T Northwood 52:26. **GLOUCESTER 10M:** 51 T Inglis 1:08:06, 56 P Mumford 1:08:53, 97 D Kay 1:13:41, 98 Sue MacGregor (1st W45) 1:13:55, 109 J Mumford 1:14:41, 123 A Hickson 1:16:35, 127 T Vivian 1:17:35. **MILBORNE 10M:** 15 A Bartlett 1:01:01. **STUBBINGTON 10K:** 238 Laurie Irwin 44:54.

**Sun. 16 Jan. - BELGIUM MARATHON:** D Kay 3:26. **ROUGH 'N' TUMBLE 10.2M MT,** nr Pewsey: 48 D Barber 1:24:12, 68 M Maidment 1:27:20, 98 N Whitehead 1:29:46, 183 T Vivian 1:39:44, 196 A Hickson 1:40:34, 205 R Barber (1st W55) 1:41:26, 219 B White 1:43:05, 266 T Maidment 1:48:12, 272 L Berrington 1:48:59, 332 Denise Ellis 1:59:21, 360 T Bartlett 2:30:11. **RIVERBANK ROLLIK 8M MT,** Thornbury: T Griffith 1:33.

**Sun. 23 Jan. - SLAUGHTERFORD 9M MT:** 16 D Spicer 1:02:11, 49 D Barber 1:07:06, 73 M Maidment 1:09:50, 74 R Ellis 1:09:58, 77 R Bown (3rd woman) 1:10:30, 79 M Pace 1:10:54, 84 S Ringham 1:11:25, 95 Stu MacGregor 1:13:48, 161 L Ringham 1:22:19, 201 B White 1:27:05, 212 T Maidment 1:28:29, 214 K Kinsey 1:28:39, 230 A Meadow 1:31:06, 323 T Bartlett 2:03:18. **TESCO 10K:** 1 A Bartlett 36:49, 4 N Yates 44:06, 6 R Barber 45:02.

**Sun. 30 Jan. - LLISWERRY 8M:** 89 T Frost 53:32.

**Sat. 5 Feb. - BLACKMORE VALE HALF-MARATHON:** 61 L Jones 1:31:57, 77 M Maidment 1:33:44, 123 D Kay 1:40:17, 134 J Anderson 1:40:49, 210 G Thwaites 1:49:36.

**Sun. 6 Feb. - LONGLEAT 10K:** 8 A Bartlett 37:10, 24 P Mumford (3rd M40) 40:18, 122 R Barber (1st W55) 46:34, 126 L Irwin 46:48, 130 D Jarvis 46:51, 131 G Roberts 46:52, 158 A Hickson (3rd M60) 48:03, 205 J Scott 50:01, 260 B Casey 52:44, 266 P Clarke 52:57, 270 R Barden 53:07, 286 M Pratt 53:42, 296 J Field (1st W60) 54:03, 298 S Phillips (2nd W50) 54:09, 300 J Adams 54:13, 405 G Sharam 58:14, 487 P Symms 1:05:00, 547 I S Farr (& 2nd dog) 1:05:32.

**Sat. 12 Feb. - CARDIFF 10K:** 10 M Pace 40:27, 11 R Bown 40:36, 27 Stu MacGregor 43:50, 51 Sue MacGregor 46:45, 53 G Roberts 46:46.

**Sun. 13 Feb. - TOMAC MT DUATHLON,** Cirencester (2M run + 10M bike + 2M run): 82 L Irwin 18:51 + 2:02:55 + 23:09 = 2:44:55, 86 R Bown (3rd woman) 18:09 + 2:17:20 + 19:53 = 2:55:22, 94 G Phillips (3rd M50) 23:20 + 2:31:25 + 27:56 = 3:22:41. **WESSEX CROSS-COUNTRY LEAGUE 7.5K,** Poole: 40 R Ellis 27:01.

**Sun. 20 Feb. - BRAMLEY 20M:** 147 L Jones 2:23:50, 148 R Bown 2:23:50, 183 C Atkinson 2:27:23, 209 Stu MacGregor 2:29:48, 214 M Maidment 2:30:07, 219 S Payne 2:30:48, 230 S Ringham 2:31:19, 243 J Rockliffe 2:33:00, 255 T Rockliffe 2:34:06, 329 T Vivian 2:41:08, 408 L Irwin 2:49:19, 454 J Anderson 2:52:37, 455 S Stephens 2:52:37, 493 Denise Ellis 2:56:15, 530 T Simpson 2:59:54; **BRAMLEY 10M:** 10 A Bartlett\* 59:11, 20 D Spicer\* 1:01:20, 26 P Mumford\* 1:02:28, 45 R Ellis 1:05:23, 96 A Hickson 1:12:05, 112 R Barber† 1:14:15, 113 P Mitchell 1:14:20, 137 R Dallimore 1:15:37, 169 L Berrington† 1:18:30, 252 J Field† (1st W60) 1:24:04, 278 T Maidment 1:26:12. \*1st men's team; †2nd women's team.

**DURSLEY DOZEN MT:** 188 N Whitehead 1:49:03. **WESTON TOUGH 10:** 32 D Barber 1:08:19. **QUANTOCK 7M FELL RACE:** 29 B White (2nd woman) 1:19:45. **SALISBURY 10K** [details incomplete]: Les Unsworth, K Reckless 48:25, T Griffith 59:38.

**Sun. 27 Feb. - MALTA MARATHON:** 46 D Kay 3:28:50. **PEWSEY TERMINATOR 10M MT:** 9 D Spicer 1:17:59, 35 D Barber 1:23:02, 207 Stu MacGregor 1:37:22, 262 N Whitehead 1:42:04, 396 G Thwaites 1:48:51, 477 B White 1:54:52, 709 T Bartlett 2:48:17. **BABCARY 7½M:** 7 A Bartlett 44:48.

**Sun. 6 Mar. - GLOUCESTER 20M:** 83 P Mumford 2:18:49, 112 R Bown 2:23:55, 113 L Jones 2:24:16, 137 Stu MacGregor 2:26:43, 141 M Maidment 2:27:09, 225 Sue MacGregor 2:38:06, 226 S Ringham 2:38:06, 240 L Irwin 2:39:30, 271 T Vivian 2:43:34, 285 A Hickson (2nd M65) 2:48:17. **BUTLEIGH 7M MT:** 8 A Bartlett 45:15.

**Sun. 13 Mar. - DUCHY OF CORNWALL MARATHON:** 51 D Kay (1st M60) 3:38:47. **READING HALF-MARATHON:** 1801 V Morey 1:40:03. **SILVERSTONE HALF-MARATHON:** 1492 D Jarvis 1:46:03. **FOREST OF DEAN HALF-MARATHON:** 52 M Maidment 1:30:35, 270 K Kinsey 1:46:53, 562 T Maidment 2:09:40. **CALNE 10K:** 6 K Spary 35:56, 27 R Barber (3rd woman) 44:23, 35 G Thwaites 45:50, 41 A Hickson 46:54, 60 J Cox 49:12, 69 S Phillips 50:37, 76 D Cox 51:29, 79 J Field 52:03, 103 G Sharam 56:14, 109 T Griffith 58:42, 120 I S Farr (& 1st dog) 1:04:08. **EASTLEIGH 10K:** 83 P Mumford 36:28.

**Sun. 20 Mar. - BATH HALF-MARATHON:** [Note: Positions show finishing order; times are as recorded by microchip crossing start and finish lines.] 80 A Bartlett 1:17:51, 196 P Mumford 1:24:24, 271 D Barber 1:26:44, 296 Stu MacGregor 1:27:39, 304 R Bown 1:28:00, 362 T Frost 1:29:36, 363 R Hudson 1:29:42, 401 C Maurrisen (Total Fitness) 1:30:40, 498 C Atkinson 1:32:00, 551 J Rockliffe 1:33:09, 589 L Jones 1:34:03, 619 C Payton 1:34:13, 648 S Payne 1:34:59, 703 N Whitehead 1:35:37, 727 L Irwin 1:36:10, 744 D Kay 1:36:52, 897 T Rockliffe 1:38:33, 926 B Skivington 1:38:50, 941 T Vivian 1:38:37, 984 C Howard (Hillingdon AC) 1:39:49, 1035 P Symms 1:40:08, 1093 J Anderson 1:40:36, 1100 T Simpson 1:41:27, 1160 S Stephens 1:41:32, 1174 S Reeves (City of Bath) 1:42:27, 1190 V Lucas 1:40:26, 1546 G Thwaites 1:46:21, 1633 L Ladner 1:43:55, 1649 K Reckless 1:44:10, 1673 K Ladner 1:44:16, 1714 G Roberts 1:47:29, 2130 J Scott 1:48:34, 2301 S Hoskins 1:51:41, 2345 R Sales 1:51:16, 2422 J Adams 1:54:03, 2464 B White 1:54:35, 2550 L Grubb 1:52:21, 2633 S Phillips 1:55:54, 2778 M Edwards 1:57:17, 3022 N Evans 1:56:13, 3411 R Barden 2:01:19, 3517 M Kirkpatrick 2:02:41, 3586 J Shaw 2:04:22, 4211 G Sharam 2:10:06, 4214 D Mellor 2:10:06. **WILMSLOW HALF-MARATHON:** 881 R Barber (1st W55) 1:42:14. **FLEET HALF-MARATHON:** 667 A Hickson (2nd M65) 1:43:04. **HOGWEED HILLY HALF-MARATHON:** D Spicer (3rd Mu40) 1:28:59. **SHERBORNE 10K:** 11 D Smith 38:52.

**Sun. 27 Mar. - PORTLAND BUNNY 20M:** 15 R Bown (2nd woman) 2:53:56, 26 Stu MacGregor 3:15:39, 27 Sue MacGregor 3:15:40, 29 L Irwin 3:16:39.

**Mon. 28 Mar. - YEOVILTON 10K:** 12 A Bartlett 35:39, 21 K Spary 36:21, 27 P Mumford 36:49, 32 M Bryant 37:27, 129 A Hickson 45:02, 144 J Mumford 46:14, 209 S Phillips 53:15, 301 J Farr 1:01:42, 334 T Bartlett 1:18:58.

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

## FIXTURES: April - July

### APRIL

- Wed. 13 Yeovil 5K, 7.15.  
 Sun. 17 London Marathon; Corsham School 5K, 11.00.  
 Sun. 24 Shakespeare Marathon, 1.00; Pensford 10K, 1.00; Marwell Zoo 10K, 10.30;  
 Corsham St George 10K, 11.00; Frenchay 10K, 11.00; Highworth 5M, 11.00.  
 Tue. 26 Calne Hill-Climb, 7.30.

### MAY

- Sun. 1 Neolithic Marathon, Avebury-Stonehenge, 10.30; Fordingbridge 10K, 11.00; Calne Triathlon;  
 Glastonbury 5-69M, 11.00.  
 Mon. 2 Bradford-on-Avon 3M, 2.30.  
 Wed. 4 Castle Combe Duathlon, 7.30.  
 Sun. 8 Alton 10M, 10.30; Keynsham 10K, 11.00; Cowpat Canter, 11.00.  
 Tue. 10 Calne Relays, 7.30.  
 Sat. 14 Bratton Hilly 11K, 11.00; Shaw Stampede 6M MT, 2.00.  
 Sat. 28 Bath Hilly 10M, 11.00.  
 Sun. 29 Wells 5K & 10K.

### JUNE

- Wed. 1 Castle Combe Duathlon, 7.30.  
 Sat. 4 Keevil 10K (details to follow).  
 Sun. 5 Poole 10K; Fairford 10K, 11.00; Long Ashton 10K, 9.30.  
 Sat. 11 Broad Town 5M, 2.30.  
 Sun. 12 Norton Radstock Half-Marathon, 10.00; Salisbury 10M, 11.00; Burnham-on-Sea Triathlon.  
 Tue. 14 Roundway Chase 10K, Heddington, 7.30.  
 Sun. 19 Puddletown 20K, 10.30; Neroche 10K, 10.30.  
 Sun. 26 Warminster 10M, 10.30; Wincanton 10K, 11.00.

### JULY

- Sun. 3 Portland 10M, 11.00; Quantock Beast 5-7M MT, 11.00.  
 Wed. 6 Castle Combe Duathlon, 7.30.  
 Sat. 9 Golden Cap 8M MT, Lyme Regis, 3.00.  
 Sun. 10 Bath Triathlon; New Forest 10M, 12.45; Sherston 10K, 11.00.  
 Tue. 12 Calne Relays, 7.30.  
 Wed. 13 Chippenham 5K River Run, 7.30; Yeovil 5K, 7.30.

## COMMITTEE JOTTINGS

- Among matters discussed at the March committee meeting was a suggestion that parents of our younger members should agree to take turns as "child-minders" on the Tuesday and Thursday evening club runs.
- Derek Jarvis gave further information on our affiliation to the British Triathlon Association as agreed at January's a.g.m., for example planned swimming sessions at Corsham and cycle training at Newport track.
- There was a disappointing turnout at the annual presentation party on 29 January at Southwick. Let us know if you have any alternative suggestions for the next event — *which will be Avon Valley Runners' twentieth birthday celebration!*
- The Amsterdam trip was so popular last October that early booking is advised to get the best flight deal to enjoy the marathon, half-marathon or 10-kilometre race as well as other Dutch delights — see men's captain Darren Wrintmore.

### 'Tony's Odes'\*

*The following is an abridged version of a letter to readers:—*

I have received numerous favourable comments relating to my last two literary efforts (in *Valley News* October and January), for which I thank you. However, it would appear that some adverse comments have also been expressed and it would seem that I have caused disquiet amongst some club members. In no manner whatsoever are my words indicative of any member of Avon Valley Runners. They were intended to be taken in a lighthearted fashion, as one title might suggest, and all the characters portrayed were and are taken from my own imagination and observation of people in general. If inadvertently my verse has annoyed anyone, then I fully and humbly apologize.

Whilst I appreciate that not all of my writings appeal to everyone and indeed may appear banal and trite, they are submitted to the Editor to publish or not at his discretion. Editorship of any journal requires a man or woman who can command honesty and respect, in whom integrity and trust are paramount, and I consider that the present incumbent possesses these qualities in abundance. Whilst I neither expect nor seek acknowledgement of my verses, your plaudits and support are greatly appreciated.

— *Tony Bartlett.*

\* So described in *The Dread Poets' Society* by Viv Toms (*Valley News* January 2005).

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### LINES FROM A SECRET ADMIRER

Viv, don't give up your poems — I'm definitely a fan.  
 Variety is the spice of life, they say.  
 Imagine *Valley News* without your news,  
 Especially those runs in exotic places.  
 New challenges are what spur you on.

Take comfort in the fact that you're much admired.  
 "Oh, stop it!" you'd say now, "I'm embarrassed!"  
 May the poems continue from you and Tony.  
 Sharing your thoughts with others is what it's all  
 about. — *Chairman of the Viv Toms Appreciation Society.*



# Valley News

## Captains' Corner

April 2005



Well things have changed a bit since the last Captains' Corner: At the AGM Darren was retained as the Men's Captain; Tina Vivian became the new Ladies Captain; The men won the team prize at the **Bramley 10** - well done to Alistair Bartlett, Daryl Spicer and Paul Mumford, also to Joyce Field who picked up the SuperVet's prize. Thirty five **AVR** members ran the **Bath Half Marathon** where the good weather and improved organisation helped to see a number of personal best times fall to club members.

The **London Marathon** is getting ever nearer, so for our 16 London Marathon runners we would like to share with you the top five performances by **Avon Valley Runners** over the classic distance:

- |  |  |
|--|--|
| 1. Jackie Rockcliffe 3:16:18 – London 2000 | 1. Brett Flook 2:43:28 – London 2002         |
| 2. Liz Ringham 3:20:30 – London 2004       | 2. Martin Connor 2:44:32 – Gloucester 1989   |
| 3. Linda Brown 3:21:07 – London 1995       | 3. Simon Spedding 2:47:52 – Shakespeare 1999 |
| 4. Ann Bull 3:26:45 – Sandwell 1989        | 4. Tim Northwood 2:48:54 – Harrow 1986       |
| 5. Su MacGregor 3:36:47 – London 2004      | 5. Gerry Fice 2:50:15 – Civil Service 1987   |

For those not running London on 17<sup>th</sup> April and who cannot bear the thought of watching it on TV **Corsham Running Club** are hosting both **5K** and **10K** races starting at 10:00 from Springfield Leisure Centre on the same day. A week later and Corsham plays host to our first Captains' Choice event with the **St Georges' Day 10K** starting from the football ground in Lacock Road at 11:00. Our second Captains' Choice event is the **Warminster Forest 10** on Sunday 26<sup>th</sup> June at 10:30 starting from the cricket ground in Sambourne Road. It has to be said that this is not the quickest ten-miler in the area, but **AVR** have enjoyed a certain amount of success there in recent years. The lighter evenings also see a start to the summer relay series. On Tuesday 24<sup>th</sup> May and 28<sup>th</sup> June **Chippenham Harriers** host the **Lacock Relays** featuring three legs of 2.4 miles starting at the Red Lion public house at 19:30. On Tuesday 10<sup>th</sup> May at 19:00 **Calne Running Club** host the **Heddington Relay** featuring three legs of 3.4 miles starting at the Ivy Inn at 19:00. It is our wish that **Avon Valley Runners** be well represented at these events, so if you fancy a run out, just turn up and seek out the yellow vests and we can pick the team on the day – every one who turns up will run, unless we can't get them out of the bar!!!

*Tina Vivian & Darren Wrintmore*

### Member Profile – Ian "Stan" Farr

<b>Date of Birth:</b>	13/12/36	<b>Residence:</b>	Trowbridge
<b>Height:</b>	5' 6" (but I used to be 5' 7½ ")	<b>Occupation:</b>	Printer
<b>Weight:</b>	9st 7lb	<b>Running Shoes:</b>	Diadora Distance

#### Personal Bests':

<b>10K</b>	34:32 – Gloucester 1969	<b>Ten Miles</b>	54:55 – Southall 1969
<b>Half Marathon</b>	1:21 – Hanover 1979	<b>Marathon</b>	2:43:39 – Hanover 1979

I started running in order to keep fit for football; I used to play outside left for Trowbridge Town. I started to get good at running and was encouraged to join **Trowbridge Athletics Club** in 1954, where I met a certain Judy Woodsford. Over the next 32 years at **Trowbridge AC** I had some good times, winning the South West 3000m Steeplechase title in 1971 and representing the South West region over 20 miles. I also ran the 1971 **World Vets Marathon championships** in Hanover where I recorded my Marathon personal best and en-route my Half Marathon personal best.

Following **Trowbridge AC's** Tuesday training move to Melksham in 1986, I and a handful of Trowbridge distance runners founded **Avon Valley Runners**, with myself as temporary secretary. With an initial membership of just fifteen I have enjoyed seeing the club grow to it's current size of over 100 members.

From a high point of 29<sup>th</sup> place in the 4,4148 ft **Ben Nevis race** in 1967 to last in the 1976 **Manchester Marathon** (in 3:38) my (s)lowest performance was 63 minutes at last years **Amsterdam 10K**. Nowadays I just look forward to see another runner in sight.

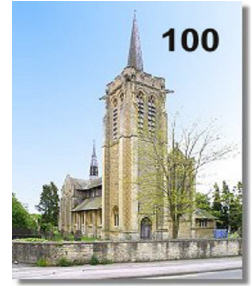


*For inclusion in Valley News, Wiltshire Times and The Book, please send Results or Articles to [avonvalleyrunners@yahoo.co.uk](mailto:avonvalleyrunners@yahoo.co.uk)*

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## The Shaw & Whitley Stampede

On Saturday 14<sup>th</sup> May at 14:00 **Avon Valley Runners** will be staging a multi-terrain race over approximately six miles (5.89 according to my GPS), utilising one of my off-road training routes around the villages of Shaw & Whitley. Entry to the event will be priced at £6 per runner – so just a pound a mile. For an extra £4 with your entry you can order a commemorative mug that is being produced for the event. **Entries will be closed on 30<sup>th</sup> April and no entries will be accepted on the day into the Stampede.**



The race is being hosted as part of the village fete which opens at 12:30 and will include stalls and arena events, including a tug of war event for which AVR will be entering both a men's and ladies teams - if you would like to take part in the tug of war then please let me or Tina know. Just so any younger family members do not feel left out, we are also hosting a "**Stampedelite**" which will be a run around the Shaw playing field and will be started by none other than **Kooky the Clown**. Entry will be £2 per child (on the day only) and their endeavours will be rewarded with a medal.

If you do not fancy running, I am looking for assistance with marshalling, so if you would like to help me ensure that none of the runners take a wrong turn, then please drop me a line on **01225 703252**. I am also offering **Avon Valley Runners** an opportunity to run the course prior to race day and if you would like to join me in Shaw on Wednesday 4<sup>th</sup> of May at 19:30, then please let me know so that I can get some drinks in.

*I look forward to receiving your entry – Darren*

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## Definitely not a Sex Toy

Are you fed up with your bananas getting puréed whilst you are out on a long run? Banana guards may be the answer at a mere £3.00 each from Tina. They are available in a number of colours including “mellow yellow”, “sublime green”, “passionate purple” and “pretty in pink”. But before you ask - “*No, there is not a battery attachment available*”.



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## Member Profile – Tina Vivian

<b>Date of Birth:</b>	24/12/55	<b>Residence:</b>	Bradford on Avon
<b>Height:</b>	5ft 4 inches	<b>Occupation:</b>	Staff Nurse
<b>Weight:</b>	8st 8 lbs	<b>Running Shoes:</b>	Saucony Trigon

### Personal Bests':

<b>10K</b>	45:42 – Bromham 2003	<b>Ten Miles</b>	74:07 – Hayling Island 2003
<b>Half Marathon</b>	1:38:37 – Bath 2005	<b>Marathon</b>	3:38:20 – London 2004



I have been involved with sport all my life. My father was a gifted cricketer and if he had not sustained a back injury would have played for Surrey. I loved lacrosse at school and played for Surrey at senior level and was a reserve for the South of England.

On the athletic field I represented my school in the regional finals with the javelin. I also have enjoyed skiing at an early age, but running did not feature until I had children and I entered a couple of fun runs organised by the local Round Table in the eighties. My children grew up and I had more 'me' time and I knew Ted Rockcliffe through the Beehive pub, who persuaded me to come to the club one Thursday. Six months later I did the **Imber Half Marathon** in 1:55 and spent the next eight weeks injured! I tackled a few shorter races over the summer then did the **Stroud Half Marathon** and haven't looked back.

The high points of my running career are recording a 'Good for Age' time at last year's **London Marathon**, then going on to complete the **Dartmoor Discovery Run**, an ultra marathon of 32 miles. In October I did the **Karrimor International Mountain Marathon**, an orienteering race with Denise Ellis, in the Brecon Beacons carrying tent, and food for survival over 48 hours. This was a great achievement as my navigating skills are non-existent, as all my friends know, so hope to repeat it this year to prove it was not a fluke!

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