



# Valley News

THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS (78) July 2005

## I fought the wall – and the wall won

PARIS MARATHON - 10 APRIL 2005

*Mike Maidment*

Ah, Paris, legendary city of culture; the grandeur of the Arc de Triomphe, the magnificence of the Eiffel Tower and the timelessness of the Seine that rolls ribbon-like through the city. This veritable smorgasbord of sights can be enjoyed along the route of the Paris Marathon, surely making it one of the finest settings for a marathon in the world. Sadly, by mile 24, I could have seen the Sphinx and pyramids of Giza in all their glory and it would have barely registered as I became intimately acquainted with the dreaded "wall". I didn't so much hit the wall as crash through it. My legs seemed to be filling up with lactic acid from the feet up till I felt like I was running through a river of jelly in a pair of waders.

This was the 29th running of the Paris Marathon, and in organization and scale, despite the 35,000 entrants it felt like a mini-London rather than a rival. Entry is guaranteed if you get in early enough and it's definitely worth considering for those who don't make the cut for London. The course is fast, flat and traffic-free as you would expect for an event this size, and there were excellent mile and kilometre markers for the whole route. Conditions on the day were perfect; overcast skies and nice and cool and as I managed to get in the 3:15 pen, there was no problem with having to dodge round other runners. The estimated 3:15 finishing time proved slightly optimistic in my case, but the spectators and competitors had no idea how ambitious I was being as I kept up with the pacers for the first 20 miles.

Starting the race in the shadow of the Arc de Triomphe, looking down the Champs Elysees, is an absolute joy. The route runs east through the city, flanked by a catalogue of magnificent palaces and monuments, to the Bois de Vincennes, a park on the edge of the town centre. On the way back through the city the route follows the Seine taking numerous underpasses which unfortunately mean some of the fine sights of Paris are bypassed, though it re-emerges with the river and Eiffel Tower as a backdrop at mile 1 &. The final few miles run through the Bois de Boulogne before returning to the finish line at the back of the Arc de Triomphe, where massages, medals and a certain degree of satisfaction, await.

The course wasn't choked with hordes of spectators but it was pleasantly supported by the 100,000 or so who turned out to watch. The best support came for runners wearing flags or emblems of Brittany, when sections of the largely French crowd discarded their usual Gallic insouciance and became genuinely enthusiastic. There is very little fancy dress which is a good thing as it means you have little chance of being overtaken by a pantomime horse, a sumo wrestler, or Lorraine Kelly.

There were no energy drinks, with the organizers preferring bananas and oranges along with the water stations every 5km. Towards the end of the race the refreshments were augmented by some bizarre alternatives: dried fruit is one thing, but the wine and cider stands were madness. I think it was just a way of winding up the competitor's torture for anyone who struggles to turn down a free drink.

I eventually collapsed over the line in 3:20:59, so despite the pain I can't grumble too much. I have a fine medal, a nice T-shirt and memories of a great race and weekend in the city of romance. We stayed in a hotel five minutes' walk from the start on the Champs Elysees. Being so close to the race and the sights of the city centre was well worth the extra cost involved and made it a special weekend break for me and Tanya. We even let my mother-in-law come with us - well, we had to, really: she was paying for the hotel room.

*Editor: Tim Northwood, 45 Hilperton Road, Trowbridge BA14 7JQ; 01225769929; tijono@btintemet.com.*

## SECRETARY'S REPORT

With twenty new members having joined so far this year (see also below), the total should increase considerably as the £2 unattached levy on race entries comes into force in October.

Congratulations are due to the eighteen members who completed the London Marathon, and our sympathy to almost as many who failed in the ballot.

Our female section continue to prosper - winning the first-team awards at the Bratton Hilly 10K and a few hours later winning the Shaw & Whitley Stampede with a completely different team.

It was good to see twenty-five members in the tough Warminster 10M, our largest turnout since the Bath Half-Marathon.

With half the year gone, seventeen Avon Valley Runners have qualified for the club championships. For newcomers, this entails adding up your best 10-kilometre, 10-mile and half-marathon times before 31 December. - *Stan Farr*.

### *Welcome to the Valley!*

Seven names were added to the membership list during the quarter just past: **Donna Baldwin** and **Nicholas Coward** in April; **Josef Gwiazda** and **Josie Judge** in May; **Simon Giles** and **Tony Robinson** in June; and **Liz Ringham**, who has re-enlisted as a second-claim member. Best wishes to all- the more the merrier!

## MILESTONES

Eight members are due to graduate to their next age-groups in the quarter just commencing. Happy birthday and good luck to: **Annie Burkitt**, 55 on 13 August; **David Cox**, 55 on 15 July; **Mike Hehir**, 65 on 25 September; **Fay Merrell**, 55 on 6 August; **Susie Phillips**, 55 on 8 August; **Tony Robinson**, 55 on 7 July; **Ted Rockliffe** and **Neil Whitehead**, who will both turn 60 on 22 September.

### *Training: an additional venue?*

At the May committee meeting Derrick Hunt, company secretary and director of Bradford & Winsley Community & Sports Association, gave a short talk on the function facilities in place and a 'jogging track' to be developed at Bradford-on-Avon RFC, just off the Winsley bypass, offering their use to Avon Valley Runners as an additional venue for training and social events. Members were invited to inspect the premises, which will be used for the start and finish of Paul Clark's brainchild, the AVR "Conkwell Killer" eight-mile race, on Sunday 21 August (*in which all help will be appreciated - mark your diary!*).

## *Be it ever so humble ...*

(MEMORIES OF A WILTSHIRE WANDERER)

**Tony Bartlett**

1. My dear Uncle Harry was a wonderful old chap;  
He had travelled the world, all over the map.  
I would sit at his knee and listen with rapture  
As of his long-lost youth he endeavoured to recapture.

2. So when I grew up I determined to be  
A worldwide nomad on land and by sea.  
Now, thousands of miles later, after countries galore,  
I dream of the sight of my own welcoming front door.

3. I've seen the electric skyline of oriental Hong Kong,  
And heard the Caribbean lilt of a calypso song.  
I've studied Ayer's Rock, the Aborigines' Uluru,  
And marvelled at edelweiss in the alpine early dew.

4. There's been New England in the fall, Paris in the spring,  
The maelstrom of Victoria Falls, I've heard Niagara sing;  
I've listened most intently to Rigoletto at La Scala Milan,  
And the skirl of Scottish bagpipes of many a Highland clan.

5. I've smoked hashish in the Kasbah and been to Katmandu,  
Trekking across the Kalahari and the Andes in Peru;  
Sailed Norway's freezing fjords, the daunting Bering Strait,  
Shivered at the sound of wolves in Canada's Yukon state.

6. I've witnessed the spectacular Pamplona bull-run,  
In the torrid heat of Spanish siesta-time sun;  
Strange exotic foods have I eaten, drunk powerful wines,  
And visited Sikh temples, the holiest of shrines.

7. I've donned many a costume, worn a Mountie's coat;  
And in Austria's Tyrol I've hunted mountain goat;  
The South Pacific I've sailed on gentle waters blue  
Trode the shores of Fiji and the Friendly Isles too.

8. I've been to Malta in the Med, where Phoenicians held sway,  
Heard a message at St Peter's from the Pope on Christmas Day;  
I've gazed at Japanese pagodas and Fujiyama in the mist,  
Seen the Black Hole of Calcutta which the sun has never kissed.

9. Around the world in trying to find somewhere a race to run  
I've battled with fleetfooted Zulus in the blazing African sun,  
With Amazonian tribesmen in dark forests of Brazil,  
And in the multicultural Big Apple with every Jack and Jill.

10. I've seen the giant Pyramids along the mighty Nile,  
Gazed in awe and wonder at the Sphinx's inscrutable smile.  
Now, after many a long year when this planet I did roam,  
It's back to wonderful Wiltshire, the Avon Valley, and *home*.

## RESULTS: April-June

**Sun. 3 Apr. - TAUNTON MARATHON:** 7 D Kay (2nd M60) 3:47:33; **TAUNTON HALF-MARATHON:** 89 Stu MacGregor 1 :29:17, 223 Sue MacGregor (2nd W45) 1:38:44, 532 J Field 1:54:26. **WHITE HORSE HALF-MARATHON:** 142 T Vivian (3rd W45) 1:40:12. **TROWBRIDGE LIONS' 10K:** 1 M Bryant 39:15.3 K Brown 41:20, 7 C Switzer 46:02, 11 V Lucas (1st woman) 46:41, 14 B Skivington 47:30, 17 A Hickson 48:39, 18 A Tate 49:20.345 Phillips (3rd woman) 53:15.34 T Maidment 56:26, 37 J Pomroy-Smith 58:11.40 T Griffith 1:01:13. **SWINDON DUATHLONS:** 110 R Barber (2nd W55) - 10K run 45:54 + 40K bike 1:40:03 + 5K run 26:50 = 2:52:47; 10 A Bartlett 5K run 18:07 + 16K bike 37:00 + 2.5K run 9:50 = 1:04:58. **PENSELWOOD 10K:** 3 K Sparey (1st M50) 37:18. **BOURNEMOUTH 10K:** 243 M Brain 54:08.

**Sun. 10 Apr. - PARIS MARATHON:** 4427 M Maidment 3:20:59. **MARSHFIELD MUDDLARK 10.4K MT:** 11 D Barber 49:30, 136 T Bartlett 1:32:50. **PEWSEY 10K:** 6 A Bartlett 35:36, 72 B Skivington 44:19, 76 R Barber 44:35, 80 G Roberts 44:51, 88 A Hickson 45:45, 154 M Edwards 50:51, 162 P Clark 51:43, 204 T Griffith 57:39.225 IS Farr (& 1st dog) 1 :02:58, 229 J Farr 1 :04:01.

**Wed. 13 Apr. - YEOVILTON 5K:** 28 K Sparey (1st M50) 17:07.48 B Flook 18:33.

**Sun. 17 Apr. - LONDON MARATHON:** 2426 R Bown 3:15:04, 3297 Stu MacGregor 3:23:37.3863 C Atkinson 3:27:10.4312 L Ringham 3:29:44.4652 J Rockliffe 3:31:59, 4664 D Kay 3:32:03, 4973 Sue MacGregor 3:34:08, 5187 T Vivian 3:35:36, 5314 S Ringham 3:36:24, 6383 L Irwin 3:42:37.7007 S Payne 3:46:07, 8811 J Anderson 3:53:42, 9108 T Simpson 3:54:52, 9731 S Stephens 3:57:02, 10021 T Rockliffe 3:57:56, 16084 M Clarke 4:25:43, 16221 K Scott 4:26:08, 23520 D Mellor 4:50:32.

**Sun. 24 Apr. - CORSHAM 10K:** 4 A Bartlett 36:01, 19 S Williams (1st M50) 38:26, 26 K Brown 39:16, 37 T Frost 40:31.78 B Skivington 43:42, 125 A Hickson 46:07, 136 D Earley 47:00.217 S Phillips 51:04, 259 J Field 53:37.20 P Clark 53:41.322 T Griffith 58:46, 333 D Melior 59:42, 365 J Farr 1 :04:51. **PENSFORD 10K:** 15 D Barber 39:28.76 R Barber (2nd woman) 46:19. **HIGHWORTH 5M:** 53 P Mitchell 32:42.

**Wed. 27 Apr. - CORSHAM 5K:** 7 P Mitchell 19:50, 10 A Hickson 21 :04.

**Sun. 1 May - NEOLITHIC MARATHON (Avebury-Stonehenge):** 73 D Kay 4:13:36, 129 J Cox 4:47:56; **NEOLITHIC HALF-MARATHON:** 18 G Thwaites 1:37:25, 48 D Earley 1:51:25. **GLASTONBURY 5-69M:** 15 B Flook 35:27.57 R Barber 41:34, 313 IS Farr 1:01:44; **GLASTONBURY 5K:** J Farr 30:00.

**Mon. 2 May - BRADFORD-ON-AVON 3M:** 8 T Simpson 20:56, 12 R Sales 21:45. 16 S Phillips (1st woman) 23:08, 28 G Sharam 25:58, 29 D Melior 25:59, 36 S Farr 29:46, 45 T Bartlett 38:06. **SPRINGFIELD TRIATHLON (400m swim + 20K bike + 5K run):** 71 K Brown 7:18 + 44:00 + 21:42 = 1:13:00, 103 T Frost 6:49 + 48:43 + 21:46 = 1:17:18, 111 Stu MacGregor 9:13 + 45:58 + 23:32 = 1:18:43, 120 M Pace 6:33 + 48:59 + 23:53 = 1:19:25, 137 A Collins 8:50 + 47:28 + 26:03 = 1:22:21, 138 L Irwin 8:30 + 47:57 + 25:58 = 1:22:25, 167 Sue McGregor 7:53 + 53:47 + 25:47 = 1:27:27, 203 G Phillips 9:53 + 53:29 + 32:10 = 1:35:32.

**Wed. 4 May - CASTLE COMBE DUATHLON (2M run + 10M bike + 2M run):** 79 P Mumford 12:59 + 30:05 + 11:38 = 54:42, 104 J Mumford 14:31 + 28:48 + 13:23 = 56:42, 115 L Irwin 14:45 + 29:04 + 14:08 = 57:57. 117 R Barber 14:12 + 30:09 + 13:41 = 58:02.

**Sun. 8 May - KEYNSHAM 10K:** 181 A Hickson 46:05, 256 M Edwards 48:38.414 G Sharam 56:16. 415 D Mellor 56:17. **COWPAT CANTER 10K:** 10 D Barber 44:09.15 B Flook 45:50, 57 L Irwin 53:30.745 Stephens 57:47, 75 T Vivian 57:51, 98 L Brown 1:01:03, 1110 B White 1:02:52.

**Tue. 10 May - CALNE 3 x 3.4M RELAY:** Men - M Maidment 22:26 + A Hickson 23:31 + guest 22:25 = 1:08:22; women - B Casey\* 25:27 + J Scott\* 25:42 + T Vivian\* 25:04 = 1 :16:13; T Maidment 29:50 + D Ellis 26:25 + J Field 27:23 = 1 :23:38. \*1st women's team.

**Wed. 11 May - TOWER OF LONDON 10K:** D Wrintmore 38:19. **YEOVILTON 5K:** 42 B Flook 17:55, 67 R Barber (1st W55) 20:23.

**Sat. 14 May - BRATTON HILLY 11.65K:** 7 D Smith 45:36.15 Stu MacGregor 49:05, 23 R Ellis 50:00, 38 M Maidment 52:29, 40 M Pace 52:38.62 C Switzer 55:09, 80 Sue MacGregor\* 57:19.82 K Kinsey\* 57:29, 92 L Brown\* 58:42, 93 L Berrington\* 58:55. 97 R Sales 1:00:07, 115 J Field 1:05:05, 126 T Maidment 1:08:29, 127 D Mellor 1:09:42, 143 IS Farr (& 3rd dog) 1:15:15. \*1st women's team. **SHAW & WHITLEY STAMPEDE 6M MT:** 5 D Barber 34:48.27 J Mumford\* (3rd woman) 41:53, 35 T Giles\* (1st W40) 42:34, 42 S Stephens\* 44:16, 43 J Anderson 44:16, 59 S Phillips 47:39, 63 J Scott 47:55, 65 D Ellis 48:16, 69 R Sales 49:21, 74 J Adams 50:56, 76 J Shaw 51 :03, 81 T Griffith 54:31, 92 N Coward 58:18, 102 T Bartlett 1:13:31. \*1st women's team.

**Sun. 15 May - HALSTEAD MARATHON:** 101 D Kay 3:43:09.

**Thu. 19 May - CORSHAM 5K:** 19 T Frost 18:49.24 P Mitchell 19:19, 46 J Mumford 21 :17.66 J Scott 23:27. **Sat. 21 May - BERNE 10M:** N Whitehead 1:14:11.

**Sun. 22 May - ISLE OF WIGHT MARATHON:** 51 D Kay (1st M60) 3:44:45. **HILMARTON 5M:** 4 D Barber 28:50, R Barber (2nd woman) 35:18, T Griffith 45:34.

**Tue. 24 May - LACOCK RELAY (mixed, 2½ M):** S Ringham 17:03, A Hickson 18:20, J Scott 18:55, T Vivian 18:59.

**Sat. 28 May - BATH HILLY 10M:** 22 D Barber 1:06:13.25 S Williams (3rd MSO) 1:07:14, 50 Stu MacGregor 1:13:17.76 J Mumford 1:18:53.97 L Irwin 1:22:10, 106 T Vivlan 1:25:06, 125 J Field (1st W60) 1 :34:48, 133 D Mellor (1st M 70) 1 :40:45.

**Sun. 29 May - PLYMOUTH HALF-MARATHON:** 31 A Bartlett 1:18:37. **WELLS 10K:** 116 N Coward 59:24; **WELLS 5K:** 6 A Hickson (1st M60) 21:36.

**Mon. 30 May - ST MARY'S CALNE TRIATHLON (400m swim + 20K bike + 5K run):** 23 K Brown 7:35 + 41:45 + 16:53 = 1 :06:13, 32 A Collins 8:46 + 42:48 + 17:31 = 1 :09:05.

**Sat. 4 June KEEVIL 10K:** 6 Stu MacGregor (2nd M50) 40:48, 13 S Giles 43:12, 15 M Pace 43:36, 18 B Skivington 44:03, 23 R Barber (3rd woman) 45:32.28 T Giles (1st W40) 46:43.35 J Scott (3rd W40) 49:20, 42 B Casey 51:02.48 P Clark 52:51, 52 J Gwiazda 54:00, 61 G Sharam 57:59, 64 T Griffith 58:59.67 J Farr 1:03:34.711 S Farr (& 1st dog) 1:09:18.73 T Bartlett 1:23:17.

**Sun. 5 June - CREWKERNE 9M:** 6 A Bartlett 53:10. **POOLE 10K:** Men - 39 K Sparey (2nd M50) 36:35, 81 T Frost 39:16, 255 D Earley 45:16.438 M Brain 51:13; 25 J Mumford 43:14. **FAIRFORD 10K:** 150 J Anderson 44:54, 153 T Giles 45:06.232 L Ladner 48:35, 244 K Reckless 49:16. **COMBE GROVE TRIATHLON (400m swim + 20K bike + 5K run):** 16 L Irwin 9:30 + 52:15 + 25:14 = 1:26:59, 24 S Phillips (3rd woman) 8:04 + 59:04 + 28:17 = 1 :35:25, 26 G Phillips 9:15 + 57:51 + 30:56 = 1:38:02.

**Wed. 8 June - YEOVILTON 5K:** 29 B Flook 17:52.

**Sat. 11 June - BROAD TOWN 5M:** 75 A Hickson 38:18, 136 T Bartlett 1:03:38. **UK CORPORATE 10K,** Manchester: 25 D Wrintmore 37:24.

*(continued on Page 4)*

## FIXTURES: July-October

### JULY

Sat 9 Bishops Cannings 4M, 3.30; Golden Cap 8M MT, Lyme Regis, 3.00.  
Sun 10 Bath Triathlon; New Forest 10M, 12.45; Sherston 10K, 11.00.  
Mon 11 Frampton-on-Sevem 10K, 7.30.  
Tue 12 Calne 3 x 3.4M Relay, 7.30.  
Wed 13 Chippenham 5K River Run, 7.30; Yeovil5K, 7.30.  
Sun 17 Tarrant Valley 5M & 10M.10.30.  
Sun 24 Gloucester Half-Marathon. 10.30  
Sat 30 Swanage "12" (11 M 1400y).

### AUGUST

Wed 3 Castle Combe Duathlon; Pewsey 5M. 7.30.  
Sun 7 Sturminster Newton Half-Marathon. 10.30; Totnes 10K. 11.00.  
Tue 9 Calne 3 x 3.4M Relay. 7.30.  
Wed 10 Yeovil5K.7.15.  
Sun 14 Salisbury Trail Races. 8.00; Standish 10M. 11.00.  
Sat 20 Race the Train 14M. Tywyn. 2.00.  
Sun 21 AVR Conkwell Killer 8M MT. Bradford-on-Avon Rugby Club. 11.00.  
Sun 28 Pewsey Half-marathon. 10.30; Langport 10K, 11.00; Broughton Gifford 5M, 11.00.  
Mon 29 *Note: No Southwick 3M.*

### SEPTEMBER

Sun 4 Corfe Castle Beast MT. 10.30.  
Wed 7 Castle Combe Duathlon.  
Sun 11 Ash 8M MT. 11.00; Haresfield Beacon 10K. 10.30.  
Wed 14 Yeovil 5K. 7.15.  
Sun 18 Great North Run Half-Marathon; Oldbury 10M, 10.30; Shepton Mallet 10K, 10.30;  
New Forest Marathon & Half-Marathon.  
Sun 25 KingAlfred's Torment, Stourhead, 11.00; Cirencester 10K, 10.30; Taunton 10K, 11.00.

### OCTOBER

Sun 2 Burnham-on-Sea Half-Marathon; Bristol Half-Marathon, 9.30; Cricklade Half-Marathon & 10K.  
Sun 9 Mendip Muddle, 20K, 11.00; Great South Run 10M, Portsmouth; Gold Hill 9.5K, 11.00.  
Sun 16 Amsterdam Races (*book your place early!*); Swindon Half-Marathon

## Virtual Running

Darren Wrintmore

*My running year so far is rather difficult to describe, so I've sought out unusual races where the uniqueness of the conditions would compensate for my lack of fitness.*

One such event was the FETCH FIVE, billed as "the world's first virtual race", hosted by [www.fetcheveryone.com](http://www.fetcheveryone.com). The thirty or so entrants were required to measure out and run five miles and log their finish times back on the website.

After downloading my printable race number, using the London A-Z and a piece of string I worked out a route from the London Basin in Islington along the Regents Canal to Victoria Park in Hackney to get my five miles.

I managed to cut out a pretty good pace along the towpath, using the early-evening joggers as pacemakers. Those going in the opposite direction gave me strange looks, as I was obviously racing and by the look of it well clear of the rest of the field but they, of course, were elsewhere in the world!

When I'd finished the run I joined a group of Fujitsu colleagues for a celebratory drink in Hackney's organic pub, The Crown. After I'd logged my finish time of 31:46 on the web, my position became known - third in the world! Well, OK, most of the runners were in England, but there was one competitor doing his five in Athens. Others chose the back roads of Suffolk, the towpaths of Birmingham, Monkton Park in Chippenham, or the treadmill at their local gym. I now eagerly await my virtual trophy.

### RESULTS (continued from Page 3)

**Sun. 12 June - EDINBURGH MARATHON:** 2865 S Hoskins 4:27:27. **NORTON RADSTOCK HALF-MARATHON:** 8 K Sparey 1:20:53, 28 Stu MacGregor 1:31:14, 48 A Collins 1:38:00, 55 C Atkinson 1:38:44, 91 L Irwin 1:44:12. **SALISBURY 10M:** 3 A Bartlett 59:25, T Giles (3rd woman) 1:16:55, K Reckless 1:24:27, T Griffith 1:35:27.

**Tue. 14 June - ROUNDWAY CHASE 10K MT:** A Hickson 51:05, T Vivian (1st woman) 51:48, L Berrington (2nd woman) 55:17, B Casey (3rd woman) 56:12, D Ellis 56:52, J Field 59:28.

**Thu. 16 June - CORSHAM 5K** 16 T Frost 19:13, 19 P Mitchell 19:37, 60 S Phillips (2nd W50) 24:08. **Sun. 19 June - NEROCHE 10K:** 2 K Sparey (1st M50) 37:43.

**Mon. 20 June - WESTONBIRT 10K:** 75 K Kinsey 48:51, 137 P Clark 53:53.

**Sun. 26 June - TORBAY HALF-MARATHON:** R Hudson 1:38:34. **WARMINSTER 10M:** 8 K Sparey (1st M50) 1:02:00, 17 D Barber 1:05:11, 24 Stu MacGregor 1:08:01, 26 S Weston 1:08:19, 37 L Jones 1:12:08, 49 R Bown 1:13:30, 53 M Maidment 1:13:41, 55 B Skivington 1:14:15, 67 L Irwin 1:16:05, 74 G Roberts 1:17:34, 80 A Hickson 1:18:40, 87 R Barber (1st W55) 1:19:58, 98 D Earley 1:21:08, 105 L Berrington 1:22:25, 107 T Vivian 1:22:44, 120 D Ellis 1:26:59, 121 B Casey 1:27:15, 123 S Phillips 1:27:54, 133 J Field 1:30:36, 140 P Clark 1:31:46, 162 A Meadow 1:38:23, 163 T Griffith 1:38:53, 166 D Mellor 1:41:10, 167 G Sharam 1:41:10, 174 I S Farr (& Helga) 1:49:48.

*For inclusion in Valley News, Wiltshire Times and The Book, send results to Stan Farr, 01225755605, or [avonvalleyrunners@yahoo.co.uk](mailto:avonvalleyrunners@yahoo.co.uk).*



# Valley News

## Captains' Corner

July 2005



The last quarter has seen quite a lot of success coming the way of **Avon Valley Runners**, especially for the Ladies who took the team honours at the **Bratton Hilly 11K** (Sue Macgregor, Kathy Kinsey, Linda Brown & Lisa Berrington), **Shaw & Whitley Stampede** (Joanne Mumford, Tina Giles & Sonya Stephens), the **Heddington Relays** (Bridgette Casey, Julia Scott & Tina Vivian) and at the **Roundway Chase** where Tina Vivian, Lisa Berrington, Bridgette Casey & Denise Ellis recorded a 1-2-3-4 in the ladies race.

At our Captains' Choice events: Twenty five **Avon Valley Runners** lined up for the **Warminster Forest 10** (see pic) - Kevin Sparey took the honour of 1<sup>st</sup> MV50 and Rosemary Barber claimed the 1<sup>st</sup> FV55; Sixteen **Avon Valley Runners** toed the start line at the **St George's Day 10K** in Corsham with Stephen Williams and Joyce Field taking home prizes from the SuperVets category.



A week earlier at the **Flora London Marathon** personal best times were earned by Stuart Macgregor 3:23:27; Chris Atkinson 3:27:10; Sue MacGregor 3:34:08, Tina Vivian in 3:35:36 and Sonya Stephens 3:57:02.

With the light summer evenings now here, a number of mid-week 5Ks have appeared on the race calendar: The **Springfield 5K** in Corsham (21<sup>st</sup> July, 18<sup>th</sup> August, 15<sup>th</sup> September), **Easy Runner 5K** in Bristol (13<sup>th</sup> July & 10<sup>th</sup> August), **Yeovil 5K** (13<sup>th</sup> July, 10<sup>th</sup> August, 14<sup>th</sup> September) or the **Self Transcendence 5K** in Bristol (19<sup>th</sup> July) all providing opportunities to exercise those fast-twitch fibres. Below are listed the top five performances by **Avon Valley Runners** over the distance:

- |  |  |
|--|--|
| 1. Jackie Rockliffe 18:35 – Wells 1996 | 1. Gerry Fice 16:21 – Melksham 1989              |
| 2. Linda Brown 19:11 – Bath 1991       | 2. Andy Robertson 16:38 – Wells 1996             |
| 3. Rosemary Barber 19:16 – Wells 1994  | 3. Kevin Sparey 16:38 – Yeovil 2003              |
| 4. Judy Farr 19:39 – Bath 1986         | 4. Darren Wrintmore 16:42 – Midsomer Norton 1988 |
| 5. Kerry Fice 19:54 – Bromham 1988     | 5. Dave Seymour 16:45 – Wells 1996               |

So I guess that it is only fitting that our first Captains' Choice for the summer is the **River Run 5K** held in Chippenham on Wednesday 13<sup>th</sup> July starting from the Olympiad Sports Centre at 19:30. As the name suggests this is an off-road race which for the most part follows the river Avon. Our second Captains' Choice event is also an off-road experience – **King Alfred's Torment** that covers a seven-mile course around Stourhead on Sunday 25<sup>th</sup> September, with the finishers being awarded with burnt cakes.

**Tina Vivian & Darren Wrintmore**

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### **The Conkwell Killer**

Other running clubs envy us for the beauty of the landscape that we at **AVR** are privileged to run around. With this in mind, Sunday 21<sup>st</sup> August sees the inaugural running of the '**Conkwell Killer**', an 8-mile run around the breathtaking Limpley Stoke valley with a cruel ascent up the Miners' Track through Conkwell Woods at around halfway. The race starts and finishes at the rugby club in Winsley - where the bar will be open!

The organisers really need your support to either enter the race or to help with marshalling, setting up etc. If you can help on the day please contact Paul Clark on **07789 875772**. If you have ever organised such an event you'll know how important it is to have an early firm commitment from volunteers. We all enjoy taking part in races, so let's put something back and show the running community what a great club **AVR** is.

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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)

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## Member Profile – Stuart MacGregor

**Date of Birth:** 7<sup>th</sup> December 1954  
**Height:** 5' 11"  
**Weight:** 11st 12lb

**Residence:** Trowbridge  
**Occupation:** University Lecturer  
**Running Shoes:** Nike Pegasus

### Personal Bests:

**10K** 39:02 - Bromham 2002  
**Half Marathon** 1:27:37 – Bath 2005

**Ten Miles** 68:01 – Warminster 2005  
**Marathon** 3:23:37 - London 2005

I joined **Avon Valley Runners** in April 2000 because Sue wanted to join a running club and did not want to go on her own, so I went with her as moral support having just crashed and burned in my first Half Marathon. I found myself enjoying it and kept going so that I could carry on drinking without putting on too much weight.

My main achievements are still being able to see the lead runner in a 10K race and surviving fifteen weeks of training and completing the 2005 **Flora London Marathon** in a personal best time after coming back from a calf injury.

I am now looking forward to doing all of the races that I entered last year and couldn't do because of injury, especially "**Race the Train**" in Tywyn.



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## Amsterdam

**Avon Valley Runners** will be launching another assault upon the **Amsterdam Marathon, Half & 10K** on October 16<sup>th</sup>. The Race Organisers have offered AVR a 25% discount on entry, if we can field a minimum of twenty runners and the AVR committee have also offered a further discount of £10 per **Avon Valley Runner**. This means entry costs stand at: Marathon £20.50; Half £12.50 & 10K £5.50

With return flights out of Bristol running at less than £100 return, means that it promises a good weekend break with a flat fast race in the hotbed of euro-culture. To stay as close to the culture as possible, I would recommend staying at the four star **Golden Tulip – Amsterdam Central** located between Central Station and Dam Square, with rates at around £80 per room per night. Please contact me on **01225 703252** if you would like more details about the weekend, so that I can get an **AVR** bulk entry submitted by the end of August. **Darren Wrintmore**

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## Member Profile – Sonya Stephens

**Date of Birth:** 18<sup>th</sup> May 1961  
**Height:** 5' 6"  
**Weight:** 8st 7lb

**Residence:** Bradford on Avon  
**Occupation:** Mobile Hairdresser  
**Running Shoes:** Asics Kayano

### Personal Bests:

**10K** 46:14 - Bicester 2004  
**Half Marathon** 1:41:17 - Bath 2005

**Ten Miles** 74:29 - Hayling Island 2004  
**Marathon** 3:57:02 – London 2005



I have always tried to maintain a level of fitness and regularly played Netball with a local club and combined this with several aerobic sessions a week. Deciding that I needed a change I started running with two friends in October 2000 and they persuaded me to enter the **Bath Half** in the following March. It was great, I really enjoyed it, although I must say since then half marathons have never been quite the same again!

I joined **Avon Valley Runners** in August 2001. I was a little nervous going to my first Thursday night not knowing what to expect - Joyce Field was the ladies captain at the time and made me feel welcome. In April this year I was very fortunate to run the **London Marathon** again and managed to improve on my 2004 time. It was again a fantastic experience.

I have no major events planned in the forthcoming months apart from **Cardiff** in October. My aim is to keep improving my times and give my fellow runners a good ear bashing – they've had it far too easy of late!

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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)