



Valley News

THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS (79) October 2005

'Are you ready for the country?'

TIM NORTHWOOD

Neil Young's classic song from Harvest always awakens in me the urge to get off the road and do battle with the mud, the hills, the weather and other runners in cross-country league races. The change of scene with its challenge of tough conditions and serious competition can be a daunting mixture - but participation brings a special level of satisfaction to a keen athlete.

The courses visited by the Wessex League offer true variety: the flat and fast fields of Millfield School, Glastonbury; the clean grass on a sloping hillside of Hudson's Field under Old Sarum, Salisbury; the multi-terrain of St Gabriel's School, Newbury, which after a brief circuit of playing-fields enters tortuous paths through leafy woods and stony tracks; and other venues - each with its own special combination of conditions.

The season's six meetings take place one Sunday a month from October to March [*see Fixtures, p. 4*], with races to cater for all categories. The longest race is the senior men's, usually about five miles/eight kilometres, with proportionately shorter distances for women and girls and other age-groups.

There are many benefits to be gained from cross-country:-

- Running on natural surfaces is better for the body, providing relief from all that pounding on hard roads.
- You may protest, "What's the point of driving miles away to race only five miles or less?", but the pace of shorter cross-country races will add a sharpness to your training schedule which will improve performances in other longer events.
- Sudden uphill and downhill on rough ground will strengthen you for unexpected changes of pace.
- The team element in league races enhances club morale, with the prospect of improvement through the season adding to the challenge.

Avon Valley Runners pays a £30 affiliation fee to Wessex Cross-Country League, so there's no entry fee for club members. All that you need is your club vest and suitable shoes. Early in the season, before the winter really sets in, multi-terrain-type shoes will do for most courses; this will give you a chance to see how you like it before investing in spikes, which are advised for best results, especially in the softer underfoot conditions of midwinter.

The atmosphere at league meetings is great, with coachloads of club runners from all over the region converging on the venue, to cheer on their clubmates' efforts to improve in the league tables, warm up and wait for their own races. Afterwards there are hot showers available and hot drinks and snacks on sale.

Looking ahead, having whetted your appetite for cross-country, there are Wiltshire county and South-West regional championships, and the complete club runner's ultimate experience - the English National Cross-Country Championships, doing battle with 1,500 of the best in the country over nine miles of tough course and conditions.

To find out more, ask the men's captain (Darren W), women's captain (Tina V) or club secretary (Stan F.).
Don't let fear of the unknown deprive you of a worthwhile athletic experience. Try it - you 'll love it!

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SECRETARY'S REPORT

Congratulations to the race director, Paul Clark, and his team of helpers for promoting the Conkwell Killer, which was given top marks on the *Runner's World* website.

Membership is now 'at an all-time high, with twenty-seven joining so far this year. Twenty-four members have so far qualified for the club championships, which for the benefit of newcomers are decided on your best times for 10 kilometres, 10 miles and haf-marathon added together. Many of you still need to run a 10-mile race, which you can accomplish by getting on the free coach to Hayling Island on Sunday 27 November - details from men's vice-captain Ted Rockliffe.

Finally, a warning to those members running in black or dark colours across Trowle Common. We share the footpath with bicycles, many without lights - it could be painful! - *Stan Farr*.

Welcome to the Valley!

Ten new names were entered on AVR enrolment forms during the past three months - four in July: **Simon Weston** on the 1st, **Ian Baber** and **Jimmy Lowther** on the 7th and **Adrian Barnes** on the 28th; three in August: **Emma Christenson** on the 2nd, **Michelle Winn** on the 9th and **Alison Atkinson** on the 11th; and three in September: **Sarah Clark** on the 8th, **Alan Grout** on the 27th and **Graham Tuckwood** on the 29th. Best wishes to all for good times in the Valley.

MILESTONES

Eight members are due to graduate to their next age-groups during the quarter just beginning. **Tony Bartlett**, who'll be 70 on 10 October, as always expresses his feelings on the subject in verse (see below); **Paul Clark** will turn 55 on 23 December; **Tina Vivian** will celebrate her half-century on 24 December, as will new member **Alan Grout** on 28 December; and four names will enter the list of over-40s - **Mike Maidment** on 30 October, **Alan Meadow** on 18 December, **Liz Ringham** on 13 December, and **Daryl Spicer** on 17 November. Birthday greetings and good luck to all.

Three Score and Ten

Tony Bartlett

1. I wonder what it's like, I sometimes used to think,
When you're old and wrinkly and no longer in the pink.
When in my youth, a tiro, arrogant and proud,
I gazed upon old men and women: just faces in the crowd.

3. In the golden age of youth, deep with passion and desire,
Dreaming of one's plans, their fulfilment to aspire;
Dreams of fortune-hunting and travel to distant lands
Beneath skies of blue on sea-washed coral strands.

5. You'll progress satisfactorily at your place of work;
Responsibilities and duties, of these you will not shirk,
For your family now is growing, with a baby on the way:
Will it be a boy or girl or twins? - it's hard to say.

7. A taxi and a lending bank to both of them you've been:
"Oh, come on, Dad, I love you lots, how can you be so mean?"
Schooldays are past, they've flown the nest, out in the wild
blue yonder;
You're aware that absence does make the heart grow fonder.

9. You've had a good long innings, reached an age sublime; But
as the years have rolled away, have come the ravages of time.
Their've been triumphs and successes, both in work and play,
But disappointments and disasters have also come your way.

2. It's easy when you're young and in your early years;
Age is the far-flung future and holds as yet no fears:
No thoughts of lingering aches and pains, of moans and
gasping groans;
No withering, shrunken flesh, or 'porosis of the bones.

4. Maybe a winsome maid you'll meet along the pathway of life;
True love conquers all, and she'll soon become your wife.
You'll settle down in harmony, to a life of wedded bliss,
And greet each dawn on waking with a loving tender kiss.

6. Now you're reaching middle age, with a portly girth to match;
And in your armchair after supper, forty winks you'll snatch.
You've children two, a pigeon pair, sweet doe and carefree buck:
Their mum's good looks inherited, not yours (that's their good luck!).

8. Your health and wealth in general have really been quite good;
Life's brought you total happiness, as your horoscope said it would.
Variety's the spice of life, they say, and you've sampled many
a brand;
And modern life's tribulations you've fought to understand.

10. "Age shall not weary them, nor the years condemn"
So wrote Laurence Binyon *For the Fallen*, just for them;
But the poet's haunting words for you do not ring true,
For age, you'll find, does weary, and the years condemn:
they do, they do, they do.



RESULTS: July-September

Sun. 3 Jul. - KENNET KANTER 10.4M: 7 A Bartlett 1:02:56, 13 D Barber 1:07:29, 19 S Weston 1:09:24, 30 Stu MacGregor 1:12:24, 40 M Maidment 1:14:35, 41 R Bown (3rd woman) 1:14:35, 43 M Pace 1:15:38, 62 G Roberts 1:20:00, 68 L Irwin 1:22:38, Sue MacGregor (7th woman) 1:22:52, 72 A Hickson 1:23:31, D Ellis (22nd woman) 1:32:49, J Field (27th woman) 1:35:30, 116 P Clark 1:38:57, 118 T Griffith 1:40:59, 144 T Bartlett 2:19:30. **CHALKE VALLEY 10K:** S Phillips (2nd woman) 52:(1), G Phillips 53:(1). **BRITISH 10K,** London: 123 D Wrintmore 39:51.

Wed. 6 Jul. - CASTLE COMBE MONSTER (2M run + 10M bike + 2M run + 10M bike + 2M run): 96 J Mumford 1:43:54.

Sat. 9 Jul. - BISHOPS CANNINGS 5m 628y DASH: T Bartlett 48:02.

Sun. 10 Jul. - WELLINGTON 10M: 4 A Bartlett 1:02:52, 56 G Roberts 1:22:(1). **NEW FOREST 10M:** 16 P Mumford 1:03:50, 207 J Anderson 1:23:03, 349 D Earley 1:31:39. **SHERSTON 10K:** S Giles 43:(?), 28 R Barber (1st W50) 47:59. **BATH TRIATHLON** (750m swim + 30K bike + 5K run): 26 K Brown 15:12 + 54:08 + 21:13 = 1:30:34, 117 L Irwin 17:41 + 1:01:27 + 29:48 = 1:48:58, 141 S Phillips (2nd W50) 18:41 + 1:08:19 + 28:34 = 1:55:34.

Mon. 11 Jul. - FRAMPTON-ON-SEVERN 10K: 359 P Clark 54:23, 517 A Keen 1:05:56.

Tue. 12 Jul. - CALNE 3 x 3.4M RELAY: 10 AVR women - L Berrington 26:55 + B Casey 26:36 + D Ellis 24:12 = 1:17:43, mixed - S Hoskins 28:01 + A Hickson 24:36 + J Field 28:18 = 1:20:55.

Wed. 13 Jul. - CHIPPENHAM 5K RIVER RUN: 16 T Frost 19:22, 18 S Giles 19:40, 20 M Pace 19:52, 60 T Giles (2nd woman) 21:47, 63 A Tate 22:01, 64 R Barber (3rd woman) 22:05, 73 A Hickson 22:37, 84 L Ladner (3rd WV) 23:36, 92 J Scott 24:05. **YEOVILTON 5K:** 21 K Sparey (1st M50) 16:58, 30 M Bryant 17:41, 38 B Flook 18:09.

Sun. 17 Jul. - TARRANT VALLEY 10M: 14 D Barber 1:06:47, 20 S Weston 1:11:25, 89 D Mellor 1:49:00. **5M 779y:** 22 R Barber (3rd woman) 41:(?), 39 S Phillips 46:44, 49 J Field 49:25, 68 G Sharam 55:51, 73 J Farr 59:06, 77 I S Farr 1:01:15, 78 P Clark 1:01:19. **WINCANTON 10K:** 2 K Sparey 36:30. **THRUXTON 10K:** 7 A Bartlett 37:25.

Wed. 20 Jul. - BARBARY CASTLE MT: L Berrington 44:22.

Thu. 21 Jul. - CORSHAM 5K: 2 M Bryant 18:03, 13 T Frost 19:19, 14 S Weston 19:21, 20 Phil Mitchell 19:34, 54 S Phillips (1st W50) 24:12.

Sun. 24 Jul. - GLOUCESTER HALF-MARATHON: 70 M Maidment 1:32:33, 75 M Pace 1:33:43, 76 R Bown 1:33:48, 85 L Jones 1:35:30, 93 Stu MacGregor 1:36:38, 109 L Irwin 1:39:20, 133 Sue MacGregor 1:41:46.

Sat. 30 Jul. - SWANAGE HALF-MARATHON: 37 Stu MacGregor 1:36:33, 38 R Bown 1:36:40, 100 Sue MacGregor 1:49:01.

Wed. 3 Aug. - PEWSEY 5M: Phil Mitchell/Heather Barnes 38:20.

Sun. 7 Aug. - STURMINSTER HALF-MARATHON: 72 S Weston 1:31:32, 162 B Skivington 1:44:06. **TOTNES 10K:** D Judge 59:42, 402 G Sharam 1:05:41. **WESTDOWN SCENIC 10K,** N.Devon: 11 D Spicer 45:02, 16 R Bown (2nd woman) 46:22.

Mon. 8 Aug. - CASTLE COMBE DUATHLON (2M run + 10M bike + 2M run): 53 A Bartlett 11:32 + 29:11 + 11:31 = 52:14, 82 J Mumford 13:23 + 28:03 + 13:25 = 54:51, 107 L Irwin 14:10 + 28:26 + 14:21 = 56:57, 115 R Barber 14:01 + ? + ? = 57:28, 132 T Rockliffe 15:07 + 29:14 + 14:43 = 59:05.

Tue. 9 Aug. - CALNE 3.4M HANDICAP: 21 S Weston 21:05, T Vivian (1st woman) 24:44. **Sat. 13 Aug. - NEW TEN MADNESS,** Maiden Newton: 38 G Roberts 46:59.

Sun. 14 Aug. - STANDISH WOODLAND 10M MT: 36 Stu MacGregor 1:11:47, 40 M Pace 1:12:43, 72 J Anderson 1:19:06, 77 Sue MacGregor 1:21:22. **PINEWOOD 10K,** Swindon: 12 A Bartlett 36:00, 76 C Atkinson 43:15, 82 J Mumford 43:40, 95 L Irwin 44:32, 109 B Skivington 46:15, 130 R Barber (1st W55) 47:47, 152 A Atkinson 49:52, 155 S Phillips (2nd W55) 50:43, 232 T Griffith 58:29.

Thu. 18 Aug. - CORSHAM 5K: 21 T Frost 19:06, 28 S Weston 19:16, 29 P Mitchell 19:20, 77 S Phillips (1st W50) 23:58, 90 J Adams 24:56.

Sat. 20 Aug. - RACE THE TRAIN 14M MT, Tywyn: 154 Stu MacGregor 1:53:43, 155 M Maidment 1:53:44, 165 R Bown 1:54:24, 215 M Pace 1:57:26, 366 Sue MacGregor 2:10:25.

Sun. 21 Aug. - AVR CONKWELL KILLER 8M MT: 7 K Sparey (1st M50) 53:03, 9 D Barber 54:49, 14 D Wrintmore 57:06, 41 C Atkinson 1:03:05, 47 J Lowther 1:04:02, 56 K Ladner 1:07:06, 59 K Kinsey* 1:07:17, 60 J Mumford* 1:07:35, 73 L Ladner* 1:09:26, 92 D Ellis 1:13:44, 99 L Berrington 1:15:53, 102 K Reckless 1:16:02, 103 S Phillips 1:16:36, 29 J Farr (1st W60) 1:36:08. *1st women's team.

Sun. 28 Aug. - PEWSEY HALF-MARATHON: 22 D Barber 1:25:05, 64 A Collins 1:34:20, 105 R Hudson 1:38:50, 106 G Roberts 1:38:55, 162 K Kinsey 1:44:38. **LANGPORT 10K:** 9 A Bartlett 35:46, 15 K Sparey (2nd M50) 36:34. **FOXTROT 5M,** Broughton Gifford: 6 D Wrintmore 31:04, 25 N Rosier 36:02, 30 R Barber (1st W55) 36:41, 341 Baber 37:59, 38 P Clark 39:47, 39 M Carpenter 39:53, 43 E Christensen 41:21, 44 J Cox (3rd W45) 41:23, 45 Sarah Williams 41:39, 51 M Winn 43:45, 66 A Keen 46:44, 67 N Coward 46:44, 72 T Griffith 48:34, 80 J Farr 51:18, 82 I S Farr (& 1st dog) 51:48, 93 D Cox (& 2nd dog) 53:56, 97 D Mellor 54:46. **MALMESBURY TRIATHLON** (400m swim + 22K bike + 5K run): 84 S Phillips 9:15 + 38:25 + 27:04 = 1:14:44, 85 G Phillips 9:52 + 35:55 + 29:10 = 1:14:57.

Mon. 29 Aug. - SHILLINGSTONE 5M HILL RACE: 51 Sarah Williams 50:37.

Sun. 4 Sep. - WOLVERHAMPTON MARATHON: 12 P Mumford (2nd M40) 3:10:39, 106 D Kay (3rd M60) 4:11:08; **HALF-MARATHON:** 167 J Mumford 1:42:35. **WORMINGHALL 10K:** 18 A Bartlett 36:24. **CARDIFF 10K:** 221 G Roberts 42:43. **WANSDYKE TRIATHLON** (400m swim + 18K bike + 5K run): 41 K Brown 7:29 + 33:49 + 24:14 = 1:05:33, 79 M Pace 6:32 + 36:39 + 25:54 = 1:09:05, 87 R Bown 7:40 + 35:45 + 26:30 = 1:09:55, 92 Stu MacGregor 8:12 + 35:29 + 26:41 = 1:10:22, 142 V Lucas 8:38 + 38:39 + 29:42 = 1:16:59, 148 L Irwin 8:36 + 37:15 + 31:33 = 1:17:24, 161 Sue MacGregor 9:21 + 39:11 + 29:39 = 1:18:11, 189 T Robinson 7:07 + 37:29 + 37:44 = 1:22:20. **NEWBURY TRIATHLON** (300m swim + 22K bike + 5K run): 166 R Barber (1st W50) 7:19 + 49:47 + 20:38 = 1:17:44.

Wed. 7 Sep. - CASTLE COMBE DUATHLON (2M run + 10M bike + 2M run): 68 R Bown 14:05 + 27:34 + 12:25 = 54:04, 69 Stu MacGregor 13:58 + 27:38 + 12:30 = 54:06.

Sun. 11 Sep. - ROBIN HOOD MARATHON: 388 D Kay 3:39:06. **LONGLEAT TRIATHLON 70.3M:** 469 B Hobbs 1:2M swim 52:48 + trans. 7:51 + 56M bike 3:56:29 + trons. 3:31 + 13-M 2:18:31", 7:19:13. **SEATON HALF-MARATHON:** 168 K Kinsey 1:40:19. **ASH EXCELLENT 8M MT:** 7 A Bartlett 52:19, 9 D Barber (2nd M50) 52:54, 126 I S Farr (& 1st dog) 1:37:28; 5M: 42 J Farr (1st W55) 55:21. **HARES FIELD BEACON 10K:** S Clark 47:50, P Clark 49:09, S Phillips (1st W55) 49:45. **SALISBURY CYCLE RIDE: 100M:** D Jarvis 6:45:48, G Phillips 6:48:30; 50M: J Betteridge 3:31 :04.

Wed. 14 Sep. - YEOVILTON 5K: 645 Bryant 20:14.

Thu. 15 Sep. - CORSHAM 5K: 23 T Frost 19:01, 25 P Mitchell (2nd M50 in series) 19:04, 735 Clark 24:35, 75 P Clark 24:55, 82 M Winn 25:27. **Sun. 18 Sep. - NEW FOREST MARATHON:** 144 D Kay 3:49:51; **HALF-MARATHON:** 171 J Anderson 1:39:02. **GREAT NORTH RUN HALF-MARATHON:** G Roberts 1:40:27, A Hickson 1:52:39. **TRURO HALF-MARATHON:** 155 K Kinsey 1:44:28. **SHEPTON MALLET 10K:** 55 S Phillips (1st W55) 50:01, 132 J Farr 1:03:36, 133 I S Farr (& 1st dog) 1:03:44. **OLDBURY 10M:** 19 A Bartlett 59:38, 23 D Barber 1:00:40, 116 J Mumford* 1:13:03, 150 L Ladner* 1:16:20, 171 T Vivian* 1:18:43, 248 J Field 1:29:20, 275 T Griffith 1:35:48. *3rd women's team.

Sun. 25 Sep. - ALMERE 30K, Holland: 19 S Weston 2:07:48. **KING ALFRED'S TORMENT 7/2M MT:** 10 D Barber 48:04, 24 Stu MacGregor 52:14, 305 Giles 53:08, 32 M Pace 53:44, 57 B Skivington 58:12, 77 T Giles (2nd W35) 1:01:53, 78 Sue MacGregor 1:01:59, 101 S Phillips (1st W55) 1:06:52, 111 D Ellis 1:09:17, 117 G Phillips 1:10:48, 130 G Sharam 1:14:58, 146 I S Farr (& 1st dog) 1:30:00. **CORSHAM 10K:** 7 A Collins 39:38, 22 C Atkinson 43:34, 41 K Kinsey 46:48, 63 E Christenson 51:42, 70 M Winn 53:30. **BOWOOD 10K:** N Coward 1:02:48. **CIRENCESTER 10K:** T Vivian 47:05, 227 S Hoskins 49:31.

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 9 Mendip Muddle, 20K, 11.00; Great South Run 10M, Portsmouth; Gold Hill 9.5K, 11.00;
Wessex Cross-Country League, Millfield School, Glastonbury, 2.00.
- Sun 16 Amsterdam Races (have you booked your place?); Swindon Half-Marathon;
Blenheim 10K, 10.30.
- Sun 23 Stroud Half-Marathon, 10.00; Fordingbridge 10M, 11.00; Studland 12K, 10.00;
Bath University 10K, 10.00.
- Sun 30 Salisbury Half-Marathon, 11.00; Stickler 10.1 M MT, Shillingstone, nr Blandford Forum, 10.30;
Box 6 ½M & 3 ¼M, 11.00.

NOVEMBER

- Sat 5 Victoria Park 4M, Bath, 11.00.
- Sun 6 AVR Over the Hills 12K, 11.00.
- Sat 12 Weymouth 10M, 12.00.
- Sun 13 Sodbury Slog _M MT, 11.00; Wessex Cross-Country League, Hudson's Field, Salisbury, 2.00.
- Sat 19 Westonbirt 10K, 11.00.
- Sun 20 Gosport Half-Marathon, 11.00; Wimborne 10M, 10.30.
- Sun 27 Downton Half-Marathon, 10.00; Bicton Blister 11 M, 11.00;
Hayling Island 10M, 10.00 (see Ted R. for a place on the free coach!);
Avebury 8M, 10.30; Blacklands 7 ¼ M, Calne, 10.00; Bath University 10K, 10.00;
Boscombe 10K, 11.00; Castle Combe Duathlon, 11.00.

DECEMBER

- Sun 4 Montacute 10M MT, 10.30.
- Sun. 11 Wyvern Christmas Cracker 10K, 11.00;
Wessex Cross-Country League, St Gabriel's School, Newbury, 2.00.
- Sun. 18 Wellington Monument 6 ¼M, 11.00.
- Mon. 26 AVR Boxing Day 5K, The Beehive, 11.30.

JANUARY

- Sun 1 Kewstoke Hangover 10K, 11.00.
- Sun 8 Wessex Cross-Country League, Pewsey, 2.00.
- Sun 15 Dawlish 10M MT, 11.00.
- Thu 19 AVR AGM, probably at Bradford-on-Avon Rugby Club, 9.00 (after training).
N.B.: Nominations and proposals to be received by the secretary at least two weeks before this date.
Your attendance at this meeting is important in decisions that could affect the club's future.
- Sat. t.b.a. * AVR 20th Anniversary Party and Prizegiving, 7.30 - Swan Hotel, Bradford-on-Avon (?).
Tickets from Judy or Stan Farr - 80 only: first come, first served, so book early!

Remaining Wessex Cross-Country League Fixtures: Sun. 5 Feb. - Poole; Sun. 12 Mar. - Taunton.

COMMITTEE BUSINESS

Among matters discussed at the meeting on 4 October, it was reported that entries were coming in well for the AVR Over The Hills MT on 6 November. The arrangements for the AGM on 19 January and the venue and date of the annual presentation and party hadn't been finalized. Recent suggestions for changing club kit and for an alternative venue for Thursday clubnights were deferred to the AGM. A proposal to upgrade the club website at an initial cost of £50 p.a. was approved by a majority of those present. The meeting also discussed the need to encourage participation in the Wessex cross-country league, for which we pay an annual affiliation fee of £30.

Training: Are you paying your dues?

The facilities regularly enjoyed by members at Trowbridge Sports Centre (Clarendon) and Culver Close, Bradford-on-Avon, devotedly overseen week in, week out, by Stan and Judy Farr, are a bargain at the modest admission fee of 30 pence. The charges levied on Avon Valley Runners by the two "landlords" involved are different, and our use of the two venues varies, so the relative costs are different, but it was long ago decided to keep things simple by asking members to pay the same amount at both, even though generally speaking on Tuesdays the club gains a little, while on Thursdays there's usually a loss.

To maintain this balance it's important for every member to pay the pittance asked for a place to meet and especially to enjoy a shower after training - even if that training hasn't been in the Valley.



Valley News

Captains' Corner

October 2005



The summer season saw **Avon Valley Runners** competing over a wide array of distances, with some success. At the short end, Michael Bryant achieved an excellent runners-up position at the **Springfield 5K** in Corsham, whilst nine club members ran the Chippenham **River Run 5K** with Tom Frost and Tina Giles leading home the **AVR** contingent.

At the long-end, Paul Mumford made his marathon debut at the **Wolverhampton City Marathon** and achieved 12th place overall taking the prize for 2nd MV40 in a time of 3:10:39. In the same race, our marathon veteran Danny Kay finished in 4:11:08 to take the prize for 3rd MV60.

In between, the **Conkwell Killer** attracted fourteen club members with 7th placed Kevin Sparey leading home the **AVR** contingent taking 1st MV50, Kathy Kinsey, Joanne Mumford & Linda Ladner secured the Ladies team prize, whilst Judy Farr finished as 1st FV60. A week later at the **Foxtrot 5** in Broughton Gifford seventeen club members toed the line with 6th placed Darren Wrintmore being the first back for **AVR** but alas outside of the prizes, faring better were Rosemary Barber who finished as 1st FV55 and Julia Cox finishing as 3rd FV45. Twelve club members ran **King Alfred's Torment** with 10th placed Doug Barber being our first runner home, Tina Giles and Susie Phillips both took age category awards.

The autumn gives us a good array of ten milers with our Captains' Choice events of the **Weymouth 10** on Saturday 12th November and the **Hayling 10** on Sunday November 27th, being the pick of the bunch. Last year **Avon Valley Runners** sent a coach with thirty-one runners on board to Hayling Island for this increasingly popular event. If you would like to join the **Avon Valley Runners** coach trip to this year's event, then please contact **Ted Rockliffe** on **01225 762113**. Below are listed the top five performances by **Avon Valley Runners** over the 10-mile distance:

- | | |
|---|---|
| 1. Maureen Laney 59:50 – Bournemouth 1995 | 1. Bob Roots 53:38 – Corsham 1987 |
| 2. Jackie Rockliffe 64:08 – Portsmouth 1995 | 2. Kevin Sparey 56:06 – Hayling Island 2003 |
| 3. Linda Brown 67:14 – Chippenham 1993 | 3. Keith Elsey 56:12 – Chippenham 1989 |
| 4. Rosemary Barber 67:43 – Bournemouth 1994 | 4. Martin Connor 56:47 – Bournemouth 1990 |
| 5. Judy Farr 67:47 – Chippenham 1986 | 5. Gerry Fice 57:13 – Chippenham 1989 |

Twenty-Two **Avon Valley Runners** have now signed up to travel to the **Amsterdam Marathon, Half & 10K** for some fast times mixed with a large dosage of Euro-Culture.

Tina Vivian & Darren Wrintmore

A Swift Ten

1. Which other English running club shares its initials with **AVR**?
2. Who set a new **British all-comers record for 10K** this year and at what race?
3. What race number did **Roger Bannister** wear when he broke the four-minute mile barrier?
4. Which river is crossed during the “**Over the Hills**” event?
5. How far is the **Great South Run**?
6. Who is the only **Avon Valley Runner** to have graced the winners' podium at the **Bristol Half**?
7. Who are the official sponsors of the 2005 **Amsterdam Marathon**?
8. Who are the holders of the **World Best times** for the men's & women's Half Marathon?
9. Which Wiltshire town hosts a race called the “**Mudlark**”?
10. Which Star Trek character won the fictitious **Star Fleet Academy Marathon**?

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

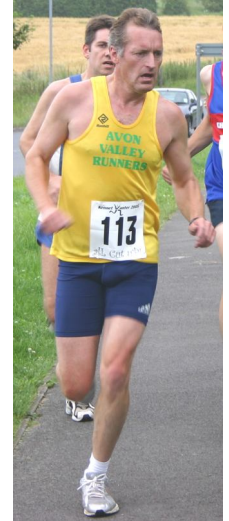
Member Profile – Doug Barber

Date of Birth:	9 th February 1961	Residence:	Bradford on Avon
Height:	6' 0"	Occupation:	Designer
Weight:	11st 12lb	Running Shoes:	Nike Pegasus T/C
Personal Bests:		10K	36:43 – Trowbridge 2003
Ten Miles	60:40 – Oldbury 2005	Half Marathon	1:22:16 – Bath 2004

I started running 4 years ago after spending two summer weeks on Spanish beaches looking at my expanding midriff! I had been a good runner in my schooldays and had represented Essex in X-Country a few times, but after a 25-year break I was pleased to find I could still do it.

I joined **Avon Valley Runners** so I could run out with other runners in the area. My first race was "Over the Hills" in 2001 and then I really had the racing bug. I worked my way up to my first 1/2 marathon in Bristol 2003 where I ran 1hr 25 minutes. My lowest moment has to be pulling my hamstring badly in January 2004 – I couldn't run for 8 weeks that I hated!

I'm not a great one for running to a watch and I often go off too fast! Basically I don't take it too seriously but its good to get out there and compete. I'm looking forward to the winter and some good multi-terrain races; the "Terminator" is my favourite – which must be due to the masochist in me.

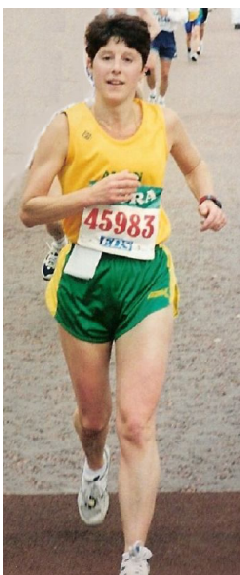


Answers to a Swift Ten

*1. Axe Valley Runners in Devon. 2. Hailé Gebreselassie 27:25 at the Great Manchester Run. 3. Number 41
4. The River Frome at Jford Manor. 5. 10 miles 6. Maureen Laney 1:22:40 – first lady in 1995. 7. ING
8. Samuel Wanjiru (Kenya) 59:16 – Rotterdam 2005 & Eliud Kipchoge (RSA) 66:44 – Tokyo 1999. Note: Both
times have been bettered at the Great North Run by Zersenay Tadese (2005) and Paula Radcliffe (2003) but
are not recognised by the IAAF as World Bests. 9. Murshfield 10. Captain Jean-Luc Picard*

Member Profile – Denise Ellis

Date of Birth:	12 th March 1961	Residence:	Westbury
Height:	5' 1"	Occupation:	Nurse
Weight:	Mind your own business!!!	Running Shoes:	Mizuno Wave Rider
Personal Bests:		Ten Miles	77:44 – Bournemouth 1995
10K	45:15 – Bromham 1995	Marathon	3:36:23 – London 2000
Half Marathon	1:39:22 – Bath 2000		



Being fed up sitting at home alone, the little fat housewife started running back in 1988, joining **Avon Valley Runners** in order to keep up with husband Bob. The need to keep running was further accentuated after the birth of my two children, as it gave me a good excuse to get out of the house leaving Bob with the nappies. I particularly enjoy the camaraderie at the club and this forms the backbone of my social life.

The highlights of my running career have to be my personal best achieved at the 2000 **London Marathon** and completing the 2004 **Karrimor International Mountain Marathon** where over two days along with Tina Vivian we managed to navigate over 40 Kilometres crossing bogs and rivers in the process to finish as the 3rd Lady Vets team.

I am looking forward to competing in the **KIMM** once again this year and of course next year's **London Marathon**, to make up for the bitter disappointment of missing the 2005 event through injury, which I picked up with just six weeks to go and having had a good winter's training. Roll on April 23rd!!!

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