



# Valley News

THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS (80) January 2006

## ALISTAIR AND RACHEL ARE CHAMPIONS OF AVR'S TWENTIETH YEAR

Forty members (one more than the previous year) fulfilled the qualifications for the 2005 championships by submitting the necessary 10 kilometres, 10 miles and half-marathon times. The table shows a slight improvement in standards, with three aggregates under three hours (two in 2004) and 31 under four hours (28 in 2004). In the final shakeout, positions and total times are:

<i>Pas.</i>	<i>Cat. pas.</i>	<i>Name</i>	<i>Aggregate</i>	<i>Pas.</i>	<i>Cat. pas.</i>	<i>Name</i>	<i>Aggregate</i>
1	1M	Alistair Bartlett	2:51:31	21		Ted Rockliffe	3:37:19
2	1M50-54	Kevin Sparey	2:54:39	22		Jim Lowther	3:38:07
3	1M40-44	Paul Mumford	2:57:14	=23	1M65-69	Anthony Hickson	3:40:11
4		Doug Barber	3:00:08	=23		Tina Vivian	3:40:11
5		Daryl Spicer	3:07:26	25	1W55-59	Rosemary Barber	3:41:04
6		Stuart MacGregor	3:10:33	26		Dave Earley	3:41:49
7		Darren Wrintmore	3:13:17	27	1W40-44	Linda Ladner	3:43:14
8	1M45-49	Llewelyn Jones	3:16:36	28		Julia Scott	3:53:00
9	1W	Rachel Bown	3:17:01	29		Alison Atkinson	3:53:19
10		Mike Maidment	3:18:19	30		Derek Jarvis	3:54:23
11		Chris Atkinson	3:21:34	31		Lisa Berrington	3:55:27
12		Mike Pace	3:23:22	32		Julia Cox	4:00:57
13		George Roberts	3:26:22	33		Bridget Casey	4:10:04
14	2W	Jo Mumford	3:29:59	34	1W60	Joyce Field	4:10:33
15	1W45-49	Sue MacGregor	3:30:38	35		Paul Clark	4:22:43
16		Brian Skivington	3:33:16	36		Julia Drewitt	4:24:37
17		Jackie Rockliffe	3:33:26	37		Tanya Maidment	4:33:18
18	1M55-59	Jim Anderson	3:34:19	38		Tony Griffith	4:36:28
19	1M60-64	Danny Kay	3:34:58	39	1M70	Dermis Mellor	4:43:49
20		Laurie Irwin	3:36:47	40		Genevieve Sharam	4:47:32

**BEST TIMES:** MEN - 10 kilometres: Alistair Bartlett 35:36 (Pewsey); 10 miles: Alistair Bartlett 58:08 (Wimbome); half-marathon: Alistair Bartlett 1:17:47 (Cheddar); marathon: Paul Mumford 3:10:39 (Wolverhampton). WOMEN -10 kilometres: Rachel Bown 40:36 (Cardiff); 10 miles: Rachel Bown 1:08:25 (Wimbome); half-marathon: Rachel Bown 1:28:00 (Bath); marathon: Rachel Bown 3:15:04 (London). Congratulations to all, especially Rachel on a clean sweep in women's best times over the four distances, achieved only twice before in the club's twenty-year history - in 1992 by Linda Brown and in 2000 by Jackie Rockliffe.

### Percentage awards:

Kevin Sparey 85% (Yeovil 5K), Rosemary Barber 85% (Yeovil 5K) - both bettering their percentages for 2004.

*Editor: Tim Northwood, 45 Hilperton Road, Trowbridge BA14 7JQ; 01225 769929; t~iono@btinternet.com.*

## SECRETARY'S NOTES

I find it hard to believe that the club was formed twenty years ago. At the wedding of a clubmate a group of us decided to break away from Trowbridge Athletic Club and form a road and cross-country club. As I had been forced to give up my job with a disability pension, I was nominated as secretary to sort out the paperwork required.

In terms of membership this has been our best year to date, with forty-one joining in 2005 and membership now standing at 149.

Forty members qualified for the club championships, with their 10 kilometres, 10 miles and half-marathon times being added together.

The highest turnout of the year was in the Bath half-marathon, in which forty-two Avon Valley Runners took part. Also impressive is the fact that eighteen members completed the London Marathon. The lucky winners of the draw for the club's extra 2006 London Marathon entries were Ted Rockliffe, Alison Atkinson and Peter Hunt. Well, what are you waiting for? Get training!

It was pleasing, too, to see a record field of forty for the 45th Boxing Day Race. (I've finished them all, as members must be tired of me saying!) [*Not at all: may you run many more. - Ed.*] - **Stan Farr**.

### *Welcome to the Valley!*

No fewer than eleven new members signed on the dotted line during the final quarter of 2005, starting with **Peter Jones** on 4 October; then followed: **Christopher Snape** on 6 October, **Kay Middleton** and **Brian Yates** both on 18 October, **Kevin Ross** on 31 October, **Adam Wells** on 1 November, **Martin Connor** [rejoined for the second or third time, Martin??] on 2 November, **Debbie Roberts** on 8 November, **Duncan Game** and **Matthew Shaw** both on 17 November, and **Brendan Casey** on 28 November [*wot - none in December?*]. We wish you all many miles and good times in the Valley.

## MILESTONES

Only four members are due to graduate to their next age-groups during the quarter just beginning. First to move up is **Darren Wrintmore**, who will enter the veteran ranks as an M40 on 13 January; **Douglas Barber** turns 45 on 9 February; **Irene Warden** will be 55 on 10 February [*by which time we hope she'll be completely over the effects of her fall while out training in early December*]; and **Denise Ellis** is due to celebrate her 45th on 12 March. Many happy returns and best wishes to all.

AN ALTERNATIVE EXERCISE...?

## Twinkletoes

1. I first danced with my wife before we were wed,  
Due to a notion she'd thought of in bed.  
Meeting next day she told of her scheme:  
Me, learning to dance? It must be a dream!

3. But my protests were lost and fell on deaf ears  
She said, "It's the best thing I've thought of in years."  
She checked all the advertisements and notices too  
To select a good teacher: only the best would do.

5. With patience she showed me every step' in the book;  
At page after page she made me study and look.  
Then on came the music, and we took to the floor,  
As I frantically looked around for the exit door.

7. So with Madame Clavinski, I practised week after week;  
Those intricate movements I struggled to seek.  
Unstinting in my efforts, I stepped and I stepped,  
In time with the music I became quite adept.

9. So out to the wide world with spouse, intending to show  
Accomplishments and skill with slow-quick-quick-slow.  
I appeared in many a ballroom in white tie and tails,  
With my wife as my partner I'm the best of the males.

2. Whilst at running in country or town's dusty streets  
I can hold my position with whom I compete;  
Modesty prevails - I can only say I'm not bad.  
But, learning to dance? She must be mad.

4. The time came next week, and to the Palais we went,  
My arguments and protestations defeated and spent.  
The instructor introduced herself as Madame Clavinski;  
But, learning to dance? I'm no flipping Nijinsky!

6. Holding me tightly, her body crushed close to mine,  
She smelt of stale beer, or was it red wine?  
She glided and lifted and turned with a twirl,  
And I had to admit she was an athletic old girl.

8. After many long hours of blood, toil and sweat,  
I began to improve, my precision to get.  
Finally came the news that my wife had desired:  
I'd been taught by the madame to the standard required.

10. Now many years later, we've retired as the champs,  
Giving only exhibitions at some holiday camps;  
And whether in rumba or tango or plain rock'n'roll,  
Dancing is the hidden language of the innermost soul.

## RESULTS: October-December

**Sun. 2 Oct. - CLARENDON WAY MARATHON:** 109 D Kay (3rd M60) 4:02:08. **BURNHAM-ON-SEA HALF-MARATHON:** 9 A Bartlett 1:18:27, 11 K Sparey (2nd M50) 1:19:14. **BRISTOL HALF-MARATHON:** 87 D Barber 1:20:10, 108 P Mumford 1:21:52, 365 M Maidment 1:29:25, 388 L Jones 1:29:50, 579 C Atkinson 1:32:41, 821 B Skivington 1:35:19, 952 J Mumford 1:36:40, 1,191 D Earley 1:38:37, 1,612 G Thwaites 1:41:54, 1,623 T Vivian 1:41:58, 1,694 T Simpson 1:42:31, 1,850 A Tate 1:43:26, 2,023 A Atkinson 1:45:13, 2,569 L Berrington 1:47:57, 2,810 J Cox 1:49:17, 2,852 M Edwards 1:49:30, 3,920 J Field 1:55:26, 6,154 A Keen 2:09:30, 6,156 P Clark 2:09:30. **CRICKLADE HALF-MARATHON:** 54 R Hudson 1:34:42, 67 G Roberts 1:36:23, 76 Sue MacGregor 1:37:51, 77 Stu MacGregor 1:37:51, 78 M Pace 1:37:51, 79 R Bown 1:37:51. **CRICKLADE 10K:** 23 T Frost 40:06, 108 S Phillips (1st W55) 49:29. **CRANBORNE CHASE 10K:** 38 J Anderson 43:24.

**Sun. 9 Oct. - CARDIFF MARATHON:** 434 D Kay (2nd M60) 3:41:45; **HALF-MARATHON:** 337 G Roberts 1:35:04. **MELBOURNE HALF-MARATHON:** 900 A Hickson (1st M70) 1:44:58. **GREAT SOUTH 10M,** Portsmouth: 125 P Mumford 1:00:37, 244 Stu MacGregor 1:05:23, 509 1:09:39, 657 Sue MacGregor 1:11:10, 3290 D Jarvis 1:24:42, 4432 E Christensen 1:28:40. **GOLD HILL 9.5K:** 4 D Barber (1st M40) 37:48, 7 K Brown 40:21, 22 Nick Rosier 46:29, 32 R Barber 48:50, 49 S Phillips 53:15, 55 M Winn 55:54, 61 G Tuckwood 1:00:28.

**Sun. 16 Oct. - AMSTERDAM MARATHON:** [513 S Weston (St Albans AC) 3:08:33], 865 L Jones 3:18:25, 866 R Bown 3:18:26, 1308 Stu MacGregor 3:28:00, 1812 A Collins 3:39:37, 2382 G Roberts 3:48:53; **HALF-MARATHON:** 46 D Barber 1:21:02, 152 D Wrintmore 1:28:19, 487 C Atkinson 1:35:09, 650 P Mumford 1:37:09, 653 J Mumford 1:37:12, 994 T Vivian 1:40:33, 1108 M Pace 1:41:29, 1110 Sue MacGregor 1:41:29, 3097 A Atkinson 1:54:26; **10K:** 513 S Clark 47:26, 750 J Scott 49:30, 766 P Clark 49:37, 823 C Snape 50:01, 1371 T Robinson 53:42, 2756 D Mellor 1:02:22. **CHICAGO MARATHON:** 5,363 K Kinsey 3:39:13. **SWINDON HALF-MARATHON:** 117 D Earley 1:35:25, 271 J Lowther 1:42:56, 452 G Thwaites 1:50:28, 696 J Field (1st W60) 1:59:45, 837 T Griffith 2:06:23, 858 J Drewitt 2:06:28. **CABBAGE PATCH 10M:** 616 D Jarvis 1:21:29. **WEST TYTHERLEY 10K:** 1 K Sparey 36:53.

**Sun. 23 Oct. - EXMOOR STAGGER 15M MT:** 54 R Hudson 2:29:29. **STROUD HALF-MARATHON:** 352 M Pace 1:35:28, 365 D Kay 1:35:54, 434 Sue MacGregor 1:37:52, 947 B Casey 1:51:47. **STUDLAND STAMPEDE 12K MT:** 10 D Smith 53:22, 91 M Winn 1:13:55. **GIN PIT 5M,** Manchester: 117 S Phillips (2nd W55) 40:01, 145 G Phillips 43:11. **THRUXTON DUATHLON:** 72 A Bartlett - 5K run 19:05 + 30K bike 1:01:24 + 5k run 16:22 = 1:36:51.

**Sun. 30 Oct. - SALISBURY HALF-MARATHON:** 69 L Ladner 1:43:18, 71 D Kay 1:44:36, 79 K Ladner 1:45:46, 154 K Reckless 2:03:20.

**Sun. 6 Nov. - AVR OVER THE HILLS 12K MT:** 5 K Sparey (1st M50) 50:47, 17 K Brown 53:45, 20 Stu MacGregor 54:35, 28 S Giles 55:40, 29M Pace 55:41, 32 D Casey 56:19, 34 L Jones 56:42, 46 C Atkinson 58:38, 51 M Maidment 59:07, 61 R Bown 1:00:20, 79 J Lowther 1:03:40, 8 Sue MacGregor 1:04:31, 88 K Kinsey 1:04:38, 90 D Kay 1:05:10, 96 T Giles 1:06:06, 100 G Thwaites 1:06:48, 101 I Baber 1:07:07, 102 L Berrington 1:07:08, 106 C Snape 1:07:38, 117 B Casey 1:09:38, 122 S Phillips (1st W50) 1:10:17, 139 G Phillips 1:13:02, 147 N Kotze 1:14:40, 154 T Robinson 1:15:55, 156 T Northwood 1:16:14, 190 D Mellor 1:28:27.

**Sat. 12 Nov. - CHEDDAR HALF-MARATHON:** 8 A Bartlett 1:17:47, 13 K Sparey (1st M50) 1:19:33, 46 L Jones 1:29:42, 55 R Bown\* 1:31:02, 56 M Pace 1:31:02, 59 M Maidment 1:31:14, 63 C Atkinson 1:31:59, 91 Sue MacGregor\* 1:35:51, 92 Stu MacGregor 1:35:51, 95 J Anderson 1:36:37, 96 B Skivington 1:36:53, 97 J Mumford\* 1:36:53, 103 D Kay 1:37:39, 103 D Kay 1:37:39, 109 L Ladner 1:38:19, 112 K Ladner 1:39:03, 117 L Ringham (2nd-claim) 1:39:26, 123 S Ringham 1:40:12, 125 T Vivian 1:40:26, 152 J Scott 1:45:10, 156 A Atkinson 1:45:32, 192 J Field 1:53:26, 221 J Drewitt 1:59:22, 241 T Griffith 2:04:15, 279 N Coward 2:13:53, 287 D Mellor (1st M70) 2:18:16. \*1st women's team. **WEYMOUTH 10M:** 135 J Cox 1:22:28, 147 D Ellis (3rd W40) 1:24:51.

**Sun. 13 Nov. - SODBURY SLOG 9M MT:** 200 Stu MacGregor 1:23:40.

**Sun. 20 Nov. - WIMBORNE 10M:** 8 A Bartlett 58:08, 74 R Bown 1:08:25, 109 G Roberts 1:12:28, 129 J Anderson 1:14:18. **COLYTON 10K:** 42 Stu MacGregor 40:44, 63 M Pace 42:40, 87 Sue MacGregor 44:25. **CIRENCESTER OFF-ROAD DUATHLON:** 163 G Phillips - 2M run 20:59 + 10M bike 1:06:05 + 2M run 22:04 = 1:49:08.

**Sun. 27 Nov. - HAYLING ISLAND 10M:** 36 A Bartlett 58:50, 39 K Sparey (2nd M50) 59:04, 44 P Mumford 59:14, 100 Stu MacGregor 1:04:21, 132 L Jones 1:06:07, 157 D Wrintmore 1:07:34, 161 M Maidment 1:07:38, 175 C Atkinson 1:08:21, 193 M Pace 1:09:12, 209 G Roberts 1:09:38, 224 J Mumford 1:10:35, 245 J Lowther 1:11:46, 275 Sue MacGregor 1:12:45, 289 T Rockliffe 1:13:40, 302 J Rockliffe 1:14:12, 316 K Ladner 1:14:30, 326 T Vivian 1:15:14, 363 L Berrington 1:17:40, 419 A Atkinson 1:19:35, 420 J Scott 1:19:37, 467 D Ellis 1:22:05, 503 P Clark 1:24:05, 535 J Field (1st W60) 1:25:56, 577 S Clark 1:29:56, 579 J Drewitt 1:29:56, 611 T Robinson 1:33:33, 637 T Griffith 1:36:01, 646 D Melior 1:37:26, 663 S Cook 1:40:39. **AVEBURY 8M MT:** 70 J Cox 1:11:49. **BLACKLANDS 7.25M MT,** Calne: 10 K Ross 48:55, 26 I White 55:58, 68 B White 1:08:14. **EYNHAM 10K:** S Phillips (2nd W55) 49:50. **CASTLE COMBE CHILLY DUATHLON:** 41 K Brown 55:42.

**Sun. 4 Dec. - LUTON MARATHON:** 180 D Kay 3:43:38. **BROMHAM 10K:** 9 P Mumford 36:08, 10 A Bartlett 36:17, 15 D Spicer 37:07, 20 K Brown 38:10, 22 Stu MacGregor (2nd M50) 38:33, 36 D Smith 39:35, 37 S Williams 39:45, 53 L Jones 40:47, 58 R Bown\* 41:00, 60 C Atkinson 41:14, 62 M Maidment 41:16, 63 M Pace 41:20, 82 G Roberts 42:30, 89 J Mumford\* 42:44, 95 J Lowther 43:25, 101 Sue MacGregor\* 43:37, 119 T Rockliffe 45:06, 137 J Rockliffe 46:05, 140 T Vivian 46:20, 158 C Snape 47:11, 169 L Irwin 47:50, 170 B Hobbs 48:01, 171 J Scott 48:13, 174 A Atkinson 48:31, 176 D Ellis 49:00, 190 M Shaw 49:34, 199 P Hunt 50:15, 234 C Greenland 52:50, 237 J Field 53:11, 262 A Grout 55:10, 272 A Leat 56:39, 275 G Sharam 56:45, 276 T Griffith 56:46, 304 D Melior 1:00:02, 329 J Farr 1:03:49. \*2nd women's team.

**Sun. 11 Dec. - MAIORCA MARATHON:** D Kay 3:34:43; **HALF-MARATHON:** M Pace 1:35:21, Sue MacGregor (1st W45) 1:39:48. **WYVERN 10K:** 110 G Roberts 41:40, 225 R Barber (2nd W50) 45:10, 447 D Ellis 50:20, 448 L Berrington 50:20, 665 J Drewitt 55:19. **Thu. 15 Dec. - WESTON-SUPER-MARE PROM 5M:** 18 K Sparey 28:32.

**Sun. 18 Dec. - GADSBY SM XC:** 53 I White 43:40, 111 B White 55:18.

**Mon. 26 Dec. - CLEVEDON 4M:** 34 K Sparey 22:38, 371 L Berrington 30:27. **AVR BOXING DAY 5K:** 1 D Spicer 17:22, 2 M Bryant 17:26, 3 A Bartlett 17:53, 4 Stu MacGregor (1st M50) 18:32, 5 D Barber (1st M40) 18:47, 6 P Harding (Swansea) 19:04, 7 S Bryant 19:25, 8 M Pace 19:30, 9 R Bown (1st woman) 19:32, 10 M Maidment 19:57, 11 C Atkinson 20:10, 12 J Mumford (2nd woman) 20:15, 13 P Mitchell 20:16, 14 J Lowther 21:16, 15 Sue MacGregor (3rd woman) 21:17, 16 K Ladner 21:18, 17 D Bryant 21:35, 18 S Reeves (Bath) (1st u1a) 21:43, 19 L Irwin 21:44, 20 V Anstey (Frome) 21:56, 21 C Howard (Hillingdon) 22:26, 22 M Edwards 22:50, 23 H Anstey (Frome) 22:53, 24 L Ladner 23:11, 25 S Reeves (Bath) 23:13, 26 N Rosier 23:26, 27 S Phillips (1st W50) 23:31, 28 P Melior (Bath) 23:38, 29 M Barber 24:01, 30 N Whitehead 24:10, 31 R Whitehead 24:18, 32 R Sales 24:53, 33 G Phillips 25:11, 34 T Robinson 25:47, 35 S Clark 26:24, 37 V Bartlett 26:53, 38 D Mellor (1st M 70) 29:08, 39 T Maidment 31:29, 40 IS Farr (& dog) 44:18.

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

## FIXTURES: January-April

### JANUARY

- Sun 8 Wessex Cross-Country League, Pewsey, 2.00.  
Sat 14 Wiltshire Cross-Country Championships, Hudson's Field, Salisbury.  
Sun 15 Dawlish 10M MT, 11.00; Rough'n'Tumble, Milton Lilbourne, 11.00;  
Riverbank Rollick 8M, Thornbury, 11.00.  
Thu 19 AVR AGM, at the Clubhouse, Culver Close, Bradford-on-Avon, 8.45 (after training).  
*N.B.: Nominations and proposals to be received by the secretary at least two weeks before this date.*  
Sun 22 Slaughterford 9M, 9.50.  
Sun 29 Romsey 5M, 10.30.

### FEBRUARY

- Sat 4 AVR 20TH ANNIVERSARY PARTY & PRIZEGIVING, 7.30, Swan Hotel, Bradford-on-Avon  
Tickets £7 (worth much more, but subsidized by the club) obtainable from Judy or Stan Farr –  
70 only: first come, first served, so book early!  
Sun 5 Wessex Cross-Country League, Poole, 2.00; Blackmore Vale Half-Marathon, 11.00;  
Longleat 10K, 10.00.  
Sun 12 Weston Tough 10M, 11.00.  
Sun 19 Bramley 20M & 10M, 10.30; Dursley Dozen 12M MT, 10.30;  
Salisbury Fire Brigade 10K, 11.00.  
Sun 26 Terminator 10M MT, Pewsey, 10.30.

### MARCH

- Sun 5 Gloucester 20M, 10.00 ..  
Sun 12 Wessex Cross-Country League, Taunton, 2.00; Hastings Half-Marathon, 10.30.  
Sun 19 Bath Half-Marathon, 11.00; Fleet Half-Marathon, 11.30; Bowood 10K, Calne;  
Hogweed Hilly Half-Marathon, 10.30; Sherborne 10K, 11.00.

### APRIL

- Sun 2 Taunton Marathon & Half-Marathon, 10.30; Whitehorse Half-Marathon, 10.00;  
Hanham 'Orror 6M MT.  
Sun. 9 Trowbridge Lions' 10K; Reading Half-Marathon, 10.00; Pewsey 10K, 10.30;  
Totton 10K, 2.25.

## *Celebrating 20 years of Avon Valley Runners*

Towards the end of 1985, with a mixture of enthusiasm and trepidation, a few of us comprising the distance runners of Trowbridge AC decided to form a new club simply to cater for our shared love of running - away from the multi-discipline complications of "athletics". From the start every decision that we made was guided by the need to keep things simple.

We put a lot of thought into the name, deliberately avoiding words like Athletic, Harriers and even Club, which might have suggested a too-serious image. What were we? -Runners. Where would we be running? - Whenever possible, in the beautiful (both hilly and flat) valley of the River Avon. So: Avon Valley Runners we became. Even the colours were carefully considered. Having run marathons in the heavy, heat-attractant dark-green vests of Trowbridge, we decided on the clearly visible and cool yellow with green insignia which has served AVR ever since.

Continuing the emphasis on informality, we resolved that the necessary monthly committee meeting should be like almost any other Thursday evening visit to the pub. And guess what? Within weeks of being set up, our modest group began to attract equally keen runners from all over the area; within five years membership was hovering around the hundred mark, and it continues to increase to the present day. So we must be doing most things right.

Of course, as a club of 150 runners we can't pretend that we're only a dozen, but to ensure that the club doesn't lose sight of its original aim - to get out there and run - it's up to all of us to take part in the democratic process. Our full participation at the a.g.m. is the best way to guarantee that the right people are elected to serve all Avon Valley Runners' best interests in 2006. - **Tim Northwood** (Editor).



# Valley News

## Captains' Corner

January 2006



The autumn season saw another good quarter for club members with a selection of silverware making it's way back to **Avon Valley**, along with good collection of personal best times. At the beginning of October seventeen **Avon Valley Runners** toed the line at the **Bristol Half Marathon** with Doug Barber leading home for **AVR** in a new personal best time of 1:20:10, PB's also fell to Paul Mumford 1:21:52, Mike Maidment 1:29:25; Llewelyn Jones 1:29:50; Brian Skivington 1:35:19; Joanne Mumford 1:36:40; Ali Atkinson 1:45:13 and Anna Keen 2:09:30 on her first outing over the distance.

Twenty two **Avon Valley Runners** made the trip to **Amsterdam**, but an over indulgence on Euro-Culture meant that most times were down on expectations, though Chris Snape did enjoy his first ever race choosing to tackle the 10K and Simon Weston performed admirably in the Marathon to finish in 3:08:33 on his debut. "Boom Chicago" was an entertaining a post race venue with Llewelyn "Sue Ellen" Jones proving that it is not just the English and Americans that are separated by a common language, but also the Welsh!!!

Kevin Sparey managed a return to winning ways taking victory at the **West Tytherley 10K**, as did Alistair Bartlett and Rosemary Barber who finished as first man and lady at the **Box 6 ½ mile** race.

The **Fantastic Fifth Cheddar Half Marathon** across the Somerset levels proved a successful hunting ground for twenty three **Avon Valley Runners** with 8<sup>th</sup> placed Alistair Bartlett being the first club member back, in a new personal best time of 1:17:47 from 13<sup>th</sup> placed Kevin Sparey and 46<sup>th</sup> placed Llewelyn Jones who improved his PB by a further eight seconds to 1:29:42. In the Ladies race Rachel Bown led home a winning **Avon Valley Runners** team along with Sue Macgregor and Jo Mumford.

Despite the ice cold winds at the **Hayling 10** personal best times fell a plenty, with Paul Mumford 59:14, Stuart Macgregor 64:21, Llewelyn Jones 66:07, Mike Maidment 67:38, George Roberts 69:38, Jo Mumford 70:35, Jim Lowther 71:46, Kevin Ladner 74:30 and Ali Atkinson 79:35 all setting new marks.

The **Bromham 10K** made a welcome return to the local race calendar and thirty five **Avon Valley Runners** turned up to earn their Christmas Puddings. Ninth placed Paul Mumford was our first man back in 36:08 leading home Alistair Bartlett, Daryl Spicer and Kenny Brown to take the third Men's Team spot. The Ladies went one better, with Rachel Bown leading home Jo Mumford and Jackie Rockliffe to the second Ladies Team prize.

A special mention must be made to George Roberts who not only set a personal best time of 41:40 at the **Wyvern Christmas Cracker 10K** but did so wearing fairy wings and a pink tutu!!!

Looking forward to the spring, our first Captains Choice event is the ever-popular **Bramley 20/10** on February 19<sup>th</sup> with our second choice being the **Bath Half Marathon** on March 19<sup>th</sup>, which has now been expanded to accommodate a record field of 10,000 runners with 39 coming from **AVR**.

*Tina Vivian & Darren Wrintmore*



Hello everyone at **Avon Valley Runners**. I was born on October 25th 2005 to Mike and Tanya, keen club members who I know would like to thank everyone at the club for their kind thoughts and warm wishes. I saw my first race at the **Bromham 10K** this year, proudly wearing the **Avon Valley** colours. Don't be fooled by the fact that I spent most of the race asleep - I was very excited really. Mum is looking forward to starting running again soon with me in my nice new running buggy! See you again soon.....

*Alex Maidment - Club champion 2025 (according to my Dad)*

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)

---

### Member Profile – Sue Macgregor

**Date of Birth:** 4<sup>th</sup> April 1958  
**Height:** 5' 6"  
**Weight:** *Threw the bathroom scales out, as I used to balance on them in odd poses to achieve the lowest reading.*

**Residence:** Trowbridge  
**Occupation:** Superintendent Radiographer  
**Running Shoes:** Nike Pegasus

**PB's:** **10K** 43:41 – Bromham 2003  
**Half Marathon** 1:35:51 – Cheddar 2005

**Ten Miles** 71:10 – Portsmouth 2005  
**Marathon** 3:34:08 – London 2005



I started running when I was conned into running the **Trowbridge 10K**, at a committee meeting of the Bath Cancer Unit Support Group, who were the main beneficiaries from the event (the rest of the committee decided that I was the youngest and fittest). The other incentive was the six bottles of wine from Glyn Phillips if I completed the course, a theme that seems to have recurred throughout my running career. I was passed by most of the other competitors towards the end of the race, at this point I decided to join **Avon Valley Runners** (April 2000) and life really hasn't been the same since.

I have made many good friends through running and have had many enjoyable weekends away both in the UK and abroad. I run to keep fit, to forget about work and to have a social life. I have found that running with a hangover is not the most pleasant experience. Although this has taught me that you shouldn't take yourself or running too seriously!

I really enjoy running across the fields but my best memories are the races which have a good social side to them **Dartmoor Ultra 32** miles (the race was hard but the bopping afterwards was great), **Majorca Half Marathon** (a sociable weekend), **London Marathon** (a nice weekend away) and my favourite – “**Race the Train**” (a weekend party, with a run somewhere in the middle!). In the New Year I am looking forward to doing a lot more off road/multi terrain races.

---

### Member Profile – Chris Atkinson

**Date of Birth:** 10<sup>th</sup> November 1968  
**Height:** 5' 11"  
**Weight:** 11st 6lb

**Residence:** North Bradley  
**Occupation:** Business Partner  
**Running Shoes:** Asics GT2100

**PB's:** **10K** 41:15 – Bromham 2005  
**Half Marathon** 1:31:59 – Cheddar 2005

**Ten Miles** 67:37 – Hayling Island 2004  
**Marathon** 3:27:10 – London 2005

I used to run at school, particularly enjoying Cross-Country races and even joined Trowbridge AC in order to compete in the **Avalon XC League**. On leaving Matravers school I took to becoming a '30 a-day' smoker, incredibly unfit and bald. However at New Year 2001 myself and wife Ali resolved to give up smoking and also to start running in order to get fit. As a target we both entered the **Bath Half**, which we completed together in just less than two hours.

That gave me the running bug and wanting to improve I joined **Avon Valley Runners**. I worked my way up to the Marathon distance tackling London in both 2004 & 2005 improving my time down to 3:27. However a series of Achilles problems have prevented me from achieving my full potential and I truly believe that with some consistent training that I will be able to crack 40 minutes for 10K, 1:30 for the Half and 3:15 for the Marathon.

I enjoyed the recent club outing to Amsterdam and would like to try and run some more international races, with the **New York Marathon** being a particular aim.



---

*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)*