



# Valley News

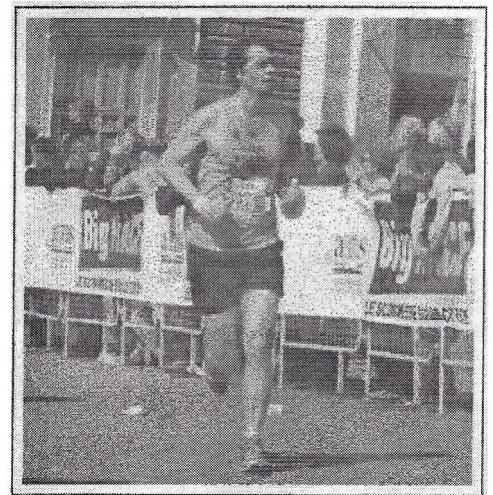
THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS (82) JULY 2006

## Roma therapy

THE ROME MARATHON - 26 MARCH 2006

*Veni, vedi, weaky* (I came, I saw, I conked out)

**A cautionary tale ... by Mike Maidment**



When I reached the 41.2km mark of the Rome Marathon and saw the placard that said: "Only one kilometre to go", I knew I was in trouble. I suppose I should have heeded the warning signs earlier: a feeling of light-headedness, black spots before the eyes, lapses of concentration; but I was only a kilometre from the end - what could possibly go wrong? I woke up in the hospital tent amid the chaos of medics and other runners in various states of distress. I vaguely remember the vomiting and cramp that preceded a time of relative calm, in which my first, half-formed thoughts were how pleasant it was not to be running anymore.

Rome is a fantastic location for a marathon and the city really makes an effort, closing off most of the main tourist sights through town in the single loop course. The run takes you from the Coliseum past the Forum and the Circus Maximus to the banks of the Tiber, then across to the Vatican and the brooding dome of St Peter's Basilica. A long loop out of town via the city's mosque returns south through a couple of famous piazzas and the Spanish Steps, then the last seven kilometres comprise a long, seemingly endless out-and-back loop past the pyramidal tomb of Caius Cestius to the finish line at the Coliseum.

Things had started promisingly - it was warm, certainly, but not uncomfortably so, and I was feeling confident following some excellent pre-marathon races and training runs. I took the first few miles a bit fast but felt fine as I left the 3:15 pacemakers and their green balloons behind and was dragged along by the crowds and my inability to adequately convert kilometres to miles. I had my Runner's World wristband which had kilometre times on it but even the most basic maths seems complicated when running and I would have been better served with my GPS. Regardless, I passed the half-marathon in a decent 1:35 and the 32km marker in a respectable 2:25. I knew I was gradually slowing up and after 35km it was a real slog. I was feeling the heat and had wisely taken a water-bottle with me which I was stopping to fill up at the 5km-spaced water stations. At the 40km station I was beginning to feel a bit lightheaded but reasoned that I only had about ten minutes of running left and should not look for excuses to stop. I really didn't think it would be possible to run until I passed out, I assumed I would automatically stop running. I don't know how long I carried on after the 1 km-to-go mark but that is more or less the last thing I remember.

I had no injuries so can only imagine someone caught me or I landed on something soft, but I was a very confused, increasingly uncomfortable runner once I came to in the first aid tent. Of course once I realised the situation my first question wasn't "Why can't I think straight?", "Will I ever walk again?", or even "Call the wife." No - I asked: "Did I finish?", although I suspected the awful truth by this stage. *Continued on Page 2*

## SECRETARY'S NOTES

The last three months have seen some great performances by members, notably the seventeen who completed the London Marathon, the six who finished a gruelling half-Ironman triathlon on Exmoor, and the thirty who formed the three teams often in the Cotswold Way Relay. In addition, twenty-five members ran in the Keevil10K, and women's team awards were won in the Bratton Hilly 11K and the Warminster 10M. Helpers are required for the Conkwell Killer (Sunday 20 August) and the Foxtrot5M (Sunday 27 August): names to captains, please! - Stan Farr.

### *Welcome to the Valley!*

Seventeen new members have joined since the last newsletter was published in April. In order of joining, they are: April- Elizabeth Gard, Daniel Gard, Dawn Williams, Martin White, Becky Follett, Andy Hawkins (2nd-claim), Anna Todd, Chris Peennan; May - James Scriven, Adella Smart (2nd-claim), Ian Mapperson, Geoffrey Castle, Barry Whale, Steve Noyes (rejoined), Frances Hood; June - David Bryant, Jon Durant. We wish you all good times and happy running in the Valley!

## MILESTONES

Surprisingly, only one member is due to graduate to the next age-group this quarter: Simon Giles will be 40 on 13 September. Happy birthday, and best wishes as a veteran. [However, two of our "maturer" members, who may prefer to remain anonymous, will attain two-thirds of a century, or 66 years 243 days, on 13 and 26 July respectively. - Ed] Membership analysis as at 1 January 2006

Apologies for the late publication of these statistics, which are best assessed at the beginning of each year, because, as decided by the committee a couple of years ago, your age at 1 January determines your eligibility for club age-group prizes for the current year. In brief, the club has continued to appeal to a steadily increasing number of members, from serious athletes at one end of the scale to casual runners who seek no more than healthy exercise in friendly company. Specifically, the figures reveal that from 139 at the beginning of 2005 our number increased to 143 in January 2006. The ratio of men to women changed slightly from 60:40 then to 64:36 now - regrettable for the social side of club life; and the proportion of under-40s to "mature" runners also fell, from 38,9% a year earlier to 33,6% this year. (This is only a summary - a full three-page table of individual and categorical details as at 1 January is available for no more than the cost of photocopies. - Editor.)

			U-40	40-44	45-49	50-54	55-59	60-64	65-69	O-70
TOTALS:	143	(33.57% u-40)	48	23	16	21	14	9	9	3
Men:	92 (64.34%)	(30.43% u-40)	28	10	7	13	10	5	9	2
Women:	51 (35.66%)	(50.98% u-40)	26	8	7	7	3	3	0	1

### *Roma therapy (continued from Page 1)*

I spent the next hour on a drip, bathed in sweat, very confused and barely able to string together a coherent sentence. I took some comfort in the fact that the medics were leaving me alone and reasoned that if I were going to be permanently brain-damaged or if they were going to have to amputate my legs, they'd have given me a bit more attention. Eventually after taking on 1½ litres of water I managed to recover enough to move my legs again and finally shamle out of the tent. Everything looked a bit odd in the bright afternoon and I had to concentrate to work out where I was, which was a worry as there was a huge Coliseum in front of me that should have provided a few clues.

It was an unutterably lonely experience walking through the half-empty water bottles, crumpled foil blankets and runners strewn about the finish with wonderful Rome Marathon medals around their necks. I felt I didn't belong there, like a spectator caught on the wrong side of the fence. It's difficult to feel satisfied with your performance if you haven't run as well as you think you're capable, but impossible to feel anything other than forlorn if you fail to finish.

I'm still disappointed I didn't finish and I suppose there are a variety of reasons, but the heat had to be a major factor. It was 16°C and the following day I was wandering round Rome in shorts and a T-shirt - something unimaginable in an England still gripped by a lingering winter. Could I have trained better? Should I have been taking on more fluids? Or did I do too much the day before? I can only guess the answer to most of these, but in my heart I'm satisfied that I did the best I could on the day and didn't disgrace the Avon Valley Runners vest I wear with pride. At least I don't have that nagging feeling that if I'd put in a bit more effort I'd have completed the course a bit quicker.

Oddly enough, the next day I felt no worse than I have done after previous marathons. In other words, I could barely walk, broke into a sweat if I had to lift so much as a pencil and felt light-headed for about three days. Mind you, it didn't stop me doing a bit of sightseeing - and there is plenty to see in Rome.

I will have to return to Rome one day to complete the marathon. Maybe it is the uncertainty of a marathon that keeps you coming back despite promising yourself "never again" in the last few miles, but for me this is unfinished business until I cross the line at the Coliseum. Interestingly enough, when I returned home I found out that, despite not finishing myself, my chip managed a creditable 3:25 - a result I've found difficult to explain. But at least when people ask me: "Have you run the Rome Marathon?" I can say with a smile: "Yes and no."

## RESULTS: April-June

**Sun. 2 April - EXE TO AXE 20M MT:** 37 I White 3:35:43. **CONISTON 14M:** 481 K Kinsey 1:53:54. **TAUNTON HALF-MARATHON:** 157 G Roberts 1:34:21. **WHITE HORSE HALF-MARATHON:** 226 T Vivian 1:45:16. **BOURNEMOUTH 10K:** M Brain 56:10. **TOTTON 10K:** 37 P Mumford 35:08. 42 A Bartlett 35:29. L Ringham (37th woman) 44:48. 266 Les Unsworth 45:31. **SWINDON DUATHLON:** 98 L Irwin 10K run 43:42 + 40K bike 1:37:49 + 5K run 25:02 = 2:46:33.

**Sun. 9 April - PORTLAND 20M:** 11 R Bown (1st woman) 2:59:35. 12 L Jones 2:59:35. 18 Sue MacGregor 3:36:05. 19 M Pace 3:36:05; 11M: 14 Stu MacGregor 1:34:14. **TROWBRIDGE LIONS' 10K:** 2 A Hawkins 37:32, 3 M Bryant 39:13, 8 D Wrintmore 41:57, 10 C Atkinson 43:41. 11 D Gard 44:48. 18 K Ladner 47:55, 19 L Irwin 48:09, 21 L Ladner (2nd woman) 49:11, 23 K Kinsey (3rd woman) 49:29. 27 K Middleton 50:43, 29 B Yates 50:43, 42 L Gard 57:16. 43 D Williams 57:19. **PEWSEY 10K:** 10 A Bartlett 36:04, 53 P Jones 42:50, 109 C Switzer 48:50, 141 S Phillips 53:06, 146 G Phillips 54:01, 173 T Griffith 59:25. **GREAT IRELAND 10K,** Dublin: 68 K Sparey (1st M50) 36:35.

**Fri. 14 April - MAIDENHEAD 10M:** 288 L Ringham 1 :13:29, 373 Les Unsworth 1 :17:15.

**Mon. 17 April - YEOVIL TON 10K:** 16 A Bartlett 36:29, 53 Stu MacGregor 39:34, 58 D Wrintmore 39:52, 80 G Roberts 41 :42, 96 M Pace 43:00, 114 P Mitchell 44:08, 121 L Ringham 44:25, 127 R Barber (1st W55) 44:50, 144 Sue MacGregor 46:16, 159 K Middleton 47:31.

**Sun. 23 April - LONDON MARATHON:** 1091 P Mumford 2:58:45, 2636 R Bown 3:15:01, 2949 L Jones 3:17:47, 3219 C Atkinson 3:19:53, 3338 J Rockcliffe 3:20:43, 6421 J Mumford 3:39:10, 6784 T Rockcliffe 3:41:08, 6989 G Thwaites 3:42:04, 7214 T Vivian 3:43:07, 10224 A Atkinson 3:55:15, 11031 J Scott 3:57:06, 11797 B Skivington 4:00:19, 14580 D Ellis 4:12:29, 15842 V McHale 4:17:28. 245~) D Mellor 4:54:06, 25709 P Hunt 5:00:05, 26669 S Cook 5:07:01. **CORSHAM 10K:** 11 A Bartlett 36:35, 94 A Tate 44:23, 148 D Game 47:19, 273 M White 53:32, 274 R Sales 53:34, 293 M Brain 54:34, 313 J Field 55:33, 334 D Roberts 56:35, 375 T Griffith 1 :00:03. **PENSFORD 10K:** 84 R Barber (1st W55) 46:37.

**Tue. 25 April - HEDDINGTON HILL MILE:** 1 D Wrintmore 7:13.

**Sun. 30 April - GLASTONBURY 5-69M** [full details unobtainable]: K Sparey (1st M50) , R Barber, G Sharam, P Clark, D Mellor, J Farr; 5K: I S Farr (& 1st dog) 34:09.

**Mon. 1 May - CHRISTCHURCH 3M,** Bradford-on-Avon: 4 A Bartlett 17:03, 6 D Wrintmore (1st M40) 18:26, 11 A Tate 19:35, 22 K Ladner (& child) 21:34, 30 R Sales 22:59, 38 M Hehir 24:04, 41 B Yates (& child) 24:53, 48 R Hudson (& child) 26:17, 49 G Sharam (2nd woman) 26:23, 51 A Keen (3rd woman) 26:31, 53 D Mellor 27:08, 54 P Clark 27:09. **SPRINGFIELD TRIATHLON** (400m swim + 20K bike + 5K run): 57 N Johnson 6:59 + 43:04 + 24:24 = 1:14:27, 64 K Brown 7:07 + 46:01 + 22:11 = 1:15:19, 77 T Frost 6:31 + 48:22 + 21:39 = 1:16:32, 112 L Irwin 8:07 + 47:06 + 26:15 = 1:21:28, 188 N Evans 7:12 + 53:28 + 29:18 = 1:29:58, 190 G Phillips 9:55 + 51:24 + 29:40 = 1:30:59, 217 S Phillips (1st W55) 9:11 + 59:26 + 29:43 = 1:38:20.

**Wed. 3 May - CASTLE COMBE DUATHLON** (2M run + 10M bike + 2M run): 90 L Irwin 14:41 + 28:09 + 13:43 = 56:33, 95 C Atkinson 13:36 + 30:57 + 12:53 = 57:26, 97 R Barber (1st W50) 14:10 + 29:59 + 13:31 = 57:40, 121 T Rockcliffe 15:58 + 30:09 + 14:28 = 1 :00:35, 142 N Evans 16:54 + 32:22 + 15:58 = 1 :05:14.

**Sun. 7 May - TEWKESBURY HALF-MARATHON:** 160 J Anderson 1:37:12. **BLACK DEATH RUN 9M MT:** 306 D Roberts 1:50:05.

**Tue. 9 May - ROUNDWAY CHASE 10K,** Calne: 9 Stu MacGregor (1st M50) 45:40, 13 M Pace 46:58, 18 J Rockcliffe (1st woman) 48:12, 26 G Roberts 49:25, 31 Sue MacGregor (2nd woman) 51:14, 38 C Switzer 52:45, 39 K Kinsey 52:47, 43 T Rockcliffe (2nd M60) 53:18, 5 T Vivian 55:58, 56 B Casey 57:05, 60 D Ellis 58:33, 71 A Hickson 1 :04:07.

**Wed. 10 May - YEOVILTON 5K:** 52 P Bryant 19:18, 56 S Bryant 19:27, 76 R Barber (1st W55) 20:48. **TOWER OF LONDON 10K:** D Wrintmore 36:32,

**Sat, 13 May - BRATTON Hilly 11-5K:** 2 A Hawkins 43:12, 11 Stu MacGregor (1st M50) 47:54, 16 R Ellis 48:52, 23 M Maidment 50:48, 26 D Gard 51:50, 28 M Pace 52:09, 31 P Jones 52:37, 40 Sue MacGregor\* (2nd woman) 54:40, 45 R Barber\* (1st W55) 55:15, 53 C Switzer 57:00, 57 K Kinsey\* 57:21, 74 R Sales 1:02:14, 80 M White 1:03:30, 91 J Field\* 1:07:52, 97 L Gard 1:08:35, 1141 S Farr (& 2nd dog) 1 :20:52. \*1st women's team.

**Sun. 14 May - COWPATCANTER 10K MT:** 24 D Barber 45:43, 60 I White 49:52, 163 B White 1:04:31; [MINI COWPAT CANTER 1M: 2 M Barber (1st girl) 7:04]. **KEYNSHAM 10K:** 414 A Keen 58:54. **DERBY 10K:** 137 G Roberts 41:12, 1011 D Roberts 54:37.

**Sun. 21 May - JERSEY HALF-MARATHON:** 192 G Castle 2:06:35. **OXFORD TOWN & GOWN 10K:** A Bartlett 37:04. **RAMSBURY 7K:** 7 Stu MacGregor (3rd M35) 30:40, 12 M Pace 31:51, 24 I White 33:27, 29 Sue MacGregor (3rd woman) 34:35, 58 B White 39:45.

**Mon. 22 May - HOGWEED 10K:** 36 C Atkinson 40:34, 39 G Roberts 40:40, 106 A Atkinson 46:23.

**Wed. 7 June - CASTLE COMBE DUATHLON** (2M run + 10M bike + 2M run - only first run and total times given): 80 R Bown first run 13:50, total 52:59; 101 J Mumford 14:07 ... 54:12; 115 C Atkinson 13:01 55:16; 126 L Irwin 14:25 ... 56:02; 132 R Barber (1st W50) 14:12 ... 57:07; 141 T Rockcliffe 15:03 ... 57:58; 143 N Evans 15:29 ... 58:12.

**Sun. 11 June - NORTON RADSTOCK HALF-MARATHON:** 17 C Atkinson 1:33:44. **SALISBURY 10M:** 8 P Mumford 1:05:25, 40 P Jones 1:15:34, 143 T Griffith 1:42:30.

**Tue. 13 June - CALNE 3x3-4M RELAY:** 7th team - M Maidment 21:56 + M Pace 21:17 + Stu MacGregor 20:30 = 1:03:43; 18th team - J Rockcliffe 21 :59 + Les Unsworth 24:30 + J Field 28:45 = 1 :15:14.

**Wed. 14 June - YEOVIL 5K:** 50 P Bryant 18:49, 68 S Bryant 19:58.

**Sun. 18 June - WIMBLEBALL HALF-IRONMAN 70-3M,** Exmoor (1-2M swim + trans. 1 + 56M bike + trans. 2 + half-marathon): 352 K Brown 35:49 + 10:22 + 3:37:06 + 2:03 + 1:49:03 = 6:14:27, 416 R Bown 38:00 + 5:42 + 3:48:31 + 1:11 + 1:51:41 = 6:25:10, 549 L Irwin 39:16 + 9:05 + 3:45:36 + 1:46 + 2:11:58 = 6:47:44, 721 B Hobbs 40:37 + 8:29 + 3:55:03 + 3:16 + 2:52:31 = 7:40:00, 784 S Phillips (1st W55) 46:59 + 6:32 + 4:39:03 + 2:05 + 2:48:15 = 8:22:58, 785 G Phillips 50:31 + 7:17 + 4:37:56 + 2:36 + 2:47:30 = 8:26:50.

**Wed. 21 June - BITTON 5K:** A Keen 28:10.

**Sat. 24 June - COTSWOLD WAY RELAY** (Chipping Campden-Bath Abbey, total distance 105M): ~ Chipping Campden-Stanway House, 12M: 11 D Wrintmore 1:30:11, 23 M Pace 1:35:52, 44 K Kinsey 1:47:50; ~ Stanway House-Cleeve Common, 12½M: 3 A Hawkins (1st M40) 1:28:23, 41 K Middleton 1:58:50, 57 J Scott 2:21:00; Leg 3. Cleeve Common-Seven Springs, 8½M M: 18 P Mitchell 1:09:19, 30 S Ringham 1:16:37, 31 L Ringham 1:16:58; Leg 4. Seven Springs-Cranham Corner, 12½M: 24 C Atkinson 1:42:01, 25 S Williams 1:42:22; Leg~5, Cranham Corner-Ebley Mill, 12½M: 16 M Maidment 1:32:08, 39 T Vivian 1:49:06, 54 D Ellis 2:00:00; Leg 6. Ebley Mill-Dursley, 9M: 20 D Barber 1:14:59, 42 L Ladner 1:32:47, 43 K Ladner 1 33:04; ~ Dursley-Wotton-under-Edge, 7M: 20 I White 1:02:42, 46 B White 1:17:08, 53 J Field 1:23:02; Leg 8. Wotton-under-Edge-Old Sodbury, 12M: 22 Stu MacGregor 1:43:55, 28 G Roberts 1:46:46, 47 Sue MacGregor 1:55:38; Leg 9. Old Sodbury-Cold Ashton, 9M: 7 P Mumford 1:04:45, 21 S Noyes 1:16:11, 24 J Mumford (2nd woman) 1:16:56; Leg 10, Cold Ashton-Bath Abbey, 10M: 6 K Sparey 1:06:50, 22 D Gard 1:16:18, 32 J Rockcliffe 1:23:41. **AVR final positions:** 9 AVR Vets (3rd vets' team) 13:35:34, 30 AVR Mixers (7th mixed team) 15:42:47, 44 A VR Women (5th women's team) 16:52:49.

**Sun. 25 June - WARMINSTER 10M:** 9 P Mumford 1:05:16. 35 L Jones 1:11:35, 58 D Earley 1:16:51, 78 J Anderson 1:21:07, 93 R Barber\* (1st W55) 1:24:03. 134 E Gard\* 1:33:34, 139 D Mellor 1:40:03, 148 T Griffith 1:44:56, 157 J Farr\* 1:56:47. \* 1st women's team.

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

## FIXTURES: July-October

### JULY

Sat 8 Golden Cap 8M MT (Dorset), 3.00.  
Sun 9 Sherston 10K; New Forest 10K, 11.15.  
Mon 10 Frampton 10K, 7.30.  
Tue 11 Calne 3x3-4M Relay, 7.30.  
Wed 12 Chippenham 5K River Run, 7.30; Yeovil 5K, 7.15.  
Sat 15 Sport Relief Mile, Bradford-on-Avon, 3.00.  
Sun 16 Bath Triathlon; Pinewood 10K, 11.00.  
Thu 20 Springfield 5K, 7.00.  
Sat 29 Swanage Half-Marathon, 11.00.

### AUGUST

Wed 2 Pewsey 5M, 7.30.  
Sun 6 Sturminster Half-Marathon, 10.30.  
Tue 8 Calne 3x3-4M Relay, 7.30.  
Wed 9 Yeovil 5K, 7.15.  
Sun 13 Standish 10M, 10.30; Lambourn 5M, 10.30.  
Thu 17 Springfield 5K, 7.00.  
Sat 19 Race the Train 14-3M, Tywyn, 1.58.  
Sun. 20 Conkwell Killer 8M MT, 11.00.  
Sun. 27 Pewsey Half-Marathon, 10.30; Langport 10K, 11.00; Foxtrot 5M, Broughton Gifford, 11.00.  
Mon. 28 Yeovil 5K, 12.00.

### SEPTEMBER

Sun 3 Oldbury 10M, 10.30; Corfe Castle Beast MT, 10.30.  
Sun 10 Burrington 10K, 10.30; Haresfield Beacon 10K, 11.00; Aldbourne 10K, 11.00.  
Wed 13 Yeovil 5K, 7.15.  
Thu 14 Springfield 5K, 7.00.  
Sun 17 Bristol Half-Marathon, 9.30; Shepton Mallet 10K, 10.30; New Forest Marathon & Half-Marathon.  
Sun 24 King Alfred's Torment, Stourhead, 11.00; Cirencester 10K, 10.30.

### OCTOBER

Sun 1 Burnham-on-Sea Half-Marathon, 11.00; Cricklade Half-Marathon & 10K, 10.30.  
Sun 8 Gold Hill 9-5K, Shaftesbury, 11.00.

### *A favourite spot revisited*

One warm Sunday morning in June, after years of struggling back to a measure of fitness, I felt confident enough to run to Claverton Weir, whose diverted stream feeds the renovated pumping station of the same name, which provides water for the Kennet & Avon Canal. A dozen years ago "Warleigh Weir", as we called it, was a regular pause for a cooling swim on our Sunday morning club-run, epitomizing all that we love about the Avon Valley; the flat riverside field is still popular with picnickers on a summer's day. In our earliest visits we used to swim from stone steps on the bend below the weir, but later, as a means of crossing the river, we'd carefully (!) walk along the slippery dog-leg wall, swim in the calm water at the south end, and continue uphill across rough fields to the Conkwell road and home. Following members' recent confrontation with a local landowner, I checked the exact alignment of the footpath, especially on the opposite bank. This is indicated by a green dotted line on OS Pathfinder map 1183 (Bath & Keynsham) - the relevant part of which I scanned and was going to reproduce here, but the Ordnance Survey's charge of £47.50 for permission was uneconomical for our purpose. NB: The map shows no public footpath from the other end of the weir to the south (right) of the lane. From the bridge by the pumping station, after going diagonally across the west-bank meadow, the right of way crosses the river between two sets of stone steps. In bygone days a ferry operated here, but now swimming is the only way across.

I returned on the first Sunday in July, determined to do the circuit. After I'd swum across in running kit (most refreshing on a hot day), a helpful bystander threw my shoes most of the way over (!), but I swam back to rescue them in midstream and continued on my way. From the steps on the east bank, the public footpath keeps left at the edge of the lawn to a stile in the corner; then bears right up the field to a wide gate (nowadays tied closed to prevent sheep straying) and from there to the top right corner where a boxed gate provides access to the lane just before it meets the Warleigh-Conkwell road.

The return run on the K&A towpath from Culver Close is just over 11 miles. The river crossing route, including both a refreshing dip and a steep climb up through Warleigh Wood to Conkwell, is roughly the same distance. - *Tim N*

### EXERCISE WISDOM

In a letter to The Times of 2 June, Roger Ordish of Lewes, East Sussex, wrote: "Sir, To save electricity and money Nick Winstone-Cooper (letter, May 31) should cancel his gym membership, run daily to the entrance of his former gym, turn round and run home."

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



# Valley News

## Captains' Corner

July 2006



April started with the **Trowbridge 10K** which saw **Avon Valley Runners'** new recruit Andy Hawkins make a fine debut with a runner-up position and last years winner Michael Bryant finishing third. Not to be outdone, Linda Ladner and Kathy Kinsey also took second and third spots in the woman's race. Kevin Sparey took a trip to Dublin for the **Great Ireland Run** and ran away with the 1<sup>st</sup> M50 prize for the 10K. A few weeks later and a number of **Avon Valley Runners** exercised all of their accumulated winter mileage at the **Flora London Marathon**. First back was Paul Mumford in a personal best time of 2:58:45. Rachel Bown had a good race to beat her own club marathon record with a 3:15:01 run. Personal best times were achieved by Llewelyn Jones in 3:17:47, Chris Atkinson in 3:19:53; Jo Mumford who debut'd at the distance in 3:39:10 and Ali Atkinson who knocked 25 minutes off her PB to finish in 3:55:15. The **May Fayre 3** in Bradford on Avon saw Darren Wrintmore claim his first prize in the M40 category, whilst Genevieve Sharam took the second place ladies trophy. The club put in a good showing at the **Bratton Hilly 11K** where the ladies took the team prize for the fourth year in succession; congratulations to Sue Macgregor, Rosemary Barber, Kathy Kinsey & Joyce Field. Congratulations also to Susie Phillips who has qualified for the World Ironman Championships in Florida following victory in her class at the **UK Ironman 70.3** triathlon at Wimbleball Lake on Exmoor.



Mitzl Barber takes 2nd place overall at the Mini-Pat Fun Run.

Three teams of Avon Valley Runners undertook the 105-mile challenge of the **Cotswold Relay**. Our Vets team completed the challenge in 9<sup>th</sup> place overall in 13:35:34 and placed third in the Veterans category behind Halesowen AC and Bitton Road Runners, our Mixed team finished 30<sup>th</sup> in 15:42:47 whilst our Ladies team finished 5<sup>th</sup> in their category recording 16:52:49. The following day the ladies team of Rosemary Barber, Liz Gard and Judy Farr took the honours at the **Warminster Forest 10**.

**Avon Valley Runners** will be launching another assault upon the **Amsterdam Marathon, Half & 10K** on October 15<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 £22; Half £13 & 10K £8. Please contact Darren on **01225 703252** if you would like more details about the weekend, so that we can get an **AVR** bulk entry submitted by the end of August. *Tina Vivian & Darren Wrintmore*



The **Sport Relief Mile** is back again on Saturday July 15<sup>th</sup> and once more **Avon Valley Runners** are being called upon to host a mile event. We have found a good measured mile in Barton Farm Country Park and will be hosting a series of races upon it. At 15:00 and 15:15 will be run a Senior Men's and Senior Woman's Time Trial to let the local racing snakes record some good times. Entry into the Time Trials will be by invitation only to the local running clubs. At 15:30 will be the mass fun run over the mile and two hundred runners are expected to complete the out-and-back course. The main **Sport Relief Mile** event is now full. However if you are

able to assist with marshalling on the day then please let me know and you will get a chance to run the final event of the day: the **Avon Valley Mile**, which will be exclusively for those assisting with the organisation of the days event. *Darren Wrintmore*

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 – Tony Bartlett

**Date of Birth:** 10<sup>th</sup> October 1935

**Height:** 6' 0"

**Weight:** 10st 8lb

**PBs:** **10K** 37:29 – Devizes 1989

**Half Marathon** 1:21:00 – Bath 1985

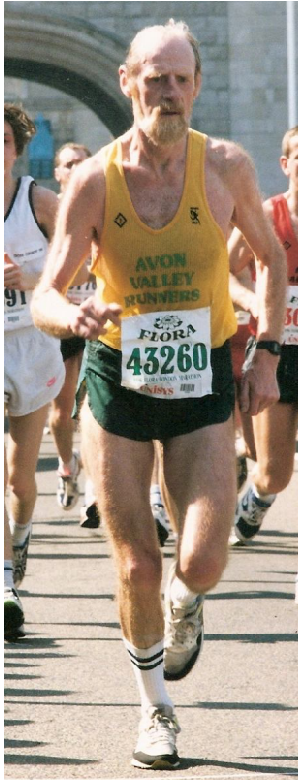
**Residence:** Trowbridge

**Occupation:** Retired Nuclear Inspector

**Running Shoes:** Any size 9 in a sale!!!

**Ten Miles** 62:15 – Trowbridge 1986

**Marathon** 2:59:34 – Basingstoke 1985



I started running at Devizes School in the annual cross-country race. I was 5<sup>th</sup> in my first run, then 2<sup>nd</sup> and finally winning the last. I joined the Fleet Air Arm in 1952 and continued to run cross-country and represented the Home Air Command on several occasions.

Leaving the services and moving to Trowbridge I continued to run just to keep fit and became a founding member of St George's Road Runners. When Hattersley Heaton closed in 1992 I joined **AVR** where I was made very welcome. By now, both my daughter (Verity) and son (Alistair) were keen runners and prospering well.

I have been fortunate in winning a few trophies, including the Vic Bull Memorial Shield (twice), the Frank Allen trophy and the **AVR** M60 Club Championship in 1996. One significant memory stands out; it was the 1993 **Bath Hilly 10** and the last time that I finished a race in front of Alistair.

Sadly due to a medical condition I am now slower and virtually retired from competition. If I can pass on any words of advice or experience it would be *“To respect your fellow runners, give something back to the club like it has given to you, train diligently, never give up on your athletic goals and always give your best – but above all enjoy It! Finally I would like to express my thanks to all the AVR members that have offered their friendship and concern”*.

---

## Insurance Matters

In these litigious times that we now live in it is good to know where we as a club and you as a paid-up member stand legally when training or competing with **Avon Valley Runners**.

The club is affiliated to UK: Athletics and through that status we are afforded Public Liability Insurance both as a club and as members whilst engaged in club activities. Subject to legal liability being proven, the cover extends up to £10M in the event of:

- Bodily injury caused by negligence to a third party *i.e. running into a pedestrian*.
- Accidental damage caused to third party property *i.e. breaking a fence or stile*.
- Injury caused through the sale of food and drink as part of club activities.

It should be noted that the insurance policies held by **AVR** **do not cover** the following:

- Members training outside of **AVR** club sessions.
- Races organised by non-affiliates of UK: Athletics, *typically Fun Runs*.
- International races, unless competing at a National level.
- Damage to AVR owned property.



*One last note of warning, please be careful when you are out running, make sure that your laces are tied well, watch where you are going and don't break anything!!!*

---

## Parlaaf Returns

After a short absence, the club Parlaaf will return on Thursday 17<sup>th</sup> August. As in previous years we shall run the event in male/female relay pairs on the Pound Lane Recreation Ground. We also hope to host a Barbeque and some additional fun races – so get practicing with your 'egg-and-spoon'. More details from Tina Vivian.

---

*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)*

## *Bath Beat – thy maker thou shall meet.*

I really love the Thursday night summer runs, the fields, woods and tracks. I thoroughly enjoyed the **Slaughterford 9** that I ran for the first time this year. So, when I didn't get a place for London (again) and saw the ad for **The Bath Beat**, it all seemed like a good idea....

26.5 miles of beautiful views, undulating terrain with checkpoints and refreshments, open to runners and walkers and all on the doorstep. The training went pretty much without a hitch. The day dawned with perfect conditions. At 8.15 am, my friend Martin and I wished each other luck and off we set. Within 30 seconds I realised the first fatal flaw in my training programme. Never, at any point, had I practiced the art of map reading and following detailed directions whilst running! How difficult is that?

However, we wound our way from Ralph Allen School, soon finding ourselves by Tucking Mill and heading over the fields towards Norton St Phillip. I have no idea where we really went, but an endless



succession of bridle paths, woods, fields (some ploughed) knee high grass and corn later, we had passed Hinton Priory and eventually ended up crossing the road from Wellow to be by Homewood Park. Ankle breaking terrain had made some bits almost impossible to run, some farmers are so inconsiderate, I mean, is it really necessary to plough fields with metre high furrows? Anyway, we were on the A36, heading through the woods on the reverse route of '**Over the Hills**', back towards Freshford and across the fields/woods to a checkpoint at Avoncliff, which was the 16.5-mile marker. Thank god, I thought to myself, a

couple of easy miles along the canal now to Dundas and boy did I need some respite, I'd had it! When packing my bum bag, even though I don't get on with them, I'd packed a gel just in case the worse happened. Within half a mile of this easier canal running it became very apparent that the worst had happened! Someone, when I wasn't looking, had run off with my legs, replacing them with these alien things made of jelly and taped a couple of anvils to the bottom of them.

By the time we got to Dundas, the gel had kicked in and I felt marginally better. We crossed over the canal and turned right and then left into the fields so that we were still parallel to the canal. Ah! Flat fields! What I hadn't bargained for was the amount of styles in this stretch, each one getting insurmountably higher. All benefit from the gel was soon lost, the sun had been out for a while and the temperature had risen a lot. Getting ever weaker I noticed the sky darkening, but the sun was shining. What was going on? Vultures, in swarming packs. Their eerie screech piercing the silence. They were waiting for me. Martin tried to tell me they were buzzards, but I knew the truth. Another Style. And another. And another, this time with a difference, this one was accompanied by the Grim Reaper.



Then the climbing started. Up and up through woodland to pass under the A46 at Monkton Farleigh and up, up and more up to Browns Folly. Every cloud has a Silver Lining, because where there's an up, there's a down! And down to The George at Bathampton. We're roughly 23 miles done and on the home stretch. Positivity even saw me still pounding out just under the 10-minute mile. However, from Bathampton we needed to get to Claverton. So through the woods we climbed, and climbed and climbed until we reached the University. According to the directions total ascent by this point 3213 feet. That is just rude! A skirt around the Dogs Home, a hop, skip and a jump took us to the finish. 26.5 miles, 9 checkpoints, some 40 styles, a couple of 5 bar gates and the odd zap from an electric fence.

Anyway, that was Saturday. It's Tuesday today and I have progressed from having to come down the stairs backwards to being able to come down sideways. I am even able to get up off of the loo unaided now. And I'm starting to be able to talk about it. Would I do it again? Oh for sure! You should too!!  
**Julia Drewitt.**

---

*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)*

## *That Winning Feeling*

I won my last race back in 1997 when I was aged 31. It was at a time when my training was in a bit of a hiatus - I hadn't done any for eight years!!! But I remembered that I used to enjoy it and so whilst travelling through Canada I happened across the "**British Columbia Children's Hospital 5K**" in the city of Victoria. My wife likes to remind me that the field that I faced on that day consisted of some power walkers and an elderly man with a Labrador puppy, though I recall that I was up against the cream of Vancouver Island's athletics community!!! Not letting a lack of serious competition stop me from running I managed to knock out 18:37 to win. I celebrated my achievement by not running for another year, but as I had enjoyed winning once more, it provided me with the catalyst to at least think about getting back into running.

The years since have been a vain attempt to emulate that winning sensation and that of other more notable victories of my youth. It has not all been disappointment, I have managed to collect a few team awards and some minor placing's. Every now and again I start to think that my training is going right and that I am on the verge of running well, however this is a normally short-lived sensation before being curtailed by illness or injury. Such was the feeling as I lined up for the **Heddington Hill Climb**.

A small field of predominantly Calne Running Club members eyed me suspiciously as I passed among them in my new **Avon Valley Runners** colours (the new club vests had arrived at my house just a few hours before leaving to go to the race). Anyway off we set from the Ivy Inn on the mile long drag to the top of Roundway Hill and not wishing to repeat the mistake of three years previous (I had led the 2003 race from the start only to be overtaken by two Calne Runners in the final metres and having to settle for third place) I tucked in behind the early leader. After a quarter mile I increased my pace and on reaching the steepest part of hill I worked my arms and legs for all there worth. As the hill flattened out I stole a look behind - no one! I pushed hard for the finish and crossed the line in 7:13 leaving my 2003 nemesis 30 seconds behind in second place. **I HAD WON!!!**

Before anyone adds "*There were only a handful of runners against you...*" I shall riposte with the fact that when Sebastian Coe won the 1980 Olympic 1500m title, there were only eight runners in the field. Not that I am comparing myself with his Lordship, but issuing a reminder that you can only beat those that are there on the day. Notwithstanding the winning feeling is great and I just hope that I do not have to wait another nine years to experience it again. **Darren Wrintmore**

---

### *Member Profile – Joyce Field*

<b>Date of Birth:</b>	20 <sup>th</sup> February 1943	<b>Residence:</b>	Westbury
<b>Height:</b>	5' 6"	<b>Occupation:</b>	Part-time Accounts Clerk
<b>Weight:</b>	9st 7lbs	<b>Running Shoes:</b>	Mizuno
<b><u>PB's:</u> 10K</b>	44:43 - Bromham 1996	<b>Ten Miles</b>	76:27 - Bournemouth 1992
<b>Half Marathon</b>	1:40:06- Bristol 1995	<b>Marathon</b>	3:53:30 - London 1998



I was sitting in the armchair watching the 1988 **London Marathon** on television and I thought I would like to take part in that – just once. So I bought a pair of running shoes and started jogging. I entered the London marathon and to my surprise got in first time, but as I increased the mileage after Christmas I developed knee trouble so my longest run was only 8-miles. Undaunted, on the day I lined up with 29,000 others and off we went. Nearly 6 hours later I crossed the finishing line. I was so stiff I could hardly get up the stairs the next day.

Then I joined **Avon Valley Runners** and started training properly. I soon improved and really enjoyed competing when I was running well. Now I am slowing down but I will go on running until I no longer enjoy it. My best distance has always been the Half Marathon so I hope to complete many more.

---

*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)*