



Valley News

THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS (83) OCTOBER 2006

IAN STANLEY FARR (1936-2006)

Members were saddened to learn of the death on the morning of Tuesday 3 October of Stan Farr, a founding member and honorary secretary since the formation of Avon Valley Runners.



Perhaps fittingly, his death was occasioned by a fall from his bike coincident with a stroke while accompanying the Sunday morning club-run in the Avon Valley from which the club takes its name. It is small consolation, but it could be said that if he'd had his way Stan would have chosen to end his days doing what he loved, surrounded by his friends, in our own beloved Valley. More than anyone else, Stan Farr personified all that AVR was created and existed for. Our sympathy and thoughts go to his lifelong helpmate, his wife Judy, who was companion, fellow-athlete, assistant secretary and much more besides. On the previous Saturday they had marked their 45th wedding anniversary; and on 13 December Stan would have attained his three-score years and ten. Some of us had known him for thirty years and more, from the early days in Trowbridge AC, when he was a formidable runner with a 2:43 marathon and many other fine performances to his credit. As captain of the distance-running section he was an efficient organizer of transport to races at venues in all corners of the country, with an infallible knowledge of the best route to get there. He was a fine judge of pace, and those who were apt to start too fast had to get used to his modest-sized figure moving irresistibly past in that inimitable style three-quarters of the way through many a road race.

But Stan was first and foremost a clubman, motivated always by the needs of his fellow-runners. His quiet manner concealed a strong character, a waggish sense of humour, and a canny ability to make the best of a situation. All who knew him will have their own favourite memories of his endearing idiosyncrasies; I will here recall only one of countless episodes. During the off-road Ridgeway Relay several years ago, a few of us were jogging about and loosening up at one of the changeovers,

waiting to take over from team-mates, when I looked up to see Stan appear through a gap in a hedgerow. He was holding his vest like an apron – laden with a week's supply of earthy potatoes! I think it's called living off the land....

When twenty years ago the distance section decided to leave Trowbridge AC to form a less complicated club simply for runners, Stan was the mainstay. For a few weeks at the end of 1985 we met for training runs from the Farrs' house in Victoria Gardens while discussing the best way forward for the new club; and again, when we registered officially as AVR and for a time shared training accommodation with our former club mates, he and Judy, with the valued support of our president Mike Holland, did much to smooth the transition without acrimony, so that we remained on friendly terms with Trowbridge.

As the embryo club grew beyond all expectations, Stan and Judy were always there, Tuesday, Thursday and often on Sunday, at the heart of things, keeping it all together, welcoming and encouraging new members and handling the necessary formal relations with the AAA and other bodies - and so it continued for over two decades: Avon Valley Runners as it thrives today is a living memorial to his selfless dedication. To the last Stan continued competing all over the region, on and off the road, in spite of increasing health problems: only a week before his accident he took part (with Helga 6th dog!) in the King Alfred's Torment seven-mile multi-terrain event. For many years he suffered from ankylosing spondylitis, and even when in 1998 a hip replacement became necessary he kept taking regular exercise, using his bicycle when running was difficult so that he could accompany Sunday club-runs. In his later years he had more ailments than many of us realized, but never gave up, an object lesson in "keeping on to the end of the road". He will be fondly remembered, and sorely missed. - Tim N

SECRETARY'S NOTES*

The summer has now passed us by, and with it some fine performances by club members. We fielded 22 runners in the Bristol Half-Marathon, which I think is impressive, considering it was a 9.30 a.m. start. The Sport Relief Mile put on by the club at Bradford-on-Avon in July was a great success, with all races reaching their maximum entry. The second Conkwell "Killer" on 20 August was again excellently organized; the samba band, which greeted finishers and entertained spectators, was a great hit.

Forthcoming attractions include the opening Wessex League cross-country meetings [see Fixtures. Page 4], with the first at Hudson's Field, Salisbury, on Sunday 15 October (no entry fee, as AVR pays for league membership, but club vest obligatory); the AVR Over the Hills on 5 November (for which marshals and helpers are needed: contact Tina on 01225866193); and the popular Hayling Island "10" on 26 November.

There is a steadily growing interest in multi-discipline events, and the past quarter has seen members competing as far afield as Zurich, Bath, Castle Combe (twice), Sherborne Castle, Malmesbury, Wansdyke (Midsomer Norton) and Cotswold Water Park. As the club pays for affiliation to the national association, members receive preferential treatment as regards entry fees. - Stan Farr.

* *Compiled on the day before Stan died, from his incomplete typescript and handwritten notes. - Ed.*

CYNTHIA HOLLAND

At such a sad time for Avon Valley Runners, we further regret to report the death on Monday 2 October of Cynthia Holland, wife of A VR president Mike Holland, after a long illness bravely borne. Those of us who were in Trowbridge AC will remember how Cynthia and Mike (who was then treasurer) regularly travelled on the club coach to athletics meetings, especially cross-country leagues, not only to support their son Miles and daughter Angela, both keen competitors, but with friendly words of encouragement for all. Miles was AVR treasurer for our first few years. We extend sincere sympathy to all the family.

Welcome to the Valley!

Seven new members have joined since the last newsletter: Ian Harryman and Maria Comstock on 4 July, Kristian Butt on 11 July, Steve Walker (welcome back!) on 5 September, Chris Mottram on 10 September, Ross Williams on 12 September and Andrew Hoddinott on 20 September. At the beginning of this quarter our youngest runner was Peter Bryant, who became eligible when he turned 16 on 27 July; but even younger, Mitzi Barber is also due to qualify on 10 October. Best wishes to them both and all newcomers for happy miles and good times in the Valley.

MILESTONES

From youngest to oldest. Pride of place in the graduation section this quarter must go to our most senior member, Sheila Jennings (one of the original founders from January 1986), still frequently met walking energetically around the lanes on outings from her home in Little Ashley, who will be 75 on 29 November. In descending age order, others moving up during the next three months are: Danny Kay, 65 on 15 December; Nick Rosier, 60 on 26 November; Sean Greenland, 55 on 3 November; and David Earley, 50 on 28 October. Whether all or any of you have age-group prize aspirations, this paragraph seems as good a place as any to extend birthday wishes to a few Avon Valley Runners every quarter. Many happy returns!

Over the Hills and Far Away...

Tony Bartlett

1. Avon Valley Runners have two jewels in their crown,
With a multi-terrain in the autumn, a race of great renown,
And earlier in the year the "Killer", an event organized so well
That competitors thought it excellent, but said the hi]] was hell!
2. Both events soon filled up, with entries closing early,
With no more room, alas, for any boy or girlie.
Now, to aid the race director you really should remember:
Generous input must be given by many an A VR member.
3. Required services are many with whom contact must be made:
The police, landowners and essential ambulance and first aid;
The printers and the publishers of entry form and map;
A diagram of the circuit for marshals on each lap.
4. Notices urging caution by drivers on the road;
Start and finish banners and arrows by the load;
The way to registration, and where to park the car;
And for after-race analysis, the essential way to the bar.
5. Advertises in the running mags should weeks before appear,
And also if it's possible in the Racebook of the Year.
Strong sponsorship must be acquired to help derray the cost;
And who will run as "sweeper" so no one can get lost.
6. "All hands to the pump!" is the cry as race-day draws near.
Have the numbers been printed? When will they appear?
Someone must run the course to see that all is "on the ball",
So that for each and every entrant no danger can befall.
7. Both races have their easy bits, but on parts you'll really slog;
Across marsh and sodden fields mud your shoes will clog;
Along gravelled roads, up rickety steps, over tufted grass,
Kissing-gates and slippery stiles: all these you'll need to pass.
8. In the clubhouse trophies stand, lined up with precision,
For those who complete the course according to position;
All other duties satisfied and marshal points fully manned,
Race briefing commences then, the starter in command.
9. Off they go, a seething mass in colours bold and bright;
You watch them pass for a minute or two till they're out of sight.
The crew have completed all their jobs, so now you can relax;
Just make sure that someone goes round to collect the litter-sacks.
10. It's over now; all can go home who've played their part.
Pride and satisfaction swells each thumping heart.
As organizers now you can breathe sighs of deep relief -
Credit and congratulations well deserved: this is my belief

RESULTS: July-September

Note: In multi-discipline events, split times often don't add up exactly to official totals received.

Sun. 2 July - ZURICH IRONMAN: 1294 N Whitehead - 3 8K swim 1:19:47 + 180K bike 7:22:11 + marathon 4:46:55:0; 13:38:10 (13:28:53 + transitions). **KENNET KANTER 10-2M:** 20 Stu MacGregor* 1:15:20, 31 D Barber* 1:18:22, 33 R Hudson* 1:18:42,34 M Pace 1:18:46,48 R Bown 1:22:15, 60 J Lowther 1:25:05, 80 Sue MacGregor 1:30:07, 99 P Jones 1:33:52. *3rd men's team. **GILLINGHAM 10K:** 7 J Rockliffe (1st woman) 42:54,8 C Atkinson 43:24, 17 A Atkinson (3rd woman) 48:25. **QUANTOCK BEAST 5-7M:** 13 D Wrintmore 40:11.

Wed. 5 July - BARBARY CASTLE 5M MT: 26 P Jones 38:28,27 D Barber 38:42, 52 M Barber 44:02,85 E Gard 49:51, 87 J Field 50:31, 105 D Roberts 56:58. **CASTLE COMBE MONSTER DUATHLON** (2M run+10M bike+2M run+10M bike+2M run): 74 K Brown 13:49+29:28+14:02+29:04+12:38=1:39:01, 103 R Bown 14:19+30:35+15:19+30:16+13:50=1:44:19, 119 N Evans 15:36+29:34+16:35+30:01+15:42=1:47:28, 133 T Rockliffe 16:20+31:38+17:11+30:54+15:12=1:51:15.

Thu. 6 July - THORNBURY 10K: 25 C Atkinson 41:47, 63 A Atkinson 46:54.

Sat. 8 July - GOLDEN CAP 8M, Charmouth: 72 I White 1:10:35.

Sun. 9 July - NEW FOREST 10M: 245 D Earley 1:18:25.

Mon. 10 July - FRAMPTON 10K: 170 K Kinsey 46:19, 303 P Clark 52:41.

Tue. 11 July - CALNE 3X3-4M RELAY: 4th team - M Maidment 21:32 + Stu MacGregor 20:51 + M Pace 21:02 = 1:03:25, 1st women's team - J Rockliffe 21:40 + Sue McGregor 23:38 + R Bown 21:45 = 1:07:03. L Jones 21:55 + guest 22:26 + A Hickson 27:02 = 1:11:23, J Field 28:46 + D Ellis 27:00 + T Vivian 26:03 = 1:21:49.

Wed. 12 July - CHIPPENHAM 5K RIVER RUN: 13 T Frost 19:06,18 I Harryman 19:29,50 M Barber (1st jnr) 21:29, 62 R Barber (1st W50) 22:06, 123 M Comstock 25:07.

Sat. 15 July - SPORT RELIEF MILE, Bradford-on-Avon: Elite Men - 3 M Bryant 4:47,5 P Mumford 4:56,9 K Sparey 5:10,11 S Bryant 5:22,12 D Bryant 5:35. Elite Women - 3 J Rockliffe 5:37,4 K Sandford 5:39, 6 J Mumford 5:48, 7 M Barber 5:57, 9 C Bright 6:46. AVR - 1 R Ellis 5:20. 2 D Wrintmore 5:27, 3 L Jones 5:47,4 J Lowther 5:49, 5 M Maidment 5:51, 6 R Sales 6:49, 7 A Hickson 6:53, 8 T Vivian 7:00, 9 D Melior 8:34, 10 D Roberts 9:12, 11 IS Farr 10:32, 12 T Bartlett 13:03. Massed Start - 4 R Barber 6:26.

Sun. 16 July - WELLINGTON 10M: 13 D Wrintmore 1:07:58,42 G Roberts 1:20:07. **BATH TRIATHLON** - Olympic distances (1500m swim+40K bike+10K run): 59 K Brown 29:21+1:26:18+44:05=2:39:46, 92 R Bown 30:29+1:28:32+46:25= 2:45:27, 130 L Irwin 31:25+1:30:49+51:11=2:53:27, 191 S Phillips (2nd W50) 38:23+1:48:56+58:40=3:26:00; sprint (500m swim+25K bike+5K run): 59 N Evans 14:17+56:58+26:37=1:37:53. (Official results vary 1-2sec from actual totals.) **PINEWOOD 10K:** 40 P Jones 43:45, 163 T Griffith 1:00:54.

Sat. 22 July - FARBOROUGH 10K: 26 A Atkinson 48:48. **NOTTON 3.4M:** 1 D Wrintmore 20:23.

Sun. 23 July - GLOUCESTER HALF-MARATHON: 66 M Maidment 1:33:36, 97 L Jones 1:37:21.

Sun. 29 July - SWANAGE HALF-MARATHON: S Phillips 2:14:52. **MEL LEAFIELD 10M:** 42 G Roberts 1:12:32.

Tue. 1 Aug. - CASTLE COMBE DUATHLON (2M run+10M bike+2M run): 57 K Brown 13:28+28:47+12:23 = 54:38, 76 J Mumford, 13:41+29:28+12:59=56:08, 92 L Irwin 14:37+29:20+13:30=57:27, 113 C Atkinson 14:04+33:09+12:49=1:00:02,114 N Evans 14:43+30:27+14:58=1:00:08, 124 R Barber 14:25+32:15+14:15=1:00:55, 134 T Rockliffe 16:01+31:07+14:57=1:02:05.

Wed. 2 Aug. - HAZELBURY TRAIL 10K: 26 D Wrintmore 44:28. **PEWSEY 5M:** 26 T Frost 32:00, 31 J Rockliffe (3rd woman, 1st W35) 32:31, 57 P Jones 33:57, 106 A Atkinson 37:26, 168 D Roberts 42:53.

Sun. 6 Aug. - STURMINSTER HALF-MARATHON: 83 G Roberts 1:37:55, 84 M Maidment 1:38: 15, 100 R Bown 1:41:48.

Tue. 8 Aug. - CALNE 3AM HANDICAP: In order of actual times, handicap positions in brackets - M Pace (15) 21:03, C Atkinson (10) 21:17, J Rockliffe (6) 21:24, Stu MacGregor (26) 21:48, R Barber (7) 24:06, T Rockliffe (14) 24:43, A Atkinson (5) 24:53, K Middleton (23) 25:25, T Vivian (3, 1st woman) 25:40, A Hickson (1) 26:06, J Field (17) 28:52.

Sat. 19 Aug. - RACE THE TRAIN, Tywyn: 10K: 61 Stu MacGregor 53:09, 97 R Bown 55:41; 14V2M: 119 M Pace 1:51:07,402 Sue MacGregor 2:15:37,405 K Kinsey 2:16:02,438 Stu MacGregor 2:19:41,439 R Bown 2:19:58.

Sun. 20 Aug. - SHERBORNE CASTLE IRONMAN: 967 B Hobbs 2-4M swim 1:17:54 + 112M bike 7:26:39 + marathon 5:59:53 = 14:56:38 (14:44:26 + transitions). **CONKWELL KILLER 8M:** 6 K Sparey (1st M50) 54:43, 7 S Weston 55:55, 19 D Smith 59:45, 23 S Giles 1:00:17, 27 J Rockliffe* (3rd woman) 1:01:14, 36 C Atkinson 1:03:23, 37 G Roberts 1:03:23, 38 D Bryant 1:03:36, 45 N Whitehead (1st M60) 1:05:32, 53 R Barber* (1st W50) 1:08:34,60 A Atkinson* 1:10:46,66 B Follett 1:12:49,79 D Ellis 1:17:52, 90 S Phillips 1:25:49. 92 D Mellor 1:26:09. *1st women's team.

Sat. 26 Aug. - DARTMOUTH REGATTA 5M MT: 138 G Sharam 48:51.

Sun. 27 Aug. - PEWSEY HALF-MARATHON: 43 J Lowther 1:33:02, 45 G Roberts 1:33:12, 55 M Maidment 1:34:20, 91 P Jones 1:38:06,104 C Switzer 1:39:39. **JURASSIC PARK 10K,** Budleigh Salterton: 3 K Sparey 37:45. **LANGPORT 10K:** 8 A Hawkins 34:38, 53 C Atkinson 40:42,138 J Anderson 47:05, 155 A Atkinson 47:50. **FOXTROT 5M,** Broughton Gifford: 8 S Weston 30:17, 11 D Wrintmore 30:59, 14 Stu MacGregor (1st M50) 31:41, 31 D Gard 33:42, 51 R Barber (1st W55) 36:32,73 I Baber 40:37, 74 D Ellis (3rd W45) 41:12,75 P Clark 41:45, 83 J Field 42:41,91 D Gard 43:44, 104 D Mellor 46:16, 105 G Castle 46:44, 145 J Farr 53:52, 154 I S Farr (& 3rd dog) 58:53. **MALMESBURY TRIATHLON** (400m swim+22K bike+5K run): 37 R Bown 7:14+32:42+23:15=1:03:11, 55 N Evans 6:45+33:20+25:44=1:05:49, 69 L Irwin 7:34+33:53+25:19=1:06:46, 117 S Phillips 8:19+37:18+28:06=1:14:03, 132 G Phillips 9:17+37:36+31:31=1:18:24.

Mon. 28 Aug. - BALTONSBOROUGH 5M MT: 14 Stu MacGregor 31:41,17 M Pace 32:52,19 R Bown (2nd woman) 33:00, 34 Sue MacGregor (1st W45) 36:15.

Sun. 3 Sep. - WOLVERHAMPTON MARATHON: 122 D Kay 4:17:40. **CORFE CASTLE BEAST 14M:** 214 K Kinsey 2:02:49, 225 K Middleton 2:03:27, 296 T Vivian 2:14:22, 401 D Ellis 2:31:23. **OLDBURY 10M:** 11 K Sparey (1st M50) 1:00:38, 72 G Roberts 1:09:12. 87 C Atkinson 1:10:52, 193 J Anderson 1:20:26, 333 J Field 1:35:58, 355 D Mellor 1:40:14. **BURNHAM BEACH 10K:** 11 D Wrintmore 39:04. **WANSDYKE TRIATHLON,** Midsomer Norton (400m swim+25K bike+5K run): 40 K Brown 7:22+57:57+24:19=1:29:38,62 R Bown 7:15+58:04+27:44=1:33:04. 69 N Johnson ?+?+29:05=1:33:39. 77 Stu MacGregor 8:15+59:36+27:40=1:35:32, 90 L Irwin 7:44+56:38+33:29=1:37:52, 147 R Barber 9:53+1:05:18+31:07=1:46:19, 160 T Robinson 7:30+1:02:07+38:25=1:48:03, 175 S Phillips 8:47+1:07:19+34:42=1:50:49. (Most official totals 1sec. over.)

Tue. 5 Sep. - CASTLE COMBE DUATHLON (2M run+10M bike+2M run): 58 K Brown 13:11+27:55+12:43=53:50. 84 P Jones 13:40+29:50+13:01=56:33, 91 L Irwin 14:25+28:40+13:58=57:04, 94 C Atkinson 13:23+31:06+13:08=57:38, 99 R Barber (1st W50) 14:05+29:57+14:06=58:09, 110 N Evans 15:02+1+58:49. (Official totals 1-2sec. over.)

Sun. 10 Sep. - BURREINGTON ROCK OF AGES 12K: 26 I White 1:09:12. 62 B White 1:24:12. **ASH 8M:** 12 D Wrintmore 57:43. **COTSWOLD WATER PARK TRIATHLON** (350m swim+?bike+5K run): 133 R Bown 6:43+35:50+19:12=1:01:45. 182 L Irwin 6:25+39:12+20:41=1:06:18,269 S Phillips (1st W55) 7:42+42:04+22:28=1:12:14.

Thu. 14 Sep. - CORSHAM 5K: 2 K Sparey 17:55, 6 T Frost 18:59, 7 D Wrintmore 19:24. 8 P Jones 20:12.

Sun. 17 Sep. - NEW FOREST MARATHON: 122 J Lowther 3:57:10, 224 D Kay 4:25:32. **BRISTOL HALF-MARATHON:** 137 P Mumford 1:23:13, 376 S Weston 1:31 :02, 383 C Atkinson 1:31 :06, 681 L Ringham 1:35:46, 822 Stu MacGregor 1:37:11, 841 J Mumford 1:37:26, 984 M Maidment 1:39:05. 1143 M Pace 1:40:33. 1289 K Middleton 1:41:48, 2091 L Irwin 1:47:55, 2351 D Earley 1:49:40, 2553 M Shaw 1:51:10, 2590 B Follett 1:51:19, 2591 S Walker 1:51:19, 3249 T Vivian 1:55:12, 5409 I Baber 2:07:24, 6435 P Clark 2:13:40, 7044 V Hasaballa 2:18:44, 7258 A Shorten 2:19:54, 8263 S Ringham 2:29:40, 8278 N Coward 2:29:51, 9159 S Williams 2:46:10. **SHEPTON MALET 10K:** 3 K Sparey (1st M50) 36:17, 6 A Bartlett (3rd SM) 37:00, 18 P Jones 42:09, 20 R Bown (2nd woman, 1st W35) 42:28, 28 N Whitehead (1st M60) 44:44, 34 R Barber (1st W50) 46:29, 50 S Phillips (2nd W50) 50:48. 72 D Mellor (1st M 10) 57:07, 77 F Hood 1:00:47.

Sun. 24 Sep. - BERLIN MARATHON: 4621 M Maidment 3:34:00. **WINDSOR HALF-MARATHON:** 3120 G Tuckwood 2:24:57. **KING ALFRED'S TORMENT 7M MT:** 4 A Hawkins (1st M40) 46:16,18 S Weston 50:23,33 D Barber 53:55, 34 M Pace 53:57, 611 White 59:41, 64 Stu MacGregor 1:00:54, 66 Sue MacGregor (2nd W45) 1:01:21, 70 K Kinsey 1:01:42. 76 K Middleton 1:02:29, 77 B Yates 1:02:29. 97 J Anderson 1:05:33, 106 B Follett 1:06:56, 122 T Vivian 1:09:29, 135 D Ellis 1:12:41. 142 J Field (2nd W55) 1:13:51, 152 D Roberts 1:15:24, 167 D Mellor 1:21:32,190 IS Farr (& 6th dog) 1:43:15. **SWANSEA 10K:** 365 J Mumford 42:51,366 P Mumford 42:52. **CIRENCESTER 10K:** 65 P Jones 42:33. **LITTLEDOWN 5M:** 6 K Sparey (1st M50) 28:36.

For Inclusion, please send results to tiiono@btinternet.com or avonvalleyrunners@yahoo.co.uk,

FIXTURES: October-January OCTOBER

OCTOBER

Sun 8 Gold Hill 9-5K, Shaftesbury, 11.00.

Sat 14 Weymouth 10M, 12.00.

Sun 15 Cardiff Marathon & Half-Marathon, 9.00; Mendip Muddle 20K, Charterhouse, 11.00; Swindon Half-Marathon, 11.00; Wessex Cross-Country League, Salisbury, 1.00.

Sun 22 Stroud Half-Marathon, 10.00; Great South 10M, Portsmouth, 10.00; Gillingham 71hM, 11.00. Karrimor Mountain Events (various categories) - somewhere in Scotland!

Sun 29 Salisbury Half-Marathon, 11.00; The Stickler 10-1 M, nr Blandford, 10.30; Fordingbridge 10M, 11.00; Studland Stampede 12 K, 10.00.

NOVEMBER

Sat 4 Victoria Park 4M, Bath, 11.00.

Sun 5 AVR Over the Hills 12K, 11.00.

Sun 12 Sodbury Slog 9½M.

Sun 19 Gosport Half-Marathon, 11.00; Wimborne 10M, 11.00; Wessex Cross-Country League, Wells (to be confirmed), 1.00.

Sun 26 Downton Half-Marathon, 10.00; Hayling Island 10M, 10.00; Avebury aM, 10.30; Blacklands 7%M, Calne, 11.00; Brent Knoll 51hM, 11.30.

DECEMBER

Sun 3 Bromham 10K, 11.00.

Sun 10 Christchurch 10K, 11.00.

Sun 17 Wyvern Christmas Cracker 10K, 11.00; Wessex Cross-Country League, Devizes, 1.00.

Tue 26 AVR Boxing Day 5K, The Beehive, Bradford-on-Avon, 11.30.

JANUARY

Mon 1 Hangover 10K, Kewstoke, 11.00.

Sun 7 Wessex Cross-Country League & South-West Championships, Bicton College, 1.00.

Sun 14 Rough 'n' Tumble 10M, Milton Lilborne, 11.00; Stubbington 10K, 10.00.

Sun 21 Slaughterford 9M, 9.50.

Dates to be arranged:

• AVR AGM (Thu. 4 or 11 Jan.?). • AVR Party & Prizegiving. • Wiltshire Cross-Country Championships.

On the mend.

We extend best wishes to Tony Griffith, who suffered a heart attack on the evening before being due to run in the Conkwell "Killer", and is now house-bound during an estimated eight weeks' recovery from surgery; and also to his wife Maureen, who in an unfortunate coincidence was injured in a fall at home.

Also temporarily out of action is Phil Mitchell, following a nasty accident at work with an angle grinder which severed tendons in his right hand; he was kept in R. U.H. for a couple of days, but the doctors are confident of a full recovery, and he looks forward to running down the Valley again before too long.

"Mended" better describes the indomitable Danny Kay, whose foot was fractured in a run-in with a car in Bradford a few months ago. He has already resumed adding marathons to his total on the way to an amazing 300 (Results, Page 3).

Membership analysis (amended)

There were a couple of errors in the summary of the I January 2006 Membership Analysis which appeared in the last issue e.g. in the 65-69 column, Ann Whittle, sole woman in her age-group, had been misplaced. The revised figures are:

			U-40	40-44	45-49	50-54	55-59	60-64	65-69	O70
TOTALS:	143	(33.57% u-40)	48	23	16	21	14	9	8	4
Men:	93 (65.03%)	(30.11% u-40)	28	14	10	14	10	7	7	3
Women:	50 (34.97%)	(40.00% u-40)	20	9	6	7	4	2	1	1

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Valley News

Captains' Corner

October 2006

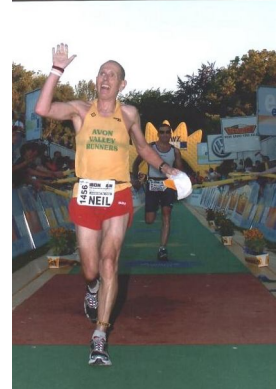


The summer months saw **Avon Valley Runners** involved in the organisation of a number of events in the local area. The **Sport Relief Mile** brought two hundred and fifty runners into the Avon valley to “sock-it to poverty”. Michael Bryant and Jackie Rockliffe each finished third in their Elite mile races and also both set new club records of 4:47 and 5:37 over the classic distance of 1760 yards. The **Conkwell Killer** attracted 100 runners, for who the pain of the “miners’ track” was eased by the beat of a samba band – this also helped Kevin Sparey and Neil Whitehead dance their way to the 1st M50 and 1st M60 prizes. **Avon Valley Runners** involvement in **The Foxtrot 5** proved successful as a record field of 183 runners took to the roads around Broughton Gifford. Stuart MacGregor (1st M50), Rosemary Barber (1st F55) & Denise Ellis (3rd F45) were our prizewinners on the day.



The **Paarlauf** proved a successful and fun evening with fifteen pairs taking part. Andy Hawkins with Kay Middleton claimed the bottles of wine in the relay. Bob Ellis and Doug Barber should also be commended for their show of speed in the three-legged race. *Many thanks to all of those who helped make these events go so smoothly.*

Fun of a different kind was had by Neil Whitehead as he journeyed to Zurich for the **Switzerland Ironman**. Also joining the Ironman club was Bernie Hobbs who completed the **Sherborne Castles** event.



Danny Kay made a welcome return to competition at the **Wolverhampton Marathon** followed a few weeks later at the **New Forest Marathon**, where Jimmy Lowther made his debut at the distance with a sub-four Hour performance. A week later and Mike Maidment clocked 3:34:00 at the **Berlin Marathon**.

Well done to Kevin Sparey for his third places at the **Jurassic Coast 10K** and **Shepton Mallet 10K** along with a 2nd place in the invitation **Springfield 5K** against opposition from Chippenham Harriers and Corsham Running Club. Darren Wrintmore claimed his second win of the year when he was first across the finish line at the **Notton Fun Run**. The **King Alfred's Torment** event brought awards to Sue MacGregor (1st F45) and Joyce Field (2nd F55) whilst Andy Hawkins took the M40 award adding to a splendid 8th place overall at the **Battle of Sedgemoor 10K** which sees him enter the **Avon Valley Runners** all time Top-5 for the distance:

1. Maureen Laney 36:14 – Poole 1995
2. Madeline Gay 37:56 – Bromham 1998
3. Jackie Rockliffe 38:22 – Lymington 1995
4. Linda Brown 39:08 – Devizes 1991
5. Rose Barber 39:57 – Totton 1993

1. Bob Roots 33:25 – Devizes 1986
2. Andy Robertson 34:15 – Totton 1995
3. Keith Elsey 34:25 – Devizes 1988
4. Darren Wrintmore 34:31 – Devizes 1988
5. Andy Hawkins 34:38 – Langport 2006

The next quarter presents some quick races with the **Cheddar Half Marathon** and **Bromham 10K** being the pick of the bunch.

Tina Vivian & Darren Wrintmore

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please send Results or Articles to avonvalleyrunners@yahoo.co.uk

Member Profile – Bob Ellis

Date of Birth: 25th June 1959
Height: 6' 1"
Weight: 11stone 3lbs

Residence: Westbury
Occupation: Polymer Chemist
Running Shoes: "Anything I can survive a run in"

PBs: 10K 35:11 - Poole
Half Marathon 1:19 - Selby

Ten Miles 58min - Corsham
Marathon 3:02 - Gloucester



"Fight or flight" - one way or another, these basic human instincts have formed the bedrock of my sporting life. I represented my school at all of the mainstream sports (football, cricket, rugby, athletics) and subsequently explored many others in the vain hope that I might stumble across one I was any good at and thus permit me the indulgence of avoiding a proper job!

In 1973, "Enter the Dragon" hit the cinemas and the iconic Bruce Lee poster soon took pride of place on my bedroom wall and I developed an enduring passion for martial arts that would only be surpassed by a love of running. My earliest memories of any 'serious' athletics were the 1968 Olympics. In particular being captivated by the gazelle-like grace of David Hemery winning Gold in the 400m hurdles (my singular, if somewhat shallow, claim-to-fame is that I was to beat him in a 5-mile race in the late 1980s). Whilst we're "name-dropping", I also went to school with Mike Gratton (1983 London Marathon winner) whilst living in Germany in the late 1960s.

Running (or jogging as it was then!) had always underpinned my base fitness and participation in that oxymoron the "fun run" coincided with the so-called running boom of the early 1980's. A number of 'proper races' soon followed. In mid-to-late 1985, my awareness of the impending formation of **Avon Valley Runners** came via the omnipresent, willowy figure of Stan Farr who would always seem to appear on race day with the cheery refrain, " 'Ere, I've got something in my shorts for you" before plucking out and thrusting into my hand a moist, very creased and well-thumbed club flyer. Unable to resist such an enticing offer, I was there when the doors opened at the club's start-up in January 1986. I have served various tenures as Chairman and Club Captain and I am a qualified Club Coach.

The future? The dark spectre of injury has been a constant, unwelcome bedfellow to my running and its corrosive effects have induced long periods of inactivity that continue to undermine any attempts to attain the fitness needed to satisfy my competitive instincts, which remain unfulfilled. If I were a horse, I'd probably have been shot by now! My current ambition is to string together more than a couple of weeks training, make this year's cross-country league meetings and enjoy a few club runs in the Valley!

Member Profile – Jackie Rockliffe

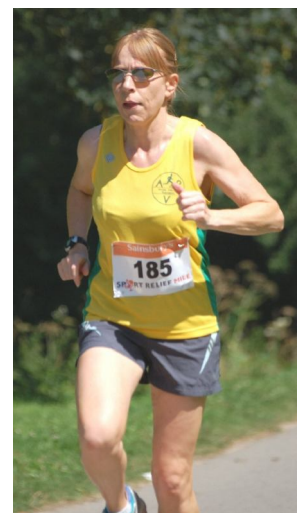
Age: 36
Height: 5' 4"
Weight: 8stone 3lbs
Occupation: Hairdresser
Shoes: Asics

I started running in 1992 as it was costing too much money going to the gym five times a week! So with Dads constant nagging I gave in and joined **Avon Valley Runners**.

PBs: 5K 18:35 – Wells 1995
10K 38:22 – Lyminster 1995
Ten Miles 64:08 – Portsmouth 1995
Half Marathon 1:25:50 – Bath 1996
Marathon 3:15:18 – London 2006

My best moment so far was passing Dad at twenty miles in the **London Marathon**, not so good for him, but it had to be done!!

I now want to carry on enjoying my running and to get back near to the standard that I used to be.



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