



Valley News

THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS
#86 - April 2007



The Plan

It was suggested at the AGM that Avon Valley Runners should have a development plan, from that suggestion wheels were set in motion and now it could be said, to paraphrase Edmund Blackadder: "AVR have a plan so cunning you could put a tail on it and call it a weasel."



To give the club the direction to grow the following mission statement has been drafted "To be the club of choice for runners in West Wiltshire and to be recognised as a center of excellence and support for the promotion of running as a sport and a recreational pursuit".

Three primary objectives have been set for the club:

1. Attract and retain new members and ensure an induction into the club.
2. Facilitating members to achieve their running goals through training and mentoring.
3. As a competitions provider AVR provide a number of well-organised events across the local area.

To achieve these objectives the plan is broken into four key areas:

Promotion of AVR – We are thought of as a Trowbridge/Bradford on Avon based club when we are a West Wiltshire club; Increase media coverage with reports not just in the Wiltshire Times but also the Melksham Independent and White Horse News; Banner at AVR attended races; Wearing of club vests at races; Produce other AVR clothing *i.e.* Windcheaters and jogging tops.

Reception – Set up of a reception desk for club evenings to provide welcome to new members; Creation of a Welcome Pack for new members, including membership form and club information sheet.

Coaching groups – Formation of coaching groups covering 7min/mile; 8min/mile; 9min/mile; 10min/mile at club nights (for those who want a more formal approach). Creation of 6-8 week training plans. Get more qualified coaches. Identify and increase (if necessary) number of first aiders in the club.

Event Service Description – In the "Conkwell Killer" and "Over the Hills" AVR host two of the best races in the local area, we need to capture the factors that make these events successful and apply them to those races where we are asked to play a support role *i.e.* Trowbridge 10K and Foxtrot 5.

Through this plan of attack it is hoped that AVR will grow from its current membership of 150 to 200 by 2008 and that most of the new members that we attract are retained. We will also increase our current compliment of three coaches to eight. Through this growth and structured training we can become a dominant force in the South West, but we will need your support to realise this.

Requiem for a gentle man

What can we say, where can we begin?

Mere words are not enough to express our thoughts within. God destroyed the mould when creating this gracious man: There will never be another Stan.

Life is but a fleeting moment in the history of time, In which only a gifted few to immortality may climb. Here was such a man - a friend and comrade to all; He always had time to spare if on him you would call.

His love of running was paramount and surpassed will never be:

His dedication to AVR unstinting, true and free.

Yet beneath that innocent countenance, so placid and sublime, Oft in the corner of an eye a twinkle there would shine.

No, words are not enough, nor could they ever be, To measure such a being, an icon such as he.

The final chapter has been reached, the last run home complete: To rest in peace at last, his Creator now to meet.

His spirit and his soul to God we thus commend,

This giant of a man, our Stan; we were proud to call him friend.

Sleep in peace, O gentle man.

Tony Bartlett

Secretary's Notes

Since the AGM back in January I have been watching with interest the moves of ABAC to form an alternative affiliation body to England-Athletics (E-A). As from 1st April it will no longer be suffice just to be a member of Avon Valley Runners to race as an ATTACHED runner in UK:A permitted races, you will also need to be personally affiliated to E-A, this affiliation is being managed by the club so if you have paid your 2007 club membership then by default you are a E-A member. This was the prime driver behind raising our annual subscription fee to £10 this year as the annual fee paid by AVR to E-A will rise to ~£500 this year and ~£800 in 2008 to support the rise in individual affiliation fees from £3 to £5 per runner. Affiliation to ARC however comes at just £212 per year with no individual affiliation requirement and they will also permit us to keep 60% of all UNATTACHED fees levied at any races that we hold under their permit scheme. I therefore called a Special General Meeting of members to discuss the affiliation options available to AVR and following a vote on the three options available, it was carried by a majority vote to affiliate AVR to both E-A and ARC in 2007 and review the position at the January AGM.

After five years or so of managing the club website at www.avonvalleyrunners.org.uk I have handed the reins over to a younger man (well young at heart), Anthony Hickson assisted by Adela Smart will now be keeping the site current. There is now a new email address: news@avonvalleyrunners.org.uk for the submission of Results and Reports. The avonvalleyrunners@yahoo.co.uk email will be retained for communication from other clubs, race organisers and prospective new members.

We have had something of a record influx of new members this past quarter with the following twenty runners joining us at Avon Valley: Quinton Armstrong, Fay Barnes, Simon Brown, Sophie Carter, Anna Colthorpe, Carl Davies, Belinda Hehir, John Lock, Tania Lockey, Martin Meredith, Toby Rickard, Ollie Ryan-Moore, Simon Small, Chris Stevens, Fiona Tees, Sarah Welford, John Welford, Michael Towler, Jenny Ellerton and Ken Marshall.

A few milestones are due to be reached this coming quarter by: Andrew Hoddinott M40 on 26th April; Chris Switzer M50 on 26th May; Kathy Kinsey F45 on 31st May and Brian Yates M45 on 11th May.

Darren Wrintmore

Member Profile – Jo Mumford

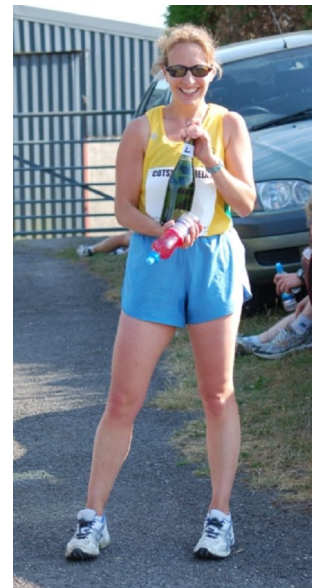
Date of Birth:	7 th May 1971	Residence:	Wingfield
Height:	5ft 5"	Occupation:	Under review!
Weight:	8st 12lb'ish	Running Shoes:	Asics
PBs: 10K	41:19 – Bromham 2006	Ten Miles	68:48 – Hayling 2006
Half Marathon	1:30:22 – Cheddar 2006	Marathon	3:39:10 – London 2006

I started running 3 ½ years ago because I wasn't losing the pounds after the birth of my 4th daughter. Encouraged by my other half who was already a keen runner, I tentatively started using a treadmill and took great satisfaction from watching the miles go up and the pounds fall off!

I felt qualified to join AVR after completing the **Trowbridge 10K** in 2004 and haven't looked back since. I've thoroughly enjoyed discovering the Wiltshire countryside on long Sunday morning runs and have met some great people and made some good friends. On top of all that, twice a week I don't have to put the kids to bed!

Completing the **London Marathon** last year was a real running high. It was an exhilarating but excruciating experience.

For the future I'd like to remain fit and healthy so that I can carry on enjoying my running and hopefully continue improving. Oh and to run a pain free marathon in under 3 ½ hours!



Results

25th March – Bath Half: 117th Kevin Sparey 1:19:58; 134th Alistair Bartlett 1:20:48; 194th Doug Barber 1:23:34; 265th Tom Frost 1:25:37; 305th Jackie Rockcliffe 1:26:29; 359th Stuart Macgregor 1:27:36; 459th Carl Davies 1:29:32; 513th Michael Pace 1:30:25; 561st Ashley Leat 1:31:21; 612th Jimmy Lowther 1:32:08; 683rd Llewelyn Jones 1:33:13; 712th Simon Giles 1:33:31; 1225th Ross Williams 1:39:04; 1259th Laurie Irwin 1:39:28; 1367th Rosemary Barber 1:39:38; 1317th Paul Symns 1:40:05; 1372nd Tina Giles 1:40:36; 1668th Kay Middleton 1:43:12; 1818th Ted Rockcliffe 1:44:41; 2396th Becky Follett 1:48:54; 3361st David Earley 1:55:54; 3861st Tom Simpson 1:58:25; 3930th Susie Phillips 1:58:56; 3979th Bob Sales 1:59:16; 4398th Gary Thwaites 2:02:04; 4660th Emma Powell 2:04:05; 5586th Anneliese Shorten 2:11:54; 5634th Genevieve Sharam 2:12:15; 5816th Frances Hood 2:14:15; 5818th Dennis Mellor 2:14:15; 6078th Christopher Peerman 2:16:55; 6142nd Steve Carver 2:17:45; 7041st Jacqueline Edwards 2:28:03; 7155th John Adams 2:29:55; 7560th Simon Ringham 2:37:30. **Cranleigh 21:** Chris Atkinson 2:28:42; Kathy Kinsey 2:48; Ali Atkinson 2:56:20. **Forest of Dean Half:** 1280th Sophie Carter 2:14:52; **Eastleigh 10K:** 594th Mike Brain 54.08.

18th March – Rome Marathon: 1332nd Mike Maidment 3:20:07; 1531st George Roberts 3:21:52. **Sherborne Castles 10K:** 16th Doug Barber 39:05; 83rd Pete Jones 46:33.

11th March - Llanelli Waterside Half: 63rd Chris Atkinson 1:29:33; 86th Danny Gard 1:32:06; 219th Ali Atkinson 1:41:55; 598th Debbie Roberts 2:01:08; 610th Liz Gard 2:01:56. **Hogweeds Hilly Half:** 101st Kathy Kinsey 1:47:18.

4th March - Castle Combe 10K: 75th Sarah Welford 59:48. **Gloucester 20:** 177th Michael Pace 2:31:09; 220th Rachel Bown 2:36:47; 221st Sue MacGregor 2:36:47; 264th Kathryn Kinsey 2:42:14. **Devizes 10K:** 12th Alistair Bartlett 37:29; 29th Carl Davies 40:08; 32nd George Roberts 40:17; 42nd Jackie Rockcliffe 41:02; 61st Chris Stevens 42:21; 78th Jimmy Lowther 43:24; 116th Peter Jones 46:07; 117th Les Unsworth 46:09; 118th Rosemary Barber 46:10; 147th Ron Whittle 48:15; 149th Toby Pickard 48:27; 154th Kay Middleton 48:34; 165th Ted Rockcliffe 49:22; 188th Christine Davidson 50:28; 204th Tina Vivian 51:41; 218th Anthony Hickson 52:33; 241st Linda Unsworth 53:30; 247th Julia Scott 54:04; 261st Simon Small 55:25; 272nd Belinda Hehir 56:21; 294th Hilary Hammill 57:40; 295th Dennis Mellor 57:43; 296th Victoria Black 57:46; 330th Ann Whittle 60:05; 348th Susan Cook 61:59; 357th Fay Barnes 63:00; Tony Griffiths, 70:48.

25th February – Bramley 20: 88th George Roberts 2:20:34; 148th Chris Atkinson 2:22:13; 15th Jackie Rockcliffe 2:22:27; 180th Mike Maidment 2:25:55; 207th Stuart MacGregor 2:30:09; 222nd Llewelyn Jones 2:31:54; 234th Laurie Irwin 2:32:58; 77nd Kathryn Kinsey 2:43:47; 111th Ali Atkinson 2:52:35; 405th Ashley Leat 2:57:39; 201st Susie Phillips 3:23:49.

Bramley 10: 15th Alistair Bartlett 60:10; 34nd Steve Noyes 65:48; 36th Carl Davies 66:20; 80th David Earley 73:11; 44th Rosemary Barber 78:05; 116th Ted Rockcliffe 78:25; 59th Christina Davidson 81:52; 79th Tina Vivian 85:18; 182nd Anthony Hickson 86:56; 100th Julia Scott 87:32; 203rd Glyn Phillips 90:05; 139th Frances Hood 93:56; 153rd Tanya Maidment 95:07; 254th Tony Griffiths 113:25. **Winchester 10K:** 79th Danny Gard 41:50; 84th Liz Gard 54.38. **The Terminator (Pewsey):** 46th Doug Barber 1:32:18; 54th Mike Pace 1:32:46; 327th Sue MacGregor 1:58:04; 341st Tom Simpson 1:59:04; 372nd Kay Middleton 2:02:02; 451st Martin Meredith 2:08:21; 454th Becky Follet 2:08:38; 575th Debbie Roberts 2:18:55.

18th February – Walter George 10K (Calne): 13th Tom Frost 38:56; 114th Anthony Hickson 53:55; 135th Sarah Welford 58:43; 152nd Tony Griffiths 66:45.

11th February - Wessex XC League (Salisbury): (Senior Ladies) 16th Sue MacGregor 19:45. (Senior Men) 7th Kevin Sparey 31:00; 9th Alistair Bartlett 31:19; 26th Carl Davies 35:10; 29th Mike Pace 35:49; 32nd Chris Atkinson 36:11; 41st Darren Wrintmore 36:38. **Dursley Dozen:** 86th Steve Williams 1:38:11. **Tough Ten:** 274th Dave Earley 1:18:50; 447th Andrew Hoddinett 1:24:49.

4th February - Longleat 10K: 9th Andy Hawkins 36:04; 153rd Rosemary Barber 46:52; 172nd David Earley 47:20; 214th Becky Follett 48:40; 234th Toby Rickard 49:05; 426th Andy Collins 54:09; 536th Anneliese Shorten 56:19; 688th Frances Hood 60:05; 870th Fiona Tees 69:15.

28th January - Romsey 5: 22nd Rosemary Barber 35:42. **Slaughterford 9:** 31st Doug Barber 65:24; 54th Mike Maidment 68:08; 60th Mike Pace 69:20; 80th Stuart MacGregor 71:26; 85th Jimmy Lowther 72:33; 92nd Ian White 73:52; 102nd Brian Yates 74:29; 113th Donal Casey 75:27; 116th Laurie Irwin 75:37; 151st Sue MacGregor 79:10; 156th Tom Simpson 80:06; 172nd Kay Middleton 81:34; 238th Barbara White 89:15; 245th Bridget Casey 90:00; 282nd Debbie Roberts 94:15; 320th Denise Ellis 1:40:52; 326th Julia Scott 1:42:49. **Llisbury 8:** 43rd Tom Frost 52:03

21st January 2007 - The Burrington Combe-over: 2nd Alistair Bartlett 41:14 ; 20th Ian White 51:09; 34th Annisia White 60:50; 35th Barbara White 62:36.

14th January - Milton 10: 8th Kevin Sparey 59:34. **Rough 'n' Tumble:** 54th Doug Barber 1:23:42; 127th Jimmy Lowther 1:32:35; 185th Kathy Kinsey 1:39:00; 212th Kay Middleton 1:41:30; 232nd Jim Anderson 1:43:22; 276th Becky Follett 1:48:00; 304th Anthony Hickson 1:50:59; 311th Tina Vivian 1:51:38; 409th Denise Ellis 2:07:14.

7th January 2007 - South West XC Championships: (Senior Ladies) 49th Sue MacGregor 25:17; (Junior Ladies) 8th Mitzi Barber 14:51. **Wessex XC League:** 31st Stuart MacGregor 30:01; 32nd Mike Pace 30:16. **Gloucester 10:** 28th George Roberts 66:25; 47th Chris Atkinson 68:58; 50th Jo Mumford 69:02; 58th Jackie Rockcliffe 69:29; 66th Mike Maidment 69:47; 74th Llewelyn Jones 70:50; 120th Kathy Kinsey 77:32.

1st January - Hangover 10K: 10th Kevin Sparey 36:23; 88th Rosemary Barber 46:59.

Fixtures

Sunday April 17th

Sunday April 22nd

Tuesday April 24th

Sunday May 6th

Monday May 7th

Tuesday May 8th

Sunday May 13th

Saturday May 19th

Sunday May 20th

Monday May 21st

Saturday May 26th

Saturday June 2nd

Sunday June 17th

Sunday June 24th

Saturday June 30th

Saturday July 7th

Highworth 5 - Highworth, Wiltshire @11:00

St Georges 10K - Corsham, Wiltshire @11:00

London Marathon - Blackheath, London @09:30

Heddington Hill Climb - Heddington, Wiltshire @19:30

The Black Death Run - Combe Sydenham Country, Somerset @11:00

Neolithic Marathon & Half - Avebury/Urchfont, Wiltshire @11:00

May Fayre 3 Miler – Bradford on Avon, Wiltshire @14:30

Roundway Chase** - Heddington, Wiltshire @19:30

Cowpat Canter** - Midsomer Norton, Somerset @11:00

Hilly 11K - Bratton, Wiltshire @11:00

Shaw & Whitley Stampede - Shaw, Wiltshire @14:00

The Ramsbury Circuit - Ramsbury, Wiltshire @10:30

Pewsey Vale 10K – Pewsey, Wiltshire @11:00

The Hogweed Trot – Yate @19:00

Bath Hilly 10 - Rush Hill, Bath @10:00

Keevil 10K – Keevil Airfield, Wiltshire @11:00

Miners Half Marathon & 10K - Midsomer Norton, Somerset @09:30

Forest 10** - Warminster, Wiltshire @11:00

Cotswold Way Relay - Chipping Campden to Bath @07:00

Note: Please register your interest with the Club Captains.

Golden Cap Challenge** – Charmouth, Dorset @15:00

++ Off-Road qualifying race

** AVR Challenge Series race

Captains' Corner

“Hi, my name is Tina Vivian and I am the Ladies Captain. There are so many new members in AVR that I thought I would introduce myself. This is my third year as Ladies Captain, which involves ‘Enthusiasm’, running at ‘club’ regularly, meeting new members as well as organising teams and events. I started running in 1999, and have completed many 10km, 10 miles, ½ marathons, 3 marathons, an Ultra-Marathon and couple of OMMs (‘Original Mountain Marathon’) with my vice captain Denise Ellis. I live in Bradford, a short run across the fields from the club base in Pound Lane with a non-running husband, two mature boys and a menagerie of animals. If anyone wants a Club vest, advice, or needs to share a car to a race, just gives me a ring on 01225-866193 and I will try to help you out.” **Tina**

“My name is Chris Atkinson and would like to say hi to all AVR members new and old. I was elected AVR men’s Club Captain for 2007 along with Stuart Macgregor as vice captain and have been a member for six years now. I took up running with my Wife Ali when we both gave up smoking in 2001 and completed our first Half Marathon that year in just under 2-hours and have never looked back since. During my time as Captain I would also like to encourage members to take part in the many relay races, which take place during the year, and the Wessex XC League, which runs in the winter months. I attend the Tuesday and Thursday evening club sessions so if you need any help or would like a club vest then Stuart or I would only be too pleased to help”. **Chris**



Ladies Captain
Tina Vivian



Ladies Vice-Captain
Denise Ellis



Men's Captain
Chris Atkinson



Men's Vice-Captain
Stuart MacGregor

Captains' Corner (cont.)

In Road Racing the year started well for AVR with Kevin Sparey and Rose Barber picking up 1st M50 and 1st F55 at the **Kewstoke 10K** on 1st January with times of 36:25 and 46:59 respectively. Rose added to her trophies with first F55 at the **Longleat 10K** with 46:52 and at the **Romsey 5** with 35:42, and Kevin first M50 at the **Milton 10** with a time of 59:34.

The **London Marathon** training started in earnest in January with seven members competing in **Gloucester 10** and then in February with **Bramley 20**, where Jacquie Rockcliffe set a new Ladies Club record for this distance in 2:22:27. The 10 milers did well with Alistair Bartlett, Steve Noyes, Carl Davis being the second team back behind Reading Road Runners, and the ladies were the fifth team with Rose Barber, Chris Dividson and Tina Vivian.

On February 25th Danny and Liz Gard ran in the **Winchester 10K** achieving personal bests of 41:50 and 54:38 respectively. March 1st saw the revived **Devizes 10K** with fourteen AVR men and thirteen AVR ladies competing with members Belinda Hehir, Hilary Hammel and Victoria Black running in their first race for AVR. Jacquie Rockcliffe was 2nd Lady with a time of 41:02, behind England International Amy Chalk. AVR also picked up 1st Men's and 2nd Ladies team prizes with Rose Barber 1st F50 and Anne Whittle 1st F60. This was the first race in the **2007 AVR race series**, so it was good to see so many taking part, especially as the weather was so inclement!! On the same day, despite the weather at the **Gloucester 20**, Sue MacGregor finished with a personal best, crossing the line with Rachel Bown in a time of 2:36:47. The **Llanelli Half Marathon** on 11th March saw three personal bests, with Ali Atkinson achieving a time of 1:41:55, Debbie Roberts 2:01:08, Liz Gard 2:01:56 and Chris Atkinson finishing under 1:30 for his second time, with a time of 1:29:33. Congratulations go to Mike Maidment and George Roberts in the **Rome Marathon**. Mike finished with a personal best of 3:20:07 and George knocked 26 minutes off of his PB to finish in 3:21:52. The **Bath Half** proved to be ever popular with a staggering 39 members lining up amongst ~9,000 starters. First back for AVR was 117th placed Kevin Sparey in 1:19:51 and taking 6th M50, from new comer Richard Ayling in 1:20:09 and Alistair Bartlett in 1:20:48. Jackie Rockcliffe who recorded 1:26:22 to finish as 4th F35 headed the Ladies home. Rose Barber had a good run to finish 2nd F55 recording 1:39:38, as did Susie Phillips who's time of 1:57:21 saw her land fourth spot in same category. Congratulations to all that took part and all that got PB's (too many to mention). Well done!

On the same day, three members of Avon Valley made the trip to Surrey to take part in **Cranleigh 21** in preparation for the **London Marathon**. All had good runs to prove they are bang on track. Chris Atkinson was first home for AVR in 2:28:42 followed by Kathy Kinsey in 2:48:06 and Ali Atkinson in 2:56:20.

Multi Terrains are ever popular and a change from pounding the tarmac, the muddier and wetter the better! The **AVR Off-Road Championships** are lead by Sue Macgregor ahead of Kay Middleton in the ladies and Doug Barber is the only male member to have completed in three events, so come on you men, get your spikes on and get out into that mud! The January **Wessex XC league** meeting saw Stuart MacGregor and Mike Pace battling it out at Bicton, in Devon. More members competed at the February **Wessex XC league** meeting at Salisbury, Kevin Sparey, Alistair Bartlett and Carl Davis brought home AVR as the third placed team.

The next races in the AVR Race Series are the **Trowbridge 10K** on April 1st and on May 8th the **Roundway Chase**, a 10K multi terrain which is on a Tuesday evening at 7.30 and starts and finishes near the Ivy pub in Headington.

Good luck to everyone competing in the **London Marathon**, especially those who are doing a marathon for the first time. *Tina Vivian & Chris Atkinson*

Shaw & Whitley Stampede

On Saturday 19th May at 14:00 Avon Valley Runners will be staging a multi-terrain race over approximately six miles (5.89 according to my GPS), utilising one of my off-road training routes around the villages of Shaw & Whitley. Entry to the event will be priced at £6 per runner – so just a pound a mile. Entries will be closed on 11th May and no entries will be accepted on the day. The race is being hosted as part of the village fete, which opens at 12:00 and includes stalls, arena events and some races for the children.

If you do not fancy running, I am looking for assistance with marshalling, so if you would like to help me ensure that none of the runners take a wrong turn, then please drop me a line on 01225 703252. I am also offering Avon Valley Runners an opportunity to run the course prior to race day and if you would like to join me in Shaw on Wednesday 2nd of May at 19:00, then please let me know so that I can get some drinks in.

I look forward to receiving your entry – Darren Wrintmore

Member Profile – Ted Rockliffe

Date of Birth:	22 nd September 1945	Residence:	Trowbridge
Height:	5ft 11"	Occupation:	Postman
Weight:	13st	Running Shoes:	Asics
PBs:	5K 18:12 – Wells 1995	5 Miles	29:02 – Frome 1991
10K	36:35 – Bromham 1995	Ten Miles	60:04 – Bournemouth 1991
Half Marathon	1:20 – Bath 1995	Marathon	2:56 – London 1991

In 1984 while watching the **London Marathon** on TV, I announced that I would like to run it at some point in the future. I decided it would be a good idea to start jogging to keep fit for playing squash and perhaps eventually run the Marathon. I then tried a few races and after running a 10-mile race organised by Trowbridge AC I was approached by Stan Farr the following day and asked if I would like to join a new club that was being formed, and so my days with Avon Valley started. I found I was a better runner than a squash player and so decided to stop playing squash and concentrate on running. I have always enjoyed running and being a member of Avon Valley; I have been Club Captain and am now Chairman.

For me the highlights of my running have been doing a sub three-hour marathon twice and getting a bronze at the British Vets championships O/55 at Brixton in 2000. The lows have been the last four years not being able to train as hard as I would like because of injury.

*To the Members of Avon Valley Runners.*

Dear friends and clubmates,

I'd like to express my sincere appreciation of the unexpected presentation to me at the club's annual party on 3 February of a fine tankard "in recognition of 21 years' service to AVR". I was deeply moved, and felt that my unprepared response at the time was inadequate. Partly to compensate, I would like to put on record, especially for newer members, something of what that "service" has been.

I'm proud to have been one of the original handful who founded Avon Valley Runners in January 1986, and of my part in our successful growth from day one - even in the name we chose (in which I urged against too closely defining the club, not as "road runners" or "athletic club" but simply as "runners"). I'm also proud to have designed the clear and distinctive badge that has served the club almost from the beginning and continues to do so (and even adorns my new tankard).

As club captain for the first six years (before the women had their own captain), I tried always to lead by example, in the first year (before we had a championship), set club best times for 10 miles (58:02), half-marathon (1:15:51) and marathon (2:48:54). When arthritis slowed me down after 1989 I twice offered to resign, but each time was persuaded to stay on a while longer.

For the first 15 years I wrote the press reports on races in which members took part and for over 16 years I produced the club newsletter, having in autumn 1990 taken on and extended the single sheet which Stan, among his other tasks, had diligently typed out to keep members in touch.

I've made some fine friends over the past 21 years, and wish the club and its members well in the years ahead. I'll continue to enjoy meeting and running with friends and clubmates down the Valley as often as I can. - **Tim Northwood.**