



# Valley News

The Newsletter of Avon Valley Runners

#156 February 2014



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This month's Valley News is slightly delayed for a couple of good reasons.

Firstly we wanted to do justice to the passing of Tony Bartlett, one of our most longstanding members. We have dedicated the first item to Tony and there will be a suitable obituary in the March edition. If anyone has anything that might be of interest, be that in the form of pictures, stories or memories of Tony, please pass them directly or via any committee member, to Denise Ellis. It's usual when friends or acquaintances die, we say goodbye to them in very conventional ways; however Tony - a prolific poet - had the upper hand by getting in first and saying goodbye to us in one of his poems; guaranteed to evoke a tear or two.

Secondly, our presentation evening took place 31<sup>st</sup> January and all the award winners deserve recognition. I tend to lose track of who's winning what during the presentation ceremony so I've reproduced the list in this edition, including the *subjective* awards.

A typographical error in January's edition went viral (to use a modern expression) introducing a lady who may be with us for some time to come. Her only running experience is that which takes her hurriedly to the office coffee machine to listen to the latest item of gossip. Despite having no athletic prowess to speak of she's become our very own agony aunt upon whom to pour out our many and varied running problems.

There's also an item about a forthcoming fundraising event. It wouldn't normally find its way onto the pages of Valley News, but this one has a particular personal relevance to two of our regular and faithful members.

The News is still evolving since the change of regime and we'll either settle down to a tried and tested format, or we'll surprise you each month with something new. *Watch this space.*

## A dedication to an old AVR friend.

This month's Valley News would carry little significance if we neglected the real newsworthy story of this past week. A very dear friend of AVR has passed away and while we can look back with sadness, it's my confident belief that Tony would be injecting some humour into this occasion if he was here to enjoy it with us.

We start with a message from Tony's daughter, Verity

*Please could you pass on the thanks of Alistair, myself and our mum Jo, to all those who have sent us thoughts and condolences in recent days. The support we have received from all areas has been amazing and really means a great deal to us at this difficult time. Ever the organised person, Dad had written a final poem which he wanted published in Valley News.*

### GOING HOME

The road has been hard, the road has been long  
But I've travelled its highway, in my heart a song

I've tried to be fair and unbiased to all  
From the instance of birth to the last trumpet call

I've tried to be honest, faithful and true  
Steadfast and loyal – my legacy to you

I've been blessed with a loving family and genuine friends  
Whose companionship and compassion hath no ends

Memories flood back from lost years gone by  
Some filled with laughter, others bringing a tear to the eye

Now at the end of life's journey, as God calls the time  
And the stairway to heaven I'll now dutifully climb

To my spiritual home, my duties I'll keep  
Sleep gently dear brethren, gently sleep

Tony Bartlett  
1935 -2014

Tony's funeral will be a **family only cremation** (also family flowers only) at West Wilts Crematorium on Wednesday 5th Feb at 12:15, followed by a **Service of Thanksgiving** at the United Church from 1pm. Donations in lieu of flowers can be made to **Action for Children and Parkinson's UK** c/o the funeral directors; Barker & Courtiers.

Tony requested that dark clothes are not to be worn, but instead bright cheerful colours, and specifically any member of AVR might like to wear their AVR sweatshirts.



## Member's Profile

For those of you who are not aware of the significance of the WAVA (World Athletics Veterans Association) age grading, a score of 90% indicates a world class athlete.

Diane Hier's winning score of 85.32% in last year's AVR WAVA league is therefore immensely impressive and puts her well on the way towards that category. I've noted with admiration, some of Diane's times which would be the envy, not only of many female contemporaries, but probably of many sporting *men* half her age. The list of events for which she's qualified at elite level is inspirational.

**Name:** Diane Hier

**Date of Birth:** 26<sup>th</sup> January, 1962. (Age 52)

### Domestics

I live in Upton Scudamore near Warminster. I am surrounded by great countryside for some fantastic running.

### Tell us about your running journey

Every year the London Marathon was a favourite to watch. As a non-runner I would watch in awe the young and old taking part in this spectacular event. The money raised was amazing and I really hoped I would get a chance one day to be part of this special race. Little did I know, that I would be completing 11 London Marathons!

So.... my passion for running started about 14 years ago. I had tried through the ballot to win an entry for London Marathon but unsuccessful so I decided to raise money for The Guide Dogs for the Blind and received a Golden Bond entry.

From the 15 marathons I have completed (11 London and 4 others), my first marathon is the most memorable. It was the unknown! Nervous but Excited. Had I done enough training? etc. etc... My training and raising sponsorship became very important to me, but I was dedicated. The race itself was harder than I had imagined and when I finished I said "Never again". But here I am in 2014 training for this year's big race and I love it.

Alongside running I also like to swim and cycle, and have become a very keen triathlete. In my age group I have had some very successful results allowing me to qualify for The World Championships.

From Longleat Half Ironman in 2005 I qualified for **Florida World Championships** in 2006. The family came to support me and it was so exciting.

Deva Olympic triathlon 2013- Qualified for Auckland, **New Zealand, World Championships**

My result from Auckland-Top 3 from G.B. allowed me to qualify for **London World Championships 2013.**

Result from London ...Aquathon-7th in age group (50-54)

Olympic Triathlon-17 in age group

I feel extremely fortunate to be fit and well and be able to take part in Sport as I do and the friends I have made and places I have visited mean so much to me. Running and triathlons have given me so much!

Distance	2013 Time	PB
5k	21:09	
Parkrun	21:15	19:57
5mile	34:27	32:45
10k	42:02	
10mile	70:01	69:16
Half Marathon	1:27:51	
20 Mile	2:22:31	2:18:51
Marathon	3:26:09	3:09:47



## JAVR News

### # 8



### CROSS COUNTRY ROUNDUP

The wet, windy, and grey winter months are always brightened up with the delights of the Cross Country season, and so far this season we have not been disappointed! On the 8<sup>th</sup> December 2013 the University of Bath hosted the Wiltshire Cross Country Championships and JAVR were represented by four athletes in three races. In the Under 13 boys race James Finnigan and Kieran Beardmore breezed around the undulating grassland course to finish in 13<sup>th</sup> (7<sup>th</sup> Wiltshire athlete) and 27<sup>th</sup> (14<sup>th</sup> Wiltshire athlete) place respectively. Josh Whitefield-Lott competed in the Under 15 boys race and stormed around in a time of 16 minutes, 54 seconds to finish in 28<sup>th</sup> place. Holly Newman ran in the U17 girls race and finished in 21<sup>st</sup> (9<sup>th</sup> Wiltshire Athlete) place in a time of 24 minutes, 6 seconds. A great run from Holly and all the JAVR's.

Following the Wiltshire Cross Country Championships selection to represent Wiltshire at the South West Inter Counties Cross Country Championships took place. The event took place on the 5<sup>th</sup> January at Killerton House near Exeter and saw Wiltshire compete in a variety of age group races against other counties from the South West of England. Based on his result from the County Championships James Finnigan was selected to run for Wiltshire in the Under 13 boys race. Massive congratulations to James for his selection into the Wiltshire team. James finished the race on a wet and muddy course in 42<sup>nd</sup> place in a time of 13 minutes, 21 seconds.

The Cross Country season runs from October – March each year with races available for juniors. For more information on Cross Country events please ask at your next training session.

### NEWSFLASH

The start of the new Wiltshire Junior Race League, which was due to be launched at the Longleat 2 miles on the 9<sup>th</sup> February, has been delayed. Due to the decision of the Longleat Estate to charge an entry fee for spectators Wiltshire Athletics Association, after discussion with participating Wiltshire Running Clubs, has decided to omit the Longleat 2 mile race from the league. The other league fixtures for the year remain unchanged; however discussions are taking place over the options for replacing the Longleat 2 mile race with another race. **For more information visit: [www.wiltshire-athletics.org.uk](http://www.wiltshire-athletics.org.uk)**

Please note that although the Longleat 2 mile race will not count towards the Junior Race League this year the race is still taking place on the 9<sup>th</sup> February at 10.05am.

### WINTER BUGS!!

You will be sorry to hear that work at JAVR NEWS was disrupted by a pesky bug last month! Not a bug of the flu kind you'll be pleased to hear, rather a bug in the computer form. You may have noticed that in last months Valley News the JAVR News section appeared rather short?!? Well due to a technical error, half of the 7<sup>th</sup> edition of JAVR News vanished whilst on its way to publication. "So what did we miss?" I hear you ask. Well do not fear JAVR News has found the missing words and all appears in this month's edition... hopefully!

### JAVR CHAMPIONSHIP LEAGUE 2013

With an amazing sixth consecutive personal best, Andrew Tipple took a 10 point lead at the top of the boy's league after six races. Robert Warner of JAVR sat in 3<sup>rd</sup> place just 3 points behind 2<sup>nd</sup> placed Kai McGarry. After six races in the girl's league Caitlin Wosika held top spot with a 4 point advantage over Polly Allan and Ellie Isaacs of Avon Valley Runners who were chasing in 2<sup>nd</sup> and 3<sup>rd</sup> place. All was to be decided at the final race of the first JAVR Championship League season which was held on the 28<sup>th</sup> December 2013.

In the boys league a massive 71 boys took part in at least one race throughout the season with 19 boys running in three or more races. After the final race there was no change at the top with Andrew Tipple (Southwick School) finishing in first place with 100 points. Despite not achieving a personal best in the final race Andrew also achieved the most personal bests in the league with a total of six in seven races! Kai McGarry (Priestley School) finished in second place with 90 points and Robert Warner (Avon Valley Runners) took third spot with a total of 87 points. Harry Cade (Studley Green School) who finished in fifth place overall was the most improved boy over the whole season. The fastest boy to run in any of the seven races was Rory Howarth (St Augustine School) who completed the final race in a time of 7 minutes, 4 seconds. The top three Junior Avon Valley Runners in the boys league were: 3<sup>rd</sup> – Robert Warner, 14<sup>th</sup> – Alex Tucker, 15<sup>th</sup> – Harrison Trevor.

In the girls league the final race also saw no change in the positions of the first three runners. Caitlin Wosika (John of Gaunt School) finished in first place with 88 points. Caitlin was also the fastest overall girl with a course time of 7 minutes, 20 seconds. In second place was Polly Allan (Avon Valley Runners) with 82 points and in third place also from Avon Valley Runners was Ellie Isaacs with 72 points. Polly also achieved the most personal bests throughout the season with three in total. Dominique Barnett (Holbrook School) was the most improved girl throughout the whole season. In total 44 girls participated in the league with 13 girls taking part in three or more races.

**Watch this space for news of the start of JAVR Championship League 2014.**

### RESULTS

**A full roundup of results from November 2013 – February 2014 will be included in next months JAVR News. To ensure your results are included in the results section email: [my\\_avr@yahoo.com](mailto:my_avr@yahoo.com)**

### UPCOMING EVENTS (races in Bold are included in the Wiltshire Junior Race League)

EVERY SATURDAY: Southwick Country Park parkrun 5km, Southwick (9.00am)

**Swindon parkrun** – Swindon – 15<sup>th</sup> March

**St Georges Day 10km** – Corsham – 20<sup>th</sup> April



*...and here's the page that was missing from last month's JAVR news*



## RESULTS

**This month we have a bumper list of results (you may have noticed no results were included in edition 6 of JAVR News... so here they all are!)**

To ensure you are included in the results section of JAVR News please send your latest results to:  
[my\\_avr@yahoo.com](mailto:my_avr@yahoo.com)

### **Wiltshire Cross Country Championships – 8<sup>th</sup> December**

#### **U17/U20 F**

21. Holly Newman – 24.06

#### **U15**

28. Josh Whitefield-Lott – 16.54

#### **U13**

13. James Finnigan – 10.44

27. Kieran Beardmore – 13.14

### **Southwick Country Parkrun – 7<sup>th</sup> December**

55. Robert Warner – 25.17

140. Alex Tucker – 34.11

### **Southwick Country Parkrun – 30<sup>th</sup> November**

88. Holly Newman – 27.38

### **Southwick Country Parkrun – 23<sup>rd</sup> November**

81. Robert Warner – 26.18

### **Southwick Country Parkrun – 2<sup>nd</sup> November**

64. Holly Newman – 26.41

87. Alex Tucker – 29.22

96. Robert Warner – 29.53

### **Southwick Country Parkrun – 19<sup>th</sup> October**

37. Robert Warner – 24.13

57. Holly Newman – 26.14

132. Alex Tucker – 37.52

### **JAVR 2km Race – 30<sup>th</sup> November**

4. Niall Thorne (B13) – 8.21

10. Robert Warner (B13) – 8.54

17. Corey Lewis (B12) – 10.00

18. Harrison Trevor (B12) – 10.00

24. Ellie Isaacs (G13) – 10.37

### **JAVR 2km Race – 26<sup>th</sup> October**

2. Robert Warner (B12) – 8.27

5. Polly Allan (G11) – 9.08

6. Alex Tucker (B15) – 9.19

7. Harrison Trevor (B12) – 9.39

8. Corey Lewis (B12) – 9.52

13. Ellie Isaacs (G13) – 10.28

15. Jamie Lee Curtis (G12) – 10.42

## **UPCOMING EVENTS (races in Bold are included in the Wiltshire Junior Race League)**

EVERY SATURDAY: Southwick Country Park Run 5km, Southwick (9.00am)

**The Longleat 2M**, Longleat, Warminster – 9<sup>th</sup> February (10.05am)

**Swindon Park Run** – Swindon – 15<sup>th</sup> March

**St Georges Day 10km** – Corsham – 20<sup>th</sup> April

**The Trowbridge 5km** – Trowbridge – 4<sup>th</sup> May

**Frome 5km** – Frome – 20<sup>th</sup> July

**The DB Max 4** – Castle Combe – 10<sup>th</sup> August

## AVR Awards 2014

### Race Series - Best Scoring 8 Races from the Series of 12

#### Mens

1st	Michael Towler	160 Max
2nd	Joby Hobbs	154
3rd	Thomas Coney	143

#### Ladies

1st	Fiona Price	157
2nd	Jill Westwood	152
3rd	Tina Towler	134

### Road Championship - Best Cumulative Times over 10km, 10 Miles and Half Marathon

#### Men

Senior Man	Mike Towler	02:46:10
Male Vet 40	Richard Morgetroyed	03:11:08
Male Vet 50	Steve Moore	04:11:45
Male Vet 60	Bernie Hobbs	03:47:03
Best Age Grading (WAVA)	Michael Towler	82.15% - Bromham 10k 32:50

#### Ladies

Senior Lady	<None>	
Lady Vet 40	Fiona Price	03:14:00
Lady Vet 50	Diane Hier	03:19:54
Lady Vet 60	Rosemary Barber	04:35:07
Best Age Grading (WAVA)	Diane Hier	85.32% - Bath Half 1:27:51

### Off Road Championship - Best 8 results from 12 qualifying events

#### Mens

1st	Thomas Coney	157
2nd	Peter Velelski	157
3rd	Bernie Hobbs	128

#### Ladies

1st	Adele Cooper	127
2nd	Diane Hier	96
3rd	Rosemary Barber	81

**How Farr for AVR - Total Distance Race (from submitted results) in Km****Mens**

Senior Man	Thomas Coney	436.796
Male Vet 40	Ian Isaacs	327.603
Male Vet 50	Richard Hudson	509.671
Male Vet 60	Bernahrd Hobbs	389.483

**Ladies**

Senior Lady	Jennifer Ford	282.100
Lady Vet 40	Fiona Price	316.017
Lady Vet 50	Tina Vivian	276.893
Lady Vet 60	Rosemary Barber	264.905

**Best Marathon**

Men	Joby Hobbs	2:49:48 - Amsterdam Marathon (7 minutes off last year's PB)
Ladies	Fiona Price	3:07:48 - Virgin London Marathon (21 minutes off last year's PB)

**Stan Farr Boxing Day Run**

Mens Winner	Mike Towler	18:42
Ladies Winner	Jo Mumford	23:59

### **Goofy Award (For a big almighty cock-up)**

Runner up, worthy of a mention, but sadly not worthy of an award goes to a married couple. I know she will blame him but they managed to travel two hours for a race on the south coast and did not discover the error until their return and when they looked for their results Fiona had knocked in the region of 20 mins of her PB. Richard's performance was much less impressive caused by the fact he had accidentally swapped their chips before the start... *Richard and Fiona Newman.*

Taking that into consideration the winner must be an elite athlete who has represented her country. The most qualified coach within AVR and much experienced at competition all around the world. A girl who knew the importance of keeping her feet dry and trainers clean. She put her entire collection of running trainers in the washing machine and rather than have enough patience for them to dry she baked them at gas mark 6 in the oven becoming the proud owners of several pairs of banana shaped very expensive footwear. There are two differing reports, was it the oven or the Tumble dryer? Team GB triathlete and 2013 Goofy award winner goes to ...*Mel Ward-Nicholls*

### **The Bomb (for outstanding contribution to the club, above and beyond the call of duty)**

This person has been an amazing inspiration to AVR athletes over the past year. He has undoubtedly contributed to the success AVR has had in many competitions. He has helped Tim Lowrie, Jen Ford, Jackie Rockcliffe and many more achieve big improvements throughout 2013. "The coach with the enthusiastic approach" The bomb 2013 goes to ...*Steve Williams*

### **Grape Blister (an award for injury sustained during the call of duty)**

This is not a hard award to predict. Enthusiasm hath no bounds. Well apparently it does when riding a bike on the way back from a training session. Still coached whilst his arm was in a cast. He had very little time off, still managing to help the AVR athletes achieve 2013 greatness. The 2013 Grape Blister award goes to ...*Steve Williams*

### **"Denise Ellis" award outstanding senior woman (performance or performances)**

Newly named this year we have Denise to present the award.

Whilst away from the running she continues to daze and confuse the best of us having to bring up two young children. Her performances continue to astound all that see her race. She is a massive inspiration to us all; along with her ability to run fast she has empathy with all runners, a rare quality in one so quick. Sub 1:20 at Bristol Half Marathon ranked second in Wiltshire behind international runner, Holly Rush, whom she beat at "Over the Hills". Multiple race wins, two club records in 2013 and 2013 Wiltshire Half Marathon champion ...*Ruth Barnes*

### **"Darren Wrintmore" award outstanding senior man (performance or performances)**

Newly named this year we have Darren to present the award. (Hopefully)

Won't deliberate on this for too long, as you may have guessed already. A shy character that fills the back pages of the local press with his every success. Multiple race wins and two new club records. We are all proud to have such an incredible runner representing our club but even better that he is such a brilliant ambassador for AVR.....*Mike Towler*

### **"Joyce Field" award Outstanding FV40 (performance or performances)**

Newly named this year we have Denise to present the award.

Showing consistent improvement throughout 2013 two new V40 club records; sub 40 mins for a 10k and 19:08 for 5k these are times younger men try to aspire to. A London marathon time of 3:07 plus she is our Honorary Secretary ...*Fiona Price.*

**“Tim Northwood” award Outstanding MV40 (performance or performances)**

Newly named this year we have Tim to present the award.

This guy is not our fastest but has been made our V40 winner because of his performances throughout the year. Taking part in so many of the competitions he is a determined individual. Two years ago he weighed 19 stone and today he looks and is, a proper athlete...*Ian Isaacs*

**Frank Allen award for Outstanding MV50 (performance or performances)**

Another athlete new to the club in recent years who continues to show improvement. He wins our V50 category as he is; the Wiltshire Road Race league V50 champion for 2013, he is also our kit manager if you would like to place an order ...*Richard Southgate*.

**Stan Farr award for Outstanding FV50 (performance or performances)**

We have Judy Farr to present the award.

New to the club in 2012 she has taken the club by storm attaining four V50 club records: 1 mile in 6:13, 10k in 42:02, 10 mile in 1:08:23 and Bath Half Marathon in an incredible time of 1:27:51. Multiple race category wins she must have a trophy room the size of Salisbury Plain...*Diane Hier*

**Ted Rockcliffe award for Outstanding MV60 (performance or performances)**

This guy is a runner who defies his age at the Solent Half marathon he recorded the 21<sup>st</sup> fastest time in the UK for his age a club record by 8 minutes he ran a 1:27:22. Great news that he has re-joined AVR first claim even though he lives in Fareham...*Andy Lawrence*

**Nan Simpson award for Outstanding FV60 (performance or performances)**

Another award that you will not be surprised by. She continues to amaze as she has done for many years. V60 record holder at all distances except Marathon which she doesn't run...*Rosemary Barber*

**Most Improved Female award**

Blighted by injury in 2012 this girl has come back strong and has surpassed all her previous bests. With every race she participates she continues to knock huge chunks off every previous performance. Multiple parkrun wins her PB there was 27:25 in 2012 and is now 22:57. There is no stopping the train that is...*Liz Gard*

**Most Improved Male award**

This guy was quite fast two years ago but over the last 12 months he has achieved some amazing times in his personal performances. For example Bromham Pudding Run 10k in 2012 a very respectable 41:35 and in 2013 a bullet at 37:32 and a new 10kPB. Coached by Steve Williams he has focused his efforts on his training and his times have shown the results he is now one of our top male runners...*Tim Lowrie*

## *Fundraising with a personal touch*



As you probably know by now I am going to run the Virgin London Marathon in 2014 to raise funds for the Cystic Fibrosis Trust.

Those of you that know me will also know that Alice, my "little" girl (she's actually 11 but will always be my baby) has cystic fibrosis. She has spent a significant amount of her life in hospital and her day to day life differs from other children of her own age - a normal day for Alice starts with 10 minutes of vigorous physio to clear her chest and a dozen different medicines before breakfast.

Despite having CF, Alice has a full-on approach to life - if there's an opportunity out there, she'll grab it with both hands! From having the lead part of Sandy in her primary school performance of Grease to applying to be a member of Youth Parliament for the county, she's always up for a challenge.

Alice is my inspiration as she doesn't have the option to give up. Every day for her is a battle to prevent the disease from limiting her life. This is the thought that will hopefully keep me going through my journey towards completing my first marathon.

I also have to thank my "big" girl, Rachel, who has also had to make compromises throughout her life to accommodate Alice's health needs (she still hasn't forgiven me for having to spend her 4th birthday in hospital with Alice instead of going to Alton Towers as promised) and also to Steve my husband and "super-dad" to Alice who has already faced the marathon challenge for CF and won.

The training, tears and tantrums start now...

*Jilly Moore*

Please visit <http://uk.virginmoneygiving.com/Jilly> .....ed.

## *Amy Advice Avon Valley's Own Agony Columnist*



Allow me to introduce myself, my name is *Amy Advice* and I've been an agony columnist for many years working on numerous publications such as the *Barnsley Advertiser* and the *Grimsby Fish Finder*. Following the rowdy inauguration ceremony for Ken at Valley News Towers where I was doing some networking, Ken let me in through the back door of the editing suite. Luckily I came with a bag full of booty from *Bottoms Up* to help restock the globe drinks cabinet emptied by the selfish swine that sat in the seat before Ken. Over a couple of crème de menthe's and the remainder of the gala pie, Ken and I came to an agreement that I would offer my advice to the members of Avon Valley



Runners.

Luckily I didn't just have a hatful of hollow, but already a sackful of sorrow from some readers and so below are some of the latest from my mail bag. These are genuine concerns, although the names of the correspondents may have been changed to protect the innocent.

If you have a problem and you don't know where to turn, maybe, just maybe, Amy Advice can help you. Drop me a line at [amy.advice@gmx.com](mailto:amy.advice@gmx.com) and I'll do my best.

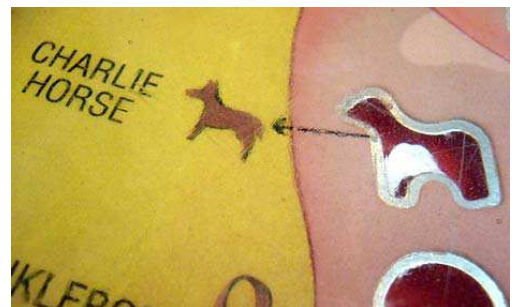
Love & hugs,

*Amy*

Dear Amy, After the Salisbury Half Marathon I visited a masseuse to relieve my *Charlie Horse* and since that time I have found it really difficult to concentrate on my day to day work. I think I may have fallen head over heels for that kindly person who, for a small donation, rubbed me with a mix of essential oils to relieve my tensions. My work is now beginning to suffer and I don't know what to do, please help!

Mr P. Nutt, Trowbridge

Amy says: *"Oh my sweet pea, how unfortunate your predicament is, but the answer my friend is blowing in the wind, that lady with the flaxen hair is out there waiting for you. I sure there she will be at many of the 2014 Road Race League events, ask for another massage and you may be offered extras!"*



Dear Amy, I'm keen to get back into running and used to run on moors around my former home near Manchester; however I have

some bad memories from my school years of mid week on the playing fields where Sir thwacked me on the knees, elbowed me in the face and I ended up with bruises bigger than dinner plates. I'm beginning to find I can't go out at night and my shyness is becoming criminally vulgar, how do I overcome this before I turn to drugs?

Stephen Patrick, Whalley Range



Amy says: *“Some belligerent ghouls ran Manchester schools back in the day; they were spineless swines with cemented minds just jealous of youth. I know you must be thinking that every day is like Sunday but I strongly suggest you avoid drugs, no matter how interesting they may appear. Initially try brightening up your home with some gladioli then I suggest we wait for a sunny day and we’ll meet by the Cemetery gates for an endorphin releasing run which should stop you feeling like a boy with a thorn in his side!”*

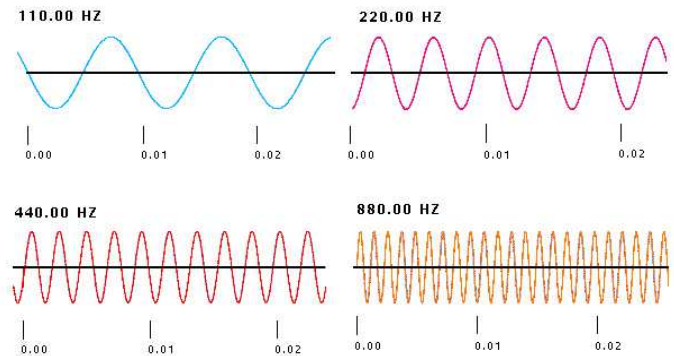


Dear Amy, I need some new tunes to listen to whilst out on solo training runs, do you have any hot picks from the hit parade or perhaps a

recommendation for a radio station that I can tune into?

R.E.M Arconi, Semington

Amy says *“I heard a rumour that a new radio station is being launched which might be right up your street it will have up to the minute running news, play top running tunes and have guest presenters from track and field. I’m not sure how you tune in though; I’ll have to check with the editor, what’s the frequency Kenneth?”*



Dear Amy, I’ve recently returned to running and each and every time I run I find wind to be a problem. Not in the meteorological sense, more the biological sense and it is causing me some embarrassment. Do you have any handy hints as to how to stop this?

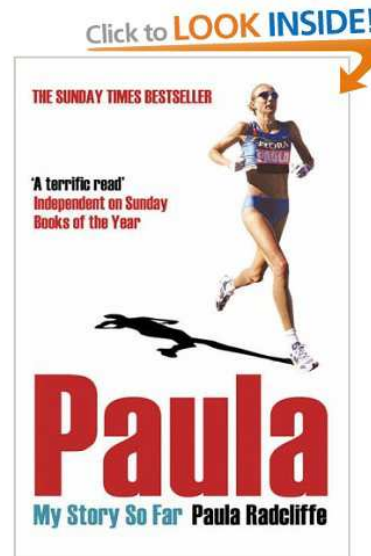
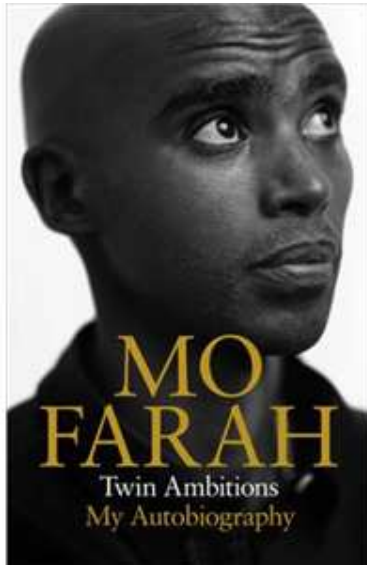
M. Danvers, Westbury

Amy says: *“Well Marjorie, perhaps your diet is to blame here? – I understand you are fond of the occasional Indian meal and so you may wish to consider a less senna rich diet.”*

## Books for Borrowing

I've read both the books below and found them fascinating. They're the journeys of two of Great Britain's most successful distance runners. Whilst not claiming any great literary style, I found I couldn't put them down – that's my measure of the success of a book.

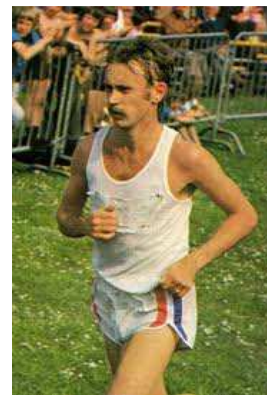
I'm willing to lend these to anyone who would like to borrow them. Just email me via the website.



### Did you know?

A few years ago when I came to watch the Foxtrot Five, Darren told me of a former world class athlete who would be running that day. I felt constrained to find out a little more about the elite competitor who was gracing us with his presence.

In 1974 **Ian Thompson** ran the marathon in the European Championships in Rome and the Commonwealth Games in Christchurch, New Zealand and went on to win gold in both events. That's an amazing achievement in its own right but what's more significant is that in Christchurch, Ian's time of 2:09:12 created a Commonwealth record which has never been broken. Ian's now in his sixties, but very often competes in events in and around our area including the occasional Southwick Parkrun. Next time he joins us in a local event, let's remember we're running alongside a **current** Commonwealth record holder. That's got to add a bit of interest to any race!



Ian in his heyday



Ian as he is today