



Valley News

QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS - OCTOBER 1993

HAIL TO THE CHAMPIONS!

The Chippenham 10-mile road race attracted 32 club members in a field of 220, no doubt attracted by the incorporation of the first club championships. Although Neil Fyfe started positively and was the only member to reach five miles under the half-hour, Andy Robertson ran the second half nine seconds faster to finish 25th overall, beating his clubmates home in 1:01:01 to become 1993 men's champion. Of the 10 AVR women in the event, Linda Brown finished the best, her 1:07:14 in 76th place being nearly 2½ minutes ahead of Rosemary Barber; as well as being second and third Wiltshire veterans, these two with Barbara White and Judy Farr earned first Wiltshire team prizes. In addition, Linda's time is an improvement of 33 seconds on Judy's seven-year-old club women's 10-mile record. (*For full results, see p.3.*)

Successful first BernCol Relay

This novel event, the brainchild of Bern [Hobbs] and Col [Williamson], was acclaimed a success by the 35 members who took part (even Neil Fyfe, who ran two legs). The team of Mike Thorn, Rosemary Barber (fastest woman in 8:12 for the 1.36-mile lap) and Matthew Dowling, won by 15 seconds in 23 minutes 58 seconds. (*See p.3.*)

* * Annual party and prizegiving * *

The provisional date and details for this are as follows:

SATURDAY 12 FEBRUARY 1994, 7.30 p.m., SOUTHWICK VILLAGE HALL

Tickets: £5 adults, £2.50 children.

FOOD - BAR SERVICE - QUIET DISCO - LUCKY DRAW

Contributions for the draw will be appreciated.

(It is hoped to book well in advance to secure an earlier date for the 1994/5 party.)

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Welcome to the Valley

With membership hovering just under the hundred mark, this quarter we officially welcome two familiar names. Steve Lewis, who had left the ranks for a while, rejoined on 6 July; and Dave Seymour, who has been a frequent visitor on club outings and (though certainly no doddler) is still a member of Dorset Doddlers, joined Avon Valley Runners on a second-claim basis on 8 July. Best wishes to both.

Milestone

During the next three months only one member will pass one of the numerical staging-posts in athletics. On 7 December Dave Bristow (not seen much in races lately?) will turn 50. We wish him a happy birthday and success at his new level of competition.

Obituary: ALAN JONAS

With regret we have to record the death in August as a result of a mountaineering accident in the Italian Alps of 35-year-old Alan Jonas, a founder member of Avon Valley Runners. Until he left Bradford-on-Avon for the Forest of Dean five years ago, Alan frequently appeared in the club's colours (when he could find the time between his other pursuits of climbing and canoeing). His youthful looks and puckish smile concealed a determined competitive spirit, and his former clubmates will remember many races in which the Jonas vest disappeared along the road ahead.

Memory Lane...

AN UNFORGETTABLE CHARACTER: A regular meeting-place in my early running days was N.T. ("Topy") Fanner's house in Pietermaritzburg where half a dozen long-distance addicts would meet on Sundays at 6 a.m. or earlier, depending on the time of year, for a training session of anything from 10 to 50 miles. A hardy, suntanned veteran of one unofficial and 10 official Comrades Marathons, on the shorter outings Topy sometimes took his boxer bitch along on a leash, and we would take turns in being dragged along. After the run we swam in his swimming-pool and sat around drinking orange squash and tea, talking about the miles we'd done, races ahead, and other less athletic topics. Topy was a bit of a split personality: on cool mornings he wore two tracksuits after running, both old and moth-eaten, but the holes didn't coincide; on weekdays, however, he could be seen marching smartly to his office in the city, spick and span in blazer, flannels, collar and tie. It was a privilege and a pleasure to be a member of his "Sunday school". - *Tim N.*

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WIRELESS POSTS: On a long run with a few mates early one Sunday morning, about 12 miles out, in the grey pre-dawn light, we came to a place where the road was being altered, and because we had been that way the day before some of us knew of a short cut across a wide expanse of open ground, crossed by what looked like a five-strand barbed-wire fence. We looked at one another, whispered a few words, and drew ahead of the group. On reaching the fence-posts, we stopped and bent to go through the wire, and then ran on a few paces. Sneaking a look back at the following runners, we watched them reach the fence, bend and stoop with hands outstretched, in confused attempts to avoid the dangerous barbs in the semi-darkness. When at last they saw us looking at them, it dawned on them that there was no wire. We ran on with some difficulty, doubled up with laughter. - *Tim N.*

RESULTS: July-September

4 JULY - Tarrant Valley 10½ M MT: 90 S Farr 1:19:41; Tarrant Valley 5½ M MT: J Farr (2nd woman) 41:36, Sutton Benger 5M: 6 N Rosier (3rd vet.) 30:47, 8 N Whitehead 31:25, 9 T Rockliffe 31:53, 10 A Bartlett 32:34, 14 R Barber (3rd woman, 1st vet.) 33:41, 17 W Crichton 35:34, 19 J Farr (2nd vet.) 36:28, 20 R Havergal 36:46, 23 J Rockliffe 37:13, 26 S Farr 39:07, 29 D Ellis 39:35, 38 J Hunt 42:52. Pennine Marathon: D Mellor 3:58:28.

10 JULY - Westwood 7M: 2 D Seymour 40:02, 3 G Fice 41:43, 9 S Reeves 45:06, 10 N Rosier 45:27, 11 N Stevens 45:29, 14 P Turner 47:25, 17 D Earley 47:57, 20 L Brown (1st woman, 1st vet.) 48:54, 21 Les Unsworth 49:20, 23 B White (2nd woman) 51:55, 26 S Farr 52:32, 27 T Roberts 52:55, 28 G Babb 52:57, 29 D Mellor 53:13, 30 K Lee 53:27, 34 J Farr (3rd woman) 54:48, 38 R Porter 57:16, 39 D Ellis 57:17, 43 Linda Unsworth 1:00:53; Westwood 3M: 1 A Bartlett 17:39, 5 D Gosling 20:10, 6 J Hobbs 20:21, 31 C Stevens 25:39, 34 D Unsworth 26:54.

11 JULY - New Forest 10M: W Crichton 1:13:46, J Hunt 1:24:01. Southport 10K: P Sanger 54:21.

17 JULY - Hambledon Hill 3½ M: 30 R Barber (2nd woman) 28:48, 34 S Farr 29:42, 41 J Farr 32:23.

25 JULY - Donhead 5M: A Robertson 29:43, M Thorn 30:14, R Barber (2nd woman) 31:13, W Crichton 33:07, J Farr 33:37, S Farr 33:41, D Ellis 36:37.

29 JULY - Tom Roberts Handicap: 1 W Crichton, 2 N Fyfe, 3 M Thorn; Times: 1 G Fice 18:00, 2 N Fyfe 18:48, 3 M Thorn, N Stevens 18:51, 5 S Reeves 18:52, 6 R Carey & C Williamson 19:01, 8 A Bartlett 19:08, 9 A Robertson 19:18, 10 T Rockliffe 19:53, 11 W Crichton 20:19, 12 P Mitchell 20:34, 13 R Barber, R Washbourne 20:37, 15 Les Unsworth 20:55, 16 M Carpenter 21:19, 17 B Merrell 21:35, 18 M Thrall 21:56, 19 L Brown 22:00, 20 M Brain 22:02, 21 G Henderson 22:31, 22 D Mellor 22:34, 23 K Lee 23:22, 24 J Farr 23:23, 25 J Smith 24:05, 26 J Hunt 25:15, 27 V Toms 25:27. Aggregate winners: G Fice (17:49, 17:41, 18:00), R Barber (20:39, -, 20:37).

31 JULY - Swanage 12M: 132 D Earley 1:17:36, 252 S Farr 1:27:28, 276 D Mellor 1:29:24, 367 J Hunt 1:42:50.

1 AUGUST - Somer Women's 5M: 4 L Brown* (1st o-40) 33:05, 5 R Barber* (2nd o-40) 33:29, 9 B White* 35:20, 10 J Farr* (2nd o-45) 35:41, 13 J Rockliffe 36:39, 23 V Toms* 40:18, 26 J Hunt* 41:40, 34 L Unsworth* 47:43 (*1st team; +1st vet. team).

8 AUGUST - Blagdon Lake 5½ M: 83 P Chapple 38:45, 89 R Barber (2nd woman, 1st vet.) 38:57, 106 S Farr 40:11, 118 J Farr (3rd vet.) 41:30, 166 D Ellis 46:20. Ashurst Beacon 10K: 133 J Hunt 55:02, 141 P Sanger 58:11.

15 AUGUST - National Veterans' 10M, Newport: 66 R Barber 1:09:57, 72 S Farr 1:12:21, 82 J Farr (2nd o-50) 1:15:21, 84 D Mellor 1:15:25. Sturminster Newton Half-Marathon: 112 Les Unsworth 1:35:02. Boscombe 10K: D Earley 41:11.

22 AUGUST - Lambourn 5M: 43 Rosemary Barber (1st vet.) 31:58, 55 S Farr 33:19, 65 Judy Farr 34:22. Standish 10M: 57 N Rosier 1:08:54, 73 A Bartlett 1:10:39. Burnham Beeches Half-Mthn: D Earley 1:28:30.

26 AUGUST - BernCol 3 x 1½ M Relay: 1st team M Thorn (7:15), R Barber (8:12, fastest woman), M Dowling (8:31) - total 23:58; 2nd P Mitchell (7:46), C Crichton (9:04), R Ellis (7:23) - 24:13; 3rd D Mellor (9:06), M Carpenter (8:23), G Fice (7:05, fastest man) - 24:34; 4th T Rockliffe (7:44), M Hehir (8:15), J Hobbs (8:48) - 24:47; 5th A Robertson (7:32), J Farr (9:23), B Merrell (8:18) - 25:14; 6th K Lee (8:58), G Babb (8:35), N Fyfe (7:51) - 25:24; 7th N Fyfe (7:30), R Whittle (8:19), R Porter (9:43) - 25:32; 8th N Stevens (8:58), M Brain (8:41), D Ellis (9:27) - 25:34; 9th S Greenland (7:49), G Henderson (8:29), S Farr (9:17) - 25:35; 10th T Bartlett (8:52), J Rockliffe (9:20), R Carey (7:45) - 25:56; 11th L Brown (8:28), J Hunt (9:57), A Bartlett (7:40) - 26:05; 12th V Toms (10:09), D Gosling (8:04), R Withey (8:33) - 26:46.

29 AUGUST - Exmouth Half-Marathon: S Farr 1:38:32, Judy Farr (2nd o-45) 1:40:52, M Gerrish 1:46:55. Brecon Beacons 19M Fell Race: 13 I White 3:14.

30 AUGUST - Torfaen Half-Marathon: B White 1:34:40, Southwick 3M: 2 G Fice 15:56, 3 R Ellis 16:46, 4 R Roots 17:08, 5 A Robertson 17:16, 6 T Rockliffe 17:18, 7 N Rosier 17:20, 8 N Stevens 17:23, 9 S Greenland 18:02, 14 M Johnson 19:36, 15 M Dowling (1st u-14) 19:38, 17 M Brain 19:52, 18 R Havergal 20:18, 21 D Mellor 20:36, 22 J Rockliffe 21:09, 25 D Ellis 21:55, 27 V Toms 23:40, 28 D Gosling 23:42, 35 Linda Unsworth 26:39, 49 Les Unsworth 34:16.

5 SEPTEMBER - Frome 5M: 26 A Robertson 28:57, 27 N Fyfe 29:01, 28 A Bartlett 29:15, 30 C Williamson 29:19, 31 T Rockliffe 29:21, 46 A Hickson 30:51, 48 M Thorn 31:07, 54 M Moss 31:46, 57 R Barber* (2nd o-35) 32:04, 59 M Carpenter 32:16, 62 S Farr 32:42, 69 R Withey 33:18, 79 J Farr* 34:23, 91 R Havergal 34:52, 101 J Rockliffe* 35:25, 120 V Bartlett 37:08, 133 J Hunt 38:36, 142 V Toms 39:33, 174 M Bailey 43:20. (*1st women's team.) Cardiff 10K: G Fice (Somer AC) 33:56, R Ellis 36:19, D Ellis 48:55. Calne Half-Marathon: L Brown (1st woman) 1:33:21.

12 SEPTEMBER - Bitton 10K: 61 R Barber* (2nd woman, 1st vet.) 41:12, 181 S Farr 42:42, 104 J Farr* (2nd vet.) 44:24, 114 J Rockliffe* 45:07. (*1st women's team.) New Forest Marathon: D Kay 3:37:34, K Lee 3:44:07, D Mellor 3:44:46; New Forest Half-Marathon: B White 1:34:50, M Gerrish 1:44:08. Slough Half-Marathon: 82 D Earley 1:28:27. Wootton Bassett 10M: 30 Les Unsworth 1:07:29.

19 SEPTEMBER - Somer 4 x 3½ M Relays: 10th AVR "B" (B Hobbs 23:48, N Fyfe 21:50, C Williamson 22:08, N Stevens 21:37 - 1:29:23), 11th AVR "A" (R Ellis 21:32, A Bartlett 22:16, M Thorn 23:45, A Robertson 21:54 - 1:29:27), 5th women's team (J Rockliffe 25:49, V Toms 30:04, L Unsworth 29:39, D Ellis 27:55 - 1:53:27). Queen's Camel 10K: 14 A Hickson 40:41, 19 R Barber (1st vet.) 41:42, 24 S Farr 43:11, 28 J Farr (3rd vet.) 45:08. Poole Half-Mthn: D Earley 1:31:25. Pewsey Half-Mthn: 16 R Roots 1:23:44.

26 SEPTEMBER - Chippenham 10M (inc. AVR championships): 25 A Robertson (men's champion) 1:01:01, 28 N Fyfe 1:01:12, 31 S Greenland 1:01:28, 32 N Rosier 1:01:31, 46 M Thorn 1:03:37, 47 N Stevens 1:03:42, 48 R Ellis 1:03:49, 50 C Williamson 1:03:59, 58 A Bartlett 1:04:36, 71 A Hickson 1:06:22, 76 L Brown* (women's champion, 2nd Wiltshire vet.) 1:07:14 (club record), 86 T Harrison 1:08:13, 91 B Hobbs 1:08:47, 92 M Carpenter 1:08:58, 100 R Barber* (3rd Wiltshire vet.) 1:09:41, 103 D Earley 1:09:58, 106 R Withey 1:10:29, 115 S Farr 1:11:28, 116 B White* 1:11:38, 123 M Thrall 1:12:14, 124 M Brain 1:12:42, 130 D Mellor 1:13:31, 131 R Washbourne 1:13:31, 140 J Farr* 1:14:07, 146 C Crichton 1:14:40, 154 J Rockliffe 1:14:58, 165 R Porter 1:16:18, 192 D Ellis 1:22:35, 193 V Toms 1:23:17, 194 P Sanger 1:23:28, 199 J Hunt 1:24:21, 204 Linda Unsworth 1:25:03. (*1st Wiltshire team.)

FIXTURES
OCTOBER

Sun 3 Box 6½M, 11.00
 Sun 10 Ilchester 8M, 10.30; Yate 10K, 11.00;
 Marlborough Downs 7M, 11.00
 Sat 16 Weymouth 10M, 3.00
 Sun 17 Avalon CC, Mangotsfield, 1.00; Yeovil 10K, 11.00
 Sun 24 Stroud Half-Mthn, 10.30; Abingdon Marathon, 10.00
 Sun 31 Cheddar 10M, 11.00

NOVEMBER

Sun 7 Jersey Half-Marathon, 9.30
 Sat 13 Victoria Park Races, Bath
 Sun 14 Yate Beagle Bash 10K Multi-Terrain, 11.00
 Sun 21 Avalon CC, Croft, Swindon, 1.00; Westbury H. 10M MT
 Sun 28 Basingstoke 10K, 1.30; Bournemouth 10M, 11.00;
 Yate 10K, 11.00

DECEMBER

Sun 5 Yate Half-Marathon, 10.30; Purton Half-Mthn, 10.30
 Sun 12 Bromham 10K, 11.00; Wyvern 10K, 11.00
 Sun 19 Avalon CC, Glastonbury, 1.00
 Sun 26 Castle 3.4M, Trowbridge, 11.00

JANUARY

Sat 1 Kewstoke 10K, 11.00
 Sun 2 Blackmore Vale Half-Marathon
 Sun 9 Yate 10K, 11.00
 Sun 16 Avalon CC, Burnham-on-Sea, 1.00

The Grape Blister Award

We are glad to see club vice-president Clive Crocker, until recently landlord of The Bunch of Grapes (a.k.a. AVR HQ), back in circulation after a spell in hospital. A few months ago Clive presented the club with a novel trophy in the shape of a foot, leaving the matter of what it should be awarded for to the committee. After long and serious discussion (!), it has been decided that it should go to the runner who has suffered the most unusual injury or ailment each year. Hand your nomination to any member of the committee in time for the December meeting (first Thursday).

Say "Cheese"...

It has been suggested that a group photograph would be a worthwhile reminder of their clubmates for members who have to be away from the home base for any length of time. It is planned to assemble all of you (and a photographer) at Culver Close, Bradford-on-Avon, on the second Thursday in May. This early notice should give you plenty of time to wash, darn or replace your worn or tattered club vest.

It's that time again

October marks the beginning of the cross-country season, and this season we hope to field a good-sized team in the Avalon league (see *Fixtures*). A tent is being purchased for shelter from the elements and a place to leave kit during races.