



Valley News

THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS -- JANUARY 1994

SEE YOU AT THE PARTY!

The Annual Party and Prizegiving will be held at
SOUTHWICK VILLAGE HALL on SATURDAY 12 FEBRUARY at 7.30 p.m.
There will be a buffet meal, the bar will be open, and a disco
will be in attendance. All for only £3 adults, £1.50 children!
* Bring your favourite photo(s) for our Rogues' Gallery *
Prizes for the draw will be appreciated.

The old year's best times

Men: 10km, Andy Robertson (36:04, Lymington, 14/11); 10 miles,
Andy Robertson (1:01:01, Chippenham, 26/9, and Bournemouth,
28/11); half-marathon, Sean Greenland (1:20:14, Bath, 21/3);
marathon, Bernard Hobbs (London, 18/4, 3:00:01). **Women:** 10km,
Rosemary Barber (39:57, Totton, 3/10); 10 miles, Linda Brown
(1:07:14, Chippenham, 26/9); half-marathon, Linda Brown
(1:33:21, 5/9, Calne); marathon, Anne Bull (3:44, Lochaber,
25/4). These and other awards will be made at the party (above).

Annual general meeting

The a.g.m. on Thursday 6 January reported on the club's eighth
year and elected the following officers for 1994: President Mike
Holland, vice-president Clive Crocker, chairman Ted Rockliffe,
vice-chairman Colin Williamson, secretary Stan Farr, assistant
secretary Judy Farr, treasurer George Henderson, men's captain
Bob Ellis, vice-captain Andy Robertson, women's captain Judy
Farr, vice-captain Rosemary Barber, press officer Tim Northwood,
additional committee members Bernie Hobbs, Mike Brain, Cathie
Crichton, Dave Earley, Denise Ellis, Joyce Field, Mike Hehir, Jan
Hunt, Dennis Mellor, Tim Northwood, Robin Porter, Nick Rosier,
Pauline Sanger, Bob Washbourne.

Subscriptions: a reminder

Don't forget - annual subs now fall due on 1 January each year.
Treasurer George Henderson looks forward to hearing from you!

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BEST WISHES FOR A HAPPY, FIT AND HEALTHY NEW YEAR

Editor: Tim Northwood, 45 Hilperton Road, Trowbridge; Tel. 769929

Welcome to the Valley

Only one new member joined the ranks during the past quarter. Best wishes for many happy miles to Sue Hall, who signed on in November.

Secretary's report

The past year saw membership at just below 100, with 34 in the Bath half-marathon being the largest turnout for a race, followed closely by the Chippenham 10-mile road race. Members competed in 138 different races during the year, several of them abroad. Finally, the women's section deserve a special mention for putting the club on the map with their many successes.

Milestones

A few members qualify for promotion to the next age-groups during the next three months: Bernard Hobbs, 45 on 21 March; John Millichip, 55 on 6 March; and two new 50-year-olds, Bob Roots (25 February) and Ray Withey (10 January). Oh yes, and happy birthday to Jan Hunt, who turned 21-and-a-bit on 2 January.

An exciting day in Devon

by Rosemary Barber

When entering the Exeter Duathlon, it never occurred to me that it would turn out to be the most exciting event I'd ever taken part in to date (including the London Marathon).

Sunday 31 October was a cold, grey day, but with bike fastened securely to the back of the car, Ken and I set off at 8 a.m. for Escot Aquatic Centre, where the race was to be held. The course consisted of a 6km run, followed by a 33km bike ride, and finishing with a 6km run.

After registering we were given numbers for ourselves and our bikes, also wristbands permitting entry to the transition area where we were to leave our bikes, helmets etc.

The 150-plus entry were sent off in waves of 15 to avoid congestion on the bike section. I was in the first wave, so started at 11 a.m. on a surprisingly tough 6km run, which took in a steep hill to start with, then rough fields, eventually coming to a welcome road stretch, then back into the grounds of Escot House, where we made a beeline for our bikes, to commence the 33km course. This took in some lovely villages and eventually onto the main A30 Exeter-Honiton road. (I still smile to myself when I think of a woman of mature years cycling along the A30 with number 11 on her back.) A lot of cyclists passed me on their racing machines, but unperturbed I pedalled on.

Back to the transition area to park the bike, remove helmet and jacket, and set off on the final 6km run, which was exactly the same as the first, but of course it seemed much tougher after the cycling section. It was 10 minutes before my legs accepted that they should be running, but to my amazement I started passing some of those who had flown past me on the cycle ride.

Although my overall finishing position was poor, I managed to collect a prize for being first in my category. I would love to try another duathlon - but perhaps on a racer, rather than a mountain bike!

RESULTS

October-December

OCTOBER

3 OCTOBER - Longleat Relays: Men's 6 x 5K - 15th AVR (R Ellis 18:02, M Thorn 19:00, N Fyfe 18:53, A Bartlett 19:10, N Rosier 19:03, A Robertson 18:30) 1:52:38; Vets.' 4 x 5K - 12th AVR (B Hobbs 20:04, M Carpenter 20:06, A Hickson 19:58, R Withey 21:37) 1:21:45; Women's 4 x 5K - 5th AVR (J Rockliffe 22:15, J Hunt 25:21, D Ellis 23:49, J Farr 22:13) 1:33:38.
 Totton 10K: Rosemary Barber (1st o-40) 39:57.
 Windsor Half-Marathon: T Rockliffe 1:27:39.
 Argentan Half-Marathon, France: N Stevens 1:27:29, C Williamson 1:29:20.
 10 OCTOBER - Ilchester 8.2M: 9 S Greenland 49:47, 16 A Hickson 51:31, 21 A Bartlett 52:31, 26 L Unsworth 54:02, 27 B Hobbs 54:25, 45 S Farr 58:02, 51 Judy Farr (3rd woman, 2nd vet.) 59:27, 64 Cathie Crichton 1:02:04, 66 Verity Bartlett 1:04:31, 76 Pauline Sanger 1:09:06; Under-17 4M: 1 J Hobbs 29:40.
 Portsmouth 10M: N Rosier 1:02:05, R Withey 1:12:32, M Carpenter 1:13:10.
 17 OCTOBER - Yeovil 10K: 20 A Robertson 37:41, 45 Rosemary Barber* (1st woman) 41:18, 57 Barbara White* (1st o-35, 3rd woman) 42:24, 76 Jackie Rockliffe* 43:37, 84 Judy Farr (1st o-45) 44:58, 90 S Farr 45:16. (*1st women's team.)
 Avalon CC, Burnham-on-Sea: [52 G Fice (Somer AC)], 57 R Ellis, 99 M Thorn, 102 D Gosling.
 Solent Half-Marathon: D Earley 1:29:22.
 24 OCTOBER - Stroud Half-Marathon: 139 S Greenland 1:22:21, 252 D Earley 1:27:18, 317 L Unsworth 1:28:47, 547 Judy Farr (1st o-50) 1:36:44, 582 D Mellor 1:37:06, 584 M Brain 1:37:12, 682 M Gerrish 1:41:31, 890 Viv Toms 1:48:07.
 Highcliff 5M, Bournemouth: Rosemary Barber (1st woman) 31:53.
 31 OCTOBER - Cheddar 10M: N Rosier 1:02:59, D Earley 1:06:15, N Whitehead 1:06:35.
 Exeter Duathlon (run 6K, cycle 33K, run 6K): 115 Rosemary Barber (1st o-40) (25:49 + 1:32:59 + 27:41) 2:26:29, 122 S Farr (30:17 + 1:28:39 + 38:23) 2:37:19.

NOVEMBER

7 NOVEMBER - Salisbury Plain 15½: 91 D Earley 1:48:25, 93 T Harrison 1:49:09, 117 M Carpenter 1:54:12, 127 Ray Withey 1:56:08, 172 D Mellor 2:01:42, 241 M Gerrish 2:11:49.
 Ilminster 10K: 20 Rosemary Barber (1st woman) 42:10, 36 S Farr 47:25, 61 Sue Hall 56:58.
 Cardiff Women's 5M MT: Denise Ellis 39:08.
 Jersey Half-Marathon: L Unsworth 1:28:03, A Moss 1:38:03, Cathie Crichton 1:42:14, Jan Hunt 1:53:26, Linda Unsworth 1:54:03, Pauline Sanger 1:58:36.
 13 NOVEMBER - Victoria Park Road Races, Bath: U-14 1.7M - 19 J Hobbs 11:11; Men's 4M - 49 A Bartlett 23:31; Women's 4M - 8 Linda Brown 25:40, 18 Judy Farr 29:14.
 14 NOVEMBER - Chipping Sodbury 10K MT: N Stevens 48:24, N Fyfe 48:42, C Williamson 50:40, Rosemary Barber (6th woman) 55:04, D Mellor 58:52, S Farr 59:59, M Gerrish 1:01:39.
 Lynton 10K: 18 A Robertson 36:04, 34 T Rockliffe 37:30, 129 Jackie Rockliffe 43:18.
 New York Marathon: M Brain 4:06:46.
 21 NOVEMBER - Avalon CC, Glastonbury: Men - 77 D Gosling 34:53, 101 D Mellor 38:47; Women - 30 Sue Hall 21:53.
 Westbury Harriers' 10M MT: Barbara White (3rd vet.) 1:17:30.
 28 NOVEMBER - Bournemouth 10M: 56 A Robertson 1:01:01, 95 N Stevens 1:04:04, 117 D Earley 1:05:35, 123 N Fyfe 1:06:00, 134 L Unsworth 1:06:40, 158 Rosemary Barber* (3rd woman) 1:08:00, 204 Jackie Rockliffe* 1:11:39, 235 M Brain 1:14:11, 237 D Mellor 1:14:19, 255 Cathie Crichton* 1:15:08, 256 S Greenland 1:15:08, 269 Judy Farr (1st o-45) 1:16:17, 300 Denise Ellis 1:20:17, 306 Vivien Toms & S Farr 1:21:02, 310 Linda Unsworth 1:22:10, 363 Pauline Sanger 1:29:14. (*1st women's team.)
 Basingstoke 10K: S Jennings (3rd o-60) 58:55.
 30 NOVEMBER - West Wiltshire Schools Area Trials: 6 J Hobbs.

DECEMBER

5 DECEMBER - Heytesbury 3 x 3½M Relay: 6th AVR (C Williamson 22:28, N Stevens 21:47, N Fyfe 21:46) 1:06:01.
 Yate Half-Marathon: 14 A Bartlett 1:25:45, 51 D Mellor 1:44:30, 52 M Gerrish 1:44:36.
 12 DECEMBER - Bromham 10K: 22 R Carey* 36:28, 23 A Robertson* 36:32, 25 G Fice* 36:46, 30 N Stevens 37:23, 32 N Fyfe 37:46, 35 C Williamson 38:18, 36 R Ellis 38:28, 38 T Rockliffe 39:07, 43 N Whitehead 39:42, 47 D Earley 40:03, 50 Linda Brown+ 40:29, 55 I White 40:45, 58 L Unsworth 41:05, 61 M Thrall 41:27, 63 B Hobbs 42:05, 71 M Carpenter 42:35, 76 Barbara White+ 43:09, 93 Jackie Rockliffe+ 44:07, 99 D Mellor 44:45, 102, G Babb 44:57, 105 Judy Farr 45:06, 109, K Lee 45:22, 125 Denise Ellis 47:46, 127 S Farr 48:40, 134 Vivien Toms 50:10, 135 R Porter 50:46, 144 Sue Hall 54:58. (*2nd men's team; +2nd women's team.)
 Weston-super-Mare Christmas Cracker 10K: 46 A Bartlett 39:01, 102 Rosemary Barber (4th woman, 2nd vet.) 41:35.
 19 DECEMBER - Avalon CC, Swindon: 39 C Williamson 36:12.
 Wellington Monument 10K: 48 Rosemary Barber (2nd woman, 1st vet.) 44:27, 77 Judy Farr 49:20, 85 S Farr 50:03.
 26 DECEMBER - Trowbridge Boxing Day 3.4M: [1 N Bamford (unat.) 18:38, 2 M Connor (Bath AC) 18:59], 3 R Carey 19:24, 4 A Robertson 19:27, 5 A Bartlett 19:31, 6 N Fyfe (1st o-40) 19:35, 7 N Stevens 19:39, [8 P Squire (Swindon RR) 20:09], 9 S Greenland 20:53, 10 N Rosier 21:00, 11 T Rockliffe 21:06, 12 M Thorn 21:24, 13 Rosemary Barber (1st woman) 21:30, 14 P Turner 22:24, 15 P Chapple (1st o-50) 22:48, 16 R Washbourne 23:03, 17 Judy Farr 23:23, 18 Jackie Rockliffe 23:42, 19 K Lee 23:44, 20 M Gerrish 23:56, 21 D Mellor 24:13, 22 S Farr 25:01, 23 Verity Bartlett 25:04, 24 T Crooks 25:08, 25 Julia Bristow 26:42, 26 D Bristow 26:42.

For inclusion, telephone results to Stan Farr, Trowbridge 755605

FIXTURES
JANUARY

Sun 2
 Sun 9 Yate 10K, 11.00
 Sun 16 Avalon CC, Radstock, 1.00
 Sun 23
 Sun 30 Yate 10K, 11.00

FEBRUARY

Sun 6
 Sun 13 Erlestoke Prison 6½ M CC, 12.00; 13th Wyvern Tough Ten, 11.00
 Sun 20 Avalon CC, Taunton (inc. SWVAC champs), 1.00
 Sun 27 SW Veterans' 5M, Exmouth; GWR 10M, Pucklechurch, 10.30

MARCH

Sun 6 Avalon CC, Salisbury, 1.00
 Sun 13
 Sun 20 Bath Half-Marathon, 12.30 (note new time)
 Sun 27 Trowbridge Lions' 6M, 11.00

APRIL

Sun 3 Totton 10K, 2.30
 Mon 4 Yeovil 15K, 11.00
 Sun 10 Salisbury Firemen's 10K, 11.00
 Sun 17 London Marathon
 Sun 24 Bournemouth Bay Half-Marathon, 10.00

Memory Lane...

BEN NEVIS 1967 (only one hill): When I was young and crazy I had this idea that I would like to do the world's toughest race, so I got hold of three friends and off we set for the 1967 Ben Nevis race.

We left Trowbridge on the Friday morning, expecting to reach Fort William by nightfall; after all, it was only four inches away on my map. Twelve hours later we were still 100 miles from our destination, so we decided to pitch our two-man tent on the roadside. In pouring rain the four of us climbed in, but shortly to our horror the tent blew away, so we spent the rest of the night in the car.

The next day a three-hour journey saw us eventually arrive in Fort William. After a look at the town we changed in a distillery and lined up with over 200 runners on the playing-field overlooking Loch Linnhe, with the band playing us off.

As we climbed out of the September warmth of the town I slowly realized that I was totally unprepared - wearing shorts, vest and road shoes as the sleet hammered my body in the gale-force winds.

I reached the 4,418-foot summit in 65th position, but in my eagerness to get out of that awful weather I tore down the mountain to finish in 29th position with a time of 2 hours 9 minutes. Afterwards I said, "Never again - I'll stick to something easy in future, like Snowdon" . . . but that's another story. - *Stan Farr.*