



# Valley News

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THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS -- APRIL 1994  
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## **The club party: a good time for all**

The annual party and prizegiving in Southwick Village Hall on Saturday 12 February was an enjoyable evening for members and their families. Liquid refreshment flowed well (if not freely); the buffet supper was worth several visits to the side room; and partygoers danced the night away without a thought for the morrow's demanding races at Erlestoke and Weston-super-Mare.

Special prizes awarded were: Vic Bull Trophy for best over-50 marathon - Tony Bartlett (3:08:22 in South Coast Marathon, Gosport, 25 April); Frank Allen Trophy for an outstanding 50-year-old - Kevin Lee (for recovery after serious illness); the AVR Special Trophy - Bob and Denise Ellis (for hard work in organizing the AVR 10K); the Grape Blister Trophy for unusual injury/ailment - Ray Withey (who, having been run over while out training, ran home with a broken arm before the ambulance could find him).

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## **AVR 10K: help wanted**

The help of members is again required at the fourth staging of the AVR 10K on Sunday 8 May at the usual venue, St Augustine's School, Wingfield Road, Trowbridge. start time is 11 a.m., and intending marshals and other helpers are asked to let committee members know and be prepared to turn up at 9.30 on the day. This event is growing in reputation among athletes all over the region, and it is up to us to consolidate the success of the first three years.

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## **Get those shorts and vests ironed!**

A group photograph of members will be taken at Culver Close, Bradford on Avon, at 7.30 on Thursday 12 May - before the evening's club-run. This advance notice should give you plenty of time to darn your vest and put a knife-edge crease in your shorts. For advice on matters sartorial, see Bob Washbourne.

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### *Welcome to the Valley*

Our numbers have risen by four during the past three months. January saw Christina Tyler joining on the 6th, and Bill Thomas, a former member who has conquered his ailment and lost a bit of weight, rejoined on the 27th. John Kent signed on on 3 February, and 16 days later moved up into the over-45 ranks. On 10 March Bernard Dunn joined up. Best wishes to you all for a long and happy membership.

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### **Milestones**

Three members have to acknowledge the march of time during the quarter just beginning. On 9 April Linda Fice will turn 40, on 13 April Dave Gosling is due to pass the half-century mark, and on 18 May Gordon Babb will also join the over-40s. Congratulations (or should it be commiserations?). (By the way, it has been suggested that we shouldn't publicize the age of a lady/woman/female member - what do you think? - Editor.)

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### **Secretary's note**

I would like to thank our supporters who stood on the roadside and gave all thirty-six of us much encouragement during the Bath Half-Marathon on 20 March.

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### **Inclusion of results**

To ensure that the results on Page 3 of *Valley News* are as comprehensive as possible for a lasting record of members' performances, please inform the secretary, Stan Farr (telephone Trowbridge 755605), of any race in which you have run.

## RESULTS January-March

1 JANUARY - Kewstoke 10K, Weston-super-Mare: 47 Rosemary Barber (1st o-40) 41:29, 69 P Chapple 44:45, 71 Judy Farr (1st o-50) 45:14, 86 S Farr 49:09.

9 JANUARY - Yate 10K: 67 Rosemary Barber (4th woman) 41:12, 87 P Chapple 44:19, 98 Judy Farr 45:38, 135 S Farr 51:34.

23 JANUARY - Charnwood Hills 12', M Fell Race: 43 I White 1:39:50, 142 Barbara White (2nd vet.) 1:59:00.

30 JANUARY - Romsey 5M: 55 Rosemary Barber (1st o-35) 33:00, 87 Judy Farr (1st o-45) 35:39, 101 S Farr 36:45.  
Yate 10K: P Chapple 43:08, R Porter 58:11.

6 FEBRUARY - Churchdown 10K: 41 J Kent 37:42, 72 Rosemary Barber (1st o-40) 41:09, 98 Judy Farr 45:12, 104 S Farr (2nd o-50) 46:06.

13 FEBRUARY - Wyvern Tough 10M MT: N Rosier 1:09:14, D Earley 1:13:26, L Unsworth 1:14:24, M Carpenter 1:18:16, Barbara White 1:19:18, R Withey 1:19:38, Vivien Toms 1:38:00.

20 FEBRUARY - Erlestoke Prison 6', M CC: 18 R Ellis 46:49, 28 N Stevens 48:11, 31 C Williamson 49:03, 36 S Greenland (3rd vet.) 50:08, 52 Rosemary Barber (2nd woman) 52:54, 55 T Harrison 53:34, 57 Barbara White (3rd woman) 53:46, 73 M Gerrish 56:38, 77 S Farr 57:25, 78 D Mellor 57:37, 85 K Lee 59:07, 93 Judy Farr 1:01:53 98 Jan Hunt 1:03:50.

Yate 10K: P Chapple 43:34.

27 FEBRUARY - Great Western 10M, Pucklechurch: 40 A Robertson 1:05:20, 41 T Rockliffe 1:05:24, 55 C Williamson 1:06:47, 81 Linda Brown (2nd o-40) 1:08:59, 151 M Gerrish 1:16:49, 154 D Mellor (1st o-60), 157 Cathie Crichton 1:17:31, 162 Judy Farr 1:18:21, 185 S Farr 1:18:33, 192 K Lee 1:20:53, 202 Linda Unsworth 1:24:20, 223 Jackie Rockliffe 1:30:03, 224 Jan Hunt 1:30:13.

Dursley Dozen 12M MT: 48 I White 1:31:59, 82 N Whitehead 1:37:57.

Cardiff 20M: 235 R Withey 2:29:55, 237 M Carpenter 2:30:06.

5 MARCH - March Hare CC, Porton Down: 35 I White 46:45.

6 MARCH - Alweston 10M: 66 Alistair Bartlett 1:04:43, 86 L Unsworth 1:06:31, 93 D Earley 1:07:48, 105 M Thrall 1:09:08, 152 S Farr 1:15:53; 4.5M: 13 Judy Farr (2nd woman) 31:04.

Leyhill Prison 10K MT: 27 Rosemary Barber (2nd woman, 1st vet.) 44:49.

Avalon CC, Salisbury: 43 G Fice, 44 R Ellis.

13 MARCH - Yate 10K: P Chapple 43:15.

Grizzly 17M MT, Seaton: 61 I White 2:14:26, 381 N Stevens 2:49:17, 435 Barbara White 2:52:10.

20 MARCH - Bath Half-Marathon: 207 R Carey 1:20:56, 253 T Rockliffe 1:22:16, 266 A Bartlett 1:22:29, 280 N Fyfe 1:22:53, 317 R Ellis 1:23:53, 345 A Robertson 1:24:17, 353 N Whitehead 1:24:28, 389 C Williamson 1:25:29, 441 B Hobbs 1:26:55, 482 N Stevens 1:27:49, 18 Linda Brown\*\* 1:28:08, 557 T Harrison 1:29:20, 602 W Thomas 1:30:31, 632 M Thrall 1:31:23, 635 A Lilley 1:31:30, 700 D Kay 1:32:52, 723 D Earley 1:33:23, 750 R Withey 1:33:44, 773 R Washbourne 1:34:09, 39 Jackie Rockliffe\* 1:34:10, 45 Rosemary Barber\*\* 1:35:03, 831 M Carpenter 1:35:23, 49 Christina Tyler 1:36:11, 891 A Moss 1:36:41, 894 T Roberts 1:36:44, 910 S Farr 1:36:54, 938 M Gerrish 1:37:26, 998 D Mellor 1:38:14, 1172 K Lee 1:41:16, 1254 M Clarke 1:43:11, 1422 R Porter 1:46:38, 126 Linda Unsworth 1:48:00, 1504 M Brain 1:48:41, 152 Vivien Toms+ 1:51:24, 1909 D Coop 2:07:34. (\* 2nd women's team; + 2nd veteran women's team.)

27 MARCH - Trowbridge Lions' 5.9M: 5 G Fice 34:48, 6 A Bartlett 35:07, 7 R Ellis 35:15, 9 N Fyfe (1st o-45) 36:15, 17 Rosemary Barber (1st woman) 38:31, 20 S Reeves 38:40, 28 A Lilley 40:23, 31 Jackie Rockliffe (third woman) 41:35, 33 B Dunn 41:51, 39 Judy Farr 43:11, 42 D Mellor 44:10, 48 T Rockliffe 46:33, 49 Matthew Dowling 46:52, 52 Joyce Field 48:58.

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**FIXTURES**
**APRIL**

Sun 3 Totton 10K, 2.30; Somer 10K, 12.15  
 Mon 4 Yeovil 15K, 11.00  
 Sun 10 Salisbury Firemen's 10K, 11.00  
 Sun 17 London Marathon; Butleigh 6M, 2.30  
 Sun 24 Bournemouth Bay Half-Mthn, 10.00; Frenchay 10K, 11.00;  
 Newton Tony 10K, 11.30

**MAY**

Sun 1 Westbury 10K, 11.00; Neolithic Marathon  
 Mon 2 Fontmell Magna 8M; Swindon 10K  
 Sun 8 AVR 10K, 11.00  
 Sun 15 Lytchett 10M, 10.30  
 Sun 22 Chippenham Half-Marathon, 10.30; Keynsham 5.5M  
 Sat 28 Bath 10M, 11.00  
 Sun 29 Imber Half-Marathon, 10.00  
 Mon 30 Long Ashton 10K MT, 1.00

**JUNE**

Sun 5 Crewkerne 9M, 10.00; Gillingham 7.5M, 11.00  
 Sat 11 Broad Town 5M, 2.30  
 Sun 12 Great Hinton 2.75M, 11.00  
 Sat 18 Poole 10K, 4.00  
 Sun 19 White Hart Midsomer Norton Half-Marathon, 11.00;  
 Offa's Dyke 15M CC, 2.30  
 Sat 25 West Coker 10K, 3.35

**JULY**

Sun 3 Tarrant Valley 10M & 5M, 10.30  
 Sun 10 New Forest 10M, 12.45; Yate Half-Marathon, 11.00  
 Sun 24 Donhead 5M, 11.00  
 Sat 30 Swanage 12M, 2.30

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**Memory Lane...**

**RAS YR WYDDFA:** On a visit to Llanberis while holidaying in North Wales in 1980, I wandered into the Victoria Hotel and found the board showing past winners of the Snowdon Race. The next thing was to recon the course, a footpath roughly parallel to the mountain railway. As it was early in the season, the top of the mountain was covered in mist and snow, and with somebody waiting for me at the bottom I didn't do the whole distance that time, but resolved to enter the race proper, aiming for a time inside 1 hour 30 minutes.

A month or two later, I set out in hired car from Trowbridge early on a Saturday morning, but because of caravans and other holiday traffic on the A5 arrived only 10 minutes before the start, in pouring rain. Starting on the bridge between the two lakes, the course followed a steep road for a mile or so and then got on to the stony track, rather steep. Three-quarters of the way up runners had to negotiate large loose boulders and then loose shale, which made running difficult, reducing many to a determined walk. A lightweight windcheater was a boon, not only to keep out the rain, but near the top the wind was gale-force and icy, so the hood kept my brains from being blown out. After rounding the summit cairn (54:54) the hair-raising descent began, and the experienced fell-runners came into their own.

It was a relief to get down out of the cloud, with the twin lakes shimmering, still an impossible distance below. But with great strides over the rough ground, the scenery flew by, and within minutes we were on the steep tarmac road again, with feet trying to force themselves out of the fronts of shoes. With legs like rubber, hit the flat road at the bottom, and then feebly sprinted across the grassy finish, 93rd out of 200 in 1:28:56.

That was the first of several memorable outings in the Snowdon Race, on the last of which I managed to get my time down to 1:23:01. - *Tim N.*