



Valley News

THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS --- JULY 1994

BEING INJURED

Joyce Field

It's no fun being injured. I've been there, I should know.
Staying at home nursing the flesh when the spirit's raring to go;
Hearing about the rest of the club going through their paces,
Clocking up the miles each week and running well in races.

It's frustrating being injured when you don't know what to do.
I've been to see the physio, the chiropractor too;
I've been pulled about and prodded whilst lying on the bed,
And turned into a contortionist, my legs wrapped round my head.

I don't like being injured, I'm not ready to retire;
I don't want to take up knitting and stay in by the fire.
The latest "Jackie Collins" has been read at least five times,
And I'm reduced to sitting here writing silly rhymes.

To hell with all this moaning, it's really not much fun:
I'll brush the cobwebs off my trainers - get out and try a run!

The club 10K: another team effort

Our annual 10-kilometre road race on Sunday 8 May was again well supported, and its success was a credit to the organizing sub-committee. In the warm, windy conditions, Jeff Avis of Somer AC left the field of 131 trailing for a runaway win in 31:53, only eight seconds outside the course record. In spite of having many members helping behind the scenes, the AVR trio of Rosemary Barber, Judy Farr and Linda Unsworth came away with second women's team awards, only two points adrift of GWR.

The start, the on-course marshalling and the finish "machine" all went like clockwork, and results sheets began to appear on the board before competitors were out of the showers. The event was again chosen by the South-West Veteran Athletics Club for its 10-kilometre championships. Congratulations to the organizers, and thanks to all who helped.

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

Welcome to the Valley

Our newest members both joined on 5 May, but 11-year-old Alexander Cox is only a quarter of the age of Frank Lamerton, who has been running for a few years but only recently decided to join our gang. May you have many happy hours of putting your best foot forward.

Milestones

Anno Domini makes its claim on five members this quarter. On 14 July, George Henderson will turn 45, and the following day is Mac Bailey's 55th birthday. Rosemary Barber shares her birthday on 24 August with Brian Smith, but while she will be a mere 45, he will enter the ranks of the over-60s. On the last day of the quarter, 30 September, Neil Fyfe will celebrate his half-century. Many happy returns to all of you.

Secretary's report

It appears that the new training venue for Tuesday evenings at Clarendon Sports Centre is proving very popular with members. If you decide to come along, bring your 50 pence (returnable) for a locker and join us in the ample showers.

The club has invested a lot of money in new summer vests and green shorts, so any purchases would be appreciated.

One sunny Sunday afternoon I decided to measure points on the Kennet & Avon Canal path, starting from the clubhouse in Pound Lane. The object of the exercise was to answer all the questions I get asked by members wanting to do set distances in training runs.

The first checkpoint is under the aqueduct at Avoncliff (1.4 miles); other landmarks are: Elbow Cottage bridge (2), Limpley Stoke bridge (3.3), Dundas Aqueduct (4.3), swingbridge (4.7), Claverton bridge (5.4), pump outlet (5.5), next bridge (5.8), swingbridge (6.8), George Inn bridge (7.4), gate after row of cottages (7.5), next bridge (8), wooden bridge (8.4), main road (8.8), where path crosses canal (9), Bathwick Hill bridge (9.2), minor road bridge (9.5), and finally the end of the canal at Widcombe (9.7). - Stan Farr.

Long-distance bowler

Most runners have other sporting interests. For instance, one of our members does his 40 or 50 miles a week mainly to keep fit for the skittles season. Recently an AVR "second-claimer" has been making headlines in cricket reports. Dave Seymour (first claim Dorset Doodlers) marked his debut for Avon Bradford by taking five wickets, and in his latest outing the vicar of Christ Church, Bradford-on-Avon, took seven wickets against United Churches. His overs take longer than normal, because Dave (2:38 in London Marathon) insists on a three-mile run-up for each delivery.

RESULTS: April-June

3 APRIL - Totton 10K: 148 Rosemary Barber (1st o-40) 40:01, 258 S Farr 43:53, 278 Judy Farr (1st o-50) 44:38.
 Somer 10K: A Robertson 39:02, Jackie Rockcliffe (10th woman) 45:44.
 Worcester Duathlon: 31 J Kent 1:22:45.

4 APRIL - Yeovil 10K: 41 L Unsworth 40:20, 82 B Dunn 44:19, 97 S Farr 46:48, 99 Judy Farr* 46:59, 106 Linda Unsworth* 48:44, 121 Joyce Field* 50:10. (* 2nd women's team.)

10 APRIL - Salisbury Firemen's 10K: 79 Rosemary Barber (3rd woman) 41:45, 121 S Farr 46:13.
 Penselwood 10K: 10 B Dunn 46:27.

17 APRIL - London Marathon: 287 D Seymour (Dorset Doodlers) 2:38:00, 3,209 T Rockcliffe 3:10:36, 4,823 N Rosier 3:21:17, 8,206 D Kay 3:38:57, 8,647 D Mellor 3:41:08, 9,752 K Lee 3:46:12, 10,755 D Earley 3:51:04, 12,522 Christina Tyler 3:58:20, 12,749 Vivien Toms 3:59:07, 13,348 M Gerrish 4:01:52, D Coop 5:05:00.
 Butleigh 6M MT: 37 Rosemary Barber (3rd woman) 42:27, 54 S Farr 45:27, 58 R Havergal 46:47, 68 Judy Farr 48:49.

24 APRIL - South Coast Marathon: 96 B Hobbs 3:10:53.
 Frenchay 10K: M Thorn 41:54, Rosemary Barber (1st vet.) 44:32, Judy Farr 49:45.
 Newton Toney 10K MT: S Farr 47:09.
 Highworth 10K: Linda Brown (3rd woman) 40:14, Les Unsworth 40:54.

1 MAY - Duchy Marathon, Cornwall: I White 3:11:40.
 Neolithic Marathon, Avebury-Stonehenge: R Withey 3:37:25, D Kay 3:47:20, M Carpenter 4:01:35.
 Chandler's Ford 10K: B Dunn 44:10.
 Glastonbury Tor 5¹/₄M: 111 Rosemary Barber (4th woman, 2nd o-35) 37:46, 214 S Farr 40:48, 267 Judy Farr (1st o-50) 42:20.

2 MAY - Oldford 8K: 19 J Kent (1st o-40) 29:36, 22 A Bartlett 30:14, 25 N Rosier 30:34, 36 P Chapple 34:27, 45 Cathie Crichton (3rd woman) 36:01, 47 R Havergal 36:28, 48 Judy Farr (1st o-50) 36:45, 58 Denise Ellis 38:29, 72 Pauline Sanger 44:05.

8 MAY - AVR 10K, Trowbridge: 13 G Fice (Somer AC, 2nd M40) 36:08, 14 M Connor (Bath, 3rd M40) 36:10, 20 J Kent (2nd M45) 36:58, 22 N Stevens 37:21, 24 N Fyfe (3rd M45) 37:34, 28 N Rosier 38:59, 35 L Unsworth 40:18, 44 Rosemary Barber* (3rd woman, 2nd W40), 46 D Earley 41:24, 63 P Chapple 43:24, 64 F Lamerton 43:25, 75 Judy Farr* (1st W50) 44:54, 85 Linda Unsworth* 47:34, 95 R Porter 50:06. (* 2nd women's team.)

15 MAY - Reebok Duathlon, Wroughton: Rosemary Barber (2nd o-40) - 5K run 19:46 + 25M bike 1:35:39 + 5K run 20:03 = 2:15:28.
 Lytchett Minster 10M: D Earley 1:09:35.

Wincanton 5¹/₂M: 6 M Thrall 35:32, 9 L Unsworth 35:53, 18 S Farr 39:16, 20 Judy Farr (1st woman) 39:43.

19 MAY - BernCol 3 x 1.36M Relay, Bradford-on-Avon: 1st team R Washbourne 7:5 + Jackie Rockcliffe (3rd woman) 9:07 + M Thorn (fastest man) 7:07 = 24:06; 2 G Fice (2nd man) 7:11 + M Thrall 7:57 + T Bartlett 9:07 = 24:15; 3 A Moss 8:14 + T Northwood 8:41 + S Reeves 7:43 = 24:38; 4 J Hobbs 8:39 + Chris Jelly (3rd woman) 8:47 + R Ellis 7:37 = 25:03; 5 A Robertson 7:26 + M Carpenter 8:21 + S Farr 9:33 = 25:20; 6 A Bartlett 7:31 + F Lamerton 8:02 + Joyce Field 9:53 = 25:26; 7 N Stevens 7:35 + Judy Farr 9:30 + B Merrell 8:27 = 25:32; 8 R Withey 8:29 + Denise Ellis 9:44 + J Kent (3rd man) 7:23 = 25:36; 9 D Gosling 7:54 + L Unsworth 8:04 + Vivien Toms 10:35 = 26:33; 10 R Porter 10:48 + A Hickson 8:07 + N Rosier 7:46 = 26:41; 11 R Carey 7:27 + S Bosworth 11:05 + Rosemary Barber (fastest woman) 8:24 = 26:56; 12 A Lilley 8:01 + D Bosworth 11:09 + T Rockcliffe 8:07 = 27:17.

22 MAY - Bath Centaur Chase 10M MT: I White 1:16:04.
 Keynsham 5¹/₂M: 52 Rosemary Barber (2nd woman, 1st vet.) 36:27, 72 B Dunn 38:15, 89 S Farr 39:32, 110 Judy Farr (1st o-50) 40:58.

26 MAY - Tom Roberts Handicap: 1 M Hehir, 2 M Thorn, 3 A Bartlett. Times: 1 M Thorn 18:02, 2 A Robertson 18:35, 3 A Bartlett 18:41, 4 J Kent 18:45, 5 N Stevens 19:06, 6 N Fyfe 19:08, 7 R Ellis 19:39, 8 R Carey 19:43, 9 S Reeves 19:48, 10 M Hehir 19:53, 11 A Lilley 20:15, 12 D Gosling 20:18, 13 F Lamerton 20:22, 14 T Rockcliffe 20:25, 15 Rosemary Barber 20:34, 16 A Hickson 20:54, 17 G Henderson 21:14, 18 B Dunn 21:25, 19 A Moss 21:42, 20 T Northwood 21:59, 21 J Hobbs 22:16, 22 G Babb 22:29, 23 B Merrell 22:46, 24 Jackie Rockcliffe 23:07, 25 D Mellor 23:15, 26 T Bartlett 23:16, 27 M Gerrish 23:19, 28 Judy Farr 23:45, 29 K Lee 23:58, 30 Denise Ellis 24:16, 31 R Porter 24:17, 32 R Washbourne 24:34, 33 Viv Toms 27:17, 34 Joyce Field 27:29.

28 MAY - Bath 10M: 33 N Whitehead 1:08:53, 36 Linda Brown (2nd woman) 1:10:53, 53 S Farr 1:17:44, 55 M Gerrish 1:18:26, 61 D Mellor 1:21:15, 62 K Lee 1:22:15.

30 MAY - Imber Half-Marathon: 14 R Roots 1:23:49, 18 A Bartlett 1:26:06, 30 N Stevens 1:28:32, 41 A Lilley 1:32:05, 73 M Gerrish 1:42:18, 88 D Mellor 1:47:22, 109 Vivien Toms 1:56:38.

Wells City Centre 5K: Veteran men - 49 B Dunn 19:56, 54 P Chapple 20:26; women - 18 Rosemary Barber (2nd o-40) 19:16, 27 Judy Farr (2nd o-50) 21:46.

4 JUNE - Painswick 8M MT: 31 Rosemary Barber (1st woman) 1:03:26, 38 S Farr 1:07:35.

5 JUNE - Poole Marathon: D Kay (100th marathon).
 Alwinton 14M Fell Race: I White 1:51:06.
 Crewkerne 9M: 51 B Dunn 1:06:27.

Airsprung 3.4M, Trowbridge: 6 A Bartlett 19:27, 8 M Thorn 19:39, 9 C Williamson 19:43, 10 N Stevens 19:45, 12 N Rosier 19:51, 13 N Fyfe 20:02, 14 N Whitehead 20:21, 15 M Hehir (1st o-50) 20:32, 16 T Rockcliffe 20:45, 17 C Switzer 21:05, 18 D Gosling 21:08, 19 A Hickson 21:17, 20 Jackie Rockcliffe (1st woman) 22:30, 21 P Chapple 22:38, 25 M Gerrish 23:20, 26 Judy Farr (3rd woman, 1st vet.) 23:56, 27 D Mellor 24:32, 34 Denise Ellis 25:46, 37 B Hobbs 26:01, 38 J Hobbs (1st u-17) 26:01, 45 N Stevens 28:42, 50 N Gosling 30:17, 51 S Williamson 31:43.

11 JUNE - Broad Town 5M: 54 Linda Brown (2nd woman, 1st o-40) 32:13, 62 B Dunn 32:39, 71 B Hobbs 33:30, 79 S Farr 34:42, 92 Judy Farr (1st o-45) 36:21, 123 Joyce Field 40:26, 133 Vivien Toms 41:46.

12 JUNE - Warminster 10M: 10 A Bartlett* 1:03:40, 14 N Rosier* 1:04:58, 21 N Whitehead* 1:07:40, 37 T Bartlett 1:11:46, 38 F Lamerton 1:11:54, 61 G Babb 1:17:12, 63 K Lee 1:17:19, 78 D Mellor 1:22:31. (* 2nd team.)

(continued on Page 4)

FIXTURES: July-October
JULY

Sun 3 Tarrant Valley 10M & 5M, 10.30
 Sat 9 Westwood 7M, 3.00
 Sun 10 New Forest 10M, 12.45; Yate Half-Marathon, 11.00;
 Sherston 10K, 11.00; Sutton Benger 5M, 1.00
 Sat 16 Hambledon Hill 4M, 3.00
 Sun 24 Donhead 5M, 11.00
 Thu 28 Tom Roberts Handicap, Bradford-on-Avon, 7.30
 Sat 30 Swanage 12M, 2.30

AUGUST

Sun 7 Blagdon 5.5M, 11.00
 Sun 21 Boscombe 10K, 3.00; Standish 10M MT, 11.00
 Thu 25 BernCol 3x1.36M Relay, Bradford-on-Avon, 7.30
 Sun 28 Exmouth Half-Marathon, 11.00; Langport 10K, 11.00

SEPTEMBER

Sun 4 Bitton 10K, 11.00; Calne Half-Marathon, 11.15;
 Cardiff 10K, 11.00
 Sun 11 New Forest Half & Mthn, 11.00; Wootton Bassett 10M, 10.30
 Sat 17 Foxhill 5M MT, Swindon, 2.30
 Sun 18 Pewsey Half-Marathon, 10.30
 Sun 25 Burnham-on-Sea Half-Marathon

OCTOBER

Sun 2 Totton 10K, 2.30
 Sun 9 Ilchester 8.2M, 10.30; Wells 5.5M, 11.15
 Sun 16 Yeovil 10K, 11.00
 Sun 23 Stroud Half-Marathon, 10.30; Abingdon Marathon, 10.00
 Sun 30

RESULTS: April-June*(continued from Page 3)*

Great Hinton 2.8M: 3 G Fice 15:08, 5 A Robertson 15:32, 7 J Kent 15:34, 8 M Thorn 15:41, 9 C Williamson 16:01,
 12 T Rockliffe 16:21, 13 M Hehir 16:27, 17 B Hobbs 17:27, 19 L Unsworth 17:29, 21 W Thomas 17:41, 22 B Dunn
 17:48, 23 P Chapple 17:51, 25 Jackie Rockliffe (1st woman) 17:55, 28 S Farr 18:45, 29 Joby Hobbs 18:47, 32
 Judy Farr (2nd woman) 19:16, 41 Linda Unsworth (3rd woman) 19:54, 84 Ruth Griffin 24:42.

North Bradley 2.3M: Vivien Toms (1st o-17) 17:45.

18 JUNE - Poole 10K: 209 F Lamerton 40:50, 292 D Earley 43:29, 300 S Farr 43:48, 369 Judy Farr (1st o-50)
 48:00.

19 JUNE - White Hart Half-Marathon, Midsomer Norton: 36 B Hobbs 1:17:11, 60 K Lee 1:40:51, 61 M Gerrish
 1:41:00, 71 D Mellor 1:44:08.

Chedworth 7M: J Kent 42:59.

25 JUNE - South Downs Way 80 miles MT: 10 I White 12:31.

West Coker 10K: 10 R Ellis 38:56, 41 S Farr 46:41, 55 Judy Farr (2nd o-35) 50:48.

30 JUNE - Tom Roberts Handicap: 1 R Ellis, 2 Joyce Field, 3 F Lamerton. *Times*: 1 M Thorn 18:27, 2 R Ellis
 18:36, 3 A Bartlett 18:52, 4 N Fyfe 18:59, 5 J Kent 19:11, 6 N Stevens 19:13, 7 F Lamerton 19:21, 8 R Carey
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 Toms 26:47.

----- For inclusion, telephone Stan Farr on Trowbridge 755605 -----