



Valley News

THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS -- OCTOBER 1984

Memory Lane... **THREE MEN, THREE MOUNTAINS**

by Tim Northwood

One of the most memorable days in nearly 30 years of running was Thursday 27 August 1981, when with two clubmates from Lauriston RC, John Roberts and David Beard, I traversed the three highest summits in the Lake District - and, of course, the 50-plus miles of country connecting them. We had spent several fell-running holidays in the area with other friends, and that year, while camping for a week at Stonethwaite in Borrowdale, we decided to attempt to emulate the feat of our friend and mentor Arthur Whitehead (founder of Lauriston), who had made the epic journey with three companions in 1959.

On the appointed morning we had a light breakfast and set off around 7.30, wearing running shoes, shorts, t-shirts and tracksuit tops, and carrying light anoraks. In addition I wore a waist pouch containing such essentials as map, compass, mintcake, dried fruit, cheese and raisins; for liquid refreshment we relied on mountain streams. The day dawned fine and fresh, and the first few miles up Langstrathdale was relatively easy, but with a long day ahead we resisted the temptation to run till we had gained the high "crossroads" of Esk Hause. Here we made our first and only navigational error when we ran downhill in the wrong direction, to Sprinkling Tarn, before realizing our mistake.

That cost us half an hour and wasted precious energy, but retracing our steps we soon regained our former altitude and made our way over the jigsaw of huge rough boulders leading to Scafell Pike (3,206ft), which we topped at 10.45. After that, we all paid close attention to the map instead of blindly following the leader. Returning to Esk Hause for the second time, we then descended to Angle Tarn, from where we travelled north-east via Stake Pass and High White Stones for a long "trundle" down the grassy Wythburn valley, leading to the southern end of Thirlmere.

Our next goal was Helvellyn, whose steep slopes rose in the woods on the eastern shore of the lake. It was 2 p.m., we had covered an estimated 28 miles, and our chosen route up Birk Side Edge took us the five miles to the 3,116ft summit by 3.30. We paused to admire the panoramic views before continuing northwards for a couple of miles down the long ridge to Sticks Pass, where we turned west to descend by a steep path above the northern end of Thirlmere.

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Secretary's Report

The cross-country season is now upon us, so I would like to remind members of the procedure involved. Meetings normally start at 1 p.m. with the younger age-groups going off in succession until the final race (usually the senior men) at about 2.15 p.m. You will be handed a ticket at the finish which must be entered on the team sheet which the captain will have obtained from the officials' tent. If the captain is not present this duty will have to be carried out by any other member present. Club vests are compulsory but there is no entry fee for races.

- Stan Farr

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[For those who've never tried this branch of the sport before, the season's opening fixture, on Sunday 16 October at Burnham-on-Sea, is an ideal introduction - over easy undulating grassland. Spikes are an advantage but not essential: any shoes with a good tread will do to start with. The six monthly league races provide a variety of courses, and running on natural surfaces makes a beneficial change from all that pounding the tarmac. - Ed.]

Welcome to the Valley

Our sole signing since the last newsletter is Emily Hall, who joined AVR on 12 July - only a couple of days after taking the prize for first woman in the Westwood three-miler; best wishes for many more enjoyable runs. (Total paid-up membership still hovers healthily just under the hundred mark.)

Milestones

Three members are due to move up a rung on the age ladder during this quarter. Tim Northwood and Nick Nicholls (both incidentally also members of Lauriston Runners Club, Wimbledon) will turn 55 in November - the former on the 11th and the latter on the 24th; and Les Unsworth will become a veteran when he reaches 40 on 18 December. Birthday wishes to all.

Dennis is new treasurer

For the past couple of years George Henderson has kept the club's accounts in very good order. Unfortunately George has now been transferred to work in the London area, and will therefore be home only at weekends, which means he will no longer be able to attend Thursday evening committee meetings. Fortunately two members were prepared to step into the breach, and at a recent committee meeting Dennis Mellor was elected treasurer. Thanks are due to George for a job well done, and Dennis's task will be made easier by the prompt payment of members' subscriptions.

Dates for your diary

Thursday 5 January (after training): Club annual general meeting.
Saturday 21 January: AVR annual party and prizegiving.

RESULTS: July-September

3 JULY - Tarrant Monkton 10M 494y: 35 R Ellis 1:07:15, 84 S Farr 1:17:37, 108 D Mellor 1:23:56; 5.4M: 24 Rosemary Barber (1st woman) 38:42. Faringdon 10K: B Dunn 42:33.

9 JULY - Westwood 7M: 5 A Bartlett 44:34, 6 J Kent 44:49, 7 R Ellis 44:55, 16 Linda Brown (1st woman) 49:21, 23 M Carpenter 51:39, 26 S Farr 53:16, 27 T Roberts 53:30, 30 K Lee 55:05, 32 M Gerrish 55:48, 33 D Mellor 55:56, 35 R Porter 58:55; 3M: 4 J Hobbs (1st u-14) 20:45, 6 Emily Hall (1st woman) 22:57, A Cox.

10 JULY - Yate Half-Marathon: 99 K Lee 1:44:38, 101 D Mellor 1:44:47. New Forest 10M: 133 N Whitehead 1:07:01, D Earley 1:13:00. Portland 10M: 119 R Withey 1:12:14, 124 B Dunn 1:12:26. Sherston 10K: 25 Rosemary Barber (2nd woman, 1st vet.) 43:19, 46 S Farr 46:24, 54 Judy Farr (3rd woman) 48:01. Salisbury Triathlon: Verity Bartlett (11th woman) - 400m swim 7:34 + 22M cycle 1:14:41 + 5.5M run 44:26 = 2:06:41.

16 JULY - Hambleton Hill 3.5M: 20 Rosemary Barber (1st o-35) 29:30, 26 S Farr 31:08.

24 JULY - Donhead 5M: 7 A Robertson 29:07, 18 Rosemary Barber (1st woman) 32:10, 23 Jackie Rockliffe (2nd woman) 33:21, 32 Judy Farr 35:09, 33 S Farr 35:14.

28 JULY - Tom Roberts Handicap: 1 Cathie Crichton, 2 B Dunn, 3 J Kent. Times: 1 R Ellis 18:18, 2 A Robertson 18:27, 3 M Thorn 18:31, 4 G Fice 18:38, eq 5 J Kent & A Bartlett 18:51, 7 N Fyfe 18:54, 8 R Carey 19:32, 9 N Rosier 19:33, 10 S Reeves 20:06, 11 S Greenland 20:08, 12 B Dunn 20:33, 13 D Townsend 20:35, 14 T Rockliffe 20:36, 15 Rosemary Barber 20:41, 16 M Carpenter 21:19, 17 T Harrison 21:22, 18 R Withey 21:25, 19 M Hehir 21:36, 20 M Thrall 22:04, eq 21 Cathie Crichton & Jackie Rockliffe 22:17, 23 G Babb 22:44, 24 K Lee 22:59, 25 D Mellor 23:34, 26 M Gerrish 23:52, 27 Judy Farr 24:08, 28 R Porter 24:12, 29 Denise Ellis 24:42, 30 Linda Unsworth 24:53, 31 Joyce Field 26:53, 32 Viv Toms 27:04.

30 JULY - Swanage 12M: 90 A Bartlett 1:22:24, 146 B Dunn 1:28:41, 169 S Farr 1:32:11, 172 D Mellor 1:32:41, 208 M Gerrish 1:36:57.

31 JULY - Cardiff 10K: L Unsworth 41:33.

4 AUGUST - BernCol 3 x 1.36M Relay: Times - D Seymour 7:01 (course record), G Fice 7:10, R Ellis 7:18, A Robertson 7:24, A Bartlett 7:26, F Lamerton 7:27, J Kent 7:31, N Fyfe 7:32, M Thorn 7:34, S Reeves 7:41, M Hehir 7:42, T Rockliffe 7:45, P Mitchell 7:46, R Washbourne 7:47, D Gosling 7:52, S Greenland 7:54, B Dunn & M Thrall 8:04, D Townsend 8:06, Rosemary Barber 8:12, M Carpenter 8:14, L Unsworth 8:17, T Harrison 8:23, B Merrell 8:34, G Babb 8:35, Jackie Rockliffe 8:35, A Withey 8:39, W Thomas 8:57, Cathie Crichton 8:58, C McCarthy 9:05, K Lee 9:09, D Mellor 9:25, S Farr 9:31, Denise Ellis 9:34, J Bowley 9:37, Linda Unsworth 9:39, R Porter 9:54, Joyce Field 10:03, Viv Toms 10:39.

6 AUGUST - Barbury 4M: 12 G Fice 22:44.

7 AUGUST - Blagdon 5.5M: 84 Rosemary Barber (1st vet.) 38:49, 124 S Farr 41:40.

13 AUGUST - Kymrin Dash 7M MT, Monmouth: 50 Rosemary Barber (2nd o-35) 54:47, 55 S Farr 55:54.

20 AUGUST - Barbury 7M: 7 G Fice (1st vet.) 42:29.

21 AUGUST - Boscombe 10K: 26 A Robertson 36:17, 49 T Rockliffe 37:50, 149 Rosemary Barber 42:25, 152 Jackie Rockliffe 42:33.

28 AUGUST - Torfaen Half-Marathon: B Dunn 1:27:47. Langport 10K: 29 F Lamerton 39:14, 87 S Farr 43:51; 2.1M: J Farr (2nd woman) 15:36.

29 AUGUST - Somer Women's 5M: 5 R Barber* (1st o-45) 33:36, 6 J Rockliffe* 33:49, 9 C Crichton* (2nd o-40) 36:14, 11 J Farr* (2nd o-45) 37:05, 14 D Ellis 38:50, 15 J Field (3rd o-45) 39:28, 21 V Toms 43:03, 25 S Jennings 44:54. (*2nd team.)

4 SEPTEMBER - Frome 5M: 12 T Rockliffe* 29:13, 13 N Stevens* 29:17, 14 M Hehir* (2nd o-50) 29:20, 16 N Rosier 29:34, 20 N Fyfe 30:06, 21 N Whitehead 30:23, 28 Rosemary Barber+ (1st woman) 32:11, 34 M Carpenter 32:32, 43 R Withey 33:28, 49 S Farr 33:56, 66 Judy Farr+ 35:54, 90 Joyce Field+ 38:37. (*3rd men's team; +1st women's team.) Corfe Castle 12M MT: 134 B Dunn 1:38:10. Cardiff 10K: R Ellis 36:36, Linda Unsworth 47:59, Denise Ellis 49:44.

10 SEPTEMBER - Long Beach 10K, USA: 5 B Dunn (1st vet.) 41:02. Las Vegas 5K, USA: 116 B Dunn 19:02.

11 SEPTEMBER - New Forest Marathon: T Harrison 3:27:52, D Mellor 3:34:18, D Kay 3:36:41, K Lee 3:55:06; Half-Marathon: F Lamerton 1:30:32.

18 SEPTEMBER - Witney 10M: 57 A Bartlett 1:02:56, 111 Rosemary Barber (1st o-45) 1:09:04, 150 S Farr 1:12:50; 2M: Emily Hall (1st u-16) 14:09, Judy Farr (1st o-16) 14:30. Queen Camel 10K: 18 R Ellis 36:25, 19 J Kent 37:02, 39 R Havergal 45:55.

For inclusion, telephone Stan Farr on Trowbridge 755605

FIXTURES: October-January
OCTOBER

Sun 9 Ilchester 8.2M & 4M, 10.30; Wells 5.5M, 11.15;
 Portsmouth 10M, 11.00
 Sat 15 Weymouth 10M, 3.00
 Sun 16 Avalon CC, Burnham-on-Sea, 1.00; Yeovil 10K, 11.00
 Sun 23 Stroud Half-Marathon, 10.30; Abingdon Marathon, 10.00
 Sun 30 Yate 10K, 11.00

NOVEMBER

Sun 6 Grittleton Ladies' 10K, 10.30; Ilminster 10K, 10.30;
 Salisbury Plain 15M 770y, 1.30
 Sat 12 Victoria Park 4M, Bath
 Sun 13 Chipping Sodbury 10M MT, 11.00
 Sun 20 Avalon CC, Glastonbury, 1.00; Westbury H. 10M MT, 11.00
 Sun 27 Bournemouth 10M, 11.00

DECEMBER

Sun 4 Yate 5M, 11.00
 Sun 11 Bromham 10K, 11.00 (AVR club championships);
 Wyvern 10K, 11.00
 Sun 18 Avalon CC, Swindon, 1.00; Wellington Monument 10K, 10.30
 Mon 26 Boxing Day 3.4M, Trowbridge, 11.00

JANUARY

Sun 1 Kewstoke 10K, 11.00
 Sun 8 Yate 10K, 11.00
 Sun 15 Avalon CC, Midsomer Norton, 1.00
 Sun 29 Yate 10K, 11.00; Romsey 5M, 11.00

Three Men, Three Mountains*(continued from Page 1)*

The day remained sunny and warm, and we welcomed the chance to cool ourselves briefly in a spring at the foot of the fell. With nearly 40 miles and two of the three mountains behind us, we were tired as we walked alongside the peacefully flowing St John's Beck. But the outline of Skiddaw was getting ever closer, and the thought that we would soon realize a long-felt ambition gave us fresh energy. On previous outings we had enjoyed refreshments in a cottage garden at Row End, St John's in the Vale, and for some miles we looked forward to a similar repast to fortify us for the final ascent, so we were dismayed to be told that the owners no longer catered for passing travellers. However, our obvious disappointment must have aroused their sympathy, for they relented and laid on a most welcome spread of tea and cakes.

It was nearly 6.30 when we set off again for the last leg of the journey. There was an awkward network of roads and fences, not to mention the fast-flowing River Greta, between us and the mass of Skiddaw, but by careful map-reading we found probably the simplest route and were soon at the foot of the grassy and steep but familiar Jenkin Hill, a hard slog near the end of a long day, but the last mile of shaly track was comparatively easy, and we reached the summit of Skiddaw (3,054ft) at 8.15, just as the cloud descended. Exhausted but in good spirits, we still had enough energy to run the few miles down to Keswick - happy to have shared a day to remember all our lives.