

Mrs. E. Harding.



Valley News

THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS -- JANUARY 1995

Dividing the spoils for 1994...

The club awards for 1994 have been spread among several runners, compared with previous years when one or two members have dominated the scene. Only one runner achieved the best time over more than one distance - Andy Robertson's 35:36 for 10 kilometres (Bromham) and 57:44 for 10 miles (Bournemouth). Roger Carey's 1:20:56 in the Bath half-marathon and Ted Rockcliffe's 3:10:36 in the London marathon secured their awards and Dennis Mellor's 3:34:18 in the New Forest event earned him the Vic Bull Trophy for the best marathon by a member over 50.

Rosemary Barber clocked 40:01 in the Totton 10-kilometre race to earn the award for that distance, Jackie Rockcliffe's 1:07:13 for 10 miles at Bournemouth was a personal best by four and a half minutes, the Bath half-marathon was the scene of Linda Brown's award-winning 1:28:08, and Christina Tyler secured the marathon prize with her 3:58:20 in London.

* ANNUAL PARTY *

The above and other awards yet to be announced will be presented at the annual party on Saturday 21 January (7.30 p.m.) in Southwick Village Hall. The usual formula of buffet, drinks from the bar and disco dancing will ensure a good time for all, for the modest admission fee of £5 for adults, with children under 16 admitted free. Oh yes, and prizes for the lucky draw will be appreciated.

...And a happy new year to all

A few random thoughts as the club commences its tenth year:

- * The prolific Danny Kay, having completed his 100th marathon in the middle of 1994, continues to add to his score, with the latest tally being about 107 - but even as I write...!
- * With a few comings and goings, membership remains at a healthy level between 90 and 100.
- * Attendance at cross-country league meetings was good early in the season, and before the Swindon fixture Avon Valley Runners showed in both senior men's and veterans' tables. Keep it up!
- * There is a growing little group meeting at 9.30 on Sundays in Pound Lane (as well as the usual 10.30 start for others). With London and other marathons ahead, it makes sense to get in the miles early in the day.

Welcome to the Valley

Irene Warden, who joined AVR on 20 October, has run South Africa's 80-kilometre Comrades Marathon. Apologies are due to two new members missed in the last newsletter: John Bowley and Karen Robertson, who both signed on in September. Happy running to all.

Milestones

On New Year's Day Nigel Stevens joined the veteran ranks; on 21 February Janet Smith will turn 35; Pete Collier will reach his half-century on 2 March; Pauline Sanger will be 45 on the 13th; and Tony Frost 55 on the 19th. Birthday wishes all round.

A French recipe: running plus romance

THE ARGENTAN HALF-MARATHON - 1 OCTOBER 1994

by Nigel Stevens

The race really didn't take any planning. A phone call to the hotel in Argentan to reserve a room for the Friday and Saturday nights, booking the Portsmouth-Caen ferry, and arranging for baby-sitters, to enable Sue and me to have a weekend break in France, including the Argentan half-marathon.

The organization of the race and the whole weekend was brilliant. Jean-Paul Kerneau (a French English teacher) arranged everything, from hotel reservations or lodging with local runners to race numbers and dinner-dance tickets. There was even a free return bus service for the 40km ride from Caen to Argentan for those English runners without cars. The other goodies included a free pasta party on the Friday night, free T-shirt and a special reception for foreign runners the night before the race. All this for an entry free of 50 francs (about £6).

The weekend proper started with a reception in the town hall: a welcoming speech by the mayor, a quick introduction to clubs or foreign contingents, and as much free booze as we could drink (possibly to ensure that fast foreigners drank as much as possible and didn't run off with all the prizes the next day!). The previous year Colin Williamson and I just *had* to try all the various liqueurs made in Normandy . . . and after about an hour we'd planned to knock several minutes off our pb's - a plan which didn't work. This time it was different. Sue had tied my hands behind my back, and Colin was stuck in Trowbridge, so we resisted all alcohol, drinking only Perrier water. After the reception, it was off to the pasta party: pasta salad, spag. bol., macaroni, camembert cheese and finally gateau de semoule (semolina pudding) - in 1993 we drank too much, in 1994 we ate too much!

Race day (Saturday) dawned in near-perfect conditions: cloudy, cool and windless; we were in for a good run! After a short stroll around the town we made our way to race headquarters for the 1.30 start. Of the 1,200 runners about 900 were doing the half and the remainder the full two-lap marathon. By the time the gun went off the sun had come out and the temperature had risen to 20°C, promising a hot race. The course was flat, starting in the town centre, looping out in countryside lanes through tiny villages before returning to Argentan for the finish. There were plenty of drinks stations (even an English one at about eight miles, complete with Union Jack), and most of the villagers seemed to come out to watch and give encouragement.

I started well, under my target pace of 4min/km, but after about 10 miles (c. 64 minutes) I slowed a little and finished in 1:24:30 - not bad considering the heat and the fact that I was overtaken by a French butcher in the last 400 yards! Conditions must have been pretty good, though, as both marathon and half-marathon course records were broken: the half was won in c. 1:04, and in the marathon a Frenchman easily beat Derek Green, previous record-holder, into second place in 2:21. When we had finished and arrived back in the sports hall for our free drinks, they were already showing a video of the race on large tv screens.

I'd like to tell you about the fabulous dinner-dance they held in the sports hall on the evening after the race, but I can't since Sue and I had a quiet romantic dinner in the Hotel de France restaurant, complete with all the wine and drink which I'd missed out on the night before. However, we'll be back, and if you're thinking of a race somewhere special for a change, perhaps we could arrange an AVR minibus...?

RESULTS: October-December

O C T O B E R

2 OCTOBER - Longleat Relays: Senior Men (6 x 5K) - 19th AVR (R Ellis 18:13, A Bartlett 18:34, M Carpenter 20:34, R Carey 18:48, F Lamerton 19:06, R Ellis 18:13) 1:53:46; Veteran Men (4 x 5K) - 10th AVR "A" (G Fice 17:56, J Kent 18:18, M Hehir 19:24, J Bowley 22:41) 1:18:19; 17th AVR "B" (A Hickson 20:14, R Withey 21:25, T Northwood 21:31, P Chapple 22:10) 1:25:20; Women (4 x 5K) - 9th AVR (Cathie Crichton 22:24, Emily Hall 23:54, Joyce Field 24:08, Denise Ellis 24:17) 1:34:43. Totton 10K: 185 M Thrall 39:45, 205 L Unsworth 40:42, 228 Rosemary Barber 41:16, 293 S Farr 43:17, 436 Judy Farr 47:29. Argentan Half-Marathon: N Stevens 1:24:30. Axminster 10M: 30 B Dunn 1:10:51.

8 OCTOBER - Burnham-on-Sea Biathlon: Joyce Field (1st o-50) 1,000m swim 22:32 + 10K run 52:59 = 1:16:37.

9 OCTOBER - Cardiff 10M: R Ellis 1:01:33. Ilchester 8.2M: 14 A Hickson (1st o-55) 42:39, 31 L Unsworth 54:12, 34 Rosemary Barber (2nd woman, 1st vet.) 54:36, 36 B Hobbs 55:16, 39 S Farr (2nd o-55) 57:08, 40 D Mellor (1st o-60) 57:09, 44 M Gerrish 57:52, 63 Judy Farr 1:02:24. Portsmouth 10M: A Robertson 1:00:20, T Rockcliffe 1:01:38, D Earley, R Withey, M Carpenter, Jackie Rockcliffe 1:11:47. Marshfield 10K: 11 N Fyfe 37:33, 12 N Stevens 37:35; 2M: Emily Hall (1st u-17) 14:15.

15 OCTOBER - Weymouth 10M: 34 A Bartlett 1:03:15.

16 OCTOBER - Avalon CC 8K, Burnham-on-Sea: 54 J Kent, 64 G Fice, 71 R Ellis, 72 R Carey, 99 B Hobbs, 119 T Northwood. Cirencester 10K: 65 A Hickson 39:13.

23 OCTOBER - Stroud Half-Marathon: G Fice 1:21:55, L Unsworth 1:31:56, Rosemary Barber 1:35:54, D Mellor 1:37:04, S Farr 1:42:35, M Gerrish 1:44:38. Three Hills 10.2M, Dorset: M Carpenter 1:29:43, R Withey 1:34:08.

30 OCTOBER - Snowdonia Marathon: 108 F Lamerton 3:19:37. Cheddar 10M: 50 A Bartlett 1:03:20, 169 Judy Farr 1:17:25, 185, S Farr 1:19:30; 5K: 17 Rosemary Barber (1st woman) 20:13. Exeter Duathlon (7K run, 34K bike, 7K run): 28 J Kent 27:42 + 1:12:31 + 30:17 = 2:10:30. Yate 10K: 18 A Robertson 36:31, 28 T Rockcliffe 37:52, 57 Jackie Rockcliffe (1st woman) 41:35, 61 B Hobbs 41:40, 83 P Chapple 44:52, 86 J Bowley 46:08.

N O V E M B E R

6 NOVEMBER - Harrow Marathon: B Hobbs 3:20:30. Salisbury Plain 15.5M: 109 R Withey 1:53:40, 143 D Earley 1:57:04, 144 M Carpenter 1:57:17, 155 D Mellor 1:58:23, 224 M Gerrish 2:06:30. Grittleton Ladies' 10K: 9 L Brown** (2nd o-40) 42:06, 10 R Barber** (2nd o-45) 42:18, 13 J Rockcliffe* 43:34, 22 C Crichton** 45:12, 52 J Farr** 49:30, 53 J Hunt* 49:48, 57 J Field** 50:13, 125 S Jennings** 58:28. (*2nd team; +1st o-40 team; **1st o-50 team.) Barnsley 10K: R Ellis 36:50, Denise Ellis 49:12. Ilminster 10K: 40 L Unsworth 43:02, Linda Unsworth (2nd woman, 1st vet.) 49:52.

12 NOVEMBER - Victoria Park 4M, Bath: 33 G Fice 23:00.

13 NOVEMBER - Beagle Bash 10K MT, Chipping Sodbury: 62 N Stevens 50:29, 67 N Fyfe (2nd o-50) 50:50, 122 F Lamerton 54:17, 137 C Williamson 55:07, 167 A Meadows 56:47, 244 S Farr 1:01:16, 258 D Mellor 1:02:29, 259 M Gerrish 1:02:31, 265 J Bowley 1:02:39. Newbury Biathlon: Rosemary Barber (4th woman, 1st o-40) 10K run 42:04 + 20K bike 52:12 = 1:34:16. Lynton 10K: 51 A Hickson (1st o-50) 38:45.

20 NOVEMBER - Avalon CC, Glastonbury: Senior Men (8K) - 58 J Kent 33:03, 67 R Ellis 33:35, 74 G Fice 34:11, 93 T Rockcliffe 35:36, 98 B Hobbs 36:09, 123 T Northwood 39:07, 136 S Farr 41:14; Senior Women (4K) - 18 Rosemary Barber 18:32. Westbury Harriers 10M MT: I White 1:10:06, 100 A Hickson 1:12:49.

27 NOVEMBER - Bournemouth 10M: 42 A Robertson 57:54, 83 T Rockcliffe 1:00:27, 117 S Reeves 1:02:59, 135 M Hehir 1:04:07, 137 A Hickson (1st o-55) 1:04:13, 160 D Earley 1:05:28, 188 Jackie Rockcliffe 1:07:14, 195 Rosemary Barber (1st o-45) 1:07:50, 311 G Babb 1:16:36, 345 M Brain 1:18:17, 354 Joyce Field 1:19:08, 357 Denise Ellis 1:19:22, W Howsego 1:22:27.

LANZAROTE - 10K, 27 November: 154 S Farr 46:47, 166 D Mellor 48:06; 9K Hill Race, 28 November: 148 S Farr 42:22, 154 M Gerrish 43:47, 163 D Mellor 44:31; 5K Beach Race, 29 November: 138 S Farr 29:10, 139 M Gerrish 29:27, 148 D Mellor 30:16; 23K Trans-Island Race, 30 November: 91 R Washbourne 1:38:11, 140 S Farr 1:51:25, 142 M Gerrish 1:51:41, 143 D Mellor 1:52:26. Four-Race Challenge: 114 S Farr 3:49:44, 122 D Mellor (2nd o-60) 3:55:19.

D E C E M B E R

4 DECEMBER - Heytesbury Relay 3 x 3.7M: Men - 5th AVR "A" (G Fice, C Williamson, N Stevens), 7th AVR "B" (A Robertson, B Hobbs, A Bartlett); Women - 4th AVR (Denise Ellis, Verity Bartlett, Joyce Field). Nunney Turkey Trot 5M: 11 Rosemary Barber (1st woman) 30:57, 14 P Chapple 34:28, 17 Judy Farr (3rd woman) 34:52, 25 S Farr 37:35. Yate 10K: J Bowley 45:03.

11 DECEMBER - Bromham 10K (inc. AVR championships): 12 A Robertson* (men's champion) 35:36, 14 J Kent* 36:12, 20 A Bartlett* 36:53, 22 N Stevens* 37:10, 27 R Carey 37:49, 28 T Rockcliffe 37:52, 31 F Lamerton 38:17, 33 S Reeves 38:45, 38 M Thrall 39:18, 43 M Hehir (1st o-50) 39:44, 56 B Hobbs 40:48, 67 B Dunn 41:19, 69 Jackie Rockcliffe (women's champion) 41:32, 70 Rosemary Barber (1st o-40) 41:37, 94 P Chapple 43:53, 107 J Bowley 44:58, 109 T Bartlett 45:08, 112 G Babb 45:24, 120 Barbara White 45:54, 124 S Farr 46:17, 128 Judy Farr 46:43, 129 Linda Unsworth 46:44, 130 M Brain 46:52, 136 R Porter 47:07, 140 R Havergal 47:19, 144 Denise Ellis 48:05, 148 Joyce Field 48:37, 154 Jan Hunt 49:12, 160 W Howsego 50:51, 192 Pauline Sanger 55:31, 209 Sheila Jennings 57:11. (*1st team.) Hog's Back 9M, Guildford: R Withey 1:02:45, M Carpenter 1:04:07.

18 DECEMBER - Avalon CC 8K, Swindon: 51 J Kent 30:07, 78 C Williamson 33:12, 97 T Northwood 37:29. Wellington Monument 6.25M: 52 Rosemary Barber (1st woman) 44:10, 90 S Farr 50:36, 93 Judy Farr (3rd vet.) 51:55. Merthyr Mawr 10K, Bridgend: L Unsworth 47:15.

26 DECEMBER - Boxing Day 3.4M, Trowbridge: 1 K Jennings (Hercules-Wimbledon) 18:21, 2 N Bamford (u/a) 19:11, 3 A Robertson 19:23, 4 A Bartlett 19:56, 5 N Stevens 20:12, 6 N Fyfe (1st o-50) 20:36, 7 T Rockcliffe (1st o-40) 20:54, 8 P Squire (Swindon RR) 21:10, 9 C Williamson 21:22, 10 D Earney (Bath) 21:59, 11 Rosemary Barber (1st woman) 22:07, 12 Jackie Rockcliffe 22:12, 13 J Earney (Bath, 1st u-18) 22:19, 14 G Saxty (Trowbridge) 22:49, 15 T Bartlett 23:27, 16 P Chapple 24:05, 17 S Farr 24:50, 18 Judy Farr 24:53, 19 Verity Bartlett 25:07, 20 W Howsego 27:35, 21 M Lewis (Trowbridge, 1st walker) 31:10, 22 Sheila Jennings 33:13, 23 J Woodsford (Trowbridge) 34:00.

For inclusion, telephone Stan Farr on Trowbridge 755605

The Lanzarote Experience

by Stan Farr

At the end of November four Valley members flew to Club la Santa in Lanzarote to take part in the Lanzarote Challenge. This consisted of four races in four days, with the final race of 14 1/2 miles running from south to north across the mountains. [See Results, Page 3.] Two members managed to compete in an extra race where the winner was the runner who came nearest to his own time prediction.

The most popular venue was the bike shed, where any type of bike could be hired at no cost. There were so many different sports on offer that we found it difficult to fit them all in. The weather was very warm, although a cooling breeze made conditions bearable. Accommodation was excellent and with over 300 runners plus supporters present there was never any feeling of overcrowding.

For those with energy to spare there was plenty to do in the evenings and many friends were made in the numerous bars. We all enjoyed the experience and plan to return hopefully with more members next time, as families are well catered for.

FIXTURES: January-April

JANUARY

Sun 1 Kewstoke 10K, 11.00
 Sun 8 Yate 10K, 11.00; Blandford 10M, 10.30
 Sun 15 Avalon CC, Midsomer Norton, 1.00
 Sat 21 Club Party, Southwick Village Hall, 7.30
 Sun 22
 Sun 29 Yate 10K, 11.00; Romsey 5M, 11.00

FEBRUARY

Sun 5 Gillingham Relays, 11.00
 Sun 12 Wyvern "Tough 10", 11.00; Blackmore Vale Half-Mthn, 11.00
 Sun 19 Avalon CC, Bristol, 1.00; Yate 5M, 11.00; Erlestoke CC?
 Sun 26 Great Western 10M, Pucklechurch, 10.30; Pewsey 10M, 10.30

MARCH

Sun 5 Avalon CC, Salisbury, 1.00; Alweston 10M, 10.30
 Sun 12 Bracknell "Tough 10", 11.00; Yate 5K, 11.00
 Sun 19 Bath Half-Marathon (inc. AVR championships), 12.00
 Sun 26 Trowbridge 5.9M, 11.00; Salisbury Firemen's 10K, 11.00

APRIL

Sun 2 London Marathon
 Sun 9 Totton 10K, 2.30
 Sun 16
 Sun 23
 Sun 30