



Valley News

THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS -- APRIL 1995

ROBERTSON-ROCKLIFFE DUO CHAMPIONS AGAIN

The Bath half-marathon was chosen for the 1995 club championships, and produced a repeat of last year's result, when Andy Robertson finished 70th in 1:17:00, six minutes ahead of his nearest clubmate. That was Ted Rockliffe, whose daughter Jackie was again the first AVR woman to finish, her time a personal best 1:28:07. Congratulations to Jackie, Linda Brown and Cathie Crichton, who came home with second women's team prizes.

What are you doing on 14 May?

The fifth running of the club's 10-kilometre road race is due on Sunday 14 May from St Augustine's School, Trowbridge, and the organizers need the usual number of helpers to ensure the continuing success of this event. Mark the date in your diary, and please let Colin Williamson (Trowbridge 768632) know if you will be available.

"Take your partners..."

A year seems a long time between club parties, and the idea of a summer barn dance came up at a recent committee meeting. Mike Brain bravely agreed to organize the event, which will probably take place in mid-August in Southwick Village Hall. Please give him your names as soon as possible so that he can go ahead with the arrangements for what promises to be a great night.

Fancy a change of scene ?

(1) Following trips to France for the ARGENTAN half-marathon by members in the past two years (see Nigel Stevens's report in January *Valley News*), it has been suggested that a club party should travel over for this year's event on 7 October. The weekend, including travel, accommodation and entertainment should cost about £100 per head. Contact Nigel or Colin Williamson as soon as possible if you're interested. (There's also a marathon.)
(2) Ask Stan Farr about LANZAROTE at the end of November, another sunny running holiday with a difference.

SUBSCRIPTIONS: These were due on 1 January -- see Dennis Mellor.

A cold run at Sand Bay

At Sand Bay, a cold run
Under a gleaming sun,
Out on this New Year's Day,
Chasing the clouds away.

After an indulgent season,
To run it off, that's the reason.
At a seaside pub called Long John
The race began. We ran, on, on . . .

A mingled group, out before lunch.
Up at the front, the faster bunch
Stayed well ahead, with measured stride,
Of most, however much they tried.

On to Kewstoke crossroads we ran,
Passing an empty caravan,
Bungalows and several more.
But now my thighs were feeling sore.

Is this road uphill all the way?
Both men and women tried to say,
With ice-cold breath and panting breath,
Aching calves and feeling like death.

With bloodstream rushing to the knees,
I thought, viewing the white-topped seas
Across the flat deserted sand,
I was half-way with time in hand.

Not so hung over, after all?
But have to take care not to fall.
There's still a distance yet to go;
Don't run too fast, yet not too slow.

Eager racers increased their pace,
As chilling winds stung at the face,
All looking forward to a rest.
Had it been a personal best?

At last, the end in sight.
A burst, with all our might.
The final gasp, a shout:
Finished - a minute out!

JOHN BOWLEY
January 1995

Secretary's Report

When it comes to veteran events we as a club can hold our own with anyone. It is interesting to note that veterans now make up the majority of the field in races and in the recent Liswerry "8" 245 of the 286 finishers were in this category.

It is pleasing to see more members turning out for races this year, with five teams at the Gillingham Relays looking very impressive. Our policy of operating as a low-key club continues with members under no pressure to turn out for races; in fact, we have members who don't run at all but wish to take an interest.

Stop Press: Congratulations to the 13 members who completed the London Marathon, especially some of our older runners who achieved lifetime bests. [Details in July newsletter.]

Welcome to the Valley

The first quarter of 1995 has been a good time for new signings, and the following six receive our best wishes for a long and happy time with Avon Valley Runners: Christine Jelly, Maureen Laney, Richard Luke, Alan Meadow, Barry Moss and Gavin Terry.

Milestones

Special greetings to Bill Howsego, who celebrated his 70th birthday on 3 April, and to the following who also move up into the next age-groups during this quarter: Mike Brain, 45 on 7 April; Anthony Hickson, 60 on 4 June; Alan Moss, 45 on 18 May; Beryl Mozley, 60 on 11 May; Ian White, 40 on 3 May; and Ann Whittle, 55 on 24 June.

**RESULTS:
January-March**

J A N U A R Y

1 JANUARY - Kewstoke Hangover 10K: 53 Rosemary Barber (1st o-40) 42:18, 73 J Bowley 45:56, 84 S Farr 47:53, 85 Denise Ellis 47:58, 88 Judy Farr (1st o-50) 48:55, 91 Joyce Field 49:34.

8 JANUARY - Yate 5M: 86 Rosemary Barber (1st o-45) 33:26, 115 J Bowley 36:41, 132 S Farr 39:26, 134 Judy Farr 40:15.

15 JANUARY - Theale 10K: 38 Rosemary Barber (3rd woman, 1st vet.) 42:53, 72 S Farr 46:25, 85 Judy Farr 48:23. Avalon CC, Midsomer Norton: 51 J Kent 30:25.

22 JANUARY - Theale 10K: 49 Rosemary Barber (2nd woman, winner of 3-race series) 42:33. Charnwood Hill 12M: 1 White 1:38:15, Barbara White 2:00:03.

29 JANUARY - Romsey 5M: 74 Rosemary Barber (1st o-45) 33:27, 79 C Switzer 33:41, 144 S Farr 36:56, 187 Judy Farr (3rd o-45) 38:24. Yate 10K: J Bowley 45:00.

F E B R U A R Y

5 FEBRUARY - Gillingham 3 x 3M Relays, Dorset: Women - 2 AVR (Rosemary Barber 20:12, Denise Ellis 23:13, Joyce Field 22:33) 1:05:58. Veteran Men - 1 AVR "A" (G Fice 16:47, N Fyfe 17:54, J Kent 17:05) 51:46; AVR "B" (S Greenland 19:02, J Bowley 21:32, G Fice 17:54) 58:28. Senior Men - AVR "A" (A Robertson 16:35, S Reeves 18:16, A Bartlett 17:54) 52:45; AVR "B" (C Williamson 18:52, G Terry 18:21, A Robertson 17:20) 54:33. Benfleet 15M MT: L Unsworth 1:55:15.

12 FEBRUARY - Blackmore Vale 5.1M: 5 Rosemary Barber (1st woman) 40:22, 10 Judy Farr (3rd woman) 45:45, 11 S Farr 46:13. Wyvern Tough 10M: A Bartlett 1:10:57, N Whitehead, D Earley, T Bartlett 1:19:58, M Carpenter, R Withey, Barbara White, J Bowley, Linda Unsworth, Denise Ellis.

19 FEBRUARY - Erlestoke 6.1M CC: 8 G Terry 41:02, 32 A Meadows 52:47, 33 Rosemary Barber (1st woman, 1st vet.) 52:59, 37 T Harrison 56:11, 40 S Farr 57:08, 41 D Mellor 57:21, 62 W Howsego 1:03:22. Long Mynd 10M: 34 I White 2:07:58. Avalon CC, Brislington: 38 J Kent 42:28.

26 FEBRUARY - Great Western 10M, Pucklechurch: 15 A Robertson 59:01, 43 T Rockliffe 1:04:48, [Maureen Laney (Clayton-le-Moors) (1st o-40) 1:05:34], 77 Jackie Rockliffe* 1:08:19, 81 Linda Brown* (2nd o-40) 1:08:54, 111 A Meadows 1:11:57, 145 D Mellor (1st o-60) 1:15:17, 169 S Farr 1:18:35, 177 J Bowley 1:19:45, 179 Joyce Field* 1:20:02, 215 Vivien Toms (1:29:04. *2nd women's team. Cardiff 20M: M Thrall 2:18:45, L Unsworth 2:24:58, M Carpenter 2:29:34, R Withey 2:35:02. Pewsey Hill 10M: 20 R Carey 1:08:14, A Hickson (1st o-50) 1:11:30.

M A R C H

5 MARCH - Dursley Dozen 12M MT: [13 T Laney (Clayton-le-Moors) 1:23:16], 44 I White 1:33:39, 81 T Bartlett 1:42:38, 199 S Farr 2:13:57. Reading 20M: F Lamerton 2:17:40. Alweston 10M, Dorset: 36 A Bartlett 1:03:15, 88 A Hickson 1:12:49, 125 Verity Bartlett 1:19:35. Wadebridge Duathlon, Cornwall: Rosemary Barber (4th woman, 1st o-40) 3M run 21:05 + 7M cycle 29:01 + 3M run 22:47 = 1:12:53.

12 MARCH - Portsmouth Half-Marathon: D Earley 1:26:41, F Lamerton 1:28:34. Gloucester 20M: N Whitehead 2:16:21. Yate 5K: Rosemary Barber (2nd woman, 1st o-45) 20:29, P Chapple 21:42. Cheddar 10M: Maureen Laney (1st woman) 1:24:59.

19 MARCH - Bath Half-Marathon (inc. AVR championships): Men - 70 A Robertson 1:17:00, 197 T Rockliffe 1:23:14, 204 B Hobbs 1:23:34, 234 M Thrall 1:24:44, 258 D Earley 1:25:14, 268 N Whitehead 1:25:21, 279 F Lamerton 1:25:35, 331 N Stevens 1:27:28, 363 R Carey 1:28:07, 493 D Kay 1:30:58, 510 T Harrison 1:31:18, 539 L Unsworth 1:31:53, 561 R Withey 1:32:18, 568 R Luke 1:32:28, 576 T Bartlett 1:32:46, 579 A Hickson 1:32:52, 623 A Lilliey 1:33:39, 696 M Carpenter 1:35:06, 839 D Mellor 1:38:14, 873 S Farr 1:38:59, 915 T Northwood 1:39:53, 1,000 J Bowley 1:41:38, 1,159 M Gerrish 1:45:05, 1,247 M Brain 1:47:12, 1,378 W Howsego 1:51:07, 1,690 L Millichip 2:11:35. Women - 12 J Rockliffe* 1:28:07, 16 L Brown* 1:29:11, 50 C Crichton* 1:39:59, 63 C Tyler 1:41:47, 66 J Field 1:41:55, 93 D Ellis 1:45:24, 96 V Bartlett 1:45:44, 143 V Toms 1:52:10. *2nd women's team. Grizzly 17M MT, Seaton, Devon: 68 I White 2:36:18.

26 MARCH - Trowbridge 5.9M: 3 A Robertson 32:35, 11 B Hobbs 35:23, 12 Maureen Laney (1st woman, 1st o-40) 35:29, 13 N Stevens 35:30, 16 Tom Frost 36:26, 20 C Williamson 37:26, 21 C Switzer 37:45, 26 Jackie Rockliffe (3rd woman) 38:21, 28 A Lilliey 39:14, 29 Rosemary Barber 39:31, 35 P Chapple 41:20, 39 J Bowley 42:23, 42 D Mellor 42:49, 45 Joyce Field 43:39, 47 Judy Farr 44:22, 52 Vivien Toms 47:39.

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For inclusion, telephone Stan Farr on Trowbridge 755605

FIXTURES: April-July
APRIL

Mon 17 Yeovil 10K, 11.00
 Sun 23 S-W Vets' 10K, South Molton, 11.15; Frenchay 10K, 11.00
 Thu 27 BernCol Relay, Bradford-on-Avon, 7.30
 Sun 30 Swindon 10K, 11.30; Bristol Half-Marathon, 11.30;
 Glastonbury 5M 1219y, 11.00

MAY

Sun 7 Neolithic Marathon, 10.30; Corfe Mullen 10K, 10.30;
 Pensford 10K, 1.00; Bourne Valley Half-Marathon, 11.00
 Sun 14 AVR 10K
 Sat 20 Isle of Wight Marathon, 2.00
 Sun 21 Chippenham Half-Marathon, 10.30; Yeovil 10K, 2.30
 Thu 25 Tom Roberts Handicap 5K, Bradford-on-Avon, 7.40
 Sat 27 Bath 10M, 11.00
 Sun 28 Kingswood Half-Marathon, 10.30
 Mon 29 Wells City Centre 10K, 2.00; Imber Half-Marathon, 10.00

JUNE

Sun 4 Painswick 8M MT, 10.30; Crewkerne 9M, 10.00
 Sat 10 Broad Town 5M, 2.30
 Sun 11 Warminster 10M, 10.30
 Sat 17 ~~Poolle~~ 10K, 4.00; Dursley 10M, 6.00
 Sun 18 Offa's Dyke 15M, 2.30
 Sat 24 West Coker 10K, 3.35 **POOLLE 10K**
 Thu 29 Tom Roberts Handicap 5K, Bradford-on-Avon, 7.40

JULY

Sun 2 Bitton Veterans' 10K, 11.00
 Sun 9 New Forest 10M, 12.45; Bridgwater Half-Marathon, 11.00;
 Yate Half-Marathon, 11.00
 Sat 15 Hambledon Hill 4M, 3.00

A couple of sailors lose their way

by Tony Bartlett

Ten miles in almost two hours? Seems a little slow, you think? Believe me, I was lucky to do it in that time. It happened on an October day in 1953. I was a callow youth of 18 (yes, I know that's a long time ago!) and one of a team of six Royal Navy runners competing in a four-way cross-country match against the Army, the RAF and a civilian team from Portsmouth. The event took place at and around RAF Tangmere in Sussex. The course was relatively flat with one hill rising to a windmill.

We Navy men reckoned we could win the team trophy as we had an outstanding runner in Jim Maynard. We knew that the RAF had two excellent competitors from previous meetings, but the rest of their team were only moderate. The Army side we knew were only a scratch contingent, and although we didn't have a great deal of knowledge of the "civvies" we were confident. Ah, the exuberance of the young!

The race started and Jim and the two RAF chaps set off at a cracking pace; by the time we had reached the windmill they were nearly out of sight. My team-mate Mick Stebbings and I were next and some way in front of a gaggle of runners. We swung downhill and into a wooded section, and that's where it all went wrong. It transpired later that some dear little children had altered the route marker. The leading trio of course knew the way, as did the group behind led by other RAF men, but Mick and I turned left where we should have turned right. After several hundred yards of a twisting and narrowing woodland path we were abruptly brought to a halt by a mass of bramble bushes.

Realizing now that we were lost, we detoured around and eventually came to an open field where in the very far distance we could see the control tower of RAF Tangmere. We set off in as direct a way as possible, finally reaching the finish line almost half an hour after everyone else. We didn't win the team prize - and I'll tell you something else: Mick was going to train as a navigator.

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