



Valley News

THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS --- JULY 1995

JUST THE TICKET FOR A NIGHT OF FUN!

Question: What are you doing on Saturday 14 October? Answer: Dancing the night away in a Barn Dance at Southwick Village Hall, of course! If you didn't know already, then mark the date in your diary. Mike Brain has arranged for an experienced caller to provide the music and put you all through your paces in this highly enjoyable form of entertainment. Tickets are a modest £3, which includes a cheddar ploughman's supper and chocolate gâteau. There will be a fully licensed bar and a free prize draw (for which items will be appreciated). Get your tickets now!

AVR 10K: an established success

Once again the race subcommittee did a fine job in organizing our annual 10-kilometre road race, and they extend their thanks to all those who helped to ensure the smooth running of the event. The course has proved to be no pushover for fast times (won this year in 32:31), but a good number of athletes return each year to do battle and take advantage of the excellent facilities. One aspect on which the organizers pride themselves is the speed of our recording and results system: full details were up on the board less than half an hour after the last runner had finished.

On the home front...

Best wishes for their future happiness to Andy and Jackie Robertson, who were married on Saturday 3 June. As members know, they are respectively the current club men's and women's champions. One result of this happy event is that the name of Jackie Rockliffe will no longer appear in the results: is this the start of a new dynasty?

* * *

Congratulations to Mark Thrall, whose wife recently gave birth to a daughter Eve.

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Proud grandparents for the first time are Mike Hehir and his wife Emily, with the arrival of a son Ricky for Grieg and Belinda.

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

The Loneliness of the Short
Distance Runner*

by VIV TOMS

My legs feel like jelly,
My armpits are smelly,
My lungs will surely burst,
But I'm going to be first!

I did want to win
But drank too much gin;
Now there's no one behind,
But the marshals are kind....

The runners are receding,
I'm no longer leading;
Run as fast as I can -
Try and keep up with Stan!

It's a total disaster -
I should have run faster.
My legs feel like lead,
I wish I was dead!

In my despair
I send up a prayer:
"Please, God, hear my voice -
I want to beat Joyce!"

Wait - here comes Jan!
Like me, an also-ran;
But alas, she's passing me,
Even with her bad knee.

Where the hell is Judy?
I'm getting very moody!
I don't know why I'm bothering
When the ambulance is hovering!

As home I do pedal:
"Our Mum's won a medal!"
(Stan's book tells the truth.)
COME BACK, RUTH*!

I need a potion -
Some pills or magic lotion -
To make me run quicker
And keep off the liquor!

* 5ft?

* I used to beat Ruth but she left.

Secretary's Report

I would like to congratulate the AVR 10K race committee on another fine promotion. Many favourable comments were overheard from visiting clubs. We are indebted to James Marshall, who brought a team of physiotherapists; James is fully qualified and can be contacted on Trowbridge 765033 if any member needs treatment.

I have purchased a set of age-group standards for all distances; this means that an 80-year-old can compare his performance with that of an eight-year-old.

Would anyone wishing to join South-West Veterans' AC (£7 p.a.) please contact me. Benefits are a quarterly newsletter and a chance to run in south-west championships at most distances.

Finally, congratulations to our women's section on their numerous individual and team awards recently, and also the men's victories at the Calne Relays. - Stan Farr.

Welcome to the Valley

Best wishes to Paul Squire, who joined us in March and has already turned in some good performances; and to former stalwart Phil Mitchell, who is making a welcome return to the ranks after a spell with Chippenham Harriers.

Milestones

Birthday wishes to the following: Mike Hehir, 55 on 25 September; Fay Merrell, 45 on 6 August; Tom Roberts, 40 on 9 August; Ted Rockliffe and Neil Whitehead, both 50 on 22 September.

RESULTS: April-June

2 APRIL - London Marathon: B Hobbs 3:02:18, F Lamerton 3:12:59, N Rosier 3:14:23, M Thrall 3:15:44, Linda Brown 3:21:07, L Unsworth 3:23:59, D Earley 3:35, D Mellor 3:35:41, B Dunn 3:40, R Washbourne 3:44, W Howsego 3:59:30, M Gerrish.

9 APRIL - Longleat Duathlon: 104 J Kent 2:04:09. Totton 10K: 23 A Robertson 34:15, 117 F Lamerton 37:57, 176 A Hickson 39:54, 186 Jackie Rockliffe (8th woman) 39:50, 231 Rosemary Barber (4th o-35) 41:14, 308 J Bowley 43:46, S Farr 43:58, 359 Joyce Field (1st o-50) 44:57, 448 Denise Ellis 47:03, 472 Judy Farr (2nd o-50) 47:40.

17 APRIL - Yeovil 10K: 47 R Luke 40:29, 53 B Dunn 41:29, 61 Rosemary Barber (3rd o-35) 42:23, 86 J Bowley 45:02, 87 S Farr 45:04, 90 Joyce Field 45:46, 101 Judy Farr 49:03, 122 Viv Toms 52:21.

23 APRIL - South Coast Marathon, Gosport: 89 F Lamerton 3:17:21, 130 D Kay 3:30, 176 T Bartlett 3:42:00. North Devon 10K, South Molton (inc. South-West Veterans' Championships): 70 Rosemary Barber (1st o-45) 42:51, 105 S Farr (2nd o-55) 46:52, 108 J Bowley 47:10, 114 Joyce Field (1st o-50) 47:29, 146 Judy Farr (2nd o-50) 52:06. Highworth 10K: 76 N Whitehead 38:21, 85 N Stevens 38:37, 92 C Williamson 39:21, 94 N Fyfe 39:23, 260 W Howsego (1st o-70) 50:18. Penselwood 10K: 13 B Dunn 43:08.

27 APRIL - BernCol 3 x 1.3M Relay, Bradford: 1st team - A Robertson 7:08 + Linda Unsworth 9:14 + A Lilley 8:11 = 24:33; 2nd team - S Farr 9:35 + A Bartlett 7:33 + N Rosier 7:41 = 24:49; 3rd team - T Bartlett 9:12 + M Thrall 7:50 + A Hickson 7:57 = 24:59. Indiv. times: 1 D Seymour 6:57 (new record), 2 A Robertson 7:08, 3 P Squire 7:25, 4 G Fice 7:32, 5= J Kent & A Bartlett 7:33, 7 F Lamerton 7:34, 8 N Rosier 7:41, 9 Maureen Laney 7:46 (new record), 10 C Williamson 7:49, 11 M Thrall 7:50, 12 T Rockliffe 7:55, 13 A Hickson 7:57, 13= R Luke & N Fyfe 8:00, 16= Jackie Rockliffe & A Lilley 8:11, 18 P Chapple 8:44, 19 Cathie Crichton 8:48, 20 G Babb 8:53, 21 T Bartlett 9:12, 22 Linda Unsworth 9:14, 23 Denise Ellis 9:20, 24 Joyce Field 9:33, 25 R Porter 9:34, 26 Stan Farr 9:35, 27 J Bowley 9:37, 28 D Mellor 9:40, 29 Viv Toms 10:18, 30 T Grigsby 11:03.

30 APRIL - Bristol Half-Marathon: Maureen Laney (1st woman) 1:22:23, B Hobbs 1:25:00, D Earley 1:28:16, J Bowley 1:39:53, Joyce Field 1:40:06, Viv Toms 1:54:09, A Meadow 2:00:08; Bristol 6K: Jan Hunt 28:51, Pauline Sanger 31:39. Glastonbury 5 1/2 M: 83 Rosemary Barber (2nd o-45) 38:19, 126 S Farr 40:46, 155 D Mellor 43:04, 191 W Howsego 44:52, 198 Judy Farr 54:12.

7 MAY - Neolithic Marathon (Avebury-Stonehenge): 27 F Lamerton 3:38:06, 52 T Bartlett 3:49:42, 63= Irene Warden & R Washbourne 3:54:52, 87 D Kay 4:06:44, 92 R Withey 4:12:20.

8 MAY - Fontwell Magna 8M: 19 R Carey 51:53, 31 Rosemary Barber* (2nd woman, 1st o-40) 54:49, 49 S Farr 59:56, 61 Denise Ellis* 1:03:46, 62 Judy Farr* (1st o-50) 1:03:59. (*1st women's team.)

9 MAY - Calne 3 x 3.4M Relays: 1st team AVR "A" (A Robertson 18:26, G Fice 19:32, J Kent 19:07) 57:05, "B" (C Williamson 20:11, N Stevens 20:36, A Bartlett 20:24) 1:01:11, "C" (A Hickson 20:54, M Hehir 21:43, T Rockliffe 20:21) 1:02:58, "D" (N Fyfe 20:00, J Bowley 23:54, A Robertson 19:07) 1:03:01; 1st women's team (Rosemary Barber 21:53, Joyce Field 24:34, Jackie Rockliffe 20:55) 1:07:22.

14 MAY - AVR 10K, Trowbridge: [11 M Connor (Bath) (1st o-40) 35:13], 14 P Squire 35:43, 29 N Fyfe (1st o-50) 37:33, 44 Linda Brown* (1st woman, 1st o-40) 40:05, 66 P Chapple 42:21, 69 T Bartlett 42:57, 71 Cathie Crichton* 43:04, 86 J Bowley 44:57, 88 Joyce Field* 45:16, 101 R Porter 48:43. (*1st women's team.) Alton 10M: Les Unsworth 1:08:07. Sutton Benger 5M: 13 Rosemary Barber (1st woman) 32:39. Clifton Downs 5K: Jan Hunt 24:33, Pauline Sanger 26:09, Sheila Jennings (1st o-60) 26:45.

21 MAY - Chippenham Half-Marathon: 74 R Withey 1:33:11, 90 M Carpenter 1:35:35, 126 S Farr 1:40:07, 134 D Mellor 1:40:46, 161 Linda Unsworth 1:44:51. North Stoke Centaur Chase 10M MT, Bath: A Bartlett 1:15:38. Keynsham 5 1/2 M: 51 Rosemary Barber (1st o-40) 37:20, 108 Judy Farr (1st o-50) 44:23.

25 MAY - Tom Roberts Handicap 5K: 1 A Bartlett, 2 Viv Toms, 3 Denise Ellis. Times: 1 A Robertson 17:37, 2 P Squire 17:59, 3 A Bartlett 18:35, 4 F Lamerton 18:42, 5 Maureen Laney 18:56 (women's course record), 6 J Kent 19:03, 7 N Fyfe 19:07, 8 N Stevens 19:43, 9= M Thrall & T Rockliffe 19:46, 11 B Hobbs 19:48, 12 R Carey 20:20, 13 A Hickson 20:21, 14 R Luke 20:26, 15 Jackie Rockliffe 20:36, 16 Rosemary Barber 20:55, 17 S Reeves 21:02, 18 A Meadow 21:10, 19 G Winnard 22:40, 20 T Bartlett 22:57, 21 M Brain 23:27, 22 Denise Ellis 23:30, 23 J Bowley 23:39, 24 D Mellor 23:47, 25 R Porter 24:08, 26 Joyce Field 24:30, 27 K Lee 25:28, 28 Linda Unsworth 25:31, 29 Viv Toms 25:58, 30= Jan Hunt & A Moss 25:59, 32 Judy Farr 26:14.

27 MAY - Bath 10M: 41 Linda Brown (4th woman) 1:14:10, 45 T Bartlett 1:15:17, 63 S Farr 1:20:32, 68 D Mellor 1:21:38, 74 Denise Ellis 1:25:46, 76 M Gerrish 1:28:46.

29 MAY - Imber Half-Marathon: 17 A Bartlett 1:30:10, 23 Tom Frost 1:34:15, 43 T Bartlett 1:39:42. Wells City Centre 5K (inc. National Veterans' Championships): Women - 23 Jackie Rockliffe 19:21, 32 Rosemary Barber* (3rd o-45) 19:51, 46 Joyce Field* (3rd o-50) 21:34, 56 Judy Farr* 23:23, 64 Sheila Jennings (2nd o-60) 26:34. (*3rd veterans' team.) Men o-40 - 72 G Fice 17:21, 81 T Rockliffe 18:12; o-50 - 33 A Hickson 19:03, 56 J Bowley 21:18; Wells Men's Open 8K: 54 A Robertson 27:11; Wells Under-17 3K: Emily Hall 11:12. Ashton Court 10K MT: C Williamson 38:55, A Meadow 43:22, Pauline Sanger 57:36.

(Continued on Page 4)

FIXTURES: July-October

JULY

Sat 15 Hambledon Hill 4M, 3.00
 Wed 19 Chippenham 4½M, 7.30
 Sun 23 Donhead 5M, 11.00
 Thu 27 Tom Roberts Handicap 5K, 7.40

AUGUST

Sun 6 Sturm. Newton Half-Mthn, 10.30; Blagdon 5M 973y, 11.00
 Tue 8 Calne Relays
 Sun 13 Airsprung 3M, 11.00
 Sat 19 Race the Train 14M 394y, 1.45
 Sun 20 Braishfield 15K, 10.45; Standish 10M, 11.00;
 Boscombe 10K, 3.00
 Sun 27 Langport 10K
 Mon 28 Southwick 3M, 3.00

SEPTEMBER

Sun 3 Witney 10M, 11.00; Calne 10K, 11.00; Frome 5M, 10.00;
 Bitton 10K, 11.00; Corfe Castle Beast 12M, 10.30
 Sun 10 New Forest Half & Mthn, 11.00; Glos. Beacon 10K, 11.00
 Sun 17 Pewsey Half-Marathon, 10.30; Burnham Half-Marathon, 11.00;
 Great North Run 13.1M, 1.00;
 Sun 24 Polytechnic Marathon, 9.30; Taunton 10K, 11.00

OCTOBER

Sun 1 Gloucester Marathon, 10.30; Totton 10K, 2.30;
 Longleat Relays (*to be confirmed*)
 Sat 7 Argentan (France) Half-Marathon
 Sun 15 Sandbanks 10K, 11.00
 Sat 21 Weymouth 10M, 3.00
 Sun 22 Warminster 10K, 11.00; Stroud Half-Marathon, 10.30;
 Dorset "Three Peaks", 10.30

RESULTS (continued from Page 3)

4 JUNE - Long Ashton 10K: 95 Rosemary Barber (2nd woman, 1st o-40) 42:51, 158 S Farr 46:42, 193 Judy Farr (1st o-50, medal for o-50 course record) 48:59.
 10 JUNE - Broad Town 5M: 60 A Lilley 32:17, 62 L Unsworth 32:37, 105 Judy Farr 37:33, 109 S Farr 38:00.
Westwood 3M: 1 C Williamson 17:23, 2 N Rosier 17:25, 4 Rosemary Barber (1st woman) 18:46.
 11 JUNE - Warminster Forest 10M: 10 Maureen Laney (1st woman) 1:00:56, 55 D Mellor 1:16:39, 57 Barbara White 1:16:41, 59 J Bowley 1:16:46, 60 Joyce Field 1:16:47. Great Hinton 2½M: 2 J Kent 15:18, 4 C Williamson 15:44, 5 N Fyfe 15:51, 6 T Rockliffe 15:56, 8 G Terry 16:11, 9 T Frost 16:18, 13 B Hobbs 16:45, 16 Rosemary Barber (1st woman) 17:28, 19 P Chapple 18:15, 29 Linda Unsworth (2nd woman) 19:11, 40 Judy Farr (3rd woman) 20:00, 50 S Farr 20:35, 53 Emily Hall 20:50.
 17 JUNE - Man v. Horse 22M MT Relay (teams of 4, various distances), Llanwrtyd Wells: 4th (out of 14) AVR - Maureen Laney 36:09 + C Williamson 34:40 + N Stevens 25:53 + N Fyfe 54:55 = 2:31:37. Dursley 10M: 80 T Bartlett 1:13:11.
 18 JUNE - Offa's Dyke 15M MT: N Whitehead 1:56:56. South-West Veterans' AC 5,000m (track): G Fice 17:08.
 24 JUNE - Bourton-on-the-Water 15M: 59 P Squire 1:39:45, 151 T Bartlett 1:56:19. Poolo 10K: 74 Maureen Laney* (1st o-40) 36:14, 112 C Williamson 37:51, 205 Rosemary Barber* (1st o-45) 41:30, 287 J Bowley 45:35, 298 Joyce Field* (1st o-50) 45:50, Judy Farr 48:11, Viv Toms 51:25. (**1st women's team.*) Brugge 10K: Sheila Jennings (2nd o-60) 53:49.
 29 JUNE - Tom Roberts Handicap 5K: 1 S Reeves, 2 Maureen Laney, 3 Judy Farr. Times: 1 A Robertson 18:07, 2 M Laney 18:10 (new women's record), 3 G Fice 18:29, 4 P Squire 18:35, 5 J Kent 18:51, 6 C Williamson 19:02, 7 N Fyfe 19:09, 8 T Rockliffe 19:28, 9 N Stevens 19:30, 10 F Lamerton 19:38, 11 P Mitchell 19:46, 12 B Hobbs 19:51, 13 R Carey 19:55, 14 S Reeves 20:08, 15 R Luke 20:54, 16 A Hickson 20:59, 17 Rosemary Barber 21:18, 18 R Withey 21:28, 19 Jackie Robertson 21:40, 20 M Carpenter 21:45, 21 T Bartlett 22:20, 22 Cathie Crichton 22:25, 23 A Meadow 22:34, 24 G Babb 22:38, 5 A Moss 24:07, 26 D Mellor 24:14, 27 Judy Farr 24:51, 28 R Porter 25:08, 29 Denise Ellis 25:34, 30 K Lee 26:31, 31 Viv Toms 26:53. West Wilts. Schools 1,500m: 1 J Hobbs 5:09.