



Valley News

THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS -- OCTOBER 1995

A SPECIAL BIRTHDAY PARTY

Avon Valley Runners' annual party on Saturday 6 January will mark a special anniversary, as it will be ten years since the formation of the club at the beginning of 1986. The venue will be the same as for the past three years - Southwick Village Hall - and admission unchanged at £5 for adults, free to under-16s. As before, a buffet meal is included, the bar will be open, and there will be disco dancing. Note the earlier date than usual, and of course prizes for the lucky draw will be appreciated.

Barn Dance a sell-out success

The question was optimistically asked at the October committee meeting: "Who's selling tickets for the barn dance?" The answer: "You must be joking!" That's right - all tickets printed were quickly snapped up, with a lucky few extra revellers being admitted at the door, and by all accounts the planned night of fun in Southwick Hall lived up to its promise. Thanks to Mike, whose Brain-child the evening was.

AVR's Norman invasion

Perhaps the only advantage of the lateness of this issue of *Valley News* (for which, apologies) is that we are able to mention the visit to France early in October by thirteen members to take part in the Argentan half-marathon - and the festivities that went with it. The Valley accounted for a couple of prizes, too: Maureen Laney's second-woman award, in a superb 44th place out of over a thousand; and Dennis Mellor's trophy and kit for finishing third over-60 and beating half the field into the bargain.

Notice of A.G.M.

The tenth annual general meeting of Avon Valley Runners will be held on Thursday 4 January, probably in the Avon Sports Club, Bradford-on-Avon (venue to be confirmed). Nominations for the election of officers must be given to the secretary in writing by the committee meeting on Thursday 7 December.

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

Welcome to the Valley

Membership of the club continues to hover healthily around the 90 mark, with two new recruits having signed on during the past three months. Susie Phillips joined on 25 September and Jane Gilmore a day later, and they further increase our proportion of female members, now nearly a third of the total. May they both have many happy miles with Avon Valley Runners.

Milestones

Tony Bartlett qualified for free prescriptions when he turned 60 on 10 October - but doesn't look as if he's in much need of medication! Others who move up into their next age-group this quarter are: Richard Havergal, 45 on 23 November; Kevin Lee, 55 on 30 October; and Christina Tyler, 35 on 27 December. Best wishes to all.

TRANSMOGRIFICATION? Somehow, in the last issue of *Valley News*, Mark and Lisa Thrall's newborn son, Adam, was miraculously changed into "a daughter, Eve". Sorry!

Memory Lane... THE LONDON TO BRIGHTON

by Stan Farr

After running four marathons in the early part of 1974 I began to look for another challenge. That's how I came to step up my training to 50 miles per week in preparation for the London to Brighton (52½ miles).

On Saturday 28 September I drove to Brighton, parked in a side street, and went by train to London. After a pie-and-chips supper I looked for a bed for the night, but this proved more difficult than I thought as all the boarding-houses in Victoria seemed to be full. I even tried the Salvation Army, but the receptionist said, "We don't want your sort in here - this is a doss-house." Eventually I found a house run by a Spaniard who let me in but couldn't understand when I tried to explain that I had to be up early to run to Brighton.

I was awake at 6 a.m. and made my way to Big Ben, over a mile away. After changing and throwing my clothes into the back of a lorry, I lined up on Westminster Bridge with 108 other competitors.

On the stroke of seven we set off in perfect conditions, with much banter passing between us. I passed through Streatham (5 miles) in 36:21, Croydon (10 miles) in 1:12:40 lying 77th, and Redhill (20 miles) in 2:29:21. Crawley (30 miles) was reached in 3:53:08, but my legs now belonged to someone else. I crossed the Sussex Downs at Pyecombe (46 miles) 60th in 6:15:55, but was oblivious to anything except the pain in my body. The last 6 miles 876 yards into Brighton took me nearly an hour, as I finished 59th in 7:14:04.

Many of us had to be carried down the stairs to the saltwater baths and carried back up again. After the presentation dinner I made my way back to the car. There a lady approached me, saying, "Do you want a good time, son?" I said, "I've just had a good time running from London to Brighton", whereupon she turned and made a hurried exit.

RESULTS: July-September

2 JULY - Bitton Veterans' 10K: 15 T Rockcliffe 38:41, 33 A Hickson (1st o-60) 41:11, 43 Rosemary Barber* (3rd woman, 1st o-45) 42:23, 61 J Bowley 45:01, 64 S Farr (3rd o-55) 45:05, 65 G Babb 45:13, 74 D Mellor (3rd o-60) 46:53, 85 Judy Farr* (1st o-50) 47:52, 102 Viv Toms* 52:32, 109 Sheila Jennings (1st o-60) 56:28. *3rd women's team.

Southport Beach 10K: A Meadow 47:00, Jan Hunt 54:50, Pauline Sanger 57:23.

9 JULY - Bridgwater Half-Marathon: 19 A Bartlett (1st u-25) 1:29:20, 42 T Bartlett 1:39:29.

New Forest 10M: Neil Whitehead 1:06:22, Les Unsworth 1:20:17, M Carpenter 1:22:22, Linda Unsworth 1:32:53.

Sherston 10K: 37 S Farr 46:39, 46 D Mellor 47:42, 58 Judy Farr 49:53.

11 JULY - Calne 3 x 3.4M Relay: 3rd men's team - G Fice 18:53, J Kent 19:34, P Squire 18:46 (total 57:13); N Fyfe 19:35, C Williamson 19:58, P Squire 18:46 (59:28); N Stevens 20:14, B Hobbs 20:16, T Rockcliffe 20:21 (1:00:51); A Hickson 20:46, S Greenland 20:31, M Hehir 21:33 (1:02:50); 1st women's team - Maureen Laney 19:04, Rosemary Barber 21:55, Jackie Robertson 22:06 (1:03:05); R Luke 21:27, J Bowley 23:59, G Fice 20:23 (1:05:49); Judy Farr 25:20, Viv Toms 27:59, Denise Ellis 24:54 (1:18:13); Cathie Crichton 23:18, Pauline Sanger 28:45, Jan Hunt 26:37 (1:18:40).

15 JULY - Hambledon Hill 3¹/₂M Ramparts Run, Child Okeford, Dorset: 13 C Williamson 25:41, 22 A Hickson 27:48, 29 Rosemary Barber (2nd woman) 28:59, 38 S Farr 32:07.

19 JULY - Chippenham 4¹/₂M: 12 P Squire 25:47, 16 N Fyfe 26:29, 21 C Williamson 26:43, 31 T Rockcliffe 26:59, 38 F Lamerton 27:19, 39 G Terry 27:19, 40 B Hobbs 27:41, 53 M Hehir 28:46, 72 A Hickson (1st o-60) 29:45, 84 P Mitchell 30:39, 107 J Bowley 32:55, 120 Joyce Field 34:20.

23 JULY - Gloucester Half-Marathon: 60 A Bartlett 1:24:41, 165 T Bartlett 1:34:52.

Theale Duathlon: Rosemary Barber (2nd woman) - 6K run 22:31, 25K bike 53:11, 6K run 22:12.

Donhead 5M: 49 J Bowley 34:25, 51 S Farr 34:45, 53 Judy Farr (1st o-45) 35:28, 62 Joyce Field 37:42; Girls' 2¹/₂M: 2 Emily Hall 18:03.

Brading 10K, Isle of Wight: 58 W Howsego (1st o-70) 53:26.

26 JULY - Broadmoor Tough 10K: 61 T Roberts 49:46.

27 JULY - Tom Roberts 5K Handicap: 1 A Meadow, 2 Linda Unsworth, 3 Jackie Robertson. Times: 1 A Bartlett 18:32, 2 F Lamerton 18:49, 3 G Terry 19:03, 4 N Fyfe 19:06, 5 N Stevens 19:38, =6 S Reeves, M Thrall, T Rockcliffe 19:48, 9 R Washbourne 20:07, 10 Jackie Robertson 20:17, 11 R Luke 20:25, 12 D Gosling 20:26, 13 M Hehir 20:36, 14 P Mitchell 20:51, 15 A Meadow 20:53, 16 Rosemary Barber 20:54, 17 R Withey 21:21, 18 G Winnard 21:49, 19 M Carpenter 21:57, 20 G Babb 22:02, 21 R Whittle 22:03, 22 T Bartlett 22:08, 23 P Chapple 22:51, 24 A Moss 23:07, 25 J Bowley 23:30, 26 Linda Unsworth 24:02, 27 D Mellor 24:20, 28 Judy Farr 24:44, 29 R Porter 24:46, 30 Joyce Field 25:49, 31 Viv Toms 26:18.

29 JULY - Swanage 12M: 31 N Rosier 1:17:32, 33 N Whitehead 1:17:49, 73 T Bartlett 1:28:07, 100 D Mellor 1:34:28, 119 Judy Farr (3rd o-40) 1:39:56.

6 AUGUST - Sturminster Newton Half-Marathon: 39 A Bartlett 1:25:53, 76 T Bartlett 1:34:43. Leyhill Prison 10K MT: Rosemary Barber (2nd woman, 1st vet.) 45:19. Blagdon 5.6M: 111 Judy Farr (3rd o-35) 44:32.

8 AUGUST - Calne 3 x 3.4M Relay: 4th team - P Squire 18:52, A Bartlett 20:01, J Kent 19:43 (total 58:36); 7th - G Terry 19:41, F Lamerton 19:28, M Hehir 21:37 (1:00:46); 10th - T Rockcliffe 20:33, S Reeves 20:53, N Stevens 20:13 (1:01:39); 19th (1st women's team) - Rosemary Barber 21:43, Judy Farr 25:12, Jackie Robertson 21:07 (1:08:02); 20th - A Robertson 18:51, R Ellis 21:17, J Bowley 28:26 (1:08:34); 23rd (3rd women's team) - Joyce Field 25:20, Viv Toms 27:24, Denise Ellis 25:17 (1:18:01).

12 AUGUST - Grove 6M: 95 Judy Farr (1st o-45) 47:35.

13 AUGUST - Airsprung 312M: 3 A Robertson 18:26, 4 A Bartlett 19:04, 5 Maureen Laney (1st woman) 19:10, 6 C Williamson 19:18, 7 J Kent (1st o-40) 19:22, 8 T Rockcliffe 19:52, 9 N Fyfe 20:05, 13 Jackie Robertson (3rd woman) 20:34, 14 B Hobbs 21:23, 15 L Unsworth 21:46, 20 J Bowley 24:15, 22 Linda Unsworth 24:35, 24 R Havergal 25:14, 25 Judy Farr 25:21, 29 Viv Toms 26:58.

20 AUGUST - Standish Woodland Chase 10M: 63 T Bartlett 1:16:45.

Braishfield 15K: 61 Rosemary Barber (1st o-45) 1:09:34, 84 Judy Farr (3rd o-50) 1:16:49, 89 S Farr 1:20:10.

24 AUGUST - BernCol 3 x 1.3M Relay: 1st team - J Lord 7:52, B Merrell 8:56, N Fyfe 7:41 (24:29); 2nd team S Reeves 7:50, D Gosling 8:09, A Moss 8:38 (24:37); 3rd team - M Gerrish 9:44, J Hobbs 8:08, G Fice 7:15 (25:07). Individual times: A Robertson 7:10, C Williamson 7:14, G Fice 7:15, J Kent 7:17, A Bartlett 7:33, N Fyfe 7:41, R Ellis 7:44, S Reeves & T Rockcliffe 7:50, J Lord & P Mitchell 7:52, Jackie Robertson 7:57, R Luke 7:59, B Hobbs 8:03, J Hobbs 8:08, D Gosling 8:09, A Lilley 8:16, Fay Merrell 8:27, M Hehir 8:34, M Carpenter, A Moss & R Withey 8:38, Cathie Crichton 8:45, T Bartlett & B Merrell 8:56, P Chapple 9:03, Denise Ellis 9:38, M Gerrish 9:44, Joyce Field 10:02, K Lee 10:13, D Mellor 10:13, N Kent 10:31, R Porter 10:35. (Contd Page 4)

FIXTURES
October-January

OCTOBER

Sat 21 Weymouth 10M, 3.00
 Sun 22 Warminster 10K, 11.00; Stroud Half-Marathon, 10.30;
 Dorset Three Peaks, 10.30
 Sun 29 Cheddar 10M, 11.00; Yate 10K, 11.00

NOVEMBER

Sun 5 Salisbury 15¹/₂M, 1.00; Grittleton Women's 10K, 10.30;
 Ilminster 10K, 10.30
 Sat 11 Bath Victoria Park 4M, 2.00
 Sun 12 Yate Beagle Bash 10K, 11.00; Gillingham 7¹/₂M, 10.00
 Sun 19 Avalon CC, Glastonbury, 1.00; Westbury H. 10M MT, 11.00
 Sun 26 Bournemouth 10M, 11.00; Lanzarote 10K

DECEMBER

Sun 3 Yate 10K, 11.00; Portsmouth 5M
 Sun 10 Bromham 10K, 11.00; Wyvern 10K, 11.00
 Sun 17 Avalon CC, Brislington, 1.00
 Sun 24 Wellington Monument 10K, 10.30
 Tue 26 Boxing Day 3.4M, Castle Inn, Trowbridge, 11.00

JANUARY

Mon 1 Kewstoke 10K, 11.00
 Thu 4 Annual General Meeting, Avon Sports Club (provisional)
 Sat 6 AVR 10th Anniversary Party, Southwick Village Hall, 7.30
 Sun 21 Avalon CC, Bath University, 1.00

RESULTS

(continued from Page 3)

27 AUGUST - Torfaen Half-Marathon: B Dunn 1:27:56.

Langport 10K: Women - 8 Rosemary Barber (1st o-45) 1:55, 21 Judy Farr (1st o-50) 48:22; Men - 149 S Farr 49:15.

28 AUGUST - Southwick 3M: [3 D Seymour (Dorset Dooddlers) 15:35], 6 P Squire 16:17, 9 C Williamson 16:45, 11 A Bartlett 17:08, 14 T Rockliffe 17:37, 15 G Terry 17:51, 17 M Thrall 18:42, 23 P Chapple 20:23, 26 J Bowley 20:48, 29 Joyce Field (2nd woman) 21:51, 36 D Mellor 22:28, 38 K Lee 22:59, 39 M Brain 23:23, =40 Denise Ellis & Viv Toms 24:08.

3 SEPTEMBER - Frome 5M: 7 A Robertson 26:55, 12 C Williamson 28:16, 17 T Rockliffe 29:17, Jackie Robertson* (1st woman) 30:42, 26 B Hobbs 31:42, 39 R Withey 33:50, 41 M Carpenter 34:07, 59 Christina Tyler* 35:45, 68 D Mellor 37:03, 70 Judy Farr* 37:10, 72 S Farr 37:15, 79 K Lee 38:29. *1st women's team.

Newbury Triathlon: Rosemary Barber (1st o-40) - 300m swim 8:00, 14M bike 48:10, 5K run 21:31. Corfe Castle Beast 11M: B Dunn 1:39:14. Lossiemouth-Elgin 10K: N Whitehead 38:36. Cardiff 10K: Denise Ellis 47:35.

10 SEPTEMBER - New Forest Half-Marathon: Nick Rosier 1:23:22. Haresfield Beacon 10K: 36 A Hickson (1st o-60) 38:17, 71 J Bowley 44:20, 80 Judy Farr (2nd o-50) 46:11, 85 Joyce field 47:16, 86 S Farr 47:28, 92 Viv Toms 51:07. Netherthong 10K, Yorkshire: 29 R Ellis 42:04, 83 Denise Ellis 50:52. Alice Holt 10K MT: Jan Hunt 55:16.

17 SEPTEMBER - Pewsey Half-Marathon: 18 A Bartlett 1:25:27; Pewsey 5M: 11 P Mitchell 32:00, 12 G Terry 33:06, 19 T Bartlett 36:09. Great North Run (half-marathon): Maureen Laney 1:19:17, C Williamson 1:19:54, Linda Brown 1:36:17, Viv Toms 1:56:38. Queen Camel 10K: 5 A Robertson 35:07, 6 J Kent (1st o-40) 36:04, 7 T Rockliffe (2nd o-40) 37:25, 10 Jackie Robertson (1st woman) 38:48, 28 J Bowley 45:27, 30 Joyce Field (3rd woman, 2nd vet.) 46:18, 32 Judy Farr (3rd vet.) 46:38, 36 S Farr 47:51.

24 SEPTEMBER - Littledown 5M: 95 Rosemary Barber (2nd o-45) 34:34, 119 Joyce Field 36:31, 136 Judy Farr 37:46, 146 S Farr 38:12. Yate 5M: P Chapple (1st o-55) 35:57.

27 SEPTEMBER - Bath City 5K: 14 A Bartlett 17:37, 38 T Bartlett 21:39.

30 SEPTEMBER - Midford Muddle 20K MT: 30 F Lamerton 1:38:35.

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To ensure a complete record of results, please telephone Stan Farr (Trowbridge 755605) with all race details.