



Valley News

THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS — No. 39 — JANUARY 1996

☆ A special New Year for AVR ☆

The beginning of 1996 finds Avon Valley Runners celebrating their “tenniversary” — a decade since about a dozen local long-distance enthusiasts who simply wanted to run decided to form their own club, free of the complications of multi-activity athletics. Having been a dwindling minority in Trowbridge Athletic Club, in no time at all they were joined by numerous prospective members who shared their simple aims. Within a month the dozen had doubled, and by the end of that first year the membership was climbing steadily towards the hundred mark.

The club's success in attracting and holding such a healthy level of membership, comprising a wide range of ages and athletic abilities, is due in no small way to the steady but unfussy efforts of its secretary from day one, Stan Farr, with the help and support of his wife Judy. Week in, week out, year after year, they have always been there on Tuesday and Thursday evenings at Trowbridge and Bradford-on-Avon, collecting the small training fees, keeping The Book up to date and dispensing race information, when the rest of us have been free to turn up and run or give it a miss when we didn't feel like it or had something else on that evening. This special birthday seems an appropriate time to record the appreciation by all members of the Farrs' valuable and selfless service to their clubmates.

The long way from Blackheath to Westminster

Eleven members have gained entry to this year's London Marathon, which will take place on 21 April. Those of us at home with our feet up that Sunday morning will be keeping a keen eye on “the box” for the AVR vests of the following: Tony Bartlett, John Bowley, Mike Carpenter, Derek Coop, Bernard Dunn, Denise Ellis, Dennis Mellor, Simon Reeves, Ted Rockliffe, Colin Webb and Ray Withey. The race starts now, with the build-up of long training runs. Good luck!

LET'S HEAR FROM YOU!

Remember — this is your newsletter. If you have a contribution on any subject connected with the club or running in general, Valley News is the ideal place to express it. Whether it's a letter to the editor, an anecdote from your athletic past, or a revolutionary training theory (!), put it into writing to the address below, and we'll do our best to find space. Now turn to Page 2 for another creation by our own Bard of Avon Valley. . . .

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

Ode to the Bath Half

JOYCE FIELD

Get those shoes out, stop complaining!
Never mind it might be raining;
Now's the time to do some training
For the Bath Half.

Cut down on the drinking, give up smoking;
Run in the rain until you are soaking.
Will it be worth it? You must be joking!
It's the Bath Half.

Dismal days we'll leave behind us,
Along the footpaths you will find us;
Friends and runners all remind us
Of the Bath Half.

All this training, back is breaking,
Feet are hurting, hamstrings aching —
All because we are partaking
In the Bath Half.

The gun goes off in Pulteney Street,
Hundreds of runners, thousands of feet.
Will it be a p.b. by the time you complete
The Bath Half?

Looking at your watch and counting,
Runners' families waving, shouting;
Avon Valley's annual outing —
The Bath Half.

Secretary's Report

Another milestone in the club's history arrives as we celebrate our tenth birthday. In that time 237 members have passed through our hands, with twenty-six 1986 founder members still with the club.

I would like to point out that although we have to elect officers and a committee to comply with athletic association rules, anyone who has a point to raise will be most welcome to attend our committee meeting on the first Thursday of each month. — *Stan Farr*.

Welcome to the Valley

The last quarter of 1995 saw the arrival of six new members. Best wishes for happy runs and good times to: Arthur Ephgrave, Diane Green, Sue Kingwell, Chris Noakes, Mandy and Simon Spedding.

MILESTONES

Under BAF rules, (young) Denise Ellis will become a 35-year-old veteran on 12 March. Others who are due to move up into their next age-groups are: Robin Porter, who will be 40 on 31 March; and Irene Warden, 45 on 10 February. Birthday greetings and good luck to all three.

RESULTS

October-December

1 OCTOBER — Gloucester Marathon: T Harrison 3:37:15, D Kay 3:39.
Marlborough 10K MT: 49 L Unsworth 42:13, 89 Rose Barber (2nd o-45) 45:35, 123 Judy Farr 49:13, 137 D Mellor 50:38, 201 S Farr 1:00:07.
Longleat Relays: Women's 4 x 5K: AVR 6th (J Gilmore 20:32, J Field 23:51, L Unsworth 22:46, D Ellis 23:04) 1:30:13; Men's 6 x 5K: AVR "A" 17th (J Kent 18:22, A Bartlett 19:04, N Stevens 19:15, N Fyfe 18:59, G Terry 18:52, R Ellis 19:28) 1:44:00; AVR "B" 26th (R Luke 20:31, R Withey 21:33, P Chapple 22:11, M Carpenter 21:39, J Bowley 23:10, A Meadow 22:12) 2:11:16.
Totton 10K: 38 A Robertson 35:12, Jackie Robertson (5th woman) 38:53.
7 OCTOBER — Argentan ½ Marathon: 44 Maureen Laney (2nd woman) 1:20:07, 87 C Williamson 1:24:44, 101 Phil Squire 1:25:24, 121 N Stevens 1:26:49, 414 Cathie Crichton 1:40:27, 416 S Greenland 1:40:34, 511 R Ellis 1:44:27, 532 D Mellor (3rd o-60) 1:45:14, 597 Joyce Field 1:47:25, 691 I S Farr 1:52:33, 797 Viv Toms 1:58:19, 853 Denise Ellis 2:02:32.
8 OCTOBER — Portsmouth 10M: 76 A Robertson 58:49, 224 Jackie Robertson (9th woman) 1:04:09, 383 Les Unsworth 1:08:02, 547 R Withey 1:10:13, 1,320 Linda Unsworth 1:19:23.
Lichester 8.2M: 3rd woman Rose Barber 57:52; 4M: 2 J Hobbs 29:19.
15 OCTOBER — Avalon CC, Burnham-on-Sea: 50 J Kent 36:20, 52 G Terry 36:27.
Upton Noble 5.2M MT: 13 A Meadow 38:04, 15 J Bowley 39:43, 17 Judy Farr (2nd woman, 1st vet.) 41:14, 20 I S Farr 43:05.
21 OCTOBER — Weymouth 10K: 25 J Bowley 1:17:58, 26 Joyce Field (3rd woman) 1:17:59.
22 OCTOBER — Stroud ½ Marathon: T Rockliffe 1:25:11, Jackie Robertson 1:27:30.
Warminster 10K MT: 12 A Bartlett 38:16, 19 C Noakes 40:09, 33 Rose Barber* (1st woman, 1st o-40) 43:13, 38 A Meadow 44:14, 39 T Bartlett (1st o-60) 44:16, 42 P Chapple 44:51, 55 Judy Farr* (1st o-50) 48:36, 57 Jan Hunt* 50:06, 58 I S Farr 50:10, 74 Susie Phillips 56:36. (*1st women's team.)
Dorset "3 Peaks" 10M: 4 T Laney* 1:04:12, 29 P Squire* 1:10:44, 35 C Williamson* 1:11:35, 78 N Fyfe 1:16:47, 195 R Withey 1:26:37, 239 M Carpenter 1:30:21. (*3rd men's team.)
29 OCTOBER — Bracknell ½ Marathon: 71 N Stevens 1:26:48.

5 NOVEMBER — Grittleton Ladies' 10K: 4 J Robertson 39:41, 9 J Gilmore 41:40, 13 R Barber 42:51, 35 J Field* 46:47, 39 L Unsworth 47:03, 47 J Farr* 48:32, 61 D Green 50:47, 91 S Phillips 55:33, 96 S Jennings* 55:50, 104 P Sanger 57:06, 123 S Kingwell & V Toms 1:02:03. (*1st o-50 team.) Salisbury Plain 15½M: 108 R Withey 1:52:48, 156 T Bartlett 1:57:02, 225 M Gerrish 2:08:57. Cardiff Fireworks 5M: 19 Denise Ellis 37:55. Burchfield Duathlon: 17 J Kent 1:41:22.
11 NOVEMBER — Victoria Park 4M, Bath: 25 G Fice 22:58, 26 A Bartlett 23:04, 35 G Terry 24:48, 62 T Bartlett 28:05.
12 NOVEMBER — Gillingham 7½M: 28 Rose Barber (2nd woman, 1st vet.) 52:58, 45 Judy Farr 1:00:42, 49 I S Farr 1:02:06.
Lymington 10K: 11 A Robertson 34:54, 28 T Rockliffe (2nd o-50) 37:30, Jackie Robertson (3rd woman) 38:22. Chipping Sodbury Beagle Bash: 17 C Williamson 43:52, 31 P Squire 45:10, 87 S Spedding 48:50, 102 P Mitchell 49:48, 127 A Meadow 50:31, 182 J Bowley 58:17, 209 Denise Ellis 1:02:38, 268 Viv Toms 1:07:12. Pitsea 5M: L Unsworth 32:41.
19 NOVEMBER — Westbury Harriers 10M MT: 25 A Bartlett 1:05:13, 135 T Bartlett (1st o-60) 1:15:13, 164 R Withey 1:17:21, M Carpenter 1:20:07.
26 NOVEMBER — Bournemouth 10M: 38 A Robertson 58:05, 59 P Squire 59:43, 63 Maureen Laney* (1st vet.) 59:50, 73 C Williamson 1:01:25, 87 T Rockliffe 1:02:29, 105 S Spedding 1:03:49, 117 F Lamerton 1:04:30, 130 Jackie Robertson* 1:05:36, 137 N Stevens 1:06:27, 243 J Bowley 1:14:28, 280 Joyce Field* 1:17:23, 284 Denise Ellis 1:17:38, 289 M Brain 1:18:19. (*1st women's team.) Saint Cannat 12K: 391 W Howsego 1:10:02.
26-29 NOVEMBER — LANZAROTE CHALLENGE: Sunday, 10K: Rose Barber* (1st o-45) 42:04, 169 D Mellor 47:29, 192 M Gerrish 51:15; Monday, 8.9K Hill Race: Rose Barber* (1st o-45) 40:01, 157 D Mellor 43:55, 177 M Gerrish 47:28, 183 I S Farr 49:58; Tuesday, 5K Beach Race: Rose Barber* (1st o-45) 24:52, 152 D Mellor 27:32, 160 M Gerrish 28:23, 163 I S Farr 29:20; Wednesday, 23K Trans-Island: Rose Barber* (1st o-45) 1:46:54, 143 D Mellor 1:54:58, 153 M Gerrish 2:00:15, 158 I S Farr 2:03:29. (*Winner 4-race Challenge Trophy.)

3 DECEMBER — Heytesbury 3 x 3.7M Relay: Men — 4th AVR "A" (G Fice 20:53, A Bartlett 21:21, C Williamson 21:06) 1:03:20; 6th AVR "B" (S Spedding 21:33, R Ellis 22:31, N Stevens 22:26) 1:06:30; 14th AVR "C" (P Chapple 25:50, J Bowley 26:16, G Fice 21:51) 1:13:57; Women — 1st AVR "A" (E Holgate 25:23, L Unsworth 27:19, D Green 28:23) 1:21:05; 2nd AVR "B" (C Crichton 25:28, J Field 28:17, J Farr 28:33) 1:22:18.
10 DECEMBER — Wyvern 10K: 180 M Carpenter 42:05, 195 R Withey 42:34, 206 Rose Barber 42:54. Bromham School Christmas Pud 10K: 7 A Robertson* 34:22, 13 G Fice* 35:00, 16 C Williamson* 35:34, 23 G Terry* 36:23, 27 S Spedding 36:34, 28 T Rockliffe 36:35, 30 A Bartlett 36:40, 43 R Ellis 37:39, 54 Jackie Robertson† 38:41, 64 L Richard 39:30, 77 A Hickson 40:23, 82 Linda Brown† (1st o-40) 41:07, 99 Cathie Crichton† 42:29, 105 Tony Bartlett 42:49, 126 J Bowley 44:29, 136 Denise Ellis 45:15, 137 Linda Unsworth 45:19, 142 M Gerrish 45:46, 143 Joyce Field (1st o-50) 45:51, 148 M Brain 46:43, 149 D Mellor 46:45, 162 Diane Green 48:12, 180 Judy Farr 49:37, 181 R Porter 49:38, 208 Susie Phillips 53:50, 210 Sue Hall 54:14. (*1st men's team; †1st women's team.)
17 DECEMBER — Merthyr Mawr 10K (sand): 138 L Unsworth 46:14.
24 DECEMBER — Wellington Monument 6½M: 14 Maureen Laney (1st woman) 37:55 (course record), 58 Rose Barber (2nd woman) 45:14, 98 Judy Farr 52:27, 113 I S Farr 1:01:45.
26 DECEMBER — Trowbridge Boxing Day 3.4M: [M Connor (Bath) 18:48] 2 C Williamson 18:58, [3 N Bamford (unat.) 19:05] 4 A Bartlett 19:17, 5 P Squire 19:35, 6 S Spedding 19:56, 7 N Stevens (1st o-40) 20:12, 8 N Fyfe (1st o-50) 20:42, 9 N Rosier 21:59, 10 T Bartlett (1st o-60) 23:20, 11 Jane Gilmore (1st woman) 24:59, 12 Judy Farr 25:48, 13 Susie Phillips 28:23, 14 I S Farr 30:23.

To ensure inclusion, telephone Stan Farr (Trowbridge 755605) with all race details.

Few changes at AVR's 10th a.g.m.

The club's tenth annual general meeting was held in the Avon Sports Club, Bradford-on-Avon, on Thursday 4 January. It was an occasion to look back on a decade of achievement in realizing the original aim of Avon Valley Runners' formation — to provide the right blend of companionship and competition to suit all needs.

Officers for the year ahead resulted in few changes from 1995: President Mike Holland, vice-president Clive Crocker, chairman Colin Williamson, vice-chairman Bob Ellis, secretary Stan Farr, assistant secretary Judy Farr, treasurer Dennis Mellor, men's captain Bob Ellis, vice-captain Andy Robertson, women's captain Joyce Field, vice-captain Judy Farr, coach Bob Ellis, press officer Colin Williamson, additional committee members Mike Brain, Gerry Fice, Mike Hehir, Bernie Hobbs, Maureen Laney, Simon Reeves, Ted Rockliffe.

A discussion was held on the possibility of moving from Culver Close to the Avon Sports Club for Thursday evening training. As there had been an exchange of letters with the district council on the condition of facilities at Culver Close, it was decided to allow two months for the council to bring about the improvement requested. Accordingly, there will be an extraordinary general meeting on Thursday 7 March at a venue to be announced, at which the matter will be decided by ballot.

The club men's and women's championships for 1996 will be held in conjunction with the Trowbridge 5.9-mile road race on Sunday 24 March. This year there will also be awards in the over-40, over-45 and over-50 veteran categories.

FIXTURES: January-April

JANUARY

- Sun 7 Yate 10K, 11.00
- Sun 14 Milborne 10M, 10.30
- Sun 21 Avalon CC, Bath University, 1.00
- Sun 28 Romsey 5M, 11.00

FEBRUARY

- Sun 4 Gillingham Relays, 11.00
- Sun 11 Gloucester St Valentine's 10K, 11.00; Dursley Dozen, 11.30;
Yate 10K MT, 11.00; Blackmore Vale Half-Marathon, 11.00
- Sun 18 Erlestoke Prison CC, 12.00; Wyvern 10M MT, 11.00;
Avalon CC, Midsomer Norton, 1.00
- Sun 25 Pewsey Hill 10M, 10.30; Great Western 10M, Pucklechurch (?)

MARCH

- Sun 3 Avalon CC, Salisbury, 1.00
- Sun 10 Cheddar 10M MT, 11.00
- Sun 17 Bath Half-Marathon, 11.30
- Sun 24 Trowbridge Lions' 5.9M (*incl. AVR men's & women's championships*), 11.00;
Grizzly 17M MT, Seaton, Devon, 10.30; Salisbury Firemen's 10K, 11.00
Yate 5K, 11.00;

APRIL

- Sun 14 Totton 10K, 2.30
- Sun 21 London Marathon
- Thu 25 BernCol 3 x 1.3M Relay, Bradford-on-Avon, 7.30