



# Valley News

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THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS -- APRIL 1996  
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## *ALL HANDS TO THE PUMP FOR AVR 10K!*

This is the annual call for help in the club's own road race, to be held over the tried and tested course on Sunday 12 May at 11 a.m. We need helpers in all aspects of the event - marshalling, catering, recording etc. - so ring Colin Williamson (Trowbridge 768632) for a job, and turn up at St Augustine's School, Wingfield Road, Trowbridge, an hour before the start.

### FIXTURES : April-July

Sun. 28/4 Highworth 10K, 11.00; South Moulton 10K, 11.15;  
Newton Toney  
Thu. 2/5 BernCol Relay, Bradford-on-Avon, 7.45  
Sun. 5/5 Glastonbury 6M, 11.00; Neolithic Marathon, 10.30;  
Pensford 10K, 1.00  
Mon. 6/5 Corsham Triathlon; Christchurch (B-o-A) 3M, 2.30;  
Fontmell Magna 8M, 11.00  
Sat. 11/5 Bratton 11K MT, 11.00  
Sun. 12/5 AVR 10K, 11.00; Bristol Half-Marathon, 11.00;  
Sutton Benger 5M, 2.00  
Thu. 16/5 Tom Roberts Handicap, Bradford-on-Avon, 7.40  
Sat. 18/5 Man v. Horse, Wales, 11.00  
Sun. 19/5 Chippenham Half-Marathon, 10.30; Keynsham 5<sup>1</sup>/<sub>2</sub>M, 11.00;  
Centaur Chase 10M MT, 10.50  
Sat. 25/5 Bath 10M, 11.00  
Sun. 26/5 Kingswood Half-Marathon, 10.30  
Mon. 27/5 Wells 5K, 2.00  
Sat. 1/6 Poole 10K, 4.00  
Sun. 2/6 Crewkerne 9M, 10.00; Long Ashton 10K, 11.00  
Sat. 8/6 Broad Town 5M, 2.30  
Sun. 9/6 Bath University 10K, 11.00  
Sun. 16/6 Christie-Miller 10K, 10.30; Somer Half-Mthn, 10.30  
Thu. 20/6 Tom Roberts Handicap, Bradford-on-Avon, 7.40  
Sat. 22/6 West Coker 10K, 3.35  
Sun. 30/6 Warminster 10M, 10.30  
Sun. 7/7 New Forest 10M, 12.45; Sherston 10K, 11.00  
Sat. 13/7 Hambledon Hill 4M, 3.00  
Sun. 14/7 Yate Half-Marathon, 10.30; Portland 10M, 11.00  
Thu. 18/7 Tom Roberts Handicap, Bradford-on-Avon, 7.40  
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Editor: Tim Northwood, 45 Hilperton Road, Trowbridge; Tel. 769929

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### Milestones

Birthday greetings to the following members who move up into the next age-groups during this quarter: Viv Toms, 50 on 3 May; Colin Webb, 45 on 6 May; Dave Seymour, 40 on 4 April; and Linda Unsworth, 40 on 5 April. And belated wishes to Barry Moss, 40 on 22 January, missed from January's *Valley News*.

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WELCOME: Nicholas Kent, our newest recruit, joined on 11 January.

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### RESULTS : January-March

1 JANUARY - Kewstoke 10K: Rosemary Barber (2nd woman) 42:50, 63 J Bowley 47:17, 65 Denise Ellis 47:35, 68 Joyce Field 48:16, 70 Judy Farr 48:36.

14 JANUARY - Theale 10K: 49 Rosemary Barber (3rd woman) 42:59, 95 Judy Farr 48:57, 111 S Farr 52:40. Milborne St Andrew 10M: 56 B Dunn 1:12:25.

21 JANUARY - Theale 10K: 52 Rosemary Barber (3rd woman) 42:10, 107 Judy Farr 49:52, 126 S Farr 52:04. Avalon CC, Bath: Women - Jackie Robertson 20:27; Men - 33 A Robertson 34:27, 36 G Terry 34:37, 49 J Kent 34:59, 61 C Williamson 36:02, 70 R Ellis 36:41, 73 A Bartlett 37:05, 80 C Noakes 37:52, 83 R Carey 38:09.

28 JANUARY - Theale 10K: 44 Rosemary Barber (2nd woman - series winner) 43:06, 93 Judy Farr 50:17, 100 S Farr 52:13. Llisbury 8M: Les Unsworth 53:30, Linda Unsworth 1:01:32.

4 FEBRUARY - Avignon 11K: 530 W Howsego (5th o-60) 57:34.

11 FEBRUARY - Dursley Dozen 12M MT: J Gilmore 1:42:03, N Whitehead 1:46:00. Blackmore Vale Half-Marathon: B Dunn 1:36:52. Wokingham Half-Marathon: N Stevens 1:23:36. Yate 10K: A Meadow 43:30.

18 FEBRUARY - Erlstoke 7M CC: 12 C Williamson 45:31, 15 R Ellis 46:14, 18 P Squire 46:52, 42 A Meadow 52:14, 43 Rosemary Barber (1st woman) 52:34, Linda Brown (3rd woman) 54:33, 63 Barbara White 57:19, 77 M Gerrish 1:00:49, 78 D Mellor 1:00:54, 88 S Farr 1:07:37. Wyvern Tough 10M MT: Men - 171 D Earley 1:14:34, 263 L Unsworth 1:18:46, 330 M Carpenter 1:21:24, 414 J Bowley 1:24:50; Women - 30 Denise Ellis 1:25:45, 51 Linda Unsworth 1:29:34, 79 Di Green 1:34:53, 94 Viv Toms 1:37:14 (2nd women's team). Avalon CC, Midsomer Norton: 27 J Kent 30:14.

25 FEBRUARY - Pucklechurch 10M: 9 Andy Robertson 58:23, 25 S Spedding 1:02:15, 35 T Rockliffe 1:04:29, 46 Jackie Rockliffe (1st woman) 1:05:37, 59 S Reeves 1:07:35, 122 Cathie Crichton (1st o-35) 1:14:07, 248 S Farr 1:34:02. Cardiff 20M: D Earley 2:24:22, M Carpenter 2:32:29, R Withey 2:33:59, J Bowley 2:48:06, Denise Ellis 2:48:36, Joyce Field 2:50:00, D Mellor 2:56:12. Pewsey Hill 10M: N Whitehead 1:09:29. Exmouth 5M: B Dunn 32:56. Bangor Fell 2.3M: 46 A Meadow 26:34, 72 Jan Hunt 33:45.

3 MARCH - Imber Half-Marathon: 26 Jane Gilmore (1st woman) 1:31:11, 43 A Meadow 1:36:02, 51 Rosemary Barber (2nd woman) 1:38:00, 67 Barbara White 1:42:10, 88 M Gerrish 1:47:27, 98 D Mellor 1:50:19, 120 Judy Farr (1st o-50) 2:02:34. (1st women's team.) Bideford Half-Marathon: 71 B Dunn 1:34:77. Avalon CC, Salisbury: 15 G Terry 28:57, 25 J Kent 29:50, 29 G Fice 30:36.

10 MARCH - Cheddar 10M MT: 45 A Meadow 1:24:03.

17 MARCH - Bath Half-Marathon: Men - 55 A Robertson 1:15:51, 171 S Spedding 1:22:07, 177 T Rockliffe 1:22:20, 206 A Bartlett 1:23:12, 343 S Reeves 1:27:35, 360 G Fice 1:27:56, 390 R Luke 1:28:43, 495 R Ellis 1:31:24, 519 D Kay 1:32:09, 557 T Harrison 1:33:00, 565 A Lilley 1:33:09, 603 B Dunn 1:34:04, 607 R Withey 1:34:07, 679 A Meadow 1:35:43, 708 M Carpenter 1:36:20, 762 T Bartlett 1:37:38, 971 J Bowley 1:43:14, 1,028 D Mellor 1:44:36, 1,343 P Collier 1:54:19, 1,652 D Coop 2:21:11; Women - J Robertson 1:25:50, 18 L Brown 1:30:04, 26 J Gilmore 1:33:03, 79 M Spedding 1:42:46, 84 J Field 1:43:14, 103 D Ellis 1:45:30, 108 D Green 1:46:49, 162 V Toms 1:52:27 (2nd women's team).

24 MARCH - Montpelier Half-Marathon: 570 W Howsego (2nd o-60) 1:50:02. Wootton Bassett 12K: 16 Les Unsworth 48:41. Trowbridge Lions' 5.9M (inc. 1996 AVR club championships): 2 A Robertson (men's champion) 32:16, P Squire 33:20, C Williamson 33:46, G Fice 34:26, S Spedding 34:56, G Terry 34:57, A Bartlett 35:07, N Rosier 35:26, R Ellis 35:49, T Rockliffe 36:16, R Luke 37:23, Jackie Robertson (women's champion) 37:36, M Thrall 37:43, R Washbourne 38:26, T Bartlett 40:55, Cathie Crichton 41:32, J Bowley 43:21, Judy Farr 44:49, Joyce Field 45:00, R Havergal 45:30, D Mellor 45:47, Viv Toms 47:22. Grizzly 18M, Seaton: T Laney 2:47, Jane Gilmore 3:03, N Stevens 3:06, Barbara White 3:25. Burnham Duathlon: 45 J Kent 1:49:57.

31 MARCH - Marshfield 5M MT: 4 C Williamson 33:49, C Noakes 35:30, N Rosier (1st vet.) 35:50, N Fyfe 36:42, N Whitehead 37:07. Reading Half-Marathon: B Dunn 1:32:32. Cirencester 10M: 8 P Squire 57:37. Hereford Duathlon: 26 J Kent 1:31:50.

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Apologies for the lateness and shortness of this issue. Without wasting valuable space on reasons/excuses, - normal service will be resumed in July. - Tim.