



Valley News

THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS (42) OCTOBER 1996

JUST THE TICKET FOR A NIGHT OUT...

Following the success of last year's barn dance, when nearly a hundred members, their families and friends obeyed the orders of the caller to the rhythm of country and suchlike music, another such evening has been arranged in the same "barn", i.e. Southwick Village Hall. This will be at 7.30 on Saturday 2 November. This time the caller will be backed by a live band. Tickets costing £3.50 should be obtained from Mike Brain or Stan Farr before Saturday 26 October, to give the organizers an idea of numbers. The price includes a ploughman's supper, and the bar will be open.

Roll up, roll up - for the AVR party!

The annual prizegiving and party will be held again at Southwick Village Hall, on Saturday 11 January commencing at 7.30 p.m. The usual facilities will be available - a buffet supper, disco, bar and draw (for which prizes will be appreciated). The only slight changes are in the admission charges, which have been reduced (yes, *reduced!*) to £3 for adults and £2 for children. Tickets will be obtainable soon from the secretary, Stan Farr.

Secretary's notes

I have been informed by Corsham Rotary Club that they hope to revive the popular Corsham five- and ten-mile road races next year on 20 April.

We could be having a few problems with increased charges at Clarendon Sports Centre in the near future which may mean having to find another venue for Tuesday evenings. Owing to the ideal situation of the sports centre I am trying to find a way around these problems, so I would like to ask any of you who are members of Direct Leisure to bring your membership cards with you on a Tuesday evening.

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

THE TWO LIVES OF TERRY CHAPPELL

When he took up running in the early 1980s, Terry Chappell was a fairly typical thirtysomething systems analyst with British Aerospace. Based in Bristol, he had earned most of the material benefits of a successful career. He also enjoyed good health, and competitive athletics as a member of Great Western Runners had added a new dimension to his physical wellbeing.

Then in 1985, when he was still only thirty-eight, Terry's whole life changed. He was diagnosed as suffering from Hodgkins disease, a form of cancer, and given six months to live. He retired early, started drawing his pension, and prepared to live out the time left to him. Feeling no longer bound by the ties of forward planning, he spent part of his savings on a canal boat, determined to make the best of his situation in an otherwise carefree existence.

To Terry's (and everybody's) surprise, the disease did not advance at the rate predicted by the medical experts. The six-month deadline (an apt description) loomed, and passed. Against all the odds, his condition improved, and he resumed running.

A couple of years later, when he arrived in this area in his boat *Becky Addy*, Terry Chappell had progressed to a useful level of fitness, becoming first an occasional member of our little gang, and then a veteran member of Avon Valley Runners. He was able to enjoy the matchless surroundings of the Valley, and his new clubmates welcomed him on their thrice-weekly outings.

When the Queen opened the Caen Hill flight of locks in 1990, Terry migrated north to other waterways, and little was seen or heard of him until earlier this year, when he reappeared in *Antlia*, his "new" floating home (named after a little-known constellation), and took up with his old running-mates again.

He is still in good health, but has missed the company of other runners. In December Terry will reach his half-century, and in 1997 (following a few months away to have his boat refitted) he plans to return to full fitness and compete for a few over-50 trophies - to add to the prize of extended life he gained over a decade ago. We wish him the best of everything.

Welcome to the Valley

New arrivals in our ranks during the past three months are: Stephen Chandler, Terry Chappell (see above) and Glenn Johnson. May you have many happy miles and hours in the Valley.

Milestones

Birthday greetings to the following members who move up a notch in the age groupings this quarter: Sheila Jennings, 65 on 29 November; Stan Farr, 60 on 13 December; Danny Kay, 55 on 15 December; Terry Chappell (10 December), Derek Coop (28 October) and Nick Rosier (26 November), who all turn 50; Sean Greenland, 45 on 3 November; and Dave Earley (27 October) and Dave Seymour (4 December), who will both become new 40-year-old veterans.

GET OFF THE ROAD! This winter the club is again entered in the Avalon cross-country league, with six fixtures on a variety of courses in the region. The change from hard roads is sure to do you good: try it! (See *Fixtures, Page 4.*)

RESULTS: July-September

3 JULY - Castle Combe Duathlon (2M run, 10M cycle, 2M run): 23 S Spedding 49:22, 33 J Kent 50:49, 122 Rose Barber 1:00:02, 148 J Bowley 1:06:36, 154 Joyce Field 1:08:32, 155 S Farr 1:08:39, 157 Judy Farr 1:12:40, 158 Viv Toms 1:16:25.
 Writhlington 10K MT: 17 T Bartlett 44:51, 18 R Sales 45:57.
 7 JULY - Sherston 10K: 10 N Rosier 38:40, 34 B Hobbs 44:15, 42 R Sales 45:28.
 New Forest 10M: J Kent 1:02:19, N Whitehead 1:04:01, M Carpenter 1:11:40, R Withey 1:14:39.
 Southport Beach 10K: A Meadow 45:39, Pauline Sanger 57:54.
 Marlborough Triathlon: 11 S Spedding 1:34:44, 176 Diane Green 2:14:17, 177 J Bowley 2:14:32.
 14 JULY - Portland 10M: 52 N Whitehead 1:05:23, 114 B Hobbs 1:13:17, 131 R Withey 1:15:02, 153 J Bowley 1:18:28, 170 Judy Farr (1st o-50) 1:20:00, 173 Joyce Field 1:20:39, 193 Viv Toms 1:25:18.
 18 JULY - Tom Roberts Handicap, Bradford-on-Avon: 1 Denise Ellis, 2 Diane Green, 3 B Hobbs; times: 1 A Robertson 17:50, 2 A Bartlett 18:45, 3 J Kent 18:55, 4 S Reeves 19:35, 5 T Clark 20:08, 6 M Thrall 20:10, 7 J Hobbs 20:16, 8 Jackie Robertson 20:26, 9 T Rockliffe 20:57, 10 S Lewis 21:03, 11 B Hobbs 21:38, 12 M Carpenter 21:44, 13 R Withey 22:04, 14 T Bartlett 22:44, 15 R Sales 23:04, 16 J Bowley 23:29, 17 Denise Ellis 23:48, 18 Verity Bartlett 24:29, 19 Joyce Field 25:50, 20 Diane Green 25:59, 21 M Gerrish 26:20, 22 R Porter 26:32, 23 Karen Newton 29:32.
 Weston Beach 5M: Rose Barber (3rd woman) 35:51.
 20 JULY - Hambledon Hill 3.5M Ramparts Run: 22 Rose Barber (1st woman) 29:36, 35 W Howsego 35:01, 40 Judy Farr (1st o-45) 36:17, 41 S Farr 36:44.
 26 JULY - Bitton 7K: 17 S Spedding 24:29, Mandy Spedding (5th woman) 30:19.
 27 JULY - Swanage 12M: J Bowley 1:36:32, Joyce Field (2nd o-45) 1:38:57, M Brain 1:41:25, Viv Toms (3rd o-45) 1:42:24.
 Okeford Hill 4M: 24 W Howsego 39:13, 29 S Farr 41:52.
 28 JULY - Gloucester Half-Marathon: 55 A Bartlett 1:24:14, 194 T Bartlett (2nd o-60) 1:38:09.

4 AUGUST - Blagdon 5.6M: 67 Les Unsworth 38:52, 79 Rose Barber 39:49, 113 J Bowley 43:07, 119 Judy Farr 44:01, 125 Linda Unsworth 44:27, 146 Joyce Field 48:23.
 Sturminster Newton Half-Marathon: 90 T Bartlett 1:39:39.
 7 AUGUST - Castle Combe Duathlon (2M run + 10M cycle + 2M run): 25 S Spedding 48:51, 40 J Kent 50:21, 127 Rose Barber (3rd vet.) 58:38, 138 Mandy Spedding 1:00:00, 158 J Bowley 1:05:13, 160 Viv Toms 1:06:20.
 11 AUGUST - Theale Triathlon (800m swim + 25K cycle + 6K run): 1 S Spedding 1:17:35; Theale Duathlon (6K run + 5K cycle + 6K run): Rose Barber (2nd woman) 1:43:24.
 Askern 10M: R Ellis 1:07:47, Denise Ellis 1:20:25.
 13 AUGUST - Caine 3 x 3.4M Relays: AVR "A" (S Spedding 19:11 + C Williamson 19:45 + A Bartlett 20:08) 59:04, AVR "B" (T Rockliffe 21:19 + R Sales 24:31 + guest).
 14 AUGUST - Hazlebury Plucknett 10K MT: Rose Barber (4th woman, 1st vet.) 42:50.
 18 AUGUST - Corsham 5.3M: 2 S Spedding 30:52, 30 P Mitchell 36:07, 31 Rose Barber (4th woman) 36:10, 44 J Bowley 38:38, 49 R Sales 39:47, 53 Judy Farr 41:06, 56 Joyce Field 41:32, 79 Karen Newton 49:31, 86 Susie Phillips 50:02, 82 S Farr 51:14.
 Standish Woodland 10M: 57 T Bartlett 1:18:28.
 25 AUGUST - Langport 10K: 21 S Spedding 36:09, 52 N Whitehead 39:09, 63 L Unsworth 40:12, 110 J Bowley 44:56, 130 Mandy Spedding 46:25, 142 Judy Farr (3rd o-45) 47:34, 143 Joyce Field 47:36.
 26 AUGUST - Malmesbury 7.4M MT: Linda Brown (1st woman) 50:48.
 Southwick 3M: 9 S Spedding 16:40, 14 C Williamson 17:45, 16 N Stevens 17:50, 31 R Sales 20:22, 34 R Havergal 22:00, 42 Karen Newton 24:42, 44 Susie Phillips 25:04, 46 D Mellor 25:58.
 29 AUGUST - BernCol 3 x 1.3M Relay: 1 Linda Brown 8:55 + T Chappell 7:56 + N Stevens 7:59 (24:50), 2 S Reeves 7:39 + N Kent 9:52 + R Ellis 7:52 (25:23), 3 M Carpenter 8:29 + Mandy Spedding 9:15 + G Johnson 7:56 (25:40), 4 Rose Barber 8:24 + Diane Green 9:29 + P Mitchell 7:54 (25:47), 5 S Lewis 7:59 + Viv Toms 10:34 + S Spedding 7:17 (25:50), 6 T Bartlett 9:14 + J Bowley 8:54 + N Fyfe 7:54 (26:02), 7 R Carey 7:55 + Susie Phillips 10:31 + T Rockliffe 8:00 (26:26), 8 J Hobbs 7:49 + Karen Newton 11:09 + A Bartlett 7:39 (26:37), 9 L Hobbs 10:12 + Fay Merrell 8:55 + R Luke 7:59 (27:06), 10 C Williamson 7:29 + R Sales 8:53 + D Mellor 10:53 (27:15), 11 R Withey 8:46 + J Kent 7:22 + S Farr 11:23 (27:31).

1 SEPTEMBER - Frome 5M: 8 S Spedding 27:46, 16 T Rockliffe (1st o-50) 30:04, 35 Rose Barber (2nd woman) 32:36, 40 M Carpenter 33:15, 46 J Bowley 34:05, 53 R Sales 34:26, 69 Judy Farr 37:17, 100 S Farr 41:27.
 Caine 10K: 38 N Whitehead 39:19, 43 G Johnson 40:00, 122 Karen Newton 54:35.
 Geneva 12.3K: A Hickson 59:45.
 4 SEPTEMBER - Castle Combe Duathlon: 15 S Spedding 46:38, 33 J Kent 48:46, 111 Rose Barber (1st vet. in 4-race series) 56:11, 120 Mandy Spedding 57:47, 142 J Bowley 1:01:35, 146 Viv Toms 1:04:39, 149 S Farr 1:06:08.
 7 SEPTEMBER - Quantock Beast 5.7M MT: 75 S Farr 55:16.
 8 SEPTEMBER - New Forest Marathon: D Kay 3:39:02, J Bowley 3:58:59; New Forest Half-Marathon: M Brain 1:45:35, Denise Ellis 1:47:09, Viv Toms 1:49:33.
 15 SEPTEMBER - Wansdyke Triathlon, Midsomer Norton (400m swim, 16M cycle, 5K run): 11 Spedding 1:14:09, 81 Jane Gilmore* (2nd woman) 1:24:36, 123 Mandy Spedding* 1:29:00, 168 Rose Barber* 1:35:30, 187 Diane Green* 1:40:07, 199 Joyce Field* (1st o-50) 1:44:56, 200 J Bowley 1:45:09, 201 Viv Toms* 1:45:17, 224 S Farr 1:51:14 (*1st women's team; *3rd women's team).
 Pewsey Half-Marathon: 18 A Bartlett 1:25:51, 46 B Dunn 1:37:36, 50 T Bartlett 1:39:46, 74 Karen Newton 2:16:24; Pewsey 5M: 21 Verity Bartlett 38:23, 40 Susie Phillips 44:41.
 22 SEPTEMBER - Polytechnic Marathon, Windsor to Chiswick: R Withey 3:24:55, M Carpenter 3:46:13.
 25 SEPTEMBER - Bath City Centre 5K: 54 R Sales 21:10, 55 T Bartlett 21:19.
 29 SEPTEMBER - Marlborough 10K: 13 S Spedding 37:40, 33 S Reeves 40:08, 40 G Johnson 40:42, 58 L Unsworth 41:49, 78 Rose Barber (1st o-45), 100 D Earley 45:40, 110 R Sales 46:27, 126 Verity Bartlett 47:21, 137 J Bowley 48:33, 145 Linda Unsworth 49:14, 148 Joyce Field 49:48, 171 Barbara White 51:44, 173 Judy Farr 52:38, 216 Susie Phillips 58:39; Marlborough 1.6M: 22 S Farr 13:05.

To ensure inclusion, telephone Stan Farr with all results: Trowbridge 755805.

FIXTURES:
October-January

OCTOBER

Sun 6 Longleat Relays, 11.00
 Sun 13 Ilchester 8M, 10.30; Marshfield 10K, 11.00
 Sat 19 Weymouth 10M, 3.00
 Sun 20 Avalon CC, Mangotsfield or Brislington;
 Warminster 10K, 11.00; Abingdon Marathon, 10.00
 Sat 26/
 Sun 27 Karrimor Mountain Marathon, Galloway, Scotland
 Sun 27 Stroud Half-Marathon, 10.30; Dorset "3 Peaks", 10.30

NOVEMBER

Sun 3 Salisbury Plain 15½M, 1.00; Ilchester 10K, 10.30
 Sat 9 Victoria Park 4M, Bath, 2.00
 Sun 10 Chipping Sodbury Beagle Bash 10K, 11.00
 Sun 17 Avalon CC, Glastonbury; Gillingham 7½M, 10.00
 Sun 24 Westbury Harriers 10M MT, 11.00; Bournemouth 10M, 11.00

DECEMBER

Sun 8 Wyvern 10K, 11.00; Bromham 10K (the last?), 11.00
 Sun 15 Avalon CC, The Croft, Swindon; Yeovil 6½M MT, 11.00
 Sun 22 Wellington Monument 6¼M, 10.30
 Thu 27 Trowbridge Boxing Day 3.4M, Castle Inn, 11.00

JANUARY

Wed 1 Kewstoke 10K, 11.00
 Sun 12 Milborne 10M, 10.30
 Sun 19 Avalon CC, Weymouth

Further Avalon League fixtures:

16 February - Midsomer Norton; 2 March - Salisbury.

A weekend in the Scottish hills

Later this month two members will be taking part in the annual Karrimor Mountain Marathon, which this year is to be held on Saturday/Sunday 26/27 October in the hills above Loch Trool in Galloway, Scotland. For the past couple of months Neil Fyfe and Colin Williamson have been doing extended training runs down the Valley with back packs to simulate the conditions of this gruelling event. Best wishes to both - and don't lose the map!

A last-quarter challenge

Modest, quiet-spoken Ray Withey has unintentionally set the cat among the pigeons with his 3:24:55 in last month's Polytechnic Marathon. With less than three months to go till the end of the year, his time is still the best by a club member for the classic distance. A few individuals have woken up to the possibility that they might still put in a good one, but there are not many marathons left on the calendar. Three-twenty-four seems a reasonable target, but *there's many a slip...* and the smart money is on Ray for the cup.