



Valley News

THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS (44) APRIL 1997

CLUB CHAMPIONSHIPS

As hinted in the January issue of *Valley News*, the men's and women's and veterans' club championships for this year will be decided over three distances, with a choice of three races at each distance and the total of each runner's three best times deciding the final results. The selected distances and events are:—

10 kilometres	HIGHWORTH (April)	CALNE (September)	WARMINSTER (October)
10 miles	PUCKLECHURCH (March)	WARMINSTER (June)	BOURNEMOUTH (November)
Half-marathon	BATH (March)	NEW FOREST (September)	STROUD (October)

With the Great Western 10-mile at Pucklechurch and Bath half-marathon both completed, Simon Spedding clearly leads the men's competition; and Susie Phillips is the only woman to have run at both venues, although Jackie Robertson was the first of seven members at Bath. There are two more selected races this quarter — Highworth 10K and Warminster 10M — so what are you waiting for? Get racing!

Sharing the delights of the Valley

While members have been enjoying the scenic surroundings of the Avon valley for nearly a dozen years, it has occurred (more than once) that we should let other athletes in the area in on the secret. Now Colin Williamson and Bernie Hobbs (of the BernCol relay — see *Fixtures*, page 4) have devised a course estimated at around seven miles which manages to take in many of the best parts — not forgetting a few hills for good measure. On Sunday 6 April sixty-six enthusiasts assembled for the start in the country park. Stuart Anderson of Salisbury AC won by over two minutes in 45:20, and Jane Clark of Chippenham Harriers was the first woman; the veterans' awards went to Roger Griffiths and Barbara Kirk.

LET'S HEAR IT FOR THE OVER-40S: Making a comeback at the age of 38 in the recent world indoor championships in Paris, Mary Slaney of the USA was well on the way to gold in the 1,500 metres final when in the last two strides she was overtaken by the Russian Yekaterina Podkopayeva — aged 44.

New York, New York!

by Viv Toms



After a four-hour delay and a bomb scare at the airport, Mike, Barry and I arrived in New York in the early hours of Friday morning, although to New Yorkers it was still Thursday. An enormous breakfast later, which used up most of our spending money (it seemed quite cheap, but we didn't realize they put on loads of different taxes so the price you see is not what you pay!), we all set off for a run round Central Park and then spent the rest of the day sightseeing.

My first impression of New York was gloomy, as although it was sunny the skyscrapers cast such long shadows; and I never realized there were so many Hispanics there, or that the Statue of Liberty is bright green!

The following day, Saturday (but it was probably still Friday here), we all met up for a Friendship Run which lasted all morning and must have been at least seven miles. I felt sad that we haven't got a national dress, until I saw the Dutch trying to run in wooden clogs! Sightseeing again all the afternoon — well, if you're going to pay all that you might as well get your money's worth.

Went to the exhibition to collect our goody bags and tee-shirts. "What size?" I was asked. "Small, please", I answered. "Large or extra large" was the disgusted reply. Fell sound asleep at 6 p.m. (it was probably my bedtime back home), so missed the pasta party.

Sunday dawned, bitterly cold wind but sunny. Barry decided to watch the marathon from the top of the Empire State Building. Five of us ladies said we would all stick together until the start, and then I promptly lost them in the crowds, so wandered around for two hours on my own and queued up for an hour for the loo!

The loudspeakers were telling us to get to the start and I couldn't find my baggage lorry as they were not in alphabetical order. I eventually found myself wedged tight in a mass of enormous men (not an unpleasant experience), and in the distance I heard the start hooter.

Many moons later, after losing a shoe and getting my head kicked in trying to retrieve it, I shuffled past the one-mile marker at 25 minutes. I never even noticed the start (which was green — I should have been in red). Once I realized I was not going to get a p.b. I started to enjoy it. The crowd support was fantastic and coming off Queensborough bridge into Manhattan we turned into such a loud wall of cheering and whistling that I went deaf!

Running through Central Park at about 23 miles, I thought I would put a spurt on and was promptly sick, so that was not a good idea. The finish was even more disorganized than the start: I couldn't find my bag and walked six miles back to the hotel. Beefsteak charlies in the evening, stuffed with help-yourself pasta, prawns, salads etc. We were then each given a huge plate containing half a chicken, half a pig and a bucket of chips, followed by ice cream!

However, we had a brilliant time and, as Barry pointed out, it if wasn't for the marathon it would have been even better!

RESULTS: January-March

1 JANUARY – Kewstoke 10K: 22 Rose Barber (3rd woman, 1st o-40) 39:09, 40 Bob Sales 42:55, 45 John Bowley 44:22, 51 Joyce Field 45:12, 65 Stan Farr (1st o-60) 53:07.

26 JANUARY – Romsey 5M: 115 Rose Barber (1st o-45) 33:23, 242 Judy Farr (1st o-55) 39:27, 281 Stan Farr 42:46.

Llisbury 8M: Les Unsworth 52:22.

9 FEBRUARY – Wyvern Tough 10M MT: 80 Alistair Bartlett 1:09:45, 341 Dave Earley 1:20:27, 380 Mike Carpenter 1:21:43, 407 Alan Meadow 1:22:30, 410 Ray Withey 1:22:41, 442 Neil Whitehead 1:23:51, 444 John Bowley 1:24:04, 554 Joyce Field 1:27:53, 556 Linda Unsworth 1:27:56, 633 Denise Ellis 1:31:48, 730 Viv Toms 1:38:08.

16 FEBRUARY – Erlestone 6-8M CC: 7 Simon Spedding 43:25, 27 Bob Ellis 48:50, 30 Simon Reeves 49:29, 39 Neil Whitehead 53:00, 45 Rose Barber (1st woman, 1st vet.) 53:32, 48 Alan Meadow 55:12, 50 Ray Withey 55:45, 51 Mike Carpenter 55:46, 67 Linda Unsworth (2nd vet.) 1:00:54, 70 Kevin Lee 1:01:31, 71 Mike Gerrish 1:01:32, 74 Denise Ellis 1:04:43, 82 Dennis Mellor 1:06:55, 83 Bill Howsego 1:07:07, 88 Stan Farr 1:09:40; **3-6M:** 7 Judy Farr 35:00.

23 FEBRUARY – Pewsey Hill 10M MT: 47 Dave Earley 1:22:19, 65 Rose Barber* (1st o-45) 1:27:12, 120 Judy Farr* 1:49:47, 122 Karen Newton* 1:51:22, 124 Stan Farr 1:51:46. *1st women's team.

Cardiff 20M: 24 Martin Connor 2:11:22, 49 Ted Rockcliffe 2:18:02, 126 Ray Withey 2:35:50, 146 Mike Carpenter 2:38:20, 162 Bernie Hobbs 2:43:40, 196 John Bowley 2:57:30, 197 Joyce Field 2:58:30, 211 Kevin Lee 3:04:44, Viv Toms 3:11, Mike Gerrish 3:13, Dennis Mellor 3:14:48.

Bourton-on-the-Water 10K: 45 Simon Spedding 34:59.

Moel-y-Ci 2¼M: 34 Alan Meadow 25:46.

2 MARCH – Imber Half-Marathon: 6 Martin Connor 1:22:17, 20 Damien Plant 1:30:49, 37 Dave Earley 1:35:57, 42 Bob Washbourne 1:38:06, 51 Rose Barber* (1st woman, 1st 45-49) 1:38:39, 64 Alan Meadow 1:41:38, 75 Irene Warden* 1:44:02, 111 John Makin 1:54:37, 115 Beatriz Makin* (1st 40-44) 1:55:06, 123 Judy Farr 1:57:38, 126 Viv Toms 1:58:40. *1st women's team.

Great Western 10M*: Pucklechurch: 10 Simon Spedding 1:00:02, 26 Glenn Johnson 1:04:07, 40 Simon Reeves 1:06:30, 44 Bob Ellis 1:06:53, 49 Steve Lewis 1:07:14, 78 Les Unsworth 1:11:06, 109 Anthony Hickson 1:16:21, 132 Bob Sales 1:19:13, 144 Gordon Babb 1:21:28, 155 Kevin Lee 1:24:27, 166 Dennis Mellor 1:27:58, 186 Susie Phillips 1:35:12.

9 MARCH – Cheddar 10M MT: 73 Alan Meadow 1:23:41.

16 MARCH – Bath Half-Marathon*: Men – 71 Simon Spedding 1:18:50, 76 Martin Connor (Bath AC) 1:19:12, 136 Alistair Bartlett 1:22:32, 164 Glenn Johnson 1:23:38, 169 Ted Rockcliffe 1:23:57, 225 Richard Luke 1:26:22, 232 Simon Reeves 1:26:41, 284 Les Unsworth 1:28:52, 299 Bob Ellis 1:29:19, 300 Steve Chandler 1:29:24, 428 Danny Kay 1:33:44, 469 Alan Meadow 1:34:47, 524 Bernie Hobbs 1:36:36, 536 Anthony Hickson 1:36:56, 585 Ray Withey 1:38:17, 623 John Bowley 1:39:09, 639 John Makin 1:39:40, 640 Mike Carpenter 1:39:41, 717 Bob Sales 1:42:52, 722 Mike Brain 1:43:04, 768 Andy Lilley 1:44:32, 885 Kevin Lee 1:48:07, 987 Robin Porter 1:51:30, 1240 Dennis Mellor 2:04:50. Women – 15 Jackie Robertson 1:31:26, 29 Rose Barber 1:36:13, 42 Linda Unsworth 1:40:59, 76 Beatriz Makin 1:48:02, 80 Viv Toms 1:48:20, [151 Kate Nicholls (unat.) 1:57:55], 199 Karen Newton 2:04:05, 205 Susie Phillips 2:04:52.

Wootton Bassett 7M: Neil Whitehead (1st o-50) 44:59.

23 MARCH – Trowbridge Lions' 5.9M: 4 Simon Spedding 33:00, 12 Gerry Fice 34:54, 18 Richard Luke 35:26, 19 Neil Whitehead 37:02, 20 Joby Hobbs 37:10, 28 Anthony Hickson 38:55, 31 Rose Barber (2nd woman, 1st vet.) 39:26, 34 John Makin 40:22, 37 Bob Sales 41:50, 42 Barry Moss 43:45, 44 Beatriz Makin 44:35, 46 Judy Farr 45:13, 56 Susie Phillips 48:21, 62 Dennis Mellor 49:43, 74 Tim Iredale 1:10:15.

Fleet Half-Marathon: Bernard Dunn 1:37:02.

Montpellier Half-Marathon, France: Bill Howsego (1st o-70) 1:56:43.

26 MARCH – Civil Service 10K, Battersea: Glenn Johnson 36:41.

29 MARCH – Bournemouth Quarter-Marathon: M Brain 48:51.

30 MARCH – Fivehead 10K: Rose Barber (3rd woman) 43:23, Judy Farr 49:10, Stan Farr 55:42.

31 MARCH – Yeovil 10K: 25 Bob Ellis 38:09, 83 Bob Sales 45:51, 99 Denise Ellis 49:26.

*Events indicated * are included in the reckoning for 1997 club championships.*

To ensure inclusion, telephone results to Stan Farr, Trowbridge 755605.

FIXTURES: April-July

APRIL

- Sun 13 London Marathon.
 Sun 20 Corsham 6¼M, 11.00; Marshfield 5M MT, 11.00.
 Sun 27 Highworth 10K*, 11.00; South Coast Marathon, 11.00;
 Newton Tony 10K, 11.30.

MAY

- Thu 1 BernCol 3 × 1.36M Relay, Bradford-on-Avon, 7.30.
 Sun 4 Bristol Half-Marathon, 11.00; Glastonbury 5.7M, 11.00;
 Neolithic Marathon, 10.30.
 Mon 5 Springfield Triathlon, Corsham; Bradford 3M, 2.30.
 Sat 10 Bratton 11K, 11.00.
 Sun 11 AVR 10K, 11.00.
 Sun 18 Hereford Marathon, 10.00.
 Sat 24 Bath (Hilly) 10M, 11.00.
 Mon 26 Wells 5K, 2.00.
 Thu 29 Tom Roberts 5K Handicap, Bradford-on-Avon, 7.30.

JUNE

- Sun 1 Poole 10K, 2.00; Long Ashton 10K, 11.00.
 Sun 8 Crewkerne 9M, 10.00.
 Sat 14 Man v. Horse 22M, Llanwrtyd Wells, 11.00; Broad Town 5M, 2.30.
 Sun 15 Offa's Dyke 15M, 2.30; Great Hinton 2.8M, 11.00.
 Sun 22 Tarrant Valley 5M & 10M.
 Thu 26 Tom Roberts 5K Handicap, Bradford-on-Avon, 7.30.
 Sun 29 Warminster Forest 10M*, 10.30.

JULY

- Wed 9 Chippenham 5K, 7.30.
 Sun 13 Portland 10M, 11.00; New Forest 10M*, 12.45.
 Sat 19 Hambledon Hill 4M, 3.00.
 Thu 31 Tom Roberts 5K Handicap, Bradford-on-Avon, 7.30.

* Club championship races.

Welcome to the Valley

Five members have signed on during the past three months. On 2 January Martin Connor, who left us a few years ago to run for Bath AC, rejoined AVR on a second-claim basis. Later in the same month we welcomed Tim and Thomas Iredale to the ranks; and on 2 March Damien Plant arrived on the scene. Best wishes to all.

Milestones

Only two members move up into the next age-groups in the quarter ahead. On 12 April Linda Brown turns 45; and on 9 June Karen Newton will be 40. Birthday greetings to both of you.

'You were saying . . . ?'

This is *your* newsletter. Any contribution you'd like to make would be welcomed and we'd try to find space for it — whether it's a funny story or serious comment, a letter to the editor, or a bee in your bonnet buzzing to get out. Contact or write to:

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