



Valley News

THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS (45) JULY 1997

Fair turnout for club's seventh 10K

In spite of blustery weather and rival attractions, there was a better entry than expected – around 70 – for the seventh AVR 10K on 11 May. Best of the Valley eleven who took part was Alistair Bartlett, 12th in 36:50, and Viv Toms received loud applause when receiving the award for first woman over 50. There is always a temptation to become complacent when something goes well year after year, so the race committee are to be commended on once again giving of their best efforts to confirm the race as a well-organized event to which athletes will return again and again.

Welcome to the Valley

Apologies to Stephen Devenish, whose arrival in AVR on 6 March was missed in the last issue of *Valley News*. Five new members have signed on during the past three months: Alex Cox on 1 May, Geoff Johnson on 29 May, Frank and Scott Lamerton on 28 May, and Robert Sidwick on 8 April. Best wishes to all of you for happy miles and good times in the club.

Milestones

Anno Domini will catch up with three more members during the quarter ahead. Pete Chapple will be 60 on 31 August; Bernard Dunn will reach his half-century on 27 September; and Beatriz Makin will attain a youthful 45 on 20 August. Happy birthday to all, and good luck in your new age-groups.

❖ Barn Dance ❖

Following the success of previous Barn Dances, another evening of fun is being planned for Saturday 15 November in the Southwick Village Hall. Mark the date in your diary, and see treasurer Dennis Mellor for tickets, whose modest price will as usual include food – and of course the bar will be open!

'Good Ideas' Section

WHY DON'T THEY . . .

- Have races only for slow people, so that runners like me have a chance of winning sometimes?
- Have puzzles and jokes on the backs of tee-shirts, so you've got something to do while running long boring races?
- Have slogans on the backs of tee-shirts like you get on cars, such as "I might be slow, but I'm in front of you!"? This would give you an incentive to get past that person in a race. — *Anonymous*.

[*Secretary's comment*: You never get close enough to anyone to read the back of a T-shirt!]

RESULTS: April-June

6 APRIL – AVR 7M MT: 8 Alistair Bartlett 48:49, 13 Glenn Johnson 50:26, 17 Bob Ellis 51:53, 23 Neil Fyfe 54:37, 32 Ian White 56:59, 33 Phil Mitchell 57:05, 36 Alan Meadow 57:48, 37 Anthony Hickson 58:13, 40 Rose Barber 59:19, 45 John Bowley 1:01:40, 46 Bob Sales 1:02:00, 50 Denise Ellis 1:06:38, 56 Viv Toms 1:09:43, 60 Robin Porter 1:12:22, 61 Susie Phillips 1:13:06, 62 Stan Farr 1:15:06.

Totton 10K: Les Unsworth 40:12, Linda Unsworth 44:21.

Castle Combe Duathlon (5K run, 10M bike, 5K run): 9 Simon Spedding 46:43.

13 APRIL – London Marathon: 919 Martin Connor (Bath AC) 2:53:19, 1339 Nick Rosier 2:58:22, 2099 Ted Rockliffe 3:07:12, 3991 Steve Lewis 3:22:42, 4622 Bernie Hobbs 3:26:38, 4783 Bernard Dunn 3:27:32, 5481 Steve Chandler 3:31:18, 7648 Dave Earley 3:43:00, 12711 Kevin Lee 4:05:55, Dennis Mellor 4:12:59.

20 APRIL – Mudlark 5M MT, Marshfield: 3 Tim Laney (Clayton-le-Moors Harriers) 31:37, 32 Stan Farr 51:55.

Corsham 6¼M: John Bowley 43:54, Bob Sales 44:02, Judy Farr 47:46, Joyce Field 48:32, Susie Phillips 50:32.

Frenchay 10K: 99 Alan Meadow 43:26, 141 Rose Barber (2nd vet.) 45:47.

27 APRIL – Highworth 10K♦: 8 Simon Spedding 36:05, 24 Alistair Bartlett 37:17, 25 Bob Ellis 37:20, 42 Steve Lewis 38:46, 51 Simon Reeves 39:33, 55 Neil Whitehead 39:40, 80 Alan Meadow 41:42, 81 Les Unsworth 41:45, 86 Anthony Hickson 42:15, 99 Rose Barber (1st o-45) 42:44, 156 Tony Bartlett 47:24, 181 Denise Ellis 49:02, 191 Dennis Mellor 49:48, 196 Kevin Lee 50:04, 211 Susie Phillips 51:39. **South Coast Marathon:** Danny Kay 3:42:32, Viv Toms 4:22:15, John Bowley 4:26:11. **Newton Tony 10K MT:** 52 Judy Farr 51:46, 58 Stan Farr 57:09.

1 MAY – BernCol 3 × 1-36M Relay: 1st team Nigel Stevens 7:40 + Nick Kent 9:23 + John Kent 8:07 (25:10), 2nd Steve Lewis 7:37 + Denise Ellis 9:39 + Alan Meadow 8:04 (25:20), 3rd George Henderson 9:11 + Alistair Bartlett 7:23 + Verity Bartlett 9:10 (25:44), 4th Dennis Mellor 10:21 + Mike Hehir 8:20 + Bob Ellis 7:20 (26:01), 5th Ted Rockliffe 7:52 + Karen Newton 10:36 + Anthony Hickson 8:06 (26:34), 6th Alex Cox 9:45 + Nick Stevens 9:01 + Steve Chandler 7:58 (26:44), 7th Robin Porter 10:00 + Bob Sales 8:48 + Neil Fyfe 8:10 (26:58), 8th Simon Spedding 7:13 + Viv Toms 10:45 + John Bowley 9:03 (27:01), 9th Rose Barber 8:31 + Juliet McKie 11:52 + Simon Spedding 7:17 (27:40), 10th Kevin Lee 10:03 + Richard Luke 7:58 + Tony Bartlett 9:41 (27:42), 11th Simon Reeves 7:45 + Hanna Spedding 11:26 + Jackie Robertson 8:44 (27:55). *Best times:* men – Simon Spedding 7:13, 7:17, Bob Ellis 7:20; women – Rose Barber 8:31, Jackie Robertson 8:44, Verity Bartlett 9:10.

4 MAY – Bristol Half-Marathon: 489 Bernie Hobbs 1:37:17, 593 John Makin 1:39:52, 667 John Bowley 1:41:42, 892 Bob Sales 1:46:55, 1241 Beatriz Makin 1:55:12, eq 1302 Viv Toms & Denise Ellis 1:56:28.

Glastonbury 5-7M: 45 Neil Whitehead 36:51, Judy Farr 46:38.

5 MAY – Springfield Triathlon, Corsham (400m swim, 20K bike, 5K run): Simon Spedding 1:02:20, Rose Barber (9:52, 50:39, 24:03) 1:24:34, Stan Farr (15:39, 50:34, 30:00) 1:36:13, Susie Phillips (10:08, 1:02:28, 29:47) 1:42:23. **Bradford-on-Avon 3M:** 2 Alistair Bartlett 16:43, 8 Neil Whitehead (1st o-50) 19:00, 18 Bob Sales 20:35, 23 Alex Cox 21:36, 28 Tony Bartlett 22:24, 34 Judy Farr 23:37, 43 Karen Newton 24:04. **Long Ashton 10K MT:** Bernie Hobbs 43:46. **Swindon 10K:** 11 Bob Ellis 37:56.

10 MAY – Bratton 11K: 4 Simon Spedding* 42:59, 7 Simon Reeves* 45:20, 8 Bob Ellis* 45:36, 12 Ian White 49:19, 15 Rose Barber (2nd woman, 1st vet.) 50:26, 23 John Bowley 54:11, 28 Tony Bartlett 55:31, 38 Denise Ellis 59:00, 39 Judy Farr 59:15, 48 Joyce Field 1:02:51, 49 Stan Farr 1:04:08. *1st men's team.

11 MAY – AVR 10K: 12 Alistair Bartlett 36:50, 14 Simon Spedding 37:47, 19 Ted Rockliffe 38:59, 20 Richard Luke 39:06, 33 Les Unsworth 41:40, 37 Alan Meadow 43:20, 43 Bob Sales 43:38, 44 Cathie Crichton 43:41, 55 Robin Porter 50:15, 57 Susie Phillips 50:29, 61 Viv Toms (1st woman o-50) 51:32.

14 MAY – Calne 3 × 3-4M Relays: 8th team – Joby Hobbs 19:47, Bob Ellis 19:54, Glenn Johnson 20:16 = 59:57; 11th – Nigel Stevens 19:54, Colin Williamson 20:59, Ted Rockliffe 20:20 = 1:01:13; 19th – John Bowley 23:12, Bob Sales 23:18, Mike Hehir 22:03 = 1:08:33; 3rd women's team – Rose Barber 21:56, Julie West 24:21, Joyce Field 26:22 = 1:12:39.

18 MAY – Hereford Marathon: Danny Kay (2nd o-55) 3:43:00, John Bowley 4:10:27, Viv Toms (2nd woman, 1st o-45) 4:11:53. **Bournemouth Triathlon:** 11 Simon Spedding 1:12:36. **Keynsham 10K:** 42 Alan Meadow 42:16, 52 Rose Barber* (2nd woman, 1st o-40) 43:36, 125 Judy Farr* (1st o-50) 50:21, 130 Susie Phillips* 51:27, 157 Stan Farr 56:59. *1st women's team. **Keynsham 2M:** 1 Nick Kent. **Oxford Town & Gown 10K:** Les Unsworth 40:58, Bernard Dunn 42:20, Dave Earley 43:08.

24 MAY – Bath 10M: 78 Tony Bartlett 1:22:47, 86 Kevin Lee 1:26:53. **Hutton Roof 7M:** 128 Alan Meadow 1:06:23.

25 MAY – Plymouth Half-Marathon: Gerry Fice 1:29:00.

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RESULTS (continued from Page 2)

26 MAY – Wells City Centre 5K: Senior men – 55 Glenn Johnson 18:04, 66 Joby Hobbs 19:13; veteran men – 70 Bernie Hobbs 20:12, 81 John Bowley 21:43; women – 31 Rose Barber* (2nd o-45) 20:13, 47 Susie Phillips* 23:31, 48 Joyce Field* 23:50, 49 Judy Farr (1st o-55) 24:00. *1st o-45 team. **Basingstoke Triathlon:** 6 Simon Spedding 1:33:24.

29 MAY – Tom Roberts Handicap 5-13K, Bradford-on-Avon: 1 Geoff Johnson, 2 Joby Hobbs, 3 Frank Lamerton. Actual times – 1 Steve Hale (City of Bath AC) 17:25, 2 Simon Spedding 18:03, 3 Alistair Bartlett 18:16, 4 Joby Hobbs 18:49, 5 Glenn Johnson 19:02, 6 Simon Reeves 19:38, 7 Richard Luke 20:03, 8 Ted Rockcliffe 20:17, 9 Neil Fyfe 20:26, 10 Anthony Hickson 21:02, 11 Bernie Hobbs 21:14, 12 Rose Barber 21:21, 13 Jackie Robertson 21:32, 14 Mike Hehir 21:38, 15 Bob Sales 22:24, 16 John Bowley 22:39, 17 Geoff Johnson 23:08, 18 Cathie Crichton 23:14, 19 Frank Lamerton 23:45, 20 Tony Bartlett 23:46, 21 Mike Brain 23:58, 22 Susie Phillips 24:19, 23 Julie West 25:11, 24 Luke Hobbs 25:35, 25 Alex Cox 25:37, eq 26 Judy Farr & Robin Porter 25:39, 28 Joyce Field 25:58, 29 Viv Toms 27:30.

1 JUNE – St Albans Half-Marathon: Robert Sidwick 1:38:18. **Long Ashton 10K:** 96 Bernie Hobbs 43:03, 130 Anthony Hickson 44:44, 157 Rose Barber (1st o-40) 45:38, 202 John Bowley 48:40, 247 Judy Farr 51:15, 265 Joyce Field 52:21, 270 Susie Phillips 52:49, 311 Stan Farr 56:10.

4 JUNE – Castle Combe Duathlon: 27 Simon Spedding 46:34, 50 John Kent 48:31, 131 Rose Barber 55:56, 157 John Bowley 1:02:30, 165 Joyce Field (1st o-50) 1:04:51.

8 JUNE – Crewkerne 9M: 15 Alistair Bartlett 56:06, 106 Tony Bartlett 1:11:43. **Combe Grove Hotel Triathlon** (400m swim, 16M bike, 4-4M run): 33 Stan Farr (16:21, 1:11:13, 43:40) 2:11:14, 36 Susie Phillips (10:00, 1:20:57, 43:35) 2:14:32. **Burnham-on-Sea Triathlon:** 8 Simon Spedding 1:03:15, 258 Mandy Spedding 1:33:27.

10 JUNE – Calne 3 x 3-4M Relays: 8th team – Glenn Johnson 20:08, Ted Rockcliffe 21:38, Simon Spedding 19:34 = 1:01:20; 9th – Bob Ellis 20:27, Simon Reeves 20:43, Joby Hobbs 20:15 = 1:01:25; 17th – Bernie Hobbs 22:14, Bob Sales 23:53, Mike Hehir 22:14 = 1:08:21; 22nd (1st women's team) – Jackie Robertson 22:25, Joyce Field 26:39, Cathie Crichton 37:07 (lost the way!) = 1:26:11.

14 JUNE – Man v. Horse 22M MT, Llanwrtyd Wells: 1st female relay team (Irene Warden, Rose Barber, Jackie Robertson) 3:02:17; individual race – 188 Neil Fyfe 3:15:41, 202 Jane Gilmore 3:17:15. **Broad Town 5M:** 15 Bob Ellis 30:17, 29 Bernie Hobbs 32:29, 51 Mandy Spedding 36:43, 67 Judy Farr (1st o-45) 39:41, eq 77 Stan Farr & Anthony Hickson 42:44.

15 JUNE – Offa's Dyke 15M MT: Men – 55 Neil Whitehead 1:56:54, 118 Alan Meadow 2:11:04, 192 John Bowley 2:31:39; women – 26 Joyce Field 2:39:44, 29 Viv Toms 2:45:39. **Great Hinton 2-8M:** 2 Glenn Johnson 14:48, 3 Joby Hobbs (1st u-16) 14:54, 6 Nigel Stevens 15:15, 10 Les Unsworth 16:08, 11 Ted Rockcliffe 16:10, 16 Bernie Hobbs 16:55, 18 Rose Barber (1st woman) 17:03 (course record), 19 Bob Sales 17:11, 37 Mike Brain 18:53, 40 Richard Havergal 19:07, 43 Susie Phillips (2nd woman) 19:36, 49 Luke Hobbs 20:31, 54 Judy Farr 20:50, 59 Stan Farr 21:38, 61 Linda Unsworth 21:46.

22 JUNE – Tarrant Valley 10¼M: 27 John Makin 1:17:48, 110 Beatriz Makin 1:28:22, 115 Judy Farr 1:31:12, 122 Bill Howsego 1:32:46; **5½M:** 44 Stan Farr 50:32. **Warwick-Kenilworth 10K:** 83 Alan Meadow 42:39, 391 Pauline Sanger 1:02:56.

26 JUNE – Tom Roberts Handicap 5-13K, Bradford-on-Avon: 1 Frank Lamerton, 2 Geoff Johnson, 3 Mike Brain. Actual times: 1 Alistair Bartlett 18:22, 2 Joby Hobbs 18:49, 3 Glenn Johnson 18:56, 4 Bob Ellis 19:12, 5 Simon Reeves 19:22, 6 John Kent 19:38, 7 Richard Luke 20:08, 8 Alan Meadow 20:38, 9 Neil Fyfe 20:40, 10 Mike Carpenter 21:31, 11 Bernie Hobbs 21:37, 12 Jackie Robertson 21:48, 13 Roger Carey 22:02, 14 Geoff Johnson 22:16, 15 Bob Sales 22:29, 16 Frank Lamerton 22:45, 17 Ray Withey 23:01, 18 John Bowley 23:17, 19 Mike Brain 23:19, 20 Mandy Spedding 23:50, 21 Tony Bartlett 24:01, 22 Verity Bartlett 24:22, 23 Julie West 24:36, 24 Joyce Field 25:08, 25 Judy Farr 26:04, 26 Alex Cox 26:30, 27 Robin Porter 26:54, 28 Luke Hobbs 27:07, 29 Viv Toms 28:26, eq 30 Linda Unsworth & Denise Ellis 29:59.

27 JUNE – Bitton 7K: 7 Simon Spedding 24:28.

29 JUNE – Warminster 10M♦: 14 Alistair Bartlett 1:02:53, 22 Glenn Johnson 1:04:39, 36 Neil Fyfe 1:07:17, 42 Neil Whitehead 1:08:11, 47 Simon Reeves 1:08:58, 55 Bob Ellis 1:11:24, 60 Alan Meadow 1:11:54, 68 Jackie Robertson* 1:13:25, 70 John Makin 1:14:24, 73 Terry Harrison 1:15:12, 80 Bob Sales 1:17:08, 84 John Bowley 1:17:30, 89 Mike Brain 1:17:59, 90 Tony Bartlett 1:18:03, 108 Beatriz Makin* 1:21:55, 123 Joyce Field* 1:25:20, 129 Judy Farr 1:27:13, 131 Viv Toms 1:27:56, 134 Bill Howsego 1:29:18, 141 Susie Phillips 1:34:28, 143 Stan Farr 1:35:18. *1st women's team.

Events marked ♦ are included in the reckoning for the 1997 club championships.

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

FIXTURES: July–October

JULY

- Sat 5 Charmouth 8M, 2.45.
 Sun 6 Budbury Rings 10K.
 Tue 8 Calne 3 × 3.4M Relays, 7.00.
 Wed 9 Chippenham 5K, 7.30.
 Sun 13 Portland 10M, 11.00; New Forest 10M, 12.45; Salisbury 10K, 11.45.
 Sun 27 Butterboys Okeford Beacon 4M, 3.30.
 Thu 31 Tom Roberts 5.13K Handicap, Bradford-on-Avon, 7.30.

AUGUST

- Sun 3 Sturminster Newton Half-Marathon, 10.30; Blagdon 5½M, 11.00.
 Wed 6 Castle Combe Duathlon, 7.00.
 Sat 9 Hambleton Hill 4M, 3.00.
 Tue 12 Calne 3 × 3.4M Relays, 7.00.
 Sun 17 Standish 10M, 11.00.
 Sun 24 Langport 10K, 11.00.
 Mon 25 Southwick 3M, 3.00.
 Thu 28 BernCol 3 × 1.36M Relay, Bradford-on-Avon, 7.30.
 Sat 30 Broad Town Hill Race, 2.30.
 Sun 31 Westbury White Horse 9K, 10.00; Corfe Castle 12M, 10.30.

SEPTEMBER

- Wed 3 Castle Combe Duathlon, 7.00.
 Sat 6 Quantock Beast 5-7M, 11.00.
 Sun 7 Calne 10K♦, 11.00; Chippenham 10K, 2.00; Frome 5M(?); Bitton 10K, 11.00.
 Sat/Sun 13/14 Warminster 24 Hours.
 Sun 14 New Forest Half-Marathon♦ & Marathon, 11.00; Pewsey Half-Marathon, 10.30; Bath 9M MT, 11.00.
 Wed 24 Bath City Centre 5K, 7.00.
 Sat 27 Shroton Hill Race, 2.30.
 Sun 28 Marlborough 10K, 10.30.

OCTOBER

- Sun 5 Longleat Relays, 11.00.
 Sun 19 Warminster 10K♦, 11.00; Abingdon Marathon, 10.00.
 Sun ?? Stroud Half-Marathon♦.

♦ Club championship races.

Secretary's Report

It is great to see so many of you turning out for the Tom Roberts Handicap. Who was the runner who couldn't get his trousers off in time for his start until his lady friend came to his aid? He wasn't the only late starter – don't forget, I can't stop the watch once it's going.

There are several races coming up of which I have no details yet; watch my board. Could I ask you to get results to me before 7 p.m. on Sundays as I have to pedal up to Tim's with them in time for him to correct the spelling etc. in time for the newspaper.

On a sad note, it was good to see so many of you at the funeral of Brian Merrell. I tried to get the news to as many members as possible; sorry if I missed anyone. — Stan Farr.

BRIAN MERRELL

It is with sadness that we have to record the death of Brian Merrell on Tuesday 17 June, a little over a year after he was stricken with motor neurone disease. Having moved to this area from Overton in 1978, he and his wife Fay became active and enthusiastic members of the club on its formation in 1986. Brian was only fifty in January this year, but had been forced to give up running eight months earlier.

His friendly smile and gentle manner endeared him to all who knew him, and his company will be remembered with pleasure but sadly missed on training runs in the Valley. To Fay and their sons David and Richard we extend the sympathy of all Brian's clubmates in Avon Valley Runners.

Editor: Tim Northwood, 45 Hilperton Road, Trowbridge; Tel. 01225 769929.