



# Valley News

THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS (47) JANUARY 1998

## *Final results of* **1997 CLUB CHAMPIONSHIPS**

**Simon Spedding and Jackie Rockliffe win long contests.**

As predicted, the new system for deciding the Avon Valley Runners championships produced close results in both men's and women's categories, with the final outcome not being certain until the last of nine events selected for the competition.

*Of seventeen men who qualified, the first three dipped under the three-hour total for their three best performances, with Simon Spedding's aggregate of 2:54:45 being made up of 36:05 (Highworth 10K), 1:00:02 (Pucklechurch 10M) and 1:18:38 (Stroud half-marathon): veteran Gerry Fice was second with 2:57:57 from 36:42 at Calne, 1:02:29 at Bournemouth and 1:18:46 at Stroud; and third was Alistair Bartlett in 2:59:34 (Highworth 37:17, Warminster 1:02:53, Stroud 1:19:24).*

With 1997 men's captain Glenn Johnson fourth in 3:01:37 (37:09, 1:01:59, 1:22:29) and Ted Rockliffe (1st 50-59) fifth in 3:06:49 (39:22, 1:03:30, 1:23:57), the following placings were: 6 Simon Reeves 3:07:54, 7 Neil Whitehead 3:12:03, 8 Bob Ellis 3:13:32, 9 Les Unsworth 3:14:31, 10 Alan Meadow 3:28:23, 11 Anthony Hickson (1st 60-69) 3:35:32, 12 John Makin 3:37:47, 13 John Bowley 3:39:02, 14 Bob Sales 3:46:10, 15 Tony Bartlett 3:50:44, 16 Kevin Lee 4:01:44, 17 Dennis Mellor 4:21:26.

*There was an even closer contest for the women's championship, in which Jackie Rockliffe had to fight hard to keep veteran Rose Barber in sight in the last event, the Bournemouth 10 miles, to stand a chance of winning. Although Jackie was nearly a minute behind along the promenade home straight, her aggregate time was a vital 12 seconds better. Women's captain Joyce Field was third.*

Details: 1 Jackie Rockliffe 3:28:30 (Warminster 10K 46:23, Bournemouth 10M 1:10:41, Bath half-marathon 1:31:26), 2 Rosemary Barber (1st 40-49) 3:28:42 (Highworth 42:44, Bournemouth 1:09:45, Bath 1:36:13), 3 Joyce Field (1st 50-59) 3:52:24 (Calne 49:34, Bournemouth 1:19:11, Stroud 1:43:39), 4 Linda Unsworth 3:53:49, 5 Beatriz Makin 4:00:37, 6 Viv Toms 4:04:00, 7 Susie Phillips 4:21:04.

## **Mark your diary – plan your 1998 campaign!**

With only a couple of changes from the 1997 list of championship events, here is the selection for 1998. As before, your three best times at the three different distances will be added up to calculate your aggregate.

10 KILOMETRES:	<b>Trowbridge</b> (March), <b>Calne</b> (September), <b>Warminster</b> (October).
10 MILES:	<b>Warminster</b> (June), <b>New Forest</b> (July), <b>Bournemouth</b> (November).
HALF-MARATHON:	<b>Bath</b> (March), <b>New Forest</b> (September), <b>Stroud</b> (October).

## *Welcome to the Valley!*

With membership never far short of the hundred mark, we signed on three new names during the last quarter of 1997. Ian Gray joined on 17 October; and Graham and Kate Cable on 20 October. May you have a long and happy sojourn in Avon Valley.

## A solitary milestone . . .

Only one member moves up into the next age-group during the quarter ahead. Joyce Field will turn 55 on 20 February. Happy birthday and best wishes.

## SECRETARY'S NOTES

It is now twelve years since a group of us sat in the Three Horseshoes, Bradford-on-Avon, placing money in a cardboard box to get this club off the ground. Membership rose to nearly a hundred last year, with seventy-five of these being veterans.

Eight members have been accepted for the London Marathon, but a lot more failed to get in.

It was at London that I suffered my greatest humiliation when a pantomime horse passed me; and now to cap it all Jasper Carrott has just completed ten kilometres a minute faster than I can run!

Trowbridge Lions have decided that a ten-kilometre race [on 22 March] will attract more competitors than the current 5.85 miles; so I would be glad of help at the finish if anyone is free.

— Stan Farr.

## AWARDS FOR 1997

	MEN	WOMEN
<i>10 kilometres</i>	Simon Spedding	Rosemary Barber
<i>10 miles</i>	Simon Spedding	Rosemary Barber
<i>Half-marathon</i>	Simon Spedding	Jackie Rockliffe
<i>Marathon</i>	Nick Rosier	Viv Toms
<i>Vic Bull Trophy</i> <i>(over-50 marathon)</i>	Nick Rosier	
<i>Percentage Trophies</i>	Gerry Fice	Rosemary Barber

### Club Championships

<i>First</i>	Simon Spedding	Jackie Rockliffe
<i>Second</i>	Gerry Fice	Rosemary Barber
<i>Third</i>	Alistair Bartlett	Joyce Field
<i>40-44</i>	Gerry Fice	Linda Unsworth
<i>45-49</i>	John Makin	Rosemary Barber
<i>50-54</i>	Ted Rockliffe	Joyce Field
<i>55-59</i>	Kevin Lee	
<i>60-64</i>	Anthony Hickson	

\* \* \*

### TO BE ANNOUNCED AT PRIZEGIVING

**Most improved:** .....

**Frank Allen Trophy (most outstanding over-50):** .....

**"The Bomb" (special award):** .....

**Clive Crocker Injury Award:** .....



## RESULTS: October-December

**5 OCTOBER – Longleat Relays:** Men's 6 x 5K: 22nd AVR – S Reeves 18:36, M Carpenter 21:37, G Johnson 18:18, A Meadow 20:38, T Bartlett 23:48, J Bowley 23:15 (2:06:12); Veteran Men's 4 x 5K: 9th AVR – N Fyfe 19:40, L Unsworth 19:48, A Hickson 21:24, G Fice 18:08 (1:19:00); G Cable (20:18) & R Luke (19:30) ran for Wells "D". Veteran Women's 4 x 5K: 2nd AVR – R Barber (best vet.) 20:54, J Farr 24:36, S Phillips 24:39, J Field 24:41 (1:34:50); Women's 4 x 5K: 12th AVR – J Maddocks 26:08, K Cable 27:12, R Barber 22:35, J Farr 25:24 (1:41:19). **Portsmouth 10M:** 123 S Spedding 59:07, 309 T Rockcliffe 1:03:37, 517 B Dunn 1:06:56, 1,239 R Sidwick 1:14:25, 1,572 R Sales 1:14:25.

**12 OCTOBER – Southend 10K:** L Unsworth 39:24.

**19 OCTOBER – Warminster 10K:** 3 M Connor\* (1st vet.) 36:21, 5 S Spedding\* 37:11, 7 A Bartlett\* 37:38, 15 R Luke 40:43, 16 N Fyfe (1st o-50) 40:50, 32 R Barber† (1st woman) 43:40, 34 J Makin 43:43, 38 A Meadow 44:09, 39 R Hudson 45:17, 44 J Rockcliffe† (2nd woman) 46:23, 47 R Sales 46:58, 49 J Bowley 47:35, 51 T Bartlett (1st o-60) 47:53, 53 M Spedding† (3rd woman) 48:33, 60 B Makin (2nd vet. woman) 50:40, 63 J Field (1st o-50 woman) 51:23, 64 J Farr 51:26, 66 C Webb 51:48, 70 S Phillips (3rd vet. woman) 52:38, 75 D Mellor 55:23, 77 W Howsego 57:07, 78 S Farr 57:10, 81 J Hunt 59:16, 83 P Sanger 1:01:12. \*1st men's team; †1st women's team.

**25/26 OCTOBER – Karrimor Marathon 64M:** 6 T Laney 11:02:00.

**26 OCTOBER – Stroud Half-Marathon:** 42 M Connor (Bath AC) 1:17:10, 67 S Spedding 1:18:38, 70 G Fice 1:18:46, 81 A Bartlett 1:19:24, 107 G Johnson 1:22:29, 143 T Rockcliffe 1:24:15, 154 S Reeves 1:24:53, 187 N Whitehead 1:26:30, 349 D Kay 1:33:24, 464 J Bowley 1:39:34, 543 R Sales 1:42:04, 576 J Field 1:43:39, 14 T Bartlett 1:45:17. **Dorset Three Peaks 10M:** 76 D Plant 1:16:00, 138 A Meadow (3rd in series of 4) 1:22:30, 220 M Carpenter 1:30:15, 254 R Withey 1:33:30.

**27 OCTOBER – Dublin Marathon:** V Toms 4:09:14.

**1 NOVEMBER – Seven Sisters Marathon:** R Luke 4:14:21.

**2 NOVEMBER – Harrow Marathon:** D Kay (1st o-55) 3:28:53. **Cheddar 10M:** 96 A Meadow 1:09:11. **Iminster 10K:** 20 R Barber (3rd woman) 43:22, 48 S Phillips 52:18, 60 S Farr 56:37. **Cirencester 10K:** 21 P Mitchell 38:32.

**8 NOVEMBER – Victoria Park 4M, Bath:** 11 M Connor (Bath AC) 22:46, 16 G Fice 23:32, 21 G Johnson 23:58, 48 T Bartlett 30:17, 54 S Phillips 33:03.

**23 NOVEMBER – Bournemouth 10M:** G Johnson 1:01:59, G Fice 1:02:29, T Rockcliffe 1:03:30, S Reeves 1:03:57, L Unsworth 1:05:28, N Whitehead 1:05:53, R Barber\* (1st woman o-45) 1:09:45, J Rockcliffe\* 1:10:41, A Meadow 1:14:00, J Bowley 1:15:05, T Bartlett 1:18:04, J Field\* 1:19:11, R Sales 1:23:00, V Toms 1:23:02, K Lee 1:23:33, L Unsworth 1:25:53, S Phillips 1:26:47, D Mellor 1:26:48, S Farr 1:35:29. \*2nd women's team.

**30 NOVEMBER-3 DECEMBER – Lanzarote Challenge:** Sunday, 10K: Men – 76 R Luke 39:50, 174 J Bowley 47:35, 210 S Farr 54:53, 216 W Howsego 57:56; Women – 11 R Barber (1st o-45) 42:41, 49 J Field 50:19. Monday, 13K Hill Race: Men – 72 R Luke 53:52, 165 J Bowley 1:04:51, 193 S Farr 1:14:23, 197 W Howsego (2nd o-70) 1:22:52; Women – 9 R Barber (1st o-45) 58:47, 52 J Field 1:10:20. Aquathon (swim 200m, run 3K): 20 J Field (1st o-50) 20:01, 24 J Bowley 21:54. Tuesday, 5K Beach Race: Men – 78 R Luke 23:30, 184 J Bowley 29:51, 205 S Farr 32:30, 210 W Howsego (2nd o-70) 36:14; Women – 7 R Barber (1st o-45) 26:01, 44 J Field 30:47. Wednesday, 23K Transisland Race: Men – 76 R Luke 1:35:28, 160 J Bowley 1:55:01, 184 S Farr 2:13:37, 188 W Howsego 2:30:12; Women – 12 R Barber (1st o-45) 1:43:29, 36 J Field (3rd o-50) 1:55:05. Overall results: Men – 65 R Luke 3:32:40, 137 J Bowley 4:17:18, 157 S Farr 4:55:23, 161 W Howsego (2nd o-70) 5:27:14; Women – 7 R Barber (1st o-45) 3:50:58, 36 J Field 4:26:31.

**4 DECEMBER – Fry's 5K:** P Chapple (3rd o-60) 23:16.

**7 DECEMBER – Bromham 10K:** 11 S Spedding 36:47, 20 J Hobbs 38:17, 22 S Reeves 38:19, 23 T Rockcliffe 38:24, 27 R Carey 39:16, 37 R Ellis 39:48, 40 L Unsworth 39:54, 41 N Whitehead 39:55, 57 T Harrison 41:29, 61 J Makin 41:47, 66 R Hudson 42:03, 68 A Meadow 42:25, 69 R Barber (3rd woman, 1st o-40) 42:27, 86 L Brown 43:48, 89 R Withey 44:00, 103 M Carpenter 46:13, 106 C Webb 46:51, 107 R Sales 47:01, 108 T Bartlett 47:04, 112 B Makin 47:50, 123 G Babb 49:05, 124 K Lee 49:07, 126 G Johnson 49:22, 128 S Phillips 49:47, 132 R Porter 50:20, 138 J Farr 50:38, 145 V Toms 51:29, 153 M Gerrish 53:20, 176 P Sanger 58:40. **Barbados 10K:** 49 P Mitchell 41:56.

**13 DECEMBER – Wiltshire Cross-Country Championships:** U-13 Boys – 28 N Kent 14:40; Men – J Kent 36:20.

**14 DECEMBER – Wyvern Christmas Cracker 10K:** 382 J Field 47:32, 383 J Bowley 47:32.

**21 DECEMBER – Wellington Monument 6.27M:** R Barber (3rd woman, 1st vet.) 46:12.

**26 DECEMBER – Boxing Day 3.4M, Trowbridge:** 1 K Jennings (Hercules-Wimbledon AC) 18:29, 2 A Bartlett 19:21, 3 M Connor (Bath AC) (1st o-40) 19:41, 4 G Johnson 20:32, 5 R Carey 20:36, 6 N Stevens 22:01, 7 I Gray (1st u-18) 22:29, 8 C — 22:49, 9 R Barber (1st woman) 23:00, 10 N Whitehead (1st o-50) 23:26, 11 N Fyfe 23:33, 12 R Sales 24:25, 13 T Bartlett (1st o-60) 24:44, 14 P Chapple 25:05, 15 S Phillips (2nd woman) 25:08, 16 R Havergal 25:48, 17 K Lee 26:14, 18 J Farr (3rd woman) 27:02, 19 A Cox 30:07, 20 G Saxty (Trowbridge AC) 30:07, 21 S Farr 31:00, 22 J Woodsford (Trowbridge AC, walker) 34:43.

◆ 1997 club championship event. To ensure inclusion, telephone results to Stan Farr, Trowbridge 755605.

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## FIXTURES: January-April

### JANUARY

- Sun 18 Avalon CC, Bath University, 1.00.  
Sat 24 Annual Party & Prizegiving, Southwick Village Hall.  
Sun 25 Romsey 5M, 11.00.

### FEBRUARY

- Sun 1 Blackmore Vale Half-Marathon, 11.00.  
Sun 8 Weston Tough 10M, 11.00.  
Sun 15 Avalon CC, Radstock, 1.00; Churchdown 10K, 11.00.  
Sun 22 Pewsey Hill 10M, 10.30; Babcary 7½M, 11.00. Bourton 10K, 11.00.

### MARCH

- Sun 1 Imber Half-Marathon, 10.00; GWR 10M, Pucklechurch, 10.30; Cheddar 10M, 11.00;  
Avalon League Cross-Country Relays, Salisbury.  
Sun 8 Bath Half-Marathon♦, 11.30.  
Sun 15 Grizzly 18M, 10.30; Reading Half-Marathon, 10.00; Eastleigh 10K, 2.30.  
Sun 22 Trowbridge Lions' 10K♦, 11.00; Bath University 5K, 11.00.  
Sun 29 Combe Gibbet 16M MT, 2.00; Wotton Bassett 7M, 11.00.

### APRIL

- Sun 19 Totton 10K, 2.30.  
Sun 26 London Marathon.

♦ Club championship races.

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## Few changes in running of AVR

The annual general meeting of Avon Valley Runners on Thursday 5 January produced few changes in the list of club officers or the way in which the club's affairs will be conducted in 1998. One regrettable change was caused by the imminent departure for Bedford of men's captain Glenn Johnson, who during his short spell in the Valley has made many friends and also impressed with his enthusiasm and energy. We wish him and Marion success and happiness in their new surroundings.

There was no dissent on the well-earned elevation of vice-captain Simon Spedding to the men's captaincy; similarly, no one opposed the appointment of Ted Rockliffe as vice-captain in recognition of his exemplary competitive spirit.

*Officers:* President, Mike Holland; vice-president, Clive Crocker; chairman, Bob Ellis; vice-chairman, George Henderson; secretary, Stan Farr; assistant secretary, Judy Farr; treasurer, Dennis Mellor; men's captain Simon Spedding, vice-captain Ted Rockliffe; women's captain Joyce Field, vice-captain Denise Ellis; press officer, Tim Northwood; coach, Bob Ellis; additional committee members, John Bowley, Gerry Fice, Mike Hehir, Bernie Hobbs, Robin Porter, Simon Reeves, Les Unsworth.

**A NEW ARRIVAL:** Congratulations to Bob and Denise Ellis on the birth of a daughter on 9 January.

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