



Valley News

THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS (48) APRIL 1998

'OVER THE HILLS': HELP WANTED

Helpers are urgently needed for the second running of the AVR "Over the Hills" 10-kilometre multi-terrain race, starting and finishing in the Country Park, Bradford-on-Avon, at 11 a.m. on **Sunday 19 April**. *If you can help*, contact Simon Spedding and turn up early to be allocated a duty or marshalling point, giving yourself ample time to get on station. With the club now involved in the organization of three events on the calendar, it is important that we maintain our well-earned reputation for well-organized races.

London Marathon hopefuls

We'll all be scanning our television screens for glimpses of the following members as they set out from Blackfriars on the long and crowded route to Westminster on Sunday 26 April: Helen Bellerby, Derek Coop, Bernard Dunn, Joyce Field, Diane Green, Danny Kay, Richard Luke and Ted Rockliffe. May you all have a good day in the capital, with the weather and the timekeepers on your side!

Revised 1998 championship events

As you probably know, there had to be a couple of changes in the championship races published in the January issue of *Valley News*. Here is the corrected list of events for 1998. As before, your three best times at the three different distances will be added up to calculate your aggregate.

10 KILOMETRES:	Trowbridge (22 March),	Langport (30 August),	Bromham (6 December).
10 MILES:	Warminster (28 June),	New Forest (12 July),	Bournemouth (22 November).
HALF-MARATHON:	Bath (8 March),	Bristol (10 May),	Stroud (25 October).

THIS IS YOUR NEWSLETTER! We welcome items for inclusion — race reports from the personal point of view, anecdotes from your athletic past, your views on training methods, etc. For instance, what is your favourite race, and why? *Tell us about it!*

Welcome to the Valley!

No fewer than eight new members signed on during the first quarter of 1998, four in January and four in February. We welcome **Helen Bellerby, Samuel Ghey, Ian Gibbs, James Mitchell, Michael Pratt, Hannah Spedding, Paul Turner** and **David Unsworth** to the club, and hope that your stay in Avon Valley is long and happy.

Milestones

Old Father Time will be claiming a few more names during the three months ahead. Or, to put it another way, birthday greetings and good luck to the following: **Cathie Crichton**, who will be 45 on 8 June; **Gerry Fice**, 45 on 16 May; **Richard Luke**, 45 on 12 June; **Dennis Mellor**, 65 on 30 June; and **Bob Washbourne**, 50 on 10 May.

SECRETARY'S NOTES

I know I can't force you to leave your TV sets on a Tuesday evening, but it would help the club finances if a few more members could possibly come along to Clarendon Sports Centre. By contrast, Thursday training evenings are reaching record levels, so is it a poor viewing evening?

There was a very good club attendance at the second race in the 1998 championship series, the Trowbridge Lions' 10K. The Lions were delighted with the turnout and thanked the club for boosting their charity fund.

I have just received a letter from former men's captain Glenn Johnson thanking members for his leaving present, which was two pints [sorry, prints - Ed.] of Bradford-on-Avon. Glenn will shortly be joining Ampthill & Flitwick Fliers.

Best wishes to the London-bound. It's great to see so many pounding the roads these days. I can remember only a few years ago going from home in the dark with hat pulled down, hoping not to be recognized.

— Stan Farr.

Unfinished business . . .

To complete the table of awards for 1997 published in the January *Valley News*, here are those that were announced at the prizegiving:

Most improved — SIMON SPEDDING and VIV TOMS;

Frank Allen Trophy (*most outstanding over-50*) — TED ROCKLIFFE;

"The Bomb" (*special award*) — GLENN JOHNSON;

Clive Crocker Injury Award — TONY BARTLETT.

GLENN JOHNSON, our former men's captain, who after only a short stay in this area recently moved to Bedford, has asked that his new address be made known to those of his former clubmates whom he wasn't able to contact personally. He and Marian now live at: 9 How End, Houghton Conquest, Bedford MK45 3JT; Tel. 01525 402921; Fax 0966 542191.

RESULTS: January-March

1 JANUARY – Hangover 10K, Weston-super-Mare: 63 Rose Barber (2nd vet.) 44:20, 94 Judy Farr 53:19, 107 Stan Farr & Gypsy (bottle of wine & socks for 1st dog) 1:04:57.

11 JANUARY – Milbourne 10M: 72 Tony Bartlett 1:18:22.

18 JANUARY – Avalon CC, Bath University: 44 Simon Spedding 36:25, 65 Bob Ellis 37:30.

25 JANUARY – Romsey 5M: Rose Barber (1st o-45) 33:46.

1 FEBRUARY – Blackmore Vale Half-Marathon: 34 Martin Connor 1:20:36, Danny Kay 1:36:16, Anthony Hickson 1:39:47, Mike Pratt 1:45:40, Joyce Field 1:48:32, Kevin Lee 1:49:56, Viv Toms 2:01:09, Mike Gerrish 2:05:25.

8 FEBRUARY – Weston 10-2M MT: 40 Alistair Bartlett 1:06:43, 57 Martin Connor (Bath AC) 1:08:10, 120 Ted Rockliffe 1:11:55, 152 Bob Ellis 1:13:21, 179 Ian Gibbs 1:14:25, Jane Thackray (née Gilmore)* (12th woman) 1:16:48, 286 Alan Meadow 1:18:16, Rose Barber* (18th) 1:18:43, 397 Mike Carpenter 1:22:43, 439 Ray Withey 1:24:52, 506 Tony Bartlett 1:27:34, Joyce Field* (48th) 1:29:02, 538 John Bowley 1:29:03, 641 Mike Gerrish 1:37:04, Diane Green* (87th) 1:39:11, Viv Toms (109th) 1:42:51. *2nd women's team. **3M Fun Run**: 31 Judy Farr 28:00, 45 Pauline Sanger 31:33.

15 FEBRUARY – Churchdown 10K: 50 Anthony Hickson (1st o-55) 43:37, 59 Paul Turner 45:10.

Avalon CC, Radstock: U-13 boys – 6 Sam Ghey 10:37; men – 35 John Kent 35:37.

22 FEBRUARY – San Domenico 20M, Cardiff: 7 Simon Spedding 2:05:44, 156 Kevin Lee 2:52:42, 171 Viv Toms 2:59:58.

Pewsey 10M MT: 53 Alan Meadow 1:19:57, 101 Tony Bartlett 1:27:40, 112 Anthony Hickson 1:29:00, 131 Colin Webb 1:33:55.

1 MARCH – Imber Half-Marathon: 19 Damien Plant 1:31:00, 37 Alan Meadow 1:37:16, 41 Rose Barber (1st woman) 1:37:38, 66 Mike Carpenter 1:44:52, 69 Ray Withey 1:46:28.

Great Western 10M, Pucklechurch: Linda Brown 1:14:13, Kevin Lee 1:24:17, Dennis Mellor 1:31:46.

Malta Marathon: Danny Kay 3:48:27.

8 MARCH – Bath Half-Marathon◆: 69 Simon Spedding 1:17:29, 91 Martin Connor (Bath AC) 1:19:27, 160 Alistair Bartlett 1:22:47, 178 Ted Rockliffe 1:23:49, 209 Bob Ellis 1:25:01, 211 Richard Luke 1:25:02, 328 Simon Reeves 1:28:15, 423 Ian Gibbs 1:31:07, Linda Brown (20th woman) 1:34:32, 580 Anthony Hickson 1:35:21, 595 Danny Kay 1:35:34, 626 Terry Harrison 1:36:10, 744 Mike Carpenter 1:38:49, 772 Bernie Hobbs 1:39:34, 823 Ray Withey 1:40:55, Joyce Field (48th) 1:41:07, 832 Mike Pratt 1:41:09, 1103 John Bowley 1:47:26, 1124 Kevin Lee 1:47:56, 1137 Tony Bartlett 1:48:13, 1146 Bob Sales 1:48:21, Viv Toms (113th) 1:49:36, 1259 Robin Porter 1:52:01, 1438 Dennis Mellor 1:57:50.

15 MARCH – Shrivensham Half-Marathon: 60 Bernard Dunn 1:31:01, 61 Robert Sidwick 1:31:02.

Grizzly 18M MT: Jane Thackray 3:08:00.

Hastings Half-Marathon: Richard Luke 1:25:50.

22 MARCH – Trowbridge Lions' 10K◆: 3 Simon Spedding 35:02, 5 Alistair Bartlett 35:18, 6 Martin Connor 35:31, 10 Bob Ellis 37:44, 15 Les Unsworth 39:51, 19 Alan Meadow 41:05, 20 Danny Kay 41:08, 21 Anthony Hickson 41:12, 22 Rose Barber (2nd woman) 41:16, 27 Mike Carpenter 42:26, 32 Julie West 43:44, 33 Ray Withey 43:45, 35 Bernie Hobbs 44:12, 40 Mandy Spedding 45:20, 42 Colin Webb 45:50, 47 Tony Bartlett 46:47, 51 Kevin Lee 47:03, 52 Bob Sales 47:50, 54 Susie Phillips 48:05, 58 Judy Farr 49:51, 62 Viv Toms 50:31, 64 Dennis Mellor 51:32. **2M Fun Run**: 2 Sam Ghey 12:04, 5 Luke Hobbs 13:57, 6 David Unsworth 15:01, 10 Ashleigh Spedding 15:57, 11 Jake Hobbs 16:22.

29 MARCH – Marshfield Mudlark 5M MT: 5 Simon Spedding 32:53, 19 Rose Barber (3rd woman) 41:39, 21 Anthony Hickson 42:27, 44 Judy Farr 53:31, 52 Stan Farr 1:06:59.

Yate 10K: Susie Phillips (7th woman) 49:30; **5K**: Paul Turner 21:59.

◆ 1998 club championship event.

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

FIXTURES: April-July

APRIL

- Sun 5 Butleigh 7M MT, 2.30.
 Sat 12 Fivehead 10K & 2M Fun Run, 11.00.
 Mon 13 Yeovil 10K, 11.00.
 Tue 14 Heddington Hill Race, 7.30.
 Sun 19 AVR Over the Hills 10K MT, 11.00; Frenchay 10K, 11.00; Taunton Marathon, 10.30;
 Highworth 10K, 11.00; Penselwood 10K, 11.00; Totton 10K, 2.30.
 Sun 26 London Marathon; Newton Toney 5K & 10K, 11.30.

MAY

- Sun 3 Neolithic MT Marathon, 10.30; Pensford 10K, 1.00; Glastonbury 5 $\frac{3}{4}$ M, 11.00.
 Mon 4 Springfield Triathlon; Bradford 3M, 2.30.
 Wed 6 Yeovil 5K, 7.30.
 Thu 7 BernCol Relay, 7.40; Marlborough 5M, 7.15.
 Sun 10 Bristol Half-Marathon♦, 11.02.
 Tue 12 Calne Relay, 7.30.
 Sat 16 Isle of Wight Marathon.
 Sun 17 AVR 10K, 11.00; Keynsham 10K, 11.00.
 Sat 23 Bath 10M, 11.00.
 Sun 24 Hungerford 10K, 11.00.
 Mon 25 Wells 5K, 2.00.
 Wed 27 Yeovil 5K, 7.30.
 Thu 28 Tom Roberts 5K Handicap, 7.40; Marlborough 5M, 7.15.
 Sun 31 Cheddar 10M MT, 11.00.

JUNE

- Sun 7 Long Ashton 10K, 11.00; Poole 10K, 2.00; Crewkerne 9M, 10.00.
 Tue 9 Calne Relay, 7.30.
 Sat 13 Man v. Horse 22M MT; Broad Town 5M, 2.30; Bratton Happy Valley 11K, 11.00.
 Sun 14 Great Hinton 2-7M, 11.00.
 Thu 18 Marlborough 5M, 7.15.
 Sun 21 Offa's Dyke 15M MT, 2.30.
 Wed 24 Yeovil 5K, 7.30.
 Thu 25 Tom Roberts 5K Handicap, 7.40.
 Sun 28 Warminster 10M♦, 10.30.

JULY

- Thu 9 Marlborough 5M, 7.30.
 Sun 12 New Forest 10M♦, 12.45; Portland 10M, 11.00.
 Tue 14 Calne Relay, 7.30.
 Thu 23 Tom Roberts 5K Handicap, 7.40.

♦ Club championship races.

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