



# Valley News

THE NEWSLETTER OF AVON VALLEY RUNNERS  
#125 – July 2011



## *The Greatest ever Avon Valley Runners*

At the Jubilee dinner held at Cumberwell Park last month, Alistair Bartlett and Rosemary Barber were revealed as being the greatest ever Avon Valley Runners. This accolade resulted from the careful analysis of all club results recorded between 1<sup>st</sup> January 1986 and 31<sup>st</sup> December 2010 and was based on number of appearances made for AVR, number of winning team prizes received, number of Top-10 finishes, number of podium positions 1-2-3 and V40, V50 and V60+ category wins and outright victories.

The analysis also showed that between us, over 600 members had competed for Avon Valley Runners at over 3,500 different events and we had provided the winner in 256 of them!

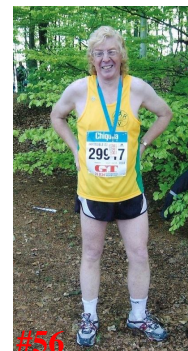
The following pages list the Top-100 Avon Valley Men and Top-100 Avon Valley Ladies according to the criteria that were used to identify The Greatest ever Avon Valley Runners.....



Pos.	Name	Appearances	Team	Top-10	Podium	Wins
1	Alistair Bartlett	321	24	131	66	13
2	Kevin Sparey	223	13	103	92	5
3	Stan Farr	677	1	7	14	0
4	Martin Connor	285	7	74	33	7
5	Bob Ellis	324	9	41	11	2
6	Darren Wrintmore	149	3	39	44	7
7	Neil Fyfe	176	4	39	26	1
8	Anthony Hickson	273	0	7	24	0
9	Danny Kay	246	1	4	30	0
10	Gerry Fice	173	13	34	17	2
11	Dennis Mellor	316	0	2	8	0
12	Michael Towler	46	11	39	35	7
13	Stuart Macgregor	178	3	24	21	2
14	Ted Rockcliffe	223	1	18	9	0
15	Tim Northwood	161	5	14	23	1
16	Doug Barber	125	8	33	13	1
17	Sam Ghey	38	0	33	25	9
18	Bob Roots	38	1	28	23	11
19	Colin Williamson	148	5	18	6	1
20	Neil Whitehead	162	0	10	8	0
21	Joby Hobbs	72	1	25	13	6
22	Tom Frost	107	4	23	11	0
23	Phil Mitchell	127	5	22	6	0
24	Tony Griffith	204	0	0	5	0
25	Simon Spedding	69	4	26	16	1
26	Tony Bartlett	181	1	2	7	0
27	Brett Flook	84	7	24	9	1
28	Bill Howsego	153	1	1	13	0
29	Bernie Hobbs	169	1	7	4	0
30	Mike Pace	157	3	8	2	0
31	Miles Holland	140	4	8	5	0
32	Nick Rosier	107	1	16	8	0
33	Ray Withey	171	0	2	1	0
34	Les Unsworth	157	1	4	0	0
35	Mike Hehir	103	6	9	6	0
36	Tom Roberts	137	0	7	0	0
37	Carl Davies	54	10	18	8	0
38	Michael Bryant	33	0	15	15	2
39	Dave Bristow	81	0	13	7	0
40	Tom Fisher	14	3	14	12	8
41	Roger Carey	58	3	17	6	1
42	Paul Turner	113	1	6	1	0
43	Pete Chapple	115	0	3	3	0
44	John Kent	55	8	11	8	0
45	Dave Earley	121	1	0	3	0
46	Nigel Stevens	88	2	13	0	0
47	Andy Robertson	57	5	13	5	0
48	Mike Gerrish	120	0	1	0	0
49	Chris Atkinson	109	1	4	0	0
50	Vojtech Hajdu	26	5	12	9	2



Pos.	Name	Appearances	Team	Top-10	Podium	Wins
51	Mike Carpenter	110	0	1	0	0
52	John Bowley	105	0	0	1	0
53	Glyn Phillips	99	0	1	1	0
54	Peter Bray	90	0	3	1	0
55	Darren Earney	38	0	10	7	1
56	Bob Sales	90	0	2	1	0
57	J Green	30	0	10	8	1
58	Richard Hudson	57	5	5	3	0
59	Andy Hawkins	12	3	10	9	2
60	Maurice Cockell	50	0	5	5	1
61	Ian White	68	2	2	2	0
62	Mike Beirne	79	0	2	0	0
63	Mark Harris	61	4	4	1	0
64	Alan Meadow	78	0	1	1	0
65	Colin Stiles	72	0	4	0	0
66	Mike Maidment	74	1	2	0	0
67	Simon Reeves	47	3	9	0	0
68	Kevin Lee	73	0	1	1	0
69	Sean Greenland	52	1	7	1	0
70	Alex Key	19	0	11	5	1
71	George Roberts	70	1	1	0	0
72	Pete Jones	61	0	1	2	0
73	Mike Brain	72	0	0	0	0
74	Tony Frost	47	0	5	2	0
75	Richard Bailey	53	1	4	0	0
76	Paul Mumford	42	3	5	1	0
77	Llewelyn Jones	56	0	1	2	0
78	Ron Whittle	34	1	0	7	0
79	Andy Lilley	47	0	3	2	0
80	Laurie Irwin	60	0	1	0	0
81	Daryl Spicer	17	3	8	4	0
82	Luke Hobbs	31	0	6	2	1
83	A Ghey	15	0	9	5	0
84	Mike Pratt	57	0	0	1	0
85	Frank Lamerton	32	1	2	3	0
86	Vic Bull	58	0	0	0	0
87	Kevin Gover	43	1	2	2	0
88	Jim Hart	30	1	6	2	0
89	Bill Thomas	47	2	1	1	0
90	B Dunn	44	0	2	2	0
91	Jimmy Lowther	51	0	2	0	0
92	Paul Clark	45	0	2	1	0
93	Keith Elsey	21	1	4	5	0
94	Simon Ringham	53	0	0	0	0
95	Derek Jarvis	47	0	2	0	0
96	Alan Fodder	9	0	8	3	1
97	Richard Morgetroyd	19	4	3	2	0
98	Ian Mapperson	17	0	3	5	0
99	Jim Anderson	42	0	0	0	0
100	Richard Ayling	16	1	6	1	0



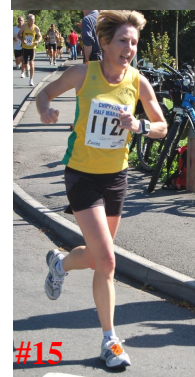
Pos.	Name	Appearances	Team	Top-10	Podium	Wins
1	Rosemary Barber	531	36	41	297	3
2	Judy Farr	570	19	28	217	2
3	Joyce Field	334	17	2	58	0
4	Susie Phillips	236	11	3	62	0
5	Denise Ellis	304	13	1	6	0
6	Linda Brown	108	12	12	45	0
7	Sue MacGregor	198	13	4	23	0
8	Jackie Rockcliffe	135	21	14	27	1
9	Viv Toms	182	7	0	16	0
10	Tina Vivian	169	3	1	15	0
11	Ann Bull	79	1	7	23	2
12	Liz Ringham	78	9	2	17	0
13	Rachel Bown	62	9	1	13	0
14	Kerry Fice	28	2	18	10	3
15	Ali Atkinson	95	5	1	7	0
16	Linda Unsworth	89	2	0	8	0
17	Maureen Laney	25	5	9	13	1
18	Barbara White	67	2	2	6	0
19	Tina Giles	42	5	1	11	0
20	Hazel Earney	51	1	4	7	1
21	Jo Mumford	53	9	1	4	0
22	Sheila Jennings	44	0	1	11	0
23	Kathy Kinsey	66	5	1	3	0
24	Jan Hunt	74	2	0	2	0
25	Kay Middleton	58	3	0	3	0
26	Linda Ladner	34	1	0	5	0
27	Melanie Nicholls	31	4	1	5	0
28	Julia Scott	48	2	0	1	0
29	Mandy Spedding	28	2	0	4	0
30	Genevieve Sharam	44	0	0	1	0
31	Julia Drewitt	44	0	0	0	0
32	Verity Bartlett	19	0	2	3	1
33	Liz Gard	40	1	0	0	0
34	Liz Clark	22	1	3	2	0
35	Sonya Stephens	34	3	0	0	0
36	Pauline Sanger	34	1	0	1	0
37	Mitzi Barber	11	0	5	3	0
38	Debbie Roberts	20	0	2	1	0
39	Anissia White	10	0	0	5	0
40	Sue Cook	25	0	0	1	0
41	Fay Barnes	12	0	0	4	0
42	Claire Howard	20	2	0	2	0
43	Clare Williamson	15	2	0	1	0
44	Linda Fice	16	5	0	0	0
45	Frances Hood	22	0	0	1	0
46	Ann Whittle	22	0	0	1	0
47	Lisa Berrington	17	1	0	1	0
48	Hannah Spedding	8	0	1	3	0
49	Vanessa Lucas	16	1	0	1	0
50	Christina Davidson	20	1	0	0	0



#4



#12



#15



#38



#42



Pos.	Name	Appearances	Team	Top-10	Podium	Wins
51	Tina Towler	20	0	0	0	0
52	Tanya Maidment	19	0	0	0	0
53	Megan Orrell	19	0	0	0	0
54	Julia Cox	15	0	0	1	0
55	Jane Elliott	15	0	0	1	0
56	Janice Betteridge	13	1	1	0	0
57	Becky Follett	13	0	0	1	0
58	Bridget Casey	14	1	0	0	0
59	Tracey Grigsby	11	0	0	1	0
60	Michelle Clarke	11	0	0	1	0
61	Karen Butler	9	1	0	0	0
62	Sally Tucker	6	0	0	2	0
63	Ruth Barnes	2	0	1	1	0
64	Fay Merrell	12	1	0	0	0
65	Sophie Grist	9	2	0	0	0
66	Sarah Jewers	11	1	0	0	0
67	Sarah Welford	12	0	0	0	0
68	Polly Beauchamp	6	0	2	0	0
69	Suzanne Hoskins	3	0	0	2	0
70	Sharon Gover	11	0	0	0	0
71	Jane Sewell	7	0	0	1	0
72	Deborah Hancock	11	0	0	0	0
73	Anna Keen	11	0	0	0	0
74	Ann Jones	5	0	2	0	0
75	Kirsty Doonan	8	1	0	0	0
76	Lucy Hawkins	5	0	0	1	0
77	Jane Thackray	3	1	0	1	0
78	Sarah Williams	4	0	0	1	0
79	Katie Sandford	1	0	1	1	0
80	Josie Ellis	1	0	1	1	0
81	Vicki Black	7	0	0	0	0
82	Ruth Griffen	7	0	0	0	0
83	Michelle Winn	7	0	0	0	0
84	Michelle Taylor	5	1	0	0	0
85	Laura MacGregor	7	0	0	0	0
86	Julie Waldron	3	0	0	1	0
87	Hilary Hammill	7	0	0	0	0
88	Cynthia Cooke	7	0	0	0	0
89	Cath Greenland	7	0	0	0	0
90	Kathy Reckless	6	0	0	0	0
91	Fiona Price	6	0	0	0	0
92	Debbie Ellis	6	0	0	1	0
93	Sarah Clark	5	0	0	0	0
94	Miriam Barber	1	0	0	1	0
95	Liz Harding	5	0	0	0	0
96	Jo Pomeroy-Smith	5	0	0	0	0
97	Helen Watson	5	0	0	0	0
98	Emma Phillipot	2	0	1	0	0
99	Charlotte Maurissen	5	0	0	0	0
100	Shirley Zedlewska	4	0	0	0	0



## All Those Years Ago

Tales from the "Valley" 5, 10, 15 & 25 years ago:

**2006:** Avon Valley Runners hosted a **Sport Relief Mile** which attracted a capacity attendance in Barton Farm Country Park. Preceding the main event was an **Elite Mile** which was won by Ewen Malloch of the British Milers Club in 4:22 and Jess Whitmore of City of Bath in 5:29. Michael Bryant and Jackie Rockliffe both set club records in the same race, whilst Bob Ellis was first home in the inaugural **Avon Valley Mile**.

**1996:** The all time greatest AVR runners were out again in club colours with Alistair Bartlett finishing 55th at the **Gloucester Half Marathon** completing the course in 1:24:14. Whilst Rosemary Barber was the third lady home at the **Weston Beach 5** race in a time of 35:51.

**2001:** The **Calne Relays** were well attended by Avon Valley Runners this month in 2001 where Susie Phillips, Denise Ellis and Viv Toms were the victorious ladies team.

Viv Toms was 1<sup>st</sup> FV50 at the **Three Downs Challenge** race.

**1986:** Maurice Cockell claimed Avon Valley Runners first ever race victory at the **Whaddon 3** event on the 6th of July, leading the pack home in a time of 18:54.

## Fixtures

<b>Saturday, July 9<sup>th</sup></b>	<b>The Avon Valley Relay – Melksham to Winsley @ 14:00</b>
<b>Wednesday, July 13<sup>th</sup></b>	<b>River Run 5K**+++ - Chippenham @ 19:30</b>
<b>Saturday, July 16<sup>th</sup></b>	<b>Melksham Carnival 5K &amp; Fun Run – Melksham @ 17:30</b>
<b>Sunday, July 17<sup>th</sup></b>	<b>TBAS 10K – Castle Combe @ 11:30</b>
<b>Wednesday, August 3<sup>rd</sup></b>	<b>Midweek 5 – Pewsey</b>
<b>Sunday, August 7<sup>th</sup></b>	<b>Stur Half - Sturminster Newton @ 10:30</b>
<b>Sunday, August 14<sup>th</sup></b>	<b>Standish Woodland Chase – Stonehouse, Gloucestershire</b>
<b>Thursday, August 18<sup>th</sup></b>	<b>Barbury Track 'n' Trail – Barbury Castle @ 19:30</b>
<b>Sunday, August 28<sup>th</sup></b>	<b>The Foxtrot 5** - Broughton Gifford @ 11:00</b>

\*\* Race Series Event    ++ Off-Road Championship



## The Melksham 5K

Karen Butler was crowned Wiltshire 5K champion after taking victory in the **Melksham 5K** Road Race recording 20:27, with Fiona Price taking third place in the Ladies race. In the mens race, Tom Fisher and Michael Towler had a battle royal for second place behind Scottish international, Simon Plummer of Salisbury ARC with just four seconds separating the pair at the finish, with Tom's 16:07 setting a new club record for the distance - bettering the mark set by Gerry Fice in the same race back in 1989. Sean Butler claimed the 1st MV50 title.



The top-five performances by Avon Valley Runners over the distance are now:

- |  |  |
|--|--|
| 1. Jackie Rockliffe 18:35 – Wells 1996 | 1. Tom Fisher 16:07 – Melksham 2011      |
| 2. Linda Brown 19:11 – Bath 1991       | 2. Michael Towler* 16:11 – Melksham 2011 |
| 3. Rosemary Barber 19:16 – Wells 1994  | 3. Gerry Fice 16:21 – Melksham 1989      |
| 4. Judy Farr 19:39 – Bath 1986         | 4. Andy Robertson 16:38 – Wells 1996     |
| 5. Kerry Fice 19:54 – Bromham 1988     | 5. Kevin Sparey 16:38 – Yeovil 2003      |

\*Michael also recorded 16:25 at Melksham in 2010



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