

Secretary's notes

Don't forget that London Marathon entry forms are available from TSB only until 28 September.

I am concerned about the small percentage of members now racing. Race promoters are worried that decreasing fields will bring about the demise of many more races, as has happened to the Yeovil "10", Trowbridge "10", Salisbury "10", Potterne "5", Westbury "5". (In this connection, two members have recently resigned from AVR to enjoy team competition elsewhere.)

Congratulations and best wishes to club treasurer Miles Holland on his engagement.

- Stan Farr

Milestones

The following members move into the next age groups this year: Mike Beirne, 40 on 30 May; Mike Chubb, 45 on 3 December; Peter Collier, 45 on 2 March; Tony Frost, 50 on 19 March; Richard Havergal, 40 on 23 November; Mike Hehir, 50 on 25 September; Bill Howsego, 65 on 3 April; Fay Merrell, 40 on 6 August; Beryl Mozley, 55 on 11 May; Ted Rockliffe, 45 on 22 September; Neil Whitehead, 45 on 22 September; Ann Whittle, 50 on 24 June. Happy birthday and successful prize-hunting!

Hail...

Welcome to the following new members in 1990: Rosemary Barber, Rebekah and Thomas Brooke-Taylor, Mike Chubb, Allan Clarke, Debbie Clarke, John Green, Sean Greenland, Richard Havergal, George Henderson, Mark Johnson, Christopher Noakes. We hope your stay with Avon Valley Runners is long, happy and rewarding.

and Farewell

Several of our younger runners have left to join Trowbridge AC, either first or second claim, to benefit by their participation in track and field competition; and two seniors, Gerry Fice and Phil Mitchell, have joined Chippenham Harriers. We wish all these members good luck in their new surroundings.

"This is your captain speaking..."

The Thursday evening woods-and-fields circuit has been a foretaste for many of the cross-country season just around the corner. I hope as many as possible turn out for the club once a month from October to March. This type of running will do you good after all that pounding on the road, the courses provide variety, and your families may also enjoy the change of scene. Give it a try!

Be bright - be seen. When training on the dark evenings after the clocks change, spare a thought for those poor half-blind motorists, and wear light-coloured and/or reflective clothing: it could save your life.

- Tim

Results: June/July/August

31 May - TOM ROBERTS HANDICAP: Handicap - 1 Joyce Field, 2 Mark Johnson, 3 Brian Merrell.
Actual times - 1 G Fice 17:57, 2 M Connor 18:11, 3 P Mitchell 18:37, 4 N Fyfe 18:50, 5 T Rockcliffe 19:52, 6 B Hobbs 20:11, 7 M Johnson 20:13, 8 R Withey 20:44, 9 G Henderson 20:50, 10 B Merrell 20:55, 11 S Greenland 21:00, 12 B Washbourne 21:08, 13 P Chapple 21:15, equal 14 C Williamson and M Carpenter 21:21, 16 Linda Brown 21:42, 17 T Northwood 21:59, 18 P Bray 22:15, 19 G Babb 22:33, 20 F Allen 23:03, 21 Judy Farr 23:53, 22 Rosemary Barber 24:42, 23 T Harrison 25:08, 24 R Porter 25:15, 25 Joyce Field 27:24, 26 Joby Hobbs 29:00.

9 June - BROAD TOWN 5-MILE ROAD RACE: 15 T Chappell (3rd vet.) 28:15, 23 P Mitchell 29:05, 48 B Hobbs 30:58, 66 Linda Brown (1st vet.) 32:24, 119 Judy Farr (1st over-45) 36:00, 160 B Howsego 37:59, 195 Denise Ellis ("tastiest runner"!) 40:30, 206 J Hobbs 41:16.

17 June - OFFA'S DYKE "15" CC: 56 M Connor 1:46:40, ?? R Tiley 1:59, ?? D Mellor 2:29.

17 June - WARMINSTER 10KM: 7 N Fyfe (2nd vet.) 37:03, 10 N Whitehead (3rd vet.) 37:59, 18 R Withey 41:46, 21 M Carpenter 41:56, 40 B Howsego 47:15, 44 Denise Ellis 50:41, 48 Joyce Field 52:28.

17 June - GREAT HINTON 2.8-MILE ROAD RACE: 3 T Chappell 15:05, 4 R Carey 15:20, 10 P Turner 16:55, 11 Tom Frost 17:05, 12 Tony Frost 17:25, 19 M Beirne 18:53, 19 Judy Farr (1st woman) 18:55, 49 J Earney (1st under-10) 20:44, 60 Chris Beirne 21:31, 84 J Farr 25:10, 104 Karen Beirne (1st under-16) 28:00, 105 Tara Rice 28:01.

23 June - POOLE 10KM: 52 M Connor 34:58, 236 Judy Farr (1st over-45) 43:57, 285 B Howsego (1st over-60) 47:14, 299 Hazel Connor (2nd over-45) 49:42, 300 Sheila Jennings (1st over-55) 49:44, 301 Denise Ellis 49:48.

24 June - MIDSOMER NORTON HALF-MARATHON: 12 M Connor 1:19:35 (and several other AVRs results not received).

28 June - TOM ROBERTS HANDICAP: Handicap - 1 J Hobbs, 2 S Greenland, 3 P Mitchell.
Actual times - 1 P Mitchell 17:46, 2 M Connor 17:58, 3 N Fyfe 18:50, 4 R Tiley 19:00, 5 T Rockcliffe 19:41, 6 D Gosling 19:45, 7 B Hobbs 19:55, equal 8 M Hehir and A Lilley 19:56, 10 G Henderson 20:09, 11 S Greenland 20:14, 12 D Kay 20:28, 13 M Carpenter 14 R Withey 20:36, 15 P Chapple 20:45, 16 C Williamson 20:52, 17 M Johnson 20:59, 18 T Northwood 21:01, 19 B Merrell 21:36, 20 P Bray 21:48, 21 G Babb 22:01, 22 K Lee 22:22, 23 Judy Farr 23:07, 24 R Porter 23:32, 25 B Howsego 24:21, 26 J Hobbs 26:12, 27 Joyce Field 26:43.

7 July - WESTWOOD "7": 2 M Connor 42:09, 6 N Fyfe (1st vet.) 45:22; 7 N Whitehead ??:??, 10 M Cockell 47:28, 12 T Roberts 48:14, 14 N Rosier 48:22, 20 S Greenland 50:31, 21 Linda Brown (1st woman) 50:41, 23 Tony Frost 51:39, 27 C Williamson 53:19, 28 Judy Farr (3rd woman) 53:54, 31 D Mellor 55:32, 34 R Porter 57:48, 37 W Howsego 58:40, 41 J Farr 62:12. Westwood 3 Miles: 3 Rosemary Barber (1st woman) 23:06, 6 J Hobbs 25:58.

22 July - HEYTESBURY 3 x 3.7ML RELAY: 10 ("A" team) G Fice 20:48, P Mitchell 21:30, M Johnson 24:50; 11 (vets. team) J Green 22:13, N Fyfe 22:46, T. Rockcliffe 22:28; 22 ("B" team) T Northwood 23:20, C Williamson 25:13, G Henderson 24:58; 30 (5th women's team) Linda Brown 24:37, Joyce Field 31:72, Judy Farr 26:52.

26 July - TOM ROBERTS HANDICAP: Handicap - 1 Rosemary Barber, 2 T Rockcliffe, 3 T Northwood.
Actual times - 1 P Mitchell 17:51, 2 M Connor 17:52, 3 J Green 19:07, 4 N Fyfe 19:13, 5 T Rockcliffe 19:15, 6 M Hehir 19:51, 7 S Greenland 20:05, 8 G Henderson 20:20, 9 M Johnson 20:29, 10 T Northwood 20:39, 11 M Carpenter 21:01, 12 C Williamson 21:05, 13 P Chapple 21:08, 14 B Washbourne 21:10, 15 P Bray 21:55, 16 D Cowles 22:28, equal 17 M Chubb and K Lee 22:30, 19 Judy Farr 23:27, 20 T Harrison 23:29, 21 F Allen 23:54, 22 Rosemary Barber 24:04, 23 R Porter 24:46, 24 B Howsego 24:53, 25 Joyce Field 27:03 Overall winner on aggregate time - M Connor.

28 July - SWANAGE "12": 49 M Connor 1:19:27, 112 N Whitehead 1:15:31.

5 August - TROWBRIDGE CARNIVAL 5.4-MILE P.R.: 3 M Connor 29:45, 7 N Fyfe (1st vet.) 31:31, 8 T Rockcliffe 31:38, 11 N Whitehead 32:50, 13 T Northwood 34:11, 14 S Greenland 34:18, 17 P Chapple 34:38, 20 Linda Brown (1st woman) 35:14, 21 Tony Frost 35:18; 22 P Turner 35:21, 24 M Carpenter 35:25, 26 C Stiles 35:58, 27 K Lee 37:08; 29 Judy Farr (2nd woman, 1st vet.) 38:01, 30 D Mellor 31 R Havergal 38:21, 32 M Beirne 38:51; 37 F. Allen 39:26, 38 J. Farr 39:55; 41 Rosemary Barber 40:22, 42 B. Howsego 40:56, 47 Joyce Field 44:42.

11 August - MONMOUTH "7" (Kymin Dash): 16 M Connor 45:50, 96 J Farr 1:1:4.

12 August - PORTSMOUTH VICTORY "5": 30 M Connor 28:29, 316 Hazel Connor 39:59. Two miles: J Earney 14:02.

12 August - STURMINSTER NEWTON 6.5-ML CC: 13 M. Beirne 48:52, 14 Judy Farr (1st woman) 49:05, 23 J. Farr 57:23.

19 August - AMESBURY 3 x 5km ROAD RELAY: P Mitchell 17:13, P Chapple 19:41, G Fice 18:26; Linda Brown 19:57, Denise Ellis 24:34, Judy Farr 21:28.

19 August - STANDISH WOODLAND "10": 26 M Connor 1:3:44.

19 August - CLEVEDON "10": P Bray 1:12:59.

27 August - DEVIZES MARATHON: 48 D Mellor 3:36:37*, 56 Ann Bull (3rd woman) 3:41:16, 73 V Bull 4:00:29.

27 August - DEVIZES HALF-MARATHON: 12 M Connor 1:14:43*, 53 S Greenland 1:25:46*, 62 T Roberts 1:26:48, 78 C Stiles 1:30:54, 83 Linda Brown (3rd vet.) 1:32:02*, 84 T Frost 1:32:03, 111 Judy Farr 1:37:38, equal 124 W Howsego* and J Farr 1:39:47, 144 M Brooks 1:40:57, 163 Rosemary Barber 1:47:33*.

*Personal best time.

Fixtures: Sept.-Dec.

SEPTEMBER

Sat 8 Sutton Benger "5", 3.00
Sun 9 New Forest Marathon & Half-Marathon, 11.00; Wootton Bassett "10", 10.30; Caine "6" & Half-Marathon, 11.00
Sun 16 Warminster 4.6 & "10", 11.00; Sherston "10", 11.00; Burnham-on-Sea Half-Mar., 11.00; Pewsey Half-Mar., 10.30
Sun 23 Swindon Half-Marathon; Exeter 10km, 2.00
Sun 30 Oldbury "10", 11.00; Chippenham "10", 10.30

OCTOBER

Sun 7 Longleat Relays, 11.00; Gloucester Marathon, 10.30; Box 3.25 miles & 3.5 miles
Sun 14 Cardiff 10km, 11.00; Marlborough 10km, 12.30
Sun 20 Weymouth "10", 3.00
Sun 21 Bitton 10km; Avalon CC League; Mangotsfield, 1.00
Sun 28 Stroud Half-Marathon, 10.30; Yeovil 10km, 11.30; Bradford "7" (?)

NOVEMBER

Sun 4 Women's 10km, Grittleton, 10.30; Great Hangistbury 11.5-mile Trail Race, Dorset; Salisbury Plain "15", 1.30
Sat 10 Victoria Park Road Races, Bath
Sun 11 Devizes 10km
Sun 18 Gosport Half-Marathon, 11.00; Avalon CC League
Sun 25 "Klix" 10km, Basingstoke; Yate "5"; Bournemouth "10" (?)

DECEMBER

Sat 1 Yate Half-Marathon, 11.00
Sun 2 Advent Adventure "10", Tuffley, Glos., 10.30
Sun 16 Wellington Monument 6.27 miles, Somerset, 10.30; Avalon CC League, Wells
Thu 20 Weston-super-Mare Prom "5", 7.30
Wed 26 Boxing Day 3.4-mile Road Race, Trowbridge, 10.30

Kerry Corporation

Committee meeting

7 June: Secretary: We had a good month. Treasurer: We've got enough money. AOB: Who's round is it? . . . Ted?
5 July: Secretary: We had a good month. Treasurer: We've got enough money. AOB: Where are our sandwiches?
2 August: Secretary: We had a good month. Treasurer: We've got enough money. AOB: Turn down the b---- juke-box.

Profile: DENNIS MELLOR

Started running 1986, joined AVR February 1987; now aged 57. Has run five marathons - Dublin, Belfast, Gloucester, London, Devizes (August 1990, when he set his p.b. of 3:36:37) - all on 30-40 miles/week. Most enjoyable run: Salisbury Plain "15", for its scenery. Favourite race: Oldham 10km. Future plans: New York Marathon 1990. Other pastimes: golf; Open University (three-quarters of the way through a BA course).