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THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS - SUMMER 1991

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### AVR 10K: A Successful Day

*A message from the sub-committee:* This was our first attempt at a full-scale road race, but after many sleepless nights, the whole day went very smoothly. The committee were very pleased at the comments made by the runners and their respective clubs.

Several minor improvements will be made for next year's event and any comments or suggestions will be appreciated.

We would like to take this opportunity to thank all club members and their families for their time and help given before, during and after the event, as without them the day would not have been the success that it was. Many thanks.

*And Secretary Stan Farr writes:* I would like to congratulate the AVR 10K sub-committee for organizing a successful race on 12 May. I originally expressed doubts as to whether we could promote a race of this stature but the sub-committee put in many hours of work and this, combined with a massive turnout of helpers on the day ensured an event to be proud of. We also need two or three helpers on 13 July at the Westwood 7M, organized by the PTA with our assistance.

### Committee meetings

The informal gathering in the upstairs room of the Bunch of Grapes, which on the first Thursday evening of each month constitutes the club committee meeting, has had two main preoccupations on the past three occasions: the planning and organization of the above-mentioned road race; and how to get through two huge plates of sandwiches, baskets of chips and several rounds of drinks in the brief time allowed. As is reported elsewhere, the race was a success; demolition of the refreshments was accomplished with the same attention to detail.

### Valley Views

In line with posher papers, *Valley News* invites you to write to us on any topic that you think would be of interest to other members. Whatever you may have to say - whether it's useful, interesting, amusing, important or even none of these - write to the address below. Remember, this is your newsletter....

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

Profile: FAY MERRELL

A native of Barton-on-Sea, Hampshire, Fay took up road running in 1974, and joined this club in January 1986. Although, like her husband Brian, she prefers running without racing, her half-marathon p.b. is a respectable 1:35:43, and she also achieved 47:54 in the hilly Bradford 7M. While she runs only two or three times a week, Fay supplements this with badminton, swimming, walking, cycling - and skiing: her ambitions include "to be able to ski parallel next year" and see more of the world.

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CHASING BUMS

*- Another Point of View*

Dear Joyce, I read with much delight your "Tailender's Lament". It seems we share the same pastime, but not the same intent: Whilst your aim is to see the front of people that you pass, I much prefer to feast my eyes on a nicely rounded bottom. So spare a thought for me, dear Joyce, whose only aim in life is watching well-proportioned bums (but please don't tell the wife).

- Anon.

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The Racing Scene

In contrast with the beginning of the year, the past quarter has been a busy time for members, with popular events like the Bath Half (36 AVR), London Marathon (14), Chippenham Half (13) and the inaugural Imber Half (16) attracting good entries. At the same time, it was good to see the club represented at some of the old-established races - hardy annuals like the Isle of Wight Marathon and the Bath 10M - which depend for their survival not on the appeal of the mass fun runs but on the challenge they offer.

Meanwhile, a few who looked for something out of the ordinary were rewarded by the pleasures of running off the beaten track (literally) in such events as the Dursley Dozen, Combe Gibbet to Overton 16M, Writhlington 10K, Avebury-Stonehenge Neolithic Marathon, Three Forts Marathon, Centaur 10M (runner/cyclist/horserider). Variety is the spice....

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Bargain Basement

COLLECTOR'S ITEMS: There are only a diminishing number of the limited edition of 1991 AVR 10K Souvenir Mugs for sale, £1.50 each (or 10 for £15, or ...). Ring Mr Colin Williamson of our China Dept, Trowbridge 768632, now, to take advantage of this never-to-be-repeated offer. Otherwise you'll be kicking yourself when you see one come up on the *Antiques Roadshow* sometime next century, being valued at thousands of ECUs.

## RESULTS: March/April/May

3 MARCH - Avalon C-C, Salisbury: Minor girls: 2 Debbie Clarke; senior women: 22 Rosemary Barber; senior men: 86 T Northwood, 108 S Farr. Dursley Dozen: 31 N Fyfe 1:25:55, 92 N Whitehead 1:36:29, 131 M Carpenter 1:40:49, 138 T Roberts 1:41:35, 146 M Johnson 1:42:42, 193 R Withey 1:49:42, 219 Ann Bull 1:51:30, V Bull 1:56:18, 241 D Mellor 2:00:01, 253 M Gerrish 2:04:01.

16 MARCH - Sutton Benger "5": 7 D Bristow 30:52. Sutton Benger "10": 12 S Farr 1:13:00.

17 MARCH - Bath Half-Marathon: Men: 151 K Elsey 1:17:52, 227 N Fyfe 1:20:39, 230 T Rockcliffe 1:20:46, 304 M Whittle 1:23:22, 338 B Ellis 1:24:18, 383 N Rosier 1:25:16, 414 T Roberts 1:26:00, 524 S Greenland 1:28:13, 558 C Williamson 1:29:00, 594 P Turner 1:29:36, 659 R Withey 1:30:48, 698 B Hobbs 1:31:27, 761 T Northwood 1:32:40, 790 M Carpenter 1:33:14, 844 D Kay 1:34:15, 858 R Porter 1:34:30, 912 A Frost 1:35:27, 960 P Reed 1:36:27, 983 I Craig 1:36:57, 988 M Brooks 1:37:04, 1010 C Stiles 1:37:26, 1073 M Beirne 1:38:37, 1101 K Lee 1:39:00, 11 33 S Walker 1:39:37, 1169 D Mellor 1:40:16, 1201 G Babb 1:40:55, 1534 M Brain 1:51:26, 1585 T Frost 1:52:13, 1647 R Havergal 1:55:29, 1678 D Coop 1:57:08, 1750 J Millichip 2:02:29, 1856 M Bailey 2:31:30. Women: Linda Brown 1:31:45, 66 Rosemary Barber 1:40:18, 134 Joyce Field 1:49:50, 161 Denise Ellis 1:53:31.

24 MARCH - Fleet Half-Marathon: N Fyfe 1:20:25. Somer 10km: Men: 21 B Ellis 36:50, 31 M Whittle 38:51, 37 Dave Bristow 39:46, 46 R Whittle 42:11, 69 S Farr 47:16. Women: 5 Judy Farr 48:11, 8 Denise Ellis 50:03. Gloucester "20": 92 A Lilley 2:29:10, 106 R Withey 2:33:29, 155 D Mellor 2:48:05. Cirencester "10": M Beirne 1:11:56.

31 MARCH - Combe Gibbet "16" C-C: N Whitehead 1:54:24. Trowbridge "5.3": 6 N Fyfe 31:31, 7 B Ellis 32:59, 15 T Roberts 35:02, 16 Linda Brown 35:05, 28 Rosemary Barber 38:06, 39 M Gerrish 41:15, 41 D Mellor 41:56, 48 P Collier 45:09.

1 APRIL - Yeovil 15km: 27 M Connor 56:05, 145 S Farr 1:14:12.

7 APRIL - Corsham "10": 5 M Connor 58:58, 7 N Fyfe 1:00:48, 11 B Ellis 1:02:01, 12 R Carey 1:02:33, 17 C Williamson 1:03:30, 24 B Hobbs 1:05:27, 64 V Bull 1:14:21, 69 Ann Bull 1:15:38, 70 S Farr 1:15:45. Corsham "5": 12 N Whitehead 30:55, 17 Linda Brown (1st vet.) 31:01, 59 Denise Ellis 39:02. Taunton Marathon: 69 R Withey 3:25:55, 104 M Carpenter 3:39:43. Taunton Half-Marathon: 331 M Johnson 1:35:57.

14 APRIL - Bristol Half-Marathon: Ann Bull 1:45:04, V Bull 1:45:09, M Gerrish 1:50:58.

21 APRIL - London Marathon: 1200 M Connor 2:51:01, 1612 N Fyfe 2:55:13, 1760 T Rockcliffe 2:56:37, 3074 N Rosier 3:07:57, 6138 C Williamson 3:27:46, 8036 D Kay 3:38:02, 9241 A Lilley 3:44:25, 9382 M Brooks 3:45:19, 9904 D Mellor 3:48:08, 15778 Rosemary Barber 4:18:37, 15779 Joyce Field 4:18:38, 19110 J Millichip 4:42:16, 19641 M Beirne 4:47:32, 20093 D Coop 4:52:36.

28 APRIL - Highworth 10km, Swindon: 71 B Ellis 36:05, 155 D Bristow 39:36, Denise Ellis 49:24. Writhlington 10km M-T: 23 Linda Brown\* (1st vet.) 39:56, 35 T Harrison 43:21, 39 V Bull 43:53, 45 S Farr 44:45, 50 Ann Bull\* 45:37, 51 M Gerrish 46:20, 54 Judy Farr\* 47:13. (\*1st women's team.)

5 MAY - Neolithic Marathon, Avebury-Stonehenge M-T: 5 K Elsey 2:56. Three Forts Marathon (CC): N Whitehead 4:3:13. Chandler's Ford 10kn: M Brain 45:47.

6 MAY - Swindon 10km: C Williamson 37:55, D Bristow 39:18.

12 MAY - AVR 10K: 20 M Whittle 35:58, 34 S Lewis 38:01, 36 S Reeves 38:22, 70 P Chapple 41:54.

18 MAY - Isle of Wight Marathon: 18 M Connor 2:53:06.

19 MAY - Chippenham Half-Marathon: 24 T Rockcliffe 1:22:30, 52 B Ellis 1:26:48, 61 B Hobbs 1:27:44, 81 S Greenland 1:30:02, 96 A Lilley 1:30:59, 106 C Stiles 1:31:17, 112 P Turner 1:32:37, 115 D Kay 1:32:45, R Withey 1:35, F Merrill, B Merrill, G Babb 1:44:50, M Gerrish 1:50. Chippenham "4": 6 S Lewis 23:16, 16 M Bayley 24:55, 33 J Hobbs 29:35, 44 Denise Ellis 30:47. Old Town "8", Swindon: C Williamson 50:34, M Beirne 1:00:04. Centaur "10" M-T, Bath: 10 N Whitehead 1:17:13, V Bull 1:30:28, Ann Bull 1:34. Keynsham 5.5M: 43 D Bristow 34:34, 103 Rosemary Barber 39:08 (1st vet.), 131 Judy Farr 41:28, 136 S Farr 42:06.

25 MAY - Bath "10": 34 B Ellis 1:05:58, 52 D Bristow 1:08:16, 128 D Mellor 1:23:28.

27 MAY - Imber Half-Marathon: 1 D Seymour 1:15:14, 8 M Connor 1:20:56, 17 M Whittle 1:25:06, 30 S Reeves 1:28:58, 59 B Washbourne 1:34:31, 64 D Kay 1:35:28, 94 M Brooks 1:38:59, 119 R Porter 1:42:56, 120 Rosemary Barber\* 1:43:08, 121 Judy Farr\* 1:43:37, 126 V Bull 1:44:23, 127 D Mellor 1:44:28, 132 S Farr 1:44:58, 133 S Walker 1:45:30, 144 Ann Bull\* 1:46:52, 192 M Gerrish 1:58:13, 209 Joyce Field 2:05:56. (\*1st, 2nd, 3rd vets., 1st women's team.)

30 MAY - Tom Roberts Handicap: 1 Steve Lewis, 2 Fay Merrell, 3 Bob Washbourne. Times: 1 M Connor 18:00, R Carey 18:26, 3 B Ellis 18:34, 4 N Fyfe 18:35, 5 S Lewis 18:53, 6 C Williamson 18:59, 7 N Rosier 19:39, 8 T Rockcliffe 19:53, 9 A Lilley 20:14, 10 B Hobbs 20:17, 11 A Hickson 20:26, 12 B Washbourne 20:33, 13 Fay Merrell 21:08, 14 M Bailey 21:10, 15 B Merrell & P Chappell 21:22, 17 M Carpenter 21:38, 18 G Babb 21:52, 19 Rosemary Barber 22:07, 20 R Porter 22:20, 21 T Northwood 22:38, 22 M Brain 23:07, 23 D Mellor 23:31, 24 Judy Farr 24:26, 25 J Hobbs 25:02, 26 Denise Ellis 25:48, 27 George Gallagher 26:21, 28 M O'Callaghan 26:41, 29 P O'Callaghan 31:54.

**FIXTURES: June-September**

**JUNE**

Sun 2 Fleet 10km; Poole Marathon; Crewkerne 9.1M, 10.00  
Sat 8 Man v. Horse 22M, Llanwrtyd Wells, 11.00; HMS Royal  
Arthur Half-Marathon, 12.00; Broad Town 5M, 2.30  
Sun 9 Wessex Water Triathlon (500m/20km/7km), Burnham, 10.00;  
Keevil 10K; North Bradley Fun Run  
Sun 16 Offa's Dyke 15 miles, 2.30; Warminster 10K, 11.00  
Wed 19 Bath City 5K, 8.00  
Sat 22 Poole 10K (SW Vets'), 4.00  
Sun 23 Gosport 10K, 11.00; Great Hinton 3M, 11.00  
Thu 27 Tom Roberts Handicap, Bradford on Avon, 7.30  
Sun 30 Midsomer Norton Half-Marathon, 11.00; Tarrant Monkton 5M  
& 10M, 10.30

**JULY**

Sat 6 Synwell 10M, 2.30  
Sun 7 Bridgwater Half-Marathon, 11.00  
Sat 13 Westwood 7M, 3.00; Churchdown 10M, 3.00  
Sun 21 Haytesbury Relays, 11.00; Gloucester Half-Marathon, 10.30  
Sat 27 Swanage 12M, 2.30

**AUGUST**

Sun 4 British Veterans' 10M, Oswestry, 1.00  
Sat 10 Monmouth 7M (Kymin Dash), 2.00; Grove 6M, 2.30  
Sun 11 Sturminster Newton Quarter & Half-Marathon, 10.30  
Sat 17 Race the Train 14.2M, Tywyn, Gwynedd  
Sun 18 Standish Woodland Chase 10M, Stonehouse, 11.00  
Sun 25 Battle of Sedgemoor Half-Mthn. Langport, Somerset, 10.00  
Mon 26 Staunton 6.2M Beer Race, 11.30

**SEPTEMBER**

Sun 1 Trowbridge Carnival 5.4M, 11.00; Cardiff Half-Mthn, 10.00  
Tue 3 Sun Life 5.5M, Bristol, 6.30  
Sun 8 New Forest Half-Marathon (11.00) & Marathon (11.30);  
Calne Half-Marathon, 11.00; Dartmoor Marathon, 10.30  
Sun 15 Burnham Half-Marathon, 11.00; Pewsey Half-Marathon, 10.30  
Warminster 10M, 11.00  
Sun 22 Sherborne Half-Marathon; Wantage Relays 4 x 2.75M, 11.00  
Sat 28 Chippenham 10M, 10.30 (or Sun 29?)

New members

We welcome three new members this quarter: Simon Reeves, who lives at Bratton, signed on at the beginning of April; Stephen Lewis, of Trowbridge, joined on 2 May; and Marc Bayley, from Hilperton, also joined in May. Good luck and many happy miles.

Profile: BRIAN MERRELL

Winchester-born Brian started running in 1974, and joined Avon Valley Runners (with his wife Fay) in January 1986. He'll have to find another favourite race, with the Bradford 7M seemingly a thing of the past. Although he prefers running without racing, he has many other interests to absorb his surplus energy: skiing, swimming (occasionally), gardening, walking and cycling. His ambition? ... "To finish a run without looking too knackered!"