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THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS - JANUARY 1992

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ANNUAL PARTY

Southwick Village Hall, 7.30, Saturday 18 January.
 Food - Drink - Quiet Disco - Club Awards - Lucky Draw. Be There!

A mixed year for AVR

At the annual general meeting of Avon Valley Runners on Thursday 2 January in The Bunch of Grapes, secretary Stan Farr reported that while training attendances were up, race participation was down on previous years, but he listed several noteworthy performances.

Treasurer Miles Holland's detailed balance sheet showed that expenditure had exceeded income for the first time in the club's six-year existence, chiefly due to the otherwise successful AVR 10K, but there was still a healthy credit balance of £511.27. Beginning in 1993 all members' subs will fall due on 1 January, with adjustments made for those who have joined in mid-year.

All agreed that the AVR 10K had been a worthwhile venture, and the subcommittee had already begun organizing this year's event. In addition the club had assisted with the Westwood "7", and put on the annual Boxing Day 3.4-mile road race in Trowbridge. The attempt to stage a multi-terrain Avon Valley Run in December had to be abandoned owing to the lack of entries; it was suggested that for the foreseeable future the club should concentrate its energies on building on the success of the 10K.

Club officials for the next year are: President Mike Holland, vice-president Ollie Swannsbury; chairman Ted Rockliffe, vice-chairman Colin Williamson; treasurer Miles Holland, assistant George Henderson; secretary Stan Farr, assistant Judy Farr; men's captain (and coach) Bob Ellis, vice-captain Colin Williamson; women's captain Judy Farr, vice-captain Rosemary Barber; press officer Tim Northwood; additional members Mike Brain, Denise Ellis, Mike Hehir, Bernard Hobbs, Beryl Mozley.

New members

We welcome the following who have joined us during the past quarter: Brian Churchill, Michael Clarke, Cathy Crichton, Jan Hunt and Denise Stockwell. Best wishes for many happy miles.

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

Secretary's notes

Membership has remained about the same over the past year with new members replacing those who have left us. We offer our best wishes to the lady who will be leaving us in 1992 for a spot of maternity leave.

Would the London rejects please get in touch with me to enable me to put their names in the draw for the spare place. This draw will take place at the CLUB SOCIAL, SOUTHWICK VILLAGE HALL, SATURDAY 18 JANUARY (7.30). We would like to see you and your friends there as we shall be having plenty of food and a quiet disco (!). There will also be a raffle, so any unwanted presents would be welcome. Tickets available from me. - Stan Farr

Profile: ROSEMARY BARBER

Women's vice-captain Rosemary, a native of Trowbridge, is a very recent convert to running, but her enthusiasm is obvious in how often she competes. In achieving her earlier ambition to run the London Marathon, she raised a large sum of money for charity. Averaging about 25 miles per week in training, she supplements this with swimming, and has been seen out cycling; and also plays squash, badminton and table tennis. As if all this weren't enough, Rosemary hopes (a) to learn to ski, (b) to run the New York Marathon, and (c) "but most of all, to break the finishing tape at any race!"

Milestones

Only three members move into the next age-group this quarter. Ann Bull will be 45 on 26 February. Judy Farr and Brian Merrell share the same birthday, 24 January, but while Judy will reach her half-century, Brian will be a mere 45. We wish all three happy birthday and all success in their endeavours.

Do you feel like a change of scene?

It has been suggested that members should form a group to go on a racing holiday somewhere exotic. Any ideas?

Running commentary...

ON THE WRONG TRACK: There is no factual basis for the rumour that British Waterways Board, having seen members tearing up and down the towpath, are busy laying down an all-weather track on the canal bed from Dundas Aqueduct to Claverton Bridge.

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BEST-DRESSED RUNNER: This competition is intensifying. For years there was nobody to threaten Bob W.'s spotless turnout, whatever the weather. Then along came Sean G. with -- we could hardly believe our eyes -- knife-edge creases in his shorts. The latest item to be seen on the catwalk that was once the muddy towpath is a chic little number, a sort of buttoned waistcoat (I won't confuse you with the fashion details) worn by Judy F. Where is all this leading . . . Paris (but not for the marathon)?

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RUTHLESS: Following a threat by the secretary to enter her in the Bath (half-marathon), a certain lady member has fled to the other side of the world.

RESULTS: September-December

SEPTEMBER

1 SEPTEMBER. - Frome 5M: 15 N Fyfe 28:17, 21 E Rockliffe 29:02, 23 C Williamson 29:14, 38 M Hehir 30:29, 44 P Turner 31:11, 51 M Carpenter 32:02.
 Trowbridge 5.4M: 4 S Lewis 31:16, 5 N Fyfe 31:53, 7 N Rosier 33:17, 8 T Roberts 33:56, 10 Linda Brown (1st woman) 34:30, 11 T Harrison 35:22, 13 P Chapple 35:43, 15 Rosemary Barber 37:00, 17 M Bayley 37:19, 18 M Brain 38:19, 19 R Havergal 38:34, 20 Judy Farr 38:56, 23 Georgina Gallagher 40:05, 24 S Farr 40:23, 26 Joyce Field 41:52, 35 Linda Fice 51:34.
 14 SEPTEMBER. - Sutton Benger 5M: Rosemary Barber (1st vet.) 33:56
 15 SEPTEMBER. - Warminster 4.6M: 1 J Green 25:44, 3 C Williamson 27:02, 11 M Bayley 30:54, 13 Rosemary Barber (1st woman) 31:04.
 Warminster 10M: 10 N Fyfe 1:01:35, 12 R Ellis 1:01:47, 23 N Stevens 1:06:39, 29 P Turner 1:09:05, 48 V Bull 1:14:42, 54 Judy Farr 1:15:27, 58 M Gerrish 1:16:47, 65 R Porter 1:19:41, 69 S Farr 1:21:39, 81 Joyce Field 1:25:32.
 22 SEPTEMBER. - Winchester 10K: 48 S Reeves 39:27.
 26 SEPTEMBER. - Bryanston 8M MT: 7 J Green 51:25.
 29 SEPTEMBER. - Chippenham 10M: 30 M Connor 57:58, 57 N Fyfe 1:00:41, 67 E Rockliffe 1:01:35, 92 M Lockey 1:03:30, 100 N Rosier 1:03:58, 155 R Carey 1:07:29, 156 P Turner 1:07:33, 157 S Reeves 1:07:38, 160 A Lilley 1:07:59, 180 Linda Brown 1:08:48, 181 G Harvey 1:08:49, 217 Rosemary Barber 1:11:41, 232 M Carpenter 1:13:06, 234 G Babb 1:13:10, 243 Judy Farr 1:14:26, 244 V Bull 1:14:33, 252 M Brain 1:15:33, 287 S Farr 1:19:13, 303 Joyce Field 1:21:14.

OCTOBER

6 OCTOBER. - Longleat Relays: Women - 7 (Rosemary Barber 20:48, Denise Ellis 24:09, Judy Farr 22:40, Joyce Field 24:26) 1:32:03; Veteran Men - 10 (John Green 17:33, Bernard Hobbs 19:07, Mike Hehir 19:39, Bernard Hobbs 20:14) 1:16:33; Senior Men - 23 (Bob Ellis 17:49, Bill Bayley 20:42, Roger Carey 18:23, Sean Greenland 20:01, Paul Turner 19:47, Deane Smith 19:19) 1:56:01.
 13 OCTOBER. - Box 3½M: 5th under-15 J Hobbs 23:13.
 Box 6½M: 2 M Connor 37:01, 9 N Fyfe 39:53, 14 B Hobbs 41:27, 16 N Stevens 42:12, 19 Linda Brown (1st woman) 43:42, 25 Judy Farr (3rd woman) 48:15, 26 S Farr 48:52, 39 W Howsego 55:21.
 20 OCTOBER. - Avalon CC, Mangotsfield: Colts - 6 A Fodder 17:10; Women - 39 J Farr 19:48; Men - 93 C Williamson 31:41.
 Bitton 10K: 18 R Ellis 37:34, 32 B Hobbs 38:47, 58 P Chapple 42:12, 61 Rosemary Barber (1st woman) 42:25, 81 Judy Farr (2nd vet.) 44:04, 94 S Farr 46:25, 110 W Howsego 51:59.
 27 OCTOBER. - Snowdonia Marathon: R Withey 3:45, M Carpenter 4:50.
 Stroud Half-Marathon: M Connor 1:15:50, B Hobbs 1:23:49, D Kay 1:29:16, T Roberts (?), V Bull (?).
 Leeds Half-Marathon: 94 R Ellis 1:22:44.
 K&A 10K, Bradford-on-Avon: 1 D Seymour (DD) 33:13, 2 C Williamson 36:28, 3 N Rosier 37:07, R Barber (1st woman) 41:32.

NOVEMBER

3 NOVEMBER. - Salisbury Plain 15½M: 143 T Harrison 1:48:40, 178 P Turner 1:52:02, 188 R Withey 1:53:07, 330 M Gerrish 2:06:08.
 Grittleton Women's 10K: 6 L Brown 40:57, 11 R Barber 43:04, 24 R Griffin 46:54, 27 J Farr 47:15, 40 D Ellis 49:48, 45 J Field 50:10, 79 S Jennings 53:33, 116 L Fice 1:00:27. (AVR 2nd team.)
 10 NOVEMBER. - Devizes 10K (Wiltshire Championship): 30 J Green (1st over-50) 35:15, 36 R Ellis 35:37, 44 N Fyfe 36:23, 47 E Rockliffe 36:38, 50 C Williamson 36:56, 62 N Rosier 37:29, 71 N Stevens 38:10, 73 B Hobbs 38:28, 81 Linda Brown* (3rd woman) 39:08, 121 Rosemary Barber* (3rd vet.) 41:55, 149 M Brain 43:39, 166 Judy Farr* (1st over-45) 45:18, 172 S Farr 45:39, 180 D Mellor 46:13, 189 Denise Ellis 46:52, 190 Joyce Field 46:56, 196 W Howsego 48:35. (*2nd women's team.)
 17 NOVEMBER. - Avalon CC, Swindon: Colts - 6 A Fodder; Men - 64 R Carey 34:33, 82 C Williamson 36:13.
 Shaftesbury 6M: 36 Rosemary Barber (1st woman) 36:35, 55 Judy Farr 39:49, 60 S Farr 40:24.
 Swindon 10M: D Bristow 1:04:54, W Howsego 1:21:21.
 Jersey Half-Marathon: Cathy Crichton 1:35, Jan Hunt 1:57.
 24 NOVEMBER. - "Klix Six" 10K, Basingstoke: 85 R Ellis 34:31, 461 Joyce Field 48:39, 462 Denise Ellis 48:41.
 Yate 10K: 21 D Bristow 38:30, 56 P Chapple 42:30, 83 Judy Farr 46:02, 86 S Farr 47:05, 96 W Howsego 49:14.

DECEMBER

1 DECEMBER. - Bournemouth 10M: 54 J Green (1st over-50) 58:44; 76 E Rockliffe 1:00:04, 80 R Ellis 1:00:19, 123 B Hobbs 1:03:55, 276 Rosemary Barber 1:11:13, 319 M Brain 1:13:57, 355 Judy Farr 1:15:59, 393 S Farr 1:19:08, 408 Ruth Griffin 1:20:23, 416 Joyce Field 1:21:04, 431 W Howsego 1:22:28, 434 Denise Ellis 1:23:06.
 14 DECEMBER. - Wiltshire Cross-Country Championships, Swindon: 31 R Ellis, 44 C Williamson, 75 G Henderson, 91 T Northwood.
 15 DECEMBER. - Bromham 10K: 10 R Carey 35:34, 11 R Ellis 35:37, 15 N Fyfe 36:07, 16 E Rockliffe 36:50, 50 B Hobbs 39:26, 62 Linda Brown (3rd woman, 1st over-35) 40:15, 67 P Chapple 40:54, 71 G Harvey 41:12, 78 P Turner 42:02, 80 Rosemary Barber 42:05, 100 Ruth Griffin 43:57, 123 D Mellor 45:11, 125 R Porter 45:21, 130 Judy Farr (1st over-45) 45:35, 133 Cathy Crichton 45:39, 152 Joyce Field 47:18, 158 S Farr 47:57, 170 W Howsego 49:51, 186 Jan Hunt 52:28, 200 Linda Fice 57:27.
 26 DECEMBER. - Boxing Day 3.4M, Trowbridge: 1 M Connor 18:59, 2 N Fyfe 19:34, 4 D Bristow 20:29, 5 N Stevens 20:53, 8 P Chapple 22:13, 9 A Fodder (2nd under-18) 22:23, 10 Rosemary Barber (1st woman) 22:35, 11 Cathy Crichton (2nd woman) 23:06, 12 N Whitehead 23:19, 13 W Crichton 24:02, 14 Judy Farr 24:28, 15 S Farr 25:26, 17 W Howsego 26:46, 18 K Lee 26:54, 20 Jan Hunt 27:20.

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 For inclusion, telephone results to Stan Farr - Trowbridge 755605

FIXTURES: January-April

JANUARY

Sun 12 Yate 10K, 11.00
Sun 19 Avalon CC (and SW Vets), Burnham, 1.00
Sun 26 Fareham 10M; Tough Guy 10M, Wolverhampton

FEBRUARY

Sun 9 Yate 10K, 11.00
Sun 16 Avalon CC, Midsomer Norton, 1.00; Weston Tough 10M,
11.00; Erlestoke 6½M CC, 12.00
Sun 23 Great Western 10M, Pucklechurch, 10.30

MARCH

Sun 8 Yate 10K, 11.00; Dursley Dozen, 10.30
Sun 15 Bath Half-Marathon, 11.00
Sun 22 Avalon CC, Salisbury, 1.00 (date?); Midsomer Norton 10K
Sun 29 Trowbridge Lions' 5.3M

APRIL

Sun 12 London Marathon
(*"London" can't be the only fixture in April, but so far no
details received of Corsham 5M & 10M or any others. - Ed.*)

Profile: COLIN WILLIAMSON

Born in Trowbridge 32 years ago, Colin joined Avon Valley Runners in July 1987, since when his enthusiasm has increased and his times have come down steadily. Winning the club's spare London Marathon place last year, he brought his p.b. down by almost an hour to 3:27, though he's intent on improving further. At half-marathon, 10 miles and 10 kilometres, his best times so far are 1:29, 1:03:30 and 36:28. This season Colin has discovered the delights of cross-country, and is doing his best to spread the word (partly in recognition of this, he has been elected men's vice-captain). His ambition? "To stay ahead of the club butcher."

Tuesday speed sessions

Whether you're interested in track racing, cross-country or the marathon, every runner will benefit from at least one speed session per week, and on Tuesday evenings a group meets at the judo club in Trowbridge, runs to Bradford (an ideal warm-up, essential before the real work of the outing) and does a series of short-distance efforts in Moulton Drive (Southway Park). These sessions are growing in popularity, so why don't you join them? You've got nothing to lose, and your times are sure to improve!

Is cross-country a lost cause for AVR?

Despite numerous efforts by several keen members over the past six years, most recently by the new men's vice-captain, participation in this varied, enjoyable and beneficial branch of athletics remains at a low level in Avon Valley Runners. But we live in hope, and though this lack of interest has ruled us out of the Southern and therefore the National championships, there are still three league races left this season. Think about it. Do you want to become the complete distance runner? Give it a try!