



# Valley News

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THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS - APRIL 1992  
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## All hands to the pump for AVR 10K

Following the success of the club's first 10-kilometre road race last year, the subcommittee is hard at work organizing the 1992 event, which is to take place at 11 a.m. on Sunday 10 May, again from St Augustine's School, Wingfield Road, Trowbridge.

Last year almost the whole club turned out to help in all sorts of ways to stage the race, and a splendid effort it was too. This year it is hoped that you will all again make yourselves available. With only a little over a month to go to race day, please mark Sunday 10 May on your calendar now. Then as soon as possible contact Colin Williamson, Trowbridge 768632, to let him know that you will be able to help.

## Party and prizegiving

The club's annual party and prizegiving at Southwick Village Hall in January was acknowledged to be a great success (not least financially: £128.50 profit). The disco provided good dancing music at a reasonable volume, and there was plenty of tasty food. Once again Martin Connor made a clean sweep of the men's awards for fastest times over the four distances - 10 kilometres, 10 miles, half and full marathon. Linda Brown almost matched this with her trio of times for 10km, 10 miles and half-marathon, while Ann Bull had secured the marathon prize.

The surprise of the evening (for two people, anyway) came when chairman Mike Holland announced the inaugural award of the special trophy (an artillery shell donated by Neil Pyfe) "for a contribution to the club". By popular vote this was presented to hard-working secretary Stan Farr and his assistant, wife Judy.

## Birthday with a difference

Only two members graduate into the next age group during this quarter. Happy birthday to Vic Bull, who will turn 55 on 11 April; and Linda Brown will celebrate her 40th birthday on Sunday 12 April - when she competes in the London Marathon, and will carry our best wishes for a good time.

In fact Linda is one of 17 Avon Valley Runners planning to do the journey from Blackheath to Westminster Bridge.

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### Secretary's notes

I went to a lot of trouble digging out all the outstanding performances of 1991 to put forward for the member of the year trophy only to find it was awarded to myself and my assistant Judy. We would like to thank you anyway.

The Tuesday evening speed session groups are growing in numbers. I look after the beginners, sick, elderly and ladies who when they are ready are passed over to coach Bob Ellis who then hones them to perfection. We also have a large group of distance and pleasure runners who disappear into the countryside for hours at a time.

With the light evenings now with us, Thursday evenings will see us running around the lanes and fields of Freshford, Iford, Westwood and Farleigh Hungerford, one of life's great pleasures.

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### Welcome to AVR

We are pleased to welcome three new members of the club. Michael Thorne joined on 11 February, Alan Moss on 5 March, and Marion Tee on 17 May. We hope you have many happy miles in the Valley.

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### Profile: TERRY HARRISON

Born at Stoke-on-Trent in 1947, Terry has been running for 11 years, and joined this club in 1989. He has PBs of 3:17, 1:27, 1:03:40 and 40:15. His favourite race was the Astbury "10" at Congleton in Cheshire (run five times), and in this area the Warminster "10+". Although he has recently had an injury problem, Terry keeps in shape with cycling and occasional swimming. He lists his other interests/activities as "play in Wessex Flute Band and adult orchestra practice sessions . . . + 4 kids" - he obviously leads a full life!

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### Loose ends...

For those members who'll be running early on Sunday 12 April so they can put their feet up for the rest of the morning and watch others exerting themselves, the full list of AVR London entrants to look out for is: Mike Brain, Mike Brooks, Linda Brown, Mike Clarke, Pete Collier, Cathie Crichton, Bernard Hobbs, Danny Kay, Kevin Lee, Dennis Mellor, Charlie Pescod, Tom Roberts, Ted Rockliffe, Nick Rosier, Brian Smith, Colin Webb, Colin Williamson. Good luck to all of them!

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A roving reporter learnt that one of our lady members found a frog that had a broken leg. Having a runner's sympathy with such injuries, she took it to the vet (-erinary surgeon, not -eran) in the hope that he might be able to get it back on the towpath (or wherever frogs do their training). We haven't heard yet whether or not the injury is responding to treatment.

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If anybody has a simple frame tent not needed any more, we would like to hear from you, as this would be very useful for our cross-country runners, who spend much of their time before and after races standing about in cold and wet weather. A shelter of this kind would be ideal for keeping runners and their kit dry and warm. If you can help, please contact any member of the committee.

**RESULTS:  
January-March**

**JANUARY**

1 JANUARY. - Hangover 10K, Kewstoke: Rosemary Barber (1st vet.) 44:29, V Bull 44:50, Judy Farr (2nd vet.) 47:20, Ann Bull 48:02, S Farr 49:32.

5 JANUARY. - Theale 10K: 11 M Connor 34:44.

12 JANUARY. - Yate 10K: 41 D Bristow 38:08, 69 P Chapple 41:14, 73 Rosemary Barber 41:24, R Porter 45:51, 97 Judy Farr 46:06, 95 D Mellor 46:07, 102 S Farr 46:17, 111 W Howsego 48:14.

19 JANUARY. - Avalon CC (and SW Vets), Burnham-on-Sea: Colts: 3 A Fodder. Women: 35 Rosemary Barber (3rd o/40), 58 Judy Farr. Men: 63 R Carey, 66 M Connor, 100 R Ellis, 114 D Bristow, 139 T Northwood, 162 S Farr (1st o/55), 171 W Howsego (1st o/60).

26 JANUARY. - "Tough Guy" 14M, Wolverhampton: N Fyfe 1:59, C Williamson 2:05, 776 M Carpenter 2:39:59, 858 R Withey 2:44:20.

**FEBRUARY**

9 FEBRUARY. - Yate 10K: 49 R Carey 36:56, 73 D Bristow 38:53, 103 Rosemary Barber 41:48, 123 Cathie Crichton 43:33, 135 R Porter 45:00, 145 Judy Farr 46:45, 145 S Farr 47:03, 152 Joyce Field 47:45, 169 Vivien Toms 52:20, 170 Jan Hunt 52:39.

16 FEBRUARY. - Avalon CC, Midsomer Norton: Colts: 2 A Fodder.

Erlestoke 6 1/2 M CC: 15 K Elsey 44:56, 16 N Fyfe 44:59, 18 R Ellis 45:06, 29 N Stevens 48:15, 49 Rosemary Barber 52:49, 54 T Northwood 53:42, 65 M Gerrish 56:31, 67 D Mellor 56:46, 71 S Farr 57:35, eq 89 Jan Hunt & W Howsego 1:04:30.

22 FEBRUARY. - Great Western 10M, Pucklechurch: 53 E Rockcliffe 1:02:14, 62 C Williamson 1:03:03, D Bristow 1:06:51, 145 Linda Brown 1:07:56, 171 Rosemary Barber 1:09:52, 177 P Chapple 1:10:24, 228 D Mellor 1:14:27, 236 V Bull 1:15:22, 249 M Gerrish 1:16:28, 266 S Farr 1:18:13, 295 Joyce Field 1:22:15, 314 P Collier 1:24:57, eq 320 Vivien Toms & W Howsego 1:25:59.

**MARCH**

1 MARCH. - Avalon CC, Salisbury: Colts: 7 A Fodder (3rd over season). Men: 68 D Bristow, 87 T Northwood, 97 S Farr.

Thatcham 6M: Rosemary Barber (2nd vet.) 39:08.

Cardiff 20M: B Hobbs 2:21:32, R Withey 2:22:10, M Carpenter 2:35:12.

8 MARCH. - Yate 5K: 38 D Bristow (3rd vet. in series) 18:07, 69 Rosemary Barber 19:53\*\*, 85 S Farr 21:50, 91 Joyce Field 23:05.

\*\*Club record.

Dursley Dozen: 46 N Fyfe 1:27:31, N Stevens 1:34, Ruth Griffin 1:51.

15 MARCH. - Bath Half-Marathon: MEN: 290 N Fyfe 1:19:46, 350 N Rosier 1:21:40, 365 A Rockcliffe 1:22:00, C Williamson 1:22:57, 485 R Ellis 1:24:50, D Bristow 1:27:05, 613 N Stevens 1:27:16, 615 A Moss 1:27:18, 637 S Reeves 1:27:40, 657 B Hobbs 1:27:55, 692 M Cockell 1:28:39, 778 D Kay 1:30:29, 841 N Whitehead 1:31:43, 931 M Carpenter 1:33:28, 953 M Brooks 1:33:56, 972 P Turner 1:34:11, 977 R Washbourne 1:34:14, 992 A Lilley 1:34:27, 1175 P Chapple 1:37:21, 1290 T Frost 1:39:01, 1311 R Withey 1:39:20, 1314 R Porter 1:39:22, 1382 V Bull 1:40:33, 1417 D Mellor 1:41:08, 1465 M Brain 1:42:03, 1612 C Stiles 1:44:45, 1729 P Collier 1:47:18, 1956 W Howsego 1:52:49, 2060 S Walker 1:56:24, 2219 M O'Callaghan 2:06:10. WOMEN: 22 Linda Brown 1:29:09\*\*, 31 Rosemary Barber\* 1:33:24, 45 Cathie Crichton 1:36:41, 85 Judy Farr\* 1:43:15, 110 Joyce Field\* 1:46:48, 163 Vivien Toms 1:53:26.

\*2nd veteran women's team.

\*\*Club record.

22 MARCH - Wootton Bassett 10K: 3 J Green 36:55, D Bristow 41:03.

Gloucester 20M: B Hobbs 2:20:18.

MARCH 29. - Trowbridge 5.38M: 12 J Green 31:31, 13 N Fyfe 31:58, 15 N Rosier 32:49, 20 N Stevens 33:29, 21 S Reeves 33:32, 22 D Bristow 33:39, 29 R Washbourne 35:43, 30 Rosemary Barber (1st woman) 35:47, 31 P Turner 35:54, 33 P Chapple 36:50, 34 T Roberts 37:01, 47 Joyce Field 41:46, 52 W Howsego 43:12, 53 Vivien Toms 43:30, 60 Jan Hunt 44:59, 62 E Rockcliffe 45:52, 76 M Johnson 49:44, 83 Marion Tee 54:29.

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For inclusion, telephone results to Stan Farr - Trowbridge 755605

**FIXTURES: April-July**

**APRIL**

Sun 5 Salisbury 10K, 11.00;  
Totton 10K, 2.30 (SW vets');  
Somer 10K, 11.15  
Sun 12 London Marathon  
Sun 19 Yate Centre 5M, 10.30  
Mon 20 Yeovil 15K, 11.00  
Sun 26 Bournemouth Half-Marathon;  
Highworth 10K;  
Upton Noble 5M, 11.00

**MAY**

Sun 3 Imber Half-Marathon;  
Glastonbury 5.9m, 11.00  
Mon 4 Fontmell Magna 8M, 11.00;  
Dorcan (Swindon) 10K, 11.30  
Sun 10 AVR 10K, 11.00;  
Corsham 5M, 10M  
Sun 17 Test Valley 10M, 10.00; Chippenham Half-Marathon, 10.30;  
Lychett 10M, 10.30; Keynsham 5½M, 11.00  
Sat 23 Bath 10M, 11.00  
Sun 24 Southampton 10K, 10.30; Kingswood Half-Marathon, 10.30  
Thu 28 Tom Roberts Handicap, 7.40  
Sun 31 Overton 5M, 10.30; Cheddar 10K, 11.00; Bristol Half-  
Marathon, 11.00

**JUNE**

Sat 6 Painswick 8M  
Sun 7 Long Ashton 10K, 11.00; Crewkerne 9.1M, 10.00  
Sat 13 Poole 10K, 4.00; Dursley 10M, 2.30  
Sun 14 Smallbrook (Warminster) 10K; Offa's Dyke 15M, 2.30  
Sun 21 Chedworth 7M, 11.00  
Thu 25 Tom Roberts Handicap, 7.40  
Sun 28 Gosport 10K, 11.00; Midsomer Norton Half-Marathon, 11.00

**JULY**

Sat 4 Synwell 10M, 2.30  
Sun 5 Tarrant Valley 10M/5M, 10.30  
Sun 12 Yate Half-Marathon, 11.00; New Forest 10M, 12.45  
Sun 19 Heytesbury Relays, 11.00  
Sat 25 Swanage 12M, 2.30  
Sun 26 Twyford 10K, 11.00  
Thu 30 Tom Roberts Handicap, 7.40

**Profile: MICHAEL CARPENTER**

Born over the border in Frome, Somerset, Mike started running in 1985 (probably caught up in the competition from several running brothers!). He seems to favour the longer races, with his favourite being the Salisbury Plain 15½-mile event, for which his best time is 1:51. He runs a modest 25-30 miles a week, but also plays badminton, squash and darts. Mike may be described as the "club Carpenter", having installed the noticeboard in our Thursday night clubhouse, Pound Lane. His ambitions: to do a 3:15 marathon, and to be still running at age 65.