



# Valley News

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THE QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS - JULY 1992  
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## Second AVR 10K builds on past success

Avon Valley Runners turned out in force on Sunday May 10 to help members of the subcommittee put on the club's second 10-kilometre road race in Trowbridge. At the end of the day most agreed that the event had been a great success, in spite of a modest turnout probably because of coinciding with a nearby fixture. (This clash was a pity, because Corsham 5M and 10M are not only good races usually well supported by our members, but also in aid of a worthwhile cause; no doubt entries at both venues suffered.)

In spite of a brisk wind across the exposed course, Gary Eagle (Westbury Harriers) bettered last year's winning time by nearly a minute. It was good to see a handful of AVR members competing, with John Green taking the over-50 award and Linda Brown third woman and also first over-40.

The experience gained in the 1991 event was obviously beneficial, and several competitors commented favourably on the organization and other aspects of the race. Because of the shortfall in entries the financial outcome was not as good as hoped for (and there is again a surplus of (dated) coffee mugs going cheap; make any of the subcommittee an offer!), but the club is not broke, and the main purpose of athletic club funds is to put on athletic competition.

## Club records

Since the last publication two years ago of this table of distances, names and times, while Linda Brown has improved all the women's performances except Judy's 10-mile best, there has been no change in the men's records. This should present a challenge, because while Gerry, Keith and Martin are no longer members, Bob Roots has returned to the club.

Men	Time	Year	DISTANCE	Women	Time	Year
Gerry Fice	16:38	1989	5 KM	Linda Brown	19:11	1991
Keith Elsey	26:42	1988	5 MILES	Linda Brown	31:45	1990
Bob Roots	33:25	1986	10 KM	Linda Brown	39:08	1991
Bob Roots	53:38	1987	10 MILES	Judy Farr	1:07:47	1987
M. Connor	1:14:43	1990	HALF-MTHN	Linda Brown	1:29:09	1992
M. Connor	2:44:32	1989	MARATHON	Linda Brown	3:24:38	1992

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### **Secretary's notes**

I would like to thank all those who turned up for the Tom Roberts Handicaps held so far this summer. The large numbers make it one of my most enjoyable races of the year.

We are hoping to take a party to the Tunisia 10-kilometre road race during the week of 17-24 January. So far, six members have expressed an interest in going. (*A week in North Africa sounds like just what the doctor would order for those midwinter aches and pains. - Editor*)

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### **Welcome to the Valley**

A belated welcome to AVR is extended to Vivien Toms, who was missed out of the last issue of *Valley News*; and we are also glad to add the following to our list of members: Tracey Grigsby, Andrew Robertson and Jackie Rockliffe, who joined in April, and former member Bob Roots, who rejoined in May - Bob still has a couple of club records to his credit (see p. 1). We wish you all happy running and good times!

### **and Farewell...**

Two of the club's more successful athletes have regrettably decided to move on. Martin Connor, who in 1986 had hoped to break 90 minutes for the half-marathon, and progressed to a quarter-hour quicker for that distance and achieved a 2:44 marathon (see club records, p.1), several times making a clean sweep of club annual best-time awards, has joined City of Bath AC (keeping it in the family!); and Allan Fodder, who finished third overall in the colts' section of last season's Avalon cross-country league, and also represented Wiltshire schools at the Investiture race at Cardiff, where he finished fifth, will in future compete for Frome AC. Good luck to both of these runners.

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### **Milestones**

Pete Chapple and Brian Churchill (*there's a joke in there somewhere...*) both move into their next age groups this quarter: Pete will be 55 on 31 August, and Brian will be 60 on 1 August. Happy birthday - and keep the faith. (*There, I told you!*)

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### **Profile: NEIL FYFE**

Veteran Neil was born in Scotland (though you'd never guess) and started running 19 years ago. All his p/bs - marathon 2:56 (1989), half-marathon 1:19 (1992), 10 miles 58 minutes (1984), 10 kilometres 35:?? (1984) - have been set fairly recently, so perhaps the best is yet to come.... He runs six times a week, averaging 40-50 miles, and with multi-terrain his favourite type of race, he also enjoys hill-walking and other outdoor pursuits, including gardening.

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### **Contributions wanted**

Relax - it's not your money we're after! Just a few minutes of your time, to put pen to paper to make *Valley News* more of a club effort. There must be many of you out there with things to say, suggestions to make, a favourite race to write about, even a really interesting injury.... What are you waiting for?

## RESULTS:

## April-June

## APRIL

5 APRIL. - Totton 10K (& SW Veterans' Championships): Rosemary Barber (2nd o/40) 40:48 (pb), S Farr 43:04, Joyce Field (1st o/45) 45:47 (pb), Judy Farr (1st o/50) 45:55.  
 Highworth 10K: 38 R Ellis 36:11, 208 W Howsego 48:19.  
 12 APRIL. - London Marathon: 1,803 N Rosier 2:58:19, 1,868 T Rockcliffe 2:58:55, 3,755 C Williamson 3:14:56, 3,942 B Hobbs 3:16:12, 4,395 T Roberts 3:19:22, 5,241 Linda Brown 3:24:38 (pb and club record), 5,633 M Cockell 3:27:08, 6,097 A Moss 3:29:40, 8,572 D Kay 3:43:00, 9,646 D Mellor 3:48:38, 19,599 B Smith 4:45:39, 20,533 P Bray 4:55:27. . . (several AVR finishers not traced in results)  
 20 APRIL. - Yeovil 15K: 29 J Green (1st o/50) 57:20, 32 R Ellis 58:21, 83 Rosemary Barber (1st o/40) 1:06:16, 100 S Farr 1:08:44, 129 Judy Farr 1:12:23, 143 W Howsego 1:14:15, 151 Joyce Field 1:15:14, 176 Vivien Toms 1:21:55.  
 26 APRIL. - Upton Noble 5M MT: 5 R Ellis 31:36, 6 J Green (1st vet.) 31:47, 7 N Fyfe 32:22, 9 R Carey 33:09, 10 C Williamson 33:12, 20 P Chapple 36:02, 22 Rosemary Barber (2nd woman, 2nd vet.) 36:32, 30 S Farr 38:09, 42 Judy Farr 40:55, 44 Joyce Field 41:48, 52 Vivien Toms 44:53, 53 Jan Hunt 45:20, 66 Tracey Grigsby 49:34.

## MAY

3 MAY. - Neolithic Marathon, Avebury-Stonehenge: 18 S Greenland 3:21, 21 N Fyfe 3:22:31, 22 N Stevens 3:22:31, T Harrison 3:29:34, R Withey & D Kay 3:51:35, Ann Bull 4:11:51, V Bull --?--?, M Gerrish --?--?.  
 Imber Half-Marathon: 31 R Washbourne 1:32:21, 42 A Lilley 1:34:48, 45 P Turner 1:35:32, 50 M Brooks 1:37:10, 74 D Mellor 1:42:57, 79 W Howsego 1:44:26, 89 Joyce Field (3rd woman) 1:46:39, 102 Vivien Toms 1:50:54.  
 Glastonbury 5.9M: 30 R Ellis 33:34, 70 N Whitehead 36:13, 124 Rosemary Barber (3rd o/40) 38:42, 160 S Farr 40:15, Judy Farr (2nd o/50) 41:39.  
 4 MAY. - Fontmell Magna 8M: (2 D Seymour 43:22) 23 Rosemary Barber (3rd woman, 1st vet.) 54:21, 38 S Farr 56:06, 47 Judy Farr (3rd vet.) 59:34.  
 10 MAY. - AVR 10K: 19 J Green (1st o/50) 35:53, 23 R Roots 36:25, 43 Linda Brown (3rd woman, 1st o/40) 39:52, 47 Rosemary Barber 40:36, 67 R Porter 44:05.  
 17 MAY. - Chippenham Half-Marathon: 25 N Rosier 1:24:20, 29 N Stevens 1:24:59, 36 S Reeves 1:1:26:33, 66 A Lilley 1:33:15, 144 W Howsego 1:42:06, 146 D Mellor 1:42:17; 4M: 12 J Hobbs 27:36.  
 Keynsham 5.2M: T Roberts 36:41, P Chapple 36:53, Rosemary Barber (1st o/40) 37:10, S Farr 38:34, Judy Farr (1st o/50) 42:49.  
 Centaur Chase MT: 7 N Fyfe 1:14:09, 22 N Whitehead 1:20:34.  
 Test Valley 10M: 28 J Green (1st o/50) 59:32.  
 British Veterans' Half-Marathon, Sutton Coldfield: S Jennings (2nd o/60) 1:57:45.  
 23 MAY. - Bath 10M: 21 R Ellis 1:03:53, 72 Linda Brown (1st o/40) 1:14:00, 86 Rosemary Barber (2nd o/40) 1:16:53, 87 S Farr 1:16:53, 99 D Mellor 1:21:55.  
 28 MAY. - Tom Roberts Handicap: 1 Jackie Rockcliffe, 2 Jan Hunt, 3 Vivien Toms; Times: 1 R Ellis 17:55, 2 R Carey 18:30, 3 S Houghton 18:48, 4 N Fyfe 18:56, 5 S Reeves 19:10, 6 N Rosier 19:22, 7 Alister Bartlett 19:45, 8 A Lilley 19:52, 9 S Greenland 19:57, 10 G Henderson 20:17, 11 T Rockcliffe 20:23, 12 D Gosling 20:34, 13 P Mitchell 20:52, 14 M Thorn 20:59, 15 B Hobbs 21:00, eq 16 Fay Merrell & R Withey 21:01, 18 R Washbourne 21:02, 19 Tony Bartlett 21:07, 20 B Merrell 21:09, 21 A Robertson 21:14, eq 22 Rosemary Barber & M Carpenter 21:36, 24 A Moss 21:51, 25 Cathie Crichton 22:14, 26 G Babb 22:24, 27 M Brain 22:26, 28 R Porter 22:29, 29 J Hobbs 22:38, 30 W Howsego 24:13, 31 Judy Farr 24:26, 32 Joyce Field 24:29, 33 Jackie Rockcliffe 25:15, 34 Jan Hunt 25:19, 35 Vivien Toms 25:35.  
 31 MAY. - Bristol Half-Marathon: 719 C Stiles 1:48:18, Ann Bull 1:48:59, 761 V Bull 1:49:16, Joyce Field 1:51:35, Vivien Toms 1:53:59.  
 Cheddar 10K: 40 R Carey 37:17, 51 R Ellis 37:57, 70 N Whitehead 39:43, 98 Rosemary Barber 42:13, 107 S Farr 42:52, 169 Judy Farr 48:02.

## JUNE

6 JUNE. - HMS Royal Arthur Half-Marathon: 20 N Whitehead 1:31:31, 36 W Howsego 1:42:03; 3M: 1 Rosemary Barber 17:30, 2 S Farr 17:34.  
 7 JUNE. - Bracknell Half-Marathon: N Stevens 1:25:38.  
 Long Ashton 10K: R Porter 44:47.  
 13 JUNE. - Poole 10K: (26 D Seymour 33:57) 59 R Ellis 35:11 (pb), 312 M Brain 44:40.  
 Broad Town 5M: 54 Rosemary Barber (2nd woman, 1st o/35) 32:57, 55 N Rosier 33:04, 67 B Hobbs 34:03, 73 S Farr (1st o/50) 34:25, 101 W Howsego 36:34, 107 Judy Farr (1st o/50) 37:11, 148 M Beirne 41:06.  
 14 JUNE. - Warminster 10K: 16 N Fyfe 38:33, 21 N Stevens 39:49, 33 P Turner 42:25, 37 Linda Brown\* (2nd woman, 2nd vet.) 42:50, 39 P Chapple 43:05, 49 S Farr 44:13, 52 Cathie Crichton\* 45:16, 60 W Howsego 47:00, 66 Judy Farr\* 48:37, 71 Joyce Field\* 50:28, 78 Jan Hunt 53:35, 87 Vivien Toms 54:07. (\* 1st women's team.)  
 17 JUNE. - Bath City 5K: R Ellis 16:56, C Williamson 18:03, T Rockcliffe 18:22, P Chapple 19:51, Linda Brown 19:54, S Farr 21:09, Judy Farr 22:15, Joyce Field 22:32, Vivien Toms 24:03.  
 21 JUNE. - Offa's Dyke 15M MT: 173 N Whitehead 2:05, 204 T Roberts 2:09, 283 D Mellor 2:23:04, 301 V Bull, 303 Ann Bull.  
 25 JUNE. - Tom Roberts Handicap: 1 A Hickson, 2 M Hehir, 3 R Washbourne; Times: 1 R Ellis 17:55, 2 R Roots 18:19, 3 R Carey 18:20, 4 S Reeves 18:54, 5 N Fyfe 19:02, 6 S Greenland 19:36, 7 C Williamson 19:39, 8 Alister Bartlett 19:40, 9 T Rockcliffe 19:42, eq 10 A Hickson & P Turner 20:01, 12 D Gosling 20:02, 13 B Hobbs 20:13, 14 M Hehir 20:19, 15 R Washbourne 20:21, 16 Tony Bartlett 20:29, 17 J Lord 20:55, 18 M Thorn 21:01, 19 M Carpenter 21:04, 20 P Chapple 21:21, 21 P Vennel 21:39, 22 G Ferret 21:41, 23 Cathie Crichton 21:59, 24 R Porter 22:28, 25 J Hobbs 22:35, 26 M Brain 22:51, 27 D Mellor 23:47, 28 Judy Farr 23:53, 29 Jackie Rockcliffe 24:03, 30 W Howsego 24:12, 31 Joyce Field 24:33, 32 Jan Hunt 24:46, 33 Vivien Toms 25:51.

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 For inclusion, telephone results to Stan Farr - Trowbridge 755605

**FIXTURES: July-October**

**JULY**

Sat 4 Synwell 10M, 2.30  
Sun 5 Tarrant Monkton 10M & 5M, 11.00  
Melksham 6M, 10.00  
Sat 11 Westwood 7M, 3.00  
Sun 12 Yate Half-Marathon, 11.00  
New Forest 10M, 12.45  
Sun 19 Heytesbury Relays, 11.00  
Somer Women's 5M, 10.30  
Sat 25 Swanage 12M, 2.30  
Sun 26 Twyford 10K, 11.00  
Thu 30 Tom Roberts Handicap, 7.40

**AUGUST**

Sat 8 Charlton Mackerill 7.7M, 2.30  
Barbury 7M, 5.00  
Sun 9 Sturminster Newton Half-Mthn & 5M, 10.30  
Sun 16 Standish 10M, 11.00  
*Tue 18 Judo Club (Trowbridge) closed - meet outside.*  
Sat 22 Wroughton 8M, 5.00  
Sat 29 World Veterans' 10K, Birmingham  
Sun 30 World Veterans' 25K, Birmingham

**SEPTEMBER**

Sun 6 Calne Half-Mthn & 6M, 11.00  
Cardiff 10K, 11.00  
Sun 13 Warminster 10M & 4.6M, 11.30  
Wootton Bassett 10M, 10.30  
Sat 19 Sutton Benger 5M  
Pewsey Half-Mthn (Wiltshire Championship)  
Sun 27 Chippenham 10M, 10.30

**OCTOBER**

Sun 4 Totton 10K, Southampton, 2.30  
Banbury (Oxon.) 10M, 10.30  
Flying Fox Marathon, Stone, Staffs., 11.00  
Sat 17 Weymouth 10M, 3.00  
Sun 18 Solent Half-Mthn, 10.30  
SportAge Ashby Women's 10K, Leeds (?)  
Sun 25 Snowdonia Marathon, Llanberis, 9.30  
Harlow Marathon & Half-Mthn, 10.30  
Stroud Half-Mthn, 10.30  
*(Details for October fixtures from BAF Fixture List.)*

**Profile: IAN (STAN) FARR**

Trowbridge born and bred, our hard-working and enthusiastic secretary has been running since 1953. He has set some very respectable personal best times over the years, including 2:43:39 for the marathon and 54:55 for 10 miles. His favourite race is the Offa's Dyke 15 miles cross-country event, with a best time of 1hr 49min. He can't remember when he last missed a day's running, covering 40-50 miles a week. In addition to the time he devotes to AVR, Stan swims, cycles, gardens, and with wife Judy runs a thriving printing business from home. His ambition: "To keep ahead of Bill Howsego." (What do you say, Bill?)