



# Valley News

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QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS - OCTOBER 1992  
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## Annual party and prizegiving

It is hoped to repeat the arrangements of the last annual club party and prizegiving in every respect except the date, which will probably be a week earlier:

SOUTHWICK VILLAGE HALL, 7.30 p.m., SATURDAY 9 JANUARY 1993.

Tickets: £5 adults, £2.50 children.

To help the organizers, please let the secretary know as soon as possible if you want to attend.

FOOD - BAR SERVICE - QUIET DISCO - LUCKY DRAW  
(contributions for the draw will be appreciated)

## Obituary: VIC BULL

Members were saddened to learn of the sudden death on Tuesday 22 September of Vic Bull, aged 55. He and his wife Ann started running in 1986 at the time of the SportAid worldwide charity runs in aid of African famine victims, and joined the club a couple of years later. The sedentary nature of his work as a self-employed taxi-driver caused Vic to appreciate the benefits of regular exercise.

On the previous Sunday the Bulls had taken part in the Pewsey half-marathon, in which Vic had a very good run and Ann was first woman over 45, and on Monday evening he had indulged in his other favourite pastime, a game of skittles. Although because of living on the other side of Bath the Bulls have done all their training away from their clubmates, they have been loyal members and their names have often appeared in race results.

We are glad to report that Ann intends to carry on participating in the sport they enjoyed together. Her next date is Monday 26 October, when she will run in the Dublin marathon, being sponsored for the benefit of a hospice in Bristol.

In addition to his widow, Vic is survived by three grown-up sons. To them and all the family we extend our sincere sympathy. Private cremation was followed by a memorial service at Colerne church on Tuesday 28 September.

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Editor: Tim Northwood, 45 Hilperton Road, Trowbridge; Tel. 769929  
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### Payment of subscriptions

From 1 January 1993 all members' subscriptions will fall due at the beginning of each year, with new members joining during the year paying a proportion for their first year and thereafter paying per calendar year.

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### Welcome to the Valley

There is a mixture of new arrivals to our ranks. Former member Nick Nicholls returned to the fold on 13 August after an absence of a year or two during which he married Katie (congratulations!). On 15 August John Hill signed on and has already put in a couple of good veteran's performances. The Bartletts, Tony and his son Alistair, have been active and enthusiastic wearers of the yellow and green vest for a couple of months already, and we also welcome Elizabeth Chadwick, whose membership will take effect on 1 January. Happy running and good times to all of you.

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### Milestones

Three members move into the next age groups during this quarter. On 3 November Peter Bray will be 55, Terry Harrison turns 45 on 22 December, and on 9 November Andy Lilley will leave the "junior" ranks as a 40-year-old. Birthday greetings to all three.

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### Profile: GEORGE HENDERSON

Born in Bath 43 years ago, George took up running in 1963, and, in common with several other AVR members, is an "old boy" of Trowbridge AC. A good year for him was 1979, when he set his 10-mile p.b. of 57:52 and clocked 1:35:24 for his favourite race, the Salisbury Plain 15½-miler, but he is still very active, and has recently been part of a category-winning team in the gruelling two-day mountain race on Cyprus. His other interests include orienteering, langlauf, downhill skiing and windsurfing.

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### Get your spikes on!

It's that time of year again, when the ground gets muddy, the temperature drops, and thousands of keen runners get off the road and into the country for the variety, physical benefit and pleasure of cross-country. Why not join them? See Page 4 for Avalon league fixtures.

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### Here and there

DOUBLE CONGRATS to Bob Ellis. First, to him and Denise on the birth of a daughter, Josie, and then to his recent completion of the AAA coach's course with flying colours.

IT IS REPORTED that Neil Fyfe, having spent years and run many miles in order to get Fast and Fit, has now reTyred and gone into business with his son.

COLLECTORS' CORNER: There is still a quantity of AVR 10K mugs over from this year's event, so to keep your collection up to date, contact Ted Rockliffe and make him an offer!

## RESULTS

### July-September

4 JULY. - Bishops Cannings 5K: 4 R Roots (1st vet.) 18:21, 5 N Fyfe 19:18, 10 N Stevens 19:59.  
 5 JULY. - Tarrant Monkton 10 1/2 M MT: 28 R Ellis 1:05:46, 5 1/2 M MT: 23 Rosemary Barber (2nd woman) 38:24, 25 S Farr 38:32, 43 Judy Farr 43:05, 44 Joyce Field 43:20.  
 11 JULY. - Westwood 7M: 2 G Fice (Somer AC) 41:58, 5 R Ellis 42:33, 8 N Fyfe 44:38, 17 S Greenland 46:44, 18 N Stevens 46:45, 24 T Bartlett 48:49, 29 D Gosling 49:56, 32 Linda Brown (1st vet.) 51:10, 33 T Roberts 52:15, 34 S Farr 52:21, eq 38 Cathie Crichton & B Crichton 54:05, 41 R Porter 54:53, 42 D Mellor 54:55, 43 W Howsego 55:17, 51 Joyce Field 59:14; 3M: 2 A Bartlett 19:06, 8 Verity Bartlett (1st woman) 22:10, 14 N Stevens (1st u/10) 24:57.  
 12 JULY. - Milton Abbas 10K: 14 R Carey 39:11, 24 Rosemary Barber (1st woman) 43:51, 28 S Farr 46:10, 35 Judy Farr (3rd woman) 47:21.  
 19 JULY. - Heytesbury 3 x 3.8M Relay: 6 AVR "A" 1:04:45 (C Williamson 21:55, N Fyfe 21:43, R Ellis 21:07), 9 AVR "B" 1:07:31 (N Stevens 21:57, A Bartlett 22:48, S Greenland 22:46), 11 AVR "C" 1:07:59 (R Ellis 20:48, A Moss 23:06, M Hehir 24:05). Midsomer Norton 5M: 5 Linda Brown (1st o/40) 33:35, 8 Rosemary Barber (3rd o/40) 34:17, 14 Judy Farr (1st o/45) 35:57, 19 Joyce Field (2nd o/45) 38:20; 2nd team: AVR.  
 26 JULY. - Swanage 12M: 263 Rosemary Barber 1:28:46, 264 S Farr 1:28:46, 269 W Howsego (3rd o/60) 1:29:22, 301 D Mellor 1:32:14.  
 27 JULY. - Donhead 5M: 8 G Fice (Somer AC) 27:04, 15 P Mitchell (Chippenham H) 29:19, 29 S Farr 34:16, 32 Judy Farr (2nd woman, 1st vet.) 34:44.  
 30 JULY. - Tom Roberts Handicap 5K: 1 C Williamson, 2 P Mitchell (Chippenham H), 3 W Howsego; Times: 1 D Seymour (Dorset Doodlers) 17:00 (record), 2 R Ellis 17:47, 3 G Fice (Somer AC) 17:56, C Williamson 18:43, 5 S Reeves 19:02, 6 P Mitchell 19:03, 7 R Carey 19:23, 8 T Rockliffe 19:37, 9 A Bartlett 19:56, eq 10 M Hehir & Fay Merrell 20:30, 12 A Robertson 20:44, 13 B Merrell 20:49, 14 P Chapple 20:59, 15 M Thorn 21:11, 16 G Ferrett 21:15, 17 Rosemary Barber 21:24, 18 J Lord 21:36, 19 P Vennell 21:52, eq 20 G Henderson & R Washbourne 22:04, 22 G Babb 22:18, 23 M Brain 22:24, 24 D Mellor 23:17, 25 W Howsego 23:28, 26 R Porter 23:38, 27 Judy Farr 23:45, 28 Vivien Toms 26:32, Tracey Grigsby 28:11. Aggregate winners (May, June, July): R Ellis (17:55, 17:55, 17:47), Judy Farr (24:26, 23:53, 23:45).  
 8 AUGUST. - Charltons Challenge 7.7M MT: 18 S Farr 1:01:06, 22 Rosemary Barber (2nd woman, 1st o/35) 1:01:59, 24 W Howsego 1:03:32, 27 Judy Farr (3rd woman, 2nd o/45) 1:05:27.  
 9 AUGUST. - Sturminster Newton Half-Marathon: 13 R Ellis 1:24:16, 43 T Bartlett 1:31:50. 5M: 19 A Bartlett 34:40, 20 P Turner 34:42, 49 D Mellor 40:29.  
 16 AUGUST. - Standish 10M MT: T Bartlett 1:08:00(?), A Bartlett 1:08:30(?), 93 Rosemary Barber 1:17:00, 96 S Farr 1:17:47, 107 W Howsego 1:19:53, 114 C Stiles 1:20:45, 131 D Mellor 1:22:47. Clevedon 10M: R Ellis 1:03:05.  
 22 AUGUST. - Wroughton 8 1/2 M MT: A Bartlett 55:00(?), T Bartlett 1:00:00(?).  
 23 AUGUST. - Lambourn 5M: 26 Rosemary Barber (1st vet.) 33:27, 30 S Farr 34:27, 38 W Howsego 35:40, 42 Judy Farr 35:54, 59 Joyce Field 38:18, 73 Jan Hunt 41:02.  
 29-30 AUGUST. - World Veteran Road Races, Birmingham: 10K: Linda Brown 41:35, 638 Rosemary Barber 42:14, 734 S Farr 44:13, 892 Judy Farr 45:25, 947 W Howsego 46:20, 962 Cathie Crichton 46:32, 1,029 D Mellor 47:39, 1,085 Joyce Field 48:38, Sheila Jennings 50:55, 1,230 Jan Hunt 51:38, 1,245 Vivien Toms 52:24. 5K: Sheila Jennings (1st o/60) 25:37. 25K: 751 W Howsego 2:09:14, 768 D Mellor 2:10:28.  
 31 AUGUST. - Oldford 8K: 15 R Ellis 28:18, 21 R Roots 29:37, 22 N Stevens 29:42, 25 N Fyfe 30:07, 27 C Williamson 30:15, 35 M Hehir 32:36, 37 R Washbourne 33:07, 38 Rosemary Barber (1st vet.) 33:39, 40 G Henderson 34:22, 42 S Farr 34:28, 48 R Havergal 36:18, 49 Cathie Crichton 36:23, 50 M Brain 36:23, 51 V Bull 36:29, 53 Judy Farr 37:00, 56 Ann Bull 37:43, 71 Jan Hunt 41:48, 72 Vivien Toms 42:04.  
 6 SEPTEMBER. - Frome 5M: 15 N Fyfe\* 29:00, 16 N Stevens\* 29:08, 21 C Williamson\* 29:24, 26 T Rockliffe 29:54, 29 John Hill 30:14, 30 A Bartlett 30:26, 48 M Carpenter 32:14, 49 Rosemary Barber (2nd woman, 1st vet.) 32:15, 61 N Rosier 33:03, 62 G Henderson 33:05, 72 G Babb 33:33, 74 S Farr (3rd o/50) 33:42, 89 M Brain 35:09, 105 Judy Farr 36:07, 139 Vivien Toms 39:01. (\* 2nd men's team.) Cardiff 10K: R Ellis 35:20, R Porter 45:47.  
 12 SEPTEMBER. - Overton 5M: Fay Merrell (12th woman) 32:58.  
 13 SEPTEMBER. - Cardiff Marathon: 23 T Bartlett (1st o/55) 3:16:12. Warminster 10M: 8 R Ellis 1:00:53, 13 N Fyfe (2nd vet.) 1:01:50, 15 C Williamson 1:02:57, 17 N Stevens 1:03:26, 18 J Hill (3rd vet.) 1:03:59, 22 S Greenland 1:06:44, 38 S Farr 1:14:15, 57 Joyce Field 1:20:53, eq 65 W Howsego & Vivien Toms 1:25:04; 4.6M: Rosemary Barber (1st woman), B Hobbs (1st vet.) 30:12, Tom Frost 32:32, Judy Farr (2nd woman), Joby Hobbs 35:51. Marshfield 10K: Linda Brown (2nd woman, 1st vet.) 41:24.  
 19 SEPTEMBER. - Sutton Benger 5M: 14 J Hill 30:02, 18 A Bartlett 31:02, 20 D Gosling 31:23, 24 T Bartlett 32:04, 26 Linda Brown (1st vet.) 32:15, 29 Rosemary Barber (2nd vet.) 33:12, 35 Stan Farr 34:42, 40 Judy Farr (3rd vet.) 37:03. Pewsey Half-Marathon: V Bull 1:38:00, Ann Bull 1:45:00.  
 20 SEPTEMBER. - Elkeden Marathon Relays, Bristol: "A" race: 23 (of 44 teams) AVR "A" 2:34:20 (10K R Ellis 35:44, 5K C Williamson 18:15, 10K N Fyfe 36:27, 5K T Rockliffe 18:23, 12.195K N Stevens 45:31); "B" race: 51 (of 91 teams) AVR "B" 2:54:56 (10K R Withey 43:34, 5K A Bartlett 19:10, 10K M Carpenter 43:10, 5K A Robertson 18:56, 12.195K A Moss 50:06).  
 26 SEPTEMBER. - Burnham-on-Sea Biathlon (1,000m swim, 10K run): W Howsego (1st o/60) 28:18 + 47:20.  
 27 SEPTEMBER. - Chippenham 10M (Inc. Wiltshire championships): 41 N Fyfe 1:02:20, 50 N Stevens 1:03:47, 64 S Greenland 1:06:01, 75 S Reeves 1:07:00, 78 M Lockey 1:07:28, 90 N Rosier 1:08:17, 100 B Hobbs 1:09:18, 101 Linda Brown\* (2nd vet.) 1:09:19, 104 D Earley 1:09:25, 107 A Moss 1:09:54, 117 A Hickson 1:10:47, 121 Rosemary Barber\* (3rd vet.) 1:11:43, 126 M Carpenter 1:12:30, 134 S Farr 1:14:06, 165 Cathie Crichton\* 1:17:01, 171 Judy Farr\* (2nd o/50) 1:18:20, 182 G Babb 1:19:56, 189 M Brain 1:23:04, 190 Joyce Field 1:23:07, 218 Vivien Toms 1:29:19, 227 Jan Hunt 1:33:17. (\* 1st women's team, 1st Wiltshire team.) Bitton 10K: 98 W Howsego 46:24.

For inclusion, telephone results to Stan Farr, Trowbridge 755605

**FIXTURES:**  
**October-January**

**OCTOBER**

- Sun 4 Longleat Relays, 11.00  
Sun 11 Sarum Half-Mthn  
~~Box 6 1/2 M (?)~~  
Sat 17 Weymouth 10M, 3.00 (closing date 10/10\*)  
Sun 18 Solent Half-Mthn, 10.30 (28/9)  
SportAge Ashby Women's 10K, Leeds (12/10)  
Avalon CC, Bristol, 1.00  
Cirencester 10K, 11.00  
Sun 25 Snowdonia Marathon, Llanberis, 9.30 (30/9)  
Harlow Marathon & Half-Mthn, 10.30 (19/10)  
Stroud Half-Mthn, 10.30 (3/10)

**NOVEMBER**

- Sun 1 Grittleton Women's 10K, 10.30  
Salisbury Plain 15 1/2 M, 1.30  
Fireworks Women's 5M, Cardiff, 10.30 (1/11)  
Sospan Road Runners' 8M MT, Llanelli, 11.00 (26/10)  
Harrow Marathon & Half-Mthn, 9.00 (11/10)  
Sat 7 Victoria Park Road Races, Bath (?)  
Sun 8 Devizes 10K, 11.00  
Chipping Sodbury 10K MT, 11.00  
Sun 15 Avalon CC, Swindon, 1.00  
Multi-Terrain 10M, Bristol, 11.00 (9/11)  
Gosport Half-Mthn, 11.00 (31/10)  
Shaftesbury 6M, 11.00 (15/11)  
Sun 29 Bournemouth 10M, 11.00 (23/11)  
Yate 10K, 11.00 (22/11)  
Klix Drinks 10K, Basingstoke, 2.30

**DECEMBER**

- Sun 6 Yate Half-Mthn, 10.30  
Victory 5M, Portsmouth, 2.30 (29/11)  
St Albans Marathon, 10.00 (6/11)  
Sun 13 Wyvern Christmas Cracker 10K, Weston, 11.00 (5/12)  
Yate 10K, 11.00 (13/12)  
Bromham 10K (?)  
Sun 20 Avalon CC, Wells, 1.00  
Sat 26 The Castle Boxing Day 3.4M, Trowbridge, 11.00

**JANUARY**

- Fri 1 Kewstoke 10K  
Sat 2  
Sun 3  
Sat 9 *Club Party & Prizegiving, Southwick Village Hall,*  
*7.30*  
Sun 10  
Sat 16  
Sun 17 Avalon CC, Burnham-on-Sea, 1.00  
Sat 23  
Sun 24  
Sat 30  
Sun 31

Apologies for lack of January fixtures; space has been left for you to fill in your own.

\* Closing dates given where known, but give your name to the secretary as early as possible before.