



Valley News

QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS - JANUARY 1993

Happy New Year and Good Times to All

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Awards for 1992

Men: 10km, Bob Ellis (35:11, Poole, 13/6); 10 miles, John Green (59:32, Test Valley, 17/5); half-marathon, Neil Fyfe (1:19:46, Bath, 15/3); marathon, Nick Rosier (2:58:19, London, 12/4); most improved, Nigel Stevens; Frank Allen Trophy (outstanding over-50), Bill Howsego; Vic Bull Trophy (best over-50 marathon), Tony Bartlett (3:16:12, Cardiff, 13/9). **Women:** 10km, 10 miles, half-marathon and marathon - a clean sweep, Linda Brown (39:36, Devizes, 8/11; 1:07:56, Great Western, 22/2; 1:29:09, Bath, 15/3; 3:24:38, London, 12/4); most improved, Jan Hunt. Special trophy (donated by Neil Fyfe), Robin Porter. Congratulations all round.

Extract from a runner's diary

I'm not sure why I'm doing this, I must be off my head,
To be out running at 7 o'clock when I could be still in bed.
The neighbours look quite horrified: "Poor soul, she's gone
doo-lally" -

Until they see I've joined the club that's known as Avon
Valley.

It really is a dismal day, it's wet and cold and foggy;
My hair is just a mop of frizz, my feet extremely soggy;
The folk that I have seen on foot on one hand I could tally.
I'm not completely mad, you know - I run with Avon Valley.

And so I dream as I do run, about my greatest race....
I shall be there out in the front, and I shall set the pace.
They'll all be chasing me, you'll see, so I shan't dilly-
dally -

I'll be first across the line that day, in a vest marked
"Avon Valley".

Joyce Field

Secretary's report

It is now seven years since a group of us sat around the bar of the Three Horseshoes to make the formation of Avon Valley Runners official. I produced a cardboard box into which we placed all of the club's assets which were then passed to the treasurer, Miles Holland. Miles has now decided to hand over the books owing to the arrival of daughter Emily, so on behalf of the club I would like to offer him our thanks for his efforts over the years. - Stan Farr.

Profile: ANTHONY HICKSON

Born in Coventry, Anthony started running in 1950 but later experienced what must be a record lay-off of 25 years. As a result, his best times have been set comparatively recently: 3:00:26 in '88 for Glasgow marathon, 34:58 in '87 for 10km, his favourite race distance. He has "lots" of other interests and activities (too many to list?), so normally trains only twice a week. He would like to see more variety in club training routes - any suggestions?

Welcome to the Valley

Although some runners drift away, there is still a steady flow of new members. This new year we welcome: Mandy Bailey, Claire Hillyer and Heather Lewis, from Frome; Verity Bartlett, daughter of Tony and brother of Alistair; Cathie Crichton and Pauline Sanger, from Warminster; David Earley, who signed on in September; and Barbara Swann. Happy running and good times to all!

Milestones

Time marches on, but every five years it gives a runner the chance to compete as a "youngster" in a new age-group. Good luck and happy birthdays to the following, who come up for promotion during this quarter: Maurice Cockell, 50 on 14 March; Joyce Field, 50 on 20 February; and John Green, 55 on 19 March.

Memory Lane...

This is a new feature suggested for Valley News, to recall amusing or interesting moments in members' athletic past experience. The idea came from secretary Stan Farr, who kicks off with one of his own: Many years ago I was asked to act as manager of the Wiltshire track and field team in the Inter-Counties at Exeter. During the afternoon one of the 4x400 quartet pulled a muscle in one of the sprints so I had to find a replacement quickly. As I ran frantically around the outfield I noticed a well-built athlete jogging up and down wearing a Wiltshire vest, so I asked him if he would run the last leg of the relay. "Certainly", he said. Anyway, the race got under way and at the third changeover Wiltshire were well placed to go for victory when to my horror my volunteer took the baton and proceeded to jog around the track to bring the team home a distant last. "What went wrong?" I asked him. "Nothing", he said; "I'm the javelin thrower."

RESULTS: October-December

4 OCTOBER. - Longleat Relays: Veteran Women (4 x 5K): 1 AVR (Linda Brown, Rosemary Barber, Judy Farr, Fay Merrell) 1:22:49; Senior Men (6 x 5K): 25 AVR (C Williamson, N Stevens, D Smith, S Greenland, T Northwood, B Hobbs) 1:58:40; Veteran Men (4 x 5K): 14 AVR (N Fyfe, G Henderson, S Farr, M Hehir) 1:21:30, ?? AVR (P Chapple, M Carpenter, R Withey, B Merrell) 1:23:00.

11 OCTOBER. - Wells 5.1M: 30 B Hobbs 35:15, 36 Rosemary Barber (3rd woman, 1st vet.) 36:03, 40 L Unsworth 36:17, 55 S Farr 38:28, 65 Judy Farr 40:24. Lichester 8M: 21 T Bartlett 51:38; 4M: 1 A Bartlett 24:12.

17 OCTOBER. - Weymouth 10M: 67 T Bartlett 1:06:55.

18 OCTOBER. - Avalon CC, Mangotsfield: Senior Men: 37 R Ellis, 76 C Williamson, 78 R Carey, 106 B Hobbs, 142 T Northwood; Colts: 46 J Hobbs. Cirencester 10K: J Hill 38:48, 86 Rosemary Barber 41:44, 119 S Farr 45:34, 122 Judy Farr 45:58.

25 OCTOBER. - Stroud Half-Marathon: 194 R Ellis 1:24:23, 244 D Earley 1:25:51, 305 B Hobbs 1:27:45, 318 A Moss 1:28:02, 755 S Farr 1:40:54, 843 T Roberts 1:43:18, 898 C Stiles 1:44:49, 976 W Howsego 1:46:40.

1 NOVEMBER. - Grittleton Women's 10K: 13 F Merrell* 40:59, 16 L Brown* 41:17, 22 R Barber* 42:17, 31 C Crichton 44:55, 40 J Farr (1st o-50) 46:21, 51 J Field (2nd o-45) 47:39, 75 J Hunt 50:59, 88 V Toms 51:44, 106 P Sanger 53:19, 133 H Lewis 57:01 (* 1st team). Salisbury Plain 15.1M: 91 T Bartlett 1:44, D Earley 1:47, R Withey 1:52, M Gerrish 2:02.

7 NOVEMBER. - Victoria Park Races, Bath: 4M: 61 T Bartlett 25:35, 66 P Chapple 26:19; 3.3M: 5 A Bartlett 18:57.

8 NOVEMBER. - Devizes 10K: 36 J Green 35:50, 37 N Fyfe (3rd o-40) 35:52, 46 M Whittle 36:44, 49 N Stevens 36:55, 52 S Reeves 37:05, 55 C Williamson 37:14, 58 T Rockliffe 37:29, 62 S Greenland 38:13, 70 D Earley 38:27, 73 A Hickson 38:42, 76 A Moss 39:10, 78 B Hobbs 39:21, 82 Linda Brown 39:36, 93 Rosemary Barber 40:23, 98 L Unsworth 40:39, 111 R Washbourne 41:13, 126 P Turner 41:52, 143 Cathie Crichton 43:07, 153 C Stiles 43:26, 157 G Babb 43:57, 161 S Farr 44:12, 162 R Porter 44:22, 163 Judy Farr 44:32, 173 M Brain 45:35, 183 D Mellor 46:35, 184 Joyce Field 46:39, 209 Jan Hunt 48:41, 213 Vivien Toms 49:16, 230 Elizabeth Chadwick 50:44, 234 Pauline Sanger 51:17, 239 Heather Lewis 54:53, 240 Mandy Bailey 55:00.

15 NOVEMBER. - Jersey Half-Marathon: Cathie Crichton 1:38, J Hunt 1:49:30, P Sanger 1:56:30. Avalon CC, Swindon: Senior Men: 68 R Carey, 79 C Williamson; Colts: J Hobbs. Westbury Harriers' 10M MT: 102 T Bartlett 1:10:18.

22 NOVEMBER. - Havling Island 10M: Verity Bartlett 1:19:29.

29 NOVEMBER. - Bournemouth 10M: 105 C Williamson 1:01:52, 119 T Rockliffe 1:02:22, 168 B Hobbs 1:04:40, 172 D Earley 1:04:52, 181 A Moss 1:05:02, 278 Rosemary Barber 1:08:38, 349 Cathie Crichton 1:11:49, Joyce Field 1:16:30, M Brain 1:16:34, Judy Farr 1:17:33, Vivien Toms 1:21:03, Pauline Sanger 1:26:08, Heather Lewis 1:29:25, S Farr 1:29:25. Yate 10K: J Green 36:47, P Chapple 41:34, R Porter 44:12.

6 DECEMBER. - Purton Half-Marathon: 46 D Earley 1:27:41, 84 L Unsworth 1:31:19, 207 Ann Bull 1:45:38.

13 DECEMBER. - Bronham 10K: 28 N Fyfe 36:06, 33 N Stevens 36:25, 35 C Williamson 36:30, 40 S Reeves 37:09, 45 S Greenland 37:28, 47 T Rockliffe 37:32, 50 A Bartlett 37:51, 59 A Hickson 38:30, 64 J Hill 38:43, 71 D Earley 39:08, 76 T Bartlett 39:36, 116 R Washbourne 42:23, 135 Cathie Crichton 43:27, 136 C Webb 44:16, 137 G Babb 44:17, 145 R Porter 44:58, 151 M Brain 45:29, 153 D Mellor 45:32, 158 P Turner 45:39, 159 Joyce Field 45:40, 163 Verity Bartlett 46:02, 171 Judy Farr 46:44, 175 M Gerrish 46:51, 179 K Lee 47:14, 212 Vivien Toms 49:47, 222 Denise Ellis 51:49, 224 Mandy Bailey 51:52, 229 Heather Lewis 52:54, 253 B Hobbs 59:05, J Hobbs 59:05, 260 S Farr 1:00:56. Wynvern Christmas Cracker 10K, Weston-super-Mare: Rosemary Barber (6th woman) 42:38.

26 DECEMBER. - Boxing Day 3.4M, Trowbridge: 1 N Fyfe 18:47, 2 M Connor (Bath) 18:51, 3 N Bamford (unat.) 19:12, 4 S Reeves 19:16, 5 N Stevens 19:19, 6 R Carey 19:39, 7 A Bartlett 19:43, 8 S Houghton 19:49, 9 S Greenland 20:06, 10 T Bartlett 20:49, 11 D Earney (Bath) 20:56, 12 R Washbourne 21:13, 13 Rosemary Barber 21:28 (women's record), 14 P Chapple 22:12, 15 P Turner 22:35, 16 A Frost 22:46, 18 C Webb 23:38, 19 Judy Farr 23:41, 20 M Gerrish 23:41, 21 R Havergal 23:53, 22 Joyce Field 23:57, 23 D Mellor 24:05, 24 Verity Bartlett 24:38, 25 K Lee 24:48, 26 Vivien Toms 26:52, 29 S Farr 29:41.

----- For inclusion, telephone results to Stan Farr, Trowbridge 755605 -----

FIXTURES: January-April**JANUARY**

Sun 10 Yate 10K, 10.00
Sun 17 Avalon CC, Burnham-on-Sea, 1.00
Sun 31 Yate 10K, 11.00

FEBRUARY

Sun 14 Yate 10K, 11.00; Erlestoke CC, 12.00
Sun 21 Avalon CC, Radstock, 1.00
Sun 28 Pewsey 10M, 10.30; Gt Western 10M, P'church, 10.30

MARCH

Sun 7 Avalon CC, Salisbury, 1.00; Dursley Dozen, 10.30;
Yate 5K, 11.00
Sun 14 Salisbury Firemen's 10K, 11.00
Sun 21 Bath Half-Marathon, 10.30; Gloucester 20M, 10.30
Sun 28 Trowbridge Lions' 5.4M, 11.00; Winchester 10M, 11.00

APRIL

Sun 4 Taunton Marathon/Half-Mthn, 10.30; Totton 10K, 2.30
Mon 12 Yeovil 15K, 11.00
Sun 18 London Marathon, 9.30
Sun 25 Frenchay 10K, 11.00; Newton Tony 10K, 11.30;
Highworth 10K, 11.00; South Coast Marathon, Gosport,
11.00

Profile: BERNARD HOBBS

It's not possible to have been born much closer to the AVR scene than Bernie, who still lives in Westwood, on the Tom Roberts Handicap circuit. In 1991, 10 years after taking up running, he achieved his marathon p.b. of 3:28, but his ambition is to beat three hours, training six days a week with his goal in mind, in spite of many other interests: wife and three children, aerobics, swimming, cycling, camping, village organizations and league skittles. What about that seventh day??

Club officials, 1993

President Mike Holland, vice-presidents Clive Crocker, Ollie Swannsbury, chairman Ted Rockliffe, vice-chairman Colin Williamson, secretary Stan Farr, assistant Judy Farr, treasurer George Henderson, 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 committee members Mandy Bailey, Mike Brain, Denise Ellis, Mike Hehir, Claire Hillyer, Bernard Hobbs, Heather Lewis, Beryl Mozley.

Subscriptions now due

To simplify the payment of membership subscriptions, it was decided recently by the committee that these would fall due for all members on 1 January each year. If you haven't paid, contact the new treasurer, George Henderson, now!