



# Valley News

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QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS - APRIL 1993  
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## DATES FOR YOUR DIARY

(1) Sunday 9 May: As many members as possible are expected to turn up as marshals and other helpers for the AVR 10K. Let's not rest on the laurels of the first two successful events, but do all we can to make the third one even better. It is appreciated that with the incorporation of the South-West Veterans' Athletic Club championships this year some members will be keen to run, so please let the organizers know of your intentions as soon as possible.

(2) Thursday 5 August: It is planned to put on a 3 x 1-mile members' relay at Bradford-on-Avon. Teams will be drawn from A, B and C lists, seeded according to performances in the preceding three months' Tom Roberts Handicap races.

(3) Sunday 14 November: Starting this year, club championships (two categories, men and women) are to be held in conjunction with an open race, with the distance and event varying each year, to be announced well in advance. The 1993 AVR championships will be contested in the Devizes 10-kilometre road race, probably on Remembrance Sunday.

### Profile: TONY BARTLETT

If you think you detect a roll in Tony's running style, it's not your imagination, because after school his next stint of athletics was done while in the Royal Navy, and 40 years on he still hasn't quite got his land legs back. Although his marathon best of 2:59:34 (1985) was set elsewhere, his favourite race is at his birthplace, Devizes, where he was just 40 seconds over the three-hour barrier. All his best times have been achieved in recent years: 1:23 for half-marathon ('85), 1:02:15 for 10 miles ('86), 37:29 for 10 kilometres ('89) - is he a late developer? Tony prefers the road to other disciplines, and manages 50/60 miles per week. He also enjoys cycling, fishing, gardening, reading, watching motor racing, quizzes and crossword puzzles. You'd better train harder, Alistair: his aim is "to keep going as long as possible and beat my son at least one more time"!

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Obituary: OLLY SWANSBURY

It is with great sadness that I have to report the death of club vice-president and physiotherapist Ollly Swansbury. Ollly had been with the club since its formation and over the years made many generous donations. He was a visitor to my home for the last 13 years so he became a good friend and his countless stories of the past will remain in my memory for ever. Ollly will be missed by all whom he treated and the Avon Valley where he spent many happy hours strolling with his wife Doris will seem a sadder place in his absence. - Stan Farr.

*Welcome to the Valley*

A belated welcome to Geoffrey Wood, who joined AVR early in February, and then on the 21st of that month became a veteran. This quarter's only new recruit is Geoff Brand, who, having returned to running after a few years' break, joined at the end of March. Best wishes to both.

*Milestones*

Graduates to the next age-groups this quarter: Mandy Bailey, 35 on 24 April; Bob Washbourne, 45 on 10 May; Cathie Crichton, 40 on 8 June; and Dennis Mellor, 60 on 30 June. Perhaps now those youngsters will show you some respect!

*Memory Lane*

WHEN THE GOING GETS TOUGH . . . To all of you who moan when the temperature reaches 70°F, spare a thought for those who ran the Milton Keynes International Marathon on 3 July 1976, a race which is still talked about to this day. When we left home at 10 a.m. the temperature had already reached 80°F, so you can imagine how warm it was in the car. As I was wearing only shorts Judy was able to sponge me down with water during the journey to prevent dehydration. On arriving we found that the temperature had risen to 91°F, which forced the organizers to call in a doctor to advise us not to run. Of course, not one of the 190 competitors took that advice; after all, it was only a bit of heat. Once the race got under way it wasn't long before the laughter and chatter began to evaporate. I can only describe the race as hell, with it being impossible to run the three miles between drinks stations without dehydrating. Although many well-known runners fell by the wayside, 121 managed to finish, with my time of 3:10:54 bringing me home in 82nd position. The banquet after the race was a non-starter, with many runners still being sick in the grounds of the leisure centre. -- Stan Farr.

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. . . YOU'VE GOT TO MAKE ALLOWANCES: A feature of athletics in Ireland in the '70s was the "sports" put on by rural athletic clubs. These meetings hadn't changed for generations, and sometimes included events not found anywhere else, like the "56lb without follow", in which a 4-stone ringed weight had to be flung forward from between the feet without stepping over the line -- a specialist skill in which a local farmer might beat the more fancied visiting athletes. After arriving for one such gathering at Reenavanna in the rolling hills bordering the counties of Tipperary and Limerick, a few of us from Clonmel AC found the local officials marking out the track on a humpy, sloping bit of pastureland. Two of them in wellies and long overcoats were pulling out the start-line flags from the muddy turf in the 100-yard straight and replanting them eight or ten yards closer to the finish. We assumed that the distance had been mismeasured, but when we asked them what they were doing, one of them answered apologetically, "Ah sure, the goin' -- 'tis very heavy." -- Tim N.

## RESULTS : January-March

### JANUARY

1 JANUARY. - Hangover 10K, Weston-super-Mare: 54 Rosemary Barber (4th woman, 2nd vet.) 42:01, 80 Judy Farr 45:35.  
 3 JANUARY. - Blackmoor Vale Half-Marathon: 12 D Earley 1:28:47, 16 T Bartlett 1:30:11, 45 Joyce Field (2nd vet.) 1:44:26, 60 Vivien Toms 1:54:23; 5½M: 6 A Bartlett 36:33, 10 Verity Bartlett 44:34.  
 10 JANUARY. - South-West Veterans' CC, Swindon: 3rd o/55 D Mellor 51:07. Yate 10K: P Chapple 42:35, Rosemary Barber 43:40, M Thorn 44:58, Judy Farr 46:38, Claire Hillyer 47:29, S Farr 53:56.  
 17 JANUARY. - Avalon CC, Burnham-on-Sea: Senior Men: 72 B Hobbs 34:30, 97 M Thorn 37:23; Colts: 59 J Hobbs 13:01.  
 22 JANUARY. - Sahara Beach 5K, Tunisia: 6 Rosemary Barber (1st woman) 20:17, 8 Cathie Crichton (2nd woman) 20:40, 11 D Mellor 21:46, 12 Joyce Field (3rd woman) 22:12, 14 S Farr 23:57, 16 Pauline Sanger 24:48, 17 Jan Hunt 25:00, 18 W Howsego 27:54.  
 23 JANUARY. - Sahara Beach 10K, Tunisia: 6 Rosemary Barber (1st woman) 42:08, 7 Cathie Crichton (2nd woman) 42:37, 9 D Mellor 44:26, 10 Joyce Field (3rd woman) 45:01, 15 S Farr 47:22, 17 Pauline Sanger 53:30, 18 W Howsego 1:00:03.  
 31 JANUARY. - Yate 10K: M Thorn 39:55, P Chapple 40:24, P Vennell 41:10, Rosemary Barber (2nd o/35) 41:43, Judy Farr 44:16, Claire Hillyer 45:24, S Farr 48:17.

### FEBRUARY

7 FEBRUARY. - Sting of the Butterfly 17½M MT, Seaton, Devon: 52 S Greenland 2:16:58, 56 N Fyfe 2:18:54, N Stevens 2:27:33, C Williamson 2:38:56, Ann Bull 2:42:12, M Carpenter 3:08:16.  
Wyvern Challenge 12M MT: D Earley 1:25:16, eq N Whitehead & D Mellor 1:30:41, M Brain 1:35:38, Joyce Field 1:35:40, Vivien Toms 1:41:05, Heather Lewis 1:53:30.  
 14 FEBRUARY. - Erlstone 6½M CC: 16 N Fyfe+ (3rd vet.) 45:09, 19 S Reeves\* 45:54, 22 C Williamson\* 46:13, 24 S Greenland\* 46:22, 26 A Bartlett\* 46:32, 28 J Hill+ 46:51, 45 N Whitehead+ 49:48, 46 M Thorn 49:55, 49 M Lockey 50:21, P Turner 51:26, 58 Rosemary Barber (1st woman) 51:50, 64 D Mellor 53:31, 70 T Northwood 54:41, 74 Claire Hillyer (3rd woman) 55:11, 80 M Gerrish 56:07, 87 Ann Bull 56:39, 94 Judy Farr 57:37, 103 S Farr 59:27, 109 Denise Ellis 1:01:55.  
 \* 2nd team; + 3rd team.  
Wokingham Half-Marathon: N Stevens 1:22:16.  
 21 FEBRUARY. - Avalon CC, Radstock: Colts: 45 J Hobbs 12:08. Women: 13 Claire Hillyer 22:24. Men: 94 B Hobbs 33:33, 102 M Thorn 34:25, 115 D Mellor 38:55.  
 28 FEBRUARY. - Great Western 10M, Pucklechurch: 57 T Rockcliffe 1:03:21, 63 S Greenland 1:03:46, 87 A Bartlett 1:05:07, 95 C Williamson 1:05:30, 114 B Hobbs 1:07:13, 146 M Thorn 1:09:05, 156 Rosemary Barber 1:09:36, 162 P Turner 1:10:16, 205 Cathie Crichton 1:13:23, 228 M Gerrish 1:14:39, 230 D Mellor 1:14:52, 262 Judy Farr 1:17:21, 279 G Babb 1:18:24, 296 Joyce Field 1:20:17, 313 S Farr 1:22:56, 325 Denise Ellis 1:25:07, 339 Vivien Toms 1:26:56, 357 Heather Lewis 1:31:20.  
Cardiff 20M: M Carpenter 2:34, R Withey 2:39.

### MARCH

6 MARCH. - March Hare 6.9M CC, Porton Down: 48 T Northwood 50:33.  
 7 MARCH. - Dursley Dozen 12M MT: 105 N Stevens 1:32:11, 115 N Whitehead 1:33:49, 124 T Bartlett 1:34:32, 197 P Reed 1:43:08, 208 D Mellor 1:43:58, 216 T Roberts 1:45:29, 239 Ann Bull 1:48:30.  
Avalon CC, Salisbury: Senior Men: 44 R Ellis, 58 B Hobbs, 61 M Thorn; Colts: 36 J Hobbs.  
Yate 5K: 74 Rosemary Barber (1st vet.) 19:44, 88 Judy Farr 21:50; Yate 10K: 6 S Farr 46:12.  
Hereford 20M: C Webb 2:34:24.  
 14 MARCH. - Firemen's 10K, Salisbury: R Ellis 38:23, M Thorn 40:43, Rosemary Barber (1st o/40) 41:58, P Chapple 43:15, Judy Farr (1st o/50) 45:52, S Farr 46:27, Claire Hillyer 48:40, Denise Ellis 49:49.  
Portsmouth Half-Marathon: D Earley 1:27:09.  
 21 MARCH. - Bath Half-Marathon: MEN: 271 S Greenland 1:20:14, 294 N Fyfe 1:20:59, 310 T Rockcliffe 1:21:22, 343 B Hobbs 1:22:17, 368 S Reeves 1:22:57, 414 N Stevens 1:23:52, 501 A Bartlett 1:25:38, 509 C Williamson 1:25:45, 604 R Washbourne 1:27:30, 612 D Earley 1:27:38, 714 T Bartlett 1:29:22, 762 A Robertson 1:30:13, 841 M Lockey 1:31:37, 878 A Moss 1:32:19, 888 P Reed 1:32:28, 1023 D Kay 1:34:55, 1024 R Withey 1:34:56, 1051 M Carpenter 1:35:19, 1065 T Roberts 1:35:36, 1078 D Mellor 1:35:45, 1217 M Brooks 1:38:05, 1280 M Brain 1:39:18, 1485 R Porter 1:42:39, 1564 G Babb 1:43:50, 1715 P Collier 1:47:10, 1740 D Coop 1:47:44, 1875 M Clarke 1:50:46. WOMEN: 55 Rosemary Barber\*\* 1:33:31, 56 Cathie Crichton+ 1:33:55, 77 Judy Farr\*\* 1:38:17, 112 Ann Bull\* 1:42:39, 161 Verity Bartlett 1:48:49, 273 Heather Lewis 1:59:31.  
 \* 1st veteran women's team; + 6th women's team.  
 28 MARCH. - Trowbridge Lions' 5.5M: 13 S Greenland 32:04, 14 N Fyfe (1st o/45) 32:14, 15 N Stevens 32:36, 16 S Reeves 32:26, 17 R Ellis 32:37, 18 M Thorn 33:01, 19 J Hill 33:11, 20 C Williamson 33:20, 24 T Rockcliffe 34:16, 25 Alistair Bartlett 34:28, 33 I White 35:37, 38 Rosemary Barber (2nd woman, 1st vet.), 41 P Chapple 36:39, 42 P Turner 37:01, 52 Judy Farr 39:02, 53 G Brand 39:07, 57 D Mellor 40:10, 59 Jackie Rockcliffe 40:31, 66 Janet Smith 42:07, Denise Ellis 45:15, 80 Pauline Sanger 45:15, 84 Joyce Field 46:29.

For inclusion, telephone results to Stan Farr, Trowbridge 755605

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**FIXTURES: April-July**

**APRIL**

Sun 4 Taunton Marathon/Half-Mthn, 10.30; Somer 10K, 11.15  
 Sat 10 Nunney 5M CC, 2.45  
 Sun 11 Yate Centre 5M, 10.30  
 Mon 12 Yeovil 15K, 11.00  
 Sun 18 London Marathon, 9.30  
 Sun 25 Frenchay 10K, 11.00; Bournemouth Half-Mthn, 10.00;  
 Highworth 10K, 11.00; South Cst Mthn, Gosport, 11.00

**MAY**

Sun 2 Neolithic Marathon, Avebury-Stonehenge, 10.30;  
 Glastonbury 5.75M, 11.00; Bourne Valley Half, 11.00  
 Mon 3 Portishead 10K, 11.00; Fontmell Magna 8M, 11.00;  
 Swinson 10K, 11.00; Orchardleigh 5M  
 Sun 9 AVR 10K, 11.00  
 Sat 15 Wydean 15M, 2.00  
 Sun 16 Lytchett Minster 10M, 10.30; Chippenham Half, 10.30  
 Sun 23 Milton Abbas 10K, 11.15; Keynsham 5.5M, 11.00;  
 Cheddar 10K, 11.15; Bath City Centre Races  
 Thu 27 Tom Roberts Handicap, 7.30  
 Sat 29 Bath 10M, 11.00  
 Sun 30 Imber Half-Mthn, 10.00; Kingswood Half-Mthn, 11.00  
 Mon 31 Long Ashton 10K, 1.00

**JUNE**

Sat 5 Painswick 8M, 2.30  
 Sun 6 Torbay 10K, 11.00; Gillingham 7.5M, 11.00  
 Sat 12 Man v. Horse 22M MT, Llanwrtyd Wells, 10.45;  
 Broad Town 5M, 2.30  
 Sun 13 Warminster 10K, 11.00; Culm Valley 10M, 10.30  
 Sat 19 Poole 10K, 4.00; West Coker 10K, 3.35  
 Sun 20 Offa's Dyke 15M MT, 2.30; Mid. Norton Half, 11.00;  
 Portsmouth Ladies' 10K, 10.00  
 Thu 24 Tom Roberts Handicap, 7.30  
 Sat 26 Bourton-on-the-Water 15M (Glos.), 6.00  
 Sun 27 Lockleaze 10K, 11.00

**JULY**

Sun 4 Tarrant Valley 5M & 10M, 10.30; Kingham 7.5M, 11.00;  
 Frenchay Scouts' 10K, 11.30  
 Sun 11 Yate Half-Mthn, 11.00; New Forest 10M, 12.45  
 Sun 18 Stoke Gifford 5M, 11.30  
 Sun 25 Gloucester Half-Marathon, 10.30  
 Thu 29 Tom Roberts Handicap, 7.30  
 Sat 31 Swanage 12M, 2.30

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**Profile: NIGEL STEVENS**

One of the club's under-40 youngsters, Nigel was born in Lincoln. He took up running in 1989, and is still enjoying improvements in his performances. His best times have all been set in the last two years - 3:22:31 for Neolithic marathon in May '92, 1:22:16 for Wokingham half-marathon in February '93, 1:03:26 for Warminster 10M in September '92, 36:25 for Bromham 10K in December '92 - so watch this space! Nigel used to prefer running without racing, but the competitive bug seems to have bitten lately. He leads a full life, and says he has "no time for anything other than running, work and family!!" What else is there?