



Valley News

QUARTERLY NEWSLETTER OF AVON VALLEY RUNNERS -- JULY 1993

1993 CLUB CHAMPIONSHIPS

As announced in the April issue of *Valley News*, it is intended to hold men's and women's club championships in conjunction with an open race. However, because of uncertainty surrounding the Devizes 10km event, these will now be decided within the Chippenham 10-mile road race on 26 September. You've been warned: get training!

A relay race with a difference

Two members have come up with a novel way to pass a Thursday evening, i.e. 26 August. Bernard Hobbs and Colin Williamson have devised a 3 x 1M relay in which entrants' names in three categories based on times in the Tom Roberts Handicap will be drawn out of a hat to race over a circuit at Bradford-on-Avon. To help them make up A, B and C categories, please add your name to their list (either on the noticeboard at Bradford on Thursdays or with the secretary in Trowbridge on Tuesdays). A name has yet to be thought of: what about "BernCol Relay"?

In committee

At the May meeting of the club committee it was decided that for the annual best-time trophies, only courses which had been properly measured and/or certified would be eligible.

At the same meeting the subcommittee who organized the third AVR 10K on 9 May were complimented on the smooth running of the event.

PROFILE: Copies of this questionnaire may be found in a box on the noticeboard at Bradford-on-Avon, or ask Stan. If you haven't already done so, please fill one in.

* * *

THANKS to Nigel Stevens for the use of his copier in producing *Valley News*.

Editor: Tim Northwood, 45 Hilperton Road, Trowbridge; Tel. 769929

Welcome to the Valley

We are pleased to record no fewer than eight new arrivals during the past three months, and all with the exception of two are under-40 youngsters. Mark Thrall signed up on 20 April, Chris Switzer on 22 April, Janet Smith on 4 May, Ian and Barbara White on 6 May, Linda Unsworth (whose husband Les joined last October) on 25 May, veteran Billy Crichton (who joins wife Cathie) also on 25 May, and former member Gerry Fice, now first claim for Somer AC, who recently entered the veteran ranks (his wife Linda never left us), on 17 June - bringing to eight the club's tally of married couples. Best wishes to all of you.

Milestones

Seven members are due to move up an age-group this quarter: Heather Lewis, 40 on 15 July; Mike Gerrish, 50 on 27 July; Ron Whittle, 55 on 14 August; Paul Turner, 40 on 22 August; Geoff Brand, 40, and Mike Carpenter, 45, both on 27 September; and John Hill, 45 on 29 September. Many happy returns - and good luck!

Profiles: VERITY & ALISTAIR BARTLETT

Sister and brother Verity (24) and Alistair (17) were both born in Trowbridge and, encouraged by their father Tony, got hooked on running simultaneously in 1983, so no points for guessing the family's favourite topic of conversation.

Verity has best times for half-marathon, 10 miles and 10km of 1:35:58, 1:14:43 and 45:16, and her favourite race is the Bath Half. Training four times a week, she also uses swimming, circuit training and weights to keep in shape, and pastimes include football, reading and quiz games. Verity has long-distance ambitions - to complete a marathon, and to beat the 90-minute barrier for the half-marathon.

Alistair has till recently kept to the shorter distances: with a half-marathon best (his first) of 1:25:38 at Bath this year, 10-mile of 1:06 and 10km of 38:10, his favourite race is the Trowbridge Carnival 5.4-mile. As well as running five days a week, he cycles and weight-trains, and in his spare time enjoys watching motor sport, fishing, snooker, pop music and table tennis. Before he retires (!) Alistair means to win the Trowbridge Boxing Day 3.4-mile race.

Where are they now?

With the club now 7½ years old, we have started wondering about former members who have left the scene. One of these is our first chairman, the tall and genial Paul Morgan (who, appropriately enough, ran a chair factory). Having given up pounding the roads, Paul was recently seen treading the boards in Trowbridge Operatic Society's successful staging of "Kiss Me, Kate", in which he played the leading man.

RESULTS: April - June

4 APRIL - Taunton Marathon: D Mellor (1st o-55) 3:37:01. Somer 10K: 24 M Thorn 38:26, 34 A Robertson 40:17, 44 Rosemary Barber (2nd woman, 1st vet.) 42:11, 58 Judy Farr (2nd vet.) 44:52, 62 S Farr 46:10, 71 Jackie Rockcliffe 47:34, 84 Pauline Sanger 55:08.

11 APRIL - Nunney "Hoofless Horse Trials" 5M MT: 7 A Bartlett 37:32, 11 T Bartlett 40:08, 18 S Farr 49:13.

12 APRIL - Yeovil 15K: 46 A Bartlett 1:01:03, 58 T Bartlett (1st o-55) 1:02:51, 74 D Earley 1:06:03, 76 Rosemary Barber (1st o-40) 1:06:19, 109 Judy Farr (1st o-50) 1:10:13, 120 S Farr 1:12:54.

18 APRIL - London Marathon: M Connor (Bath AC) 2:49:1, 1,727 B Hobbs 3:00:01, 3,142 T Rockcliffe 3:12:42, 4,705 R Washbourne 3:23:18, 4,794 L Unsworth 3:23:52, 4,999 M Lockey 3:25:01, 5,130 D Earley 3:25:48, 9,699 D Kay 3:49:12, 9,801 M Carpenter 3:49:49, 9,991 M Brooks 3:50:40, 12,099 C Webb 3:59:32, 18,137 D Coop 4:34:37, 18,990 P Collier 4:40:20, 19,515 Heather Lewis 4:44:33.

25 APRIL - South Coast Marathon, Gosport: T Bartlett (2nd o-55) 3:08:22, D Kay 3:46:21. Lochaber Marathon: Ann Bull (5th woman, 3rd vet.) 3:44. Frenchay 10K: M Thorn 41:12, Rosemary Barber (1st vet.) 44:16, Judy Farr (3rd vet.) 47:05, S Farr 47:47, Jackie Rockcliffe 48:19. Highworth 10K: 53 J Hill 37:54. Newton Toney 10K MT: Barbara White (2nd woman) 45:32.

2 MAY - Neolithic Marathon MT, Avebury-Stonehenge: 5 S Greenland 2:53:16, N Stevens 3:22:58, R Withey 3:33:27, D Kay 3:42:08. Bourne Valley Half-Marathon: A Lilley 1:31:55. Glastonbury 5 1/2 M: 49 J Hill 34:24, 75 B Hobbs 35:48, 187 Judy Farr 40:47, 201 S Farr 41:19, 418 J Hobbs 45:50.

3 MAY - Ship Inn 8K, Oldford: 22 J Hill 29:47, 26 C Williamson 30:13, 28 A Robertson 30:42, 34 R Ellis 31:10, 35 A Bartlett 31:46, 37 T Bartlett 32:02, 40 Rosemary Barber* 33:08, 50 Cathie Crichton* 35:13, 51 S Farr 35:26, 53 Judy Farr* (1st o-50) 35:30, 54 Jackie Rockcliffe 35:51, 60 Ann Bull (1st o-45) 37:19, 95 Pauline Sanger 44:52, 96 Mandy Bailey 45:24. (* 1st women's team.)

9 MAY - AVR 10K, Trowbridge: [10 G Fice (Somer AC) 34:38], 38 J Hill 37:29, 46 A Bartlett 38:10, 50 N Rosier 38:27, 53 D Earley 39:10, 67 Linda Brown* (2nd woman) 40:34, 72 Rosemary Barber* (3rd woman) 40:58, 78 Barbara White* 42:25, 81 M Gerrish 42:29, 84 C Webb 42:49, 95 C Switzer 44:07, 96 D Mellor 44:25, 97 Jackie Rockcliffe* 44:26, 100 Judy Farr 44:47, 104 R Porter 45:36, 112 Ann Bull 47:29. (* 1st women's team.)

16 MAY - Chippenham Half-Marathon: 20 S Greenland 1:21:42, 59 A Lilley 1:31:22, 63 C Webb 1:31:50, 82 Barbara White (1st woman) 1:34:32, 91 M Gerrish 1:36:12, 96 Cathie Crichton 1:36:57, 126 D Mellor 1:42:46, 140 K Lee 1:43:27, 153 W Crichton 1:48:03; Chippenham 4M: Pauline Sanger 34:16. Bristol Half-Marathon: D Earley 1:28:41; Bristol 3M: 5 B Hobbs (1st vet.) 17:50, J Hobbs 19:49. Lytchett 10M: 92 Rosemary Barber (3rd woman) 1:10:27, 148 Judy Farr 1:14:36, 162 S Farr 1:16:12.

23 MAY - Keynsham 5 1/2 M: 27 B Hobbs 35:04, 58 Rosemary Barber (2nd woman, 1st o-40) 37:15, 103 S Farr 40:08, 111 Judy Farr (1st o-50) 40:47, 153 J Hobbs 42:41. Bath City Centre 5K: Veterans: 21 T Bartlett 19:52, 22 P Chapple 20:20; "B" race: 5 A Bartlett 18:54, Linda Brown (2nd woman) 20:22, Judy Farr (7th woman) 22:47.

27 MAY - Tom Roberts Hcp: 1 C Switzer, 2 N Stevens, 3 S Greenland; Times: 1 G Fice (Somer AC) 17:49, 2 S Greenland 18:19, 3 N Stevens 19:00, 4 M Thorn 19:04, 5 C Williamson 19:07, 6 S Reeves 19:08, 7 A Bartlett 19:19, 8 R Carey 19:22, 9 A Robertson 19:46, 10 B Hobbs 19:55, 11 I White 20:08, 12 A Moss 20:37, eq 13 C Switzer & Rosemary Barber 20:39, 15 Fay Merrell 20:41, 16 M Hehir 21:02, 17 L Unsworth 21:03, 18 T Bartlett 21:12, 19 G Brand 21:30, 20 M Thrall 21:39, 21 A Hickson 21:40, 22 B Merrell 21:55, eq 23 D Wolfe & T Northwood 22:10, 25 D Mellor 22:24, 26 W Crichton 22:25, 27 Jackie Rockcliffe 22:38, 28 Cathie Crichton 22:41, 29 J Hobbs 23:28, 30 Judy Farr 23:29, 31 K Lee 23:51, 32 Denise Ellis 26:01, 33 Jan Hunt 26:08, 34 Pauline Sanger 26:28, 35 Vivien Toms 26:47, 36 Mandy Bailey 28:18.

30 MAY - Bath 10M: 54 T Bartlett* 1:09:48, 56 A Bartlett* 1:09:56, 67 Linda Brown (3rd vet.) 1:12:54, 72 M Lockey* 1:14:20, 80 D Mellor 1:17:20, 88 S Farr 1:19:52. (* 3rd men's team.) Imber Half-Marathon: 44 I White 1:31:03, 59 L Unsworth 1:33:44, 69 Rosemary Barber* (3rd woman) 1:36:34, 85 G Brand 1:39:24, 97 P Turner 1:41:52, 102 Judy Farr* 1:42:47, 107 R Washbourne 1:43:44, 108 Cathie Crichton* 1:43:44, 117 M Gerrish 1:44:19, 127 W Crichton 1:47:02, 133 D Mellor 1:48:27, 190 Pauline Sanger 1:59:30. (* 1st women's team.) Kingswood Half-Marathon: 46 B Hobbs 1:26:50.

5 JUNE - Alwinton 14M Fell Race, Cheviot Hills: Barbara White (3rd woman, 1st o-35) 2:13:05.

6 JUNE - Poole Marathon: 89 T Bartlett (1st o-55) 3:19:30, 188 D Kay 3:42:14; Poole 3M: 12 A Bartlett 18:21. Gillingham 7 1/2 M: 18 Rosemary Barber (2nd woman) 52:55, 27 Judy Farr (4th woman, 1st vet.) 56:18, 28 S Farr 56:24.

(continued on Page 4)

FIXTURES
JULY

Sat 3 Cricket St Thomas 6M, 10.30
 Sun 4 Tarrant Valley 5M & 10M, 10.30; Kingham 7½M, 11.00;
 Frenchay Scouts' 10K, 11.30; Sutton Benger 5M, 2.00
 Sat 10 Westwood 7M & 3M, 3.00
 Sun 11 Yate Half-Marathon, 11.00; Airsprung 3½M, 11.00;
 New Forest 10M, 12.45
 Sun 18 Stoke Gifford 5M, 11.30; Luton Mthn/Half-Mthn, 9.00
 Sun 25 Gloucester Half-Marathon, 10.30; Donhead 5M, 11.00
 Thu 29 Tom Roberts Handicap, Bradford on Avon, 7.40
 Sat 31 Swanage 12M, 2.30

AUGUST

Sun 8 Blagdon 5½M, 11.00
 Sun 15 Sturminster Newton Half-Marathon, 10.30
 Sat 21 Race the Train 14M, Tywyn, Gwynedd, 1.30
 Sun 22 Yate 5K/10K, 11.00; Standish Hospital 10M MT, 11.00
 Thu 26 BernCol 3x1M Relay, Bradford on Avon, 7.30 (see p.1)
 Sun 29 Sedgemoor Half-Marathon, 10.00
 Mon 30 Southwick 3½M

SEPTEMBER

Sat 4 Overton 5M, 2.00
 Sun 5 Calne Half-Marathon & 6M, 11.00
 Sun 12 New Forest Marathon & Half-Mthn; Bitton 10K, 11.00
 Sun 19 Pewsey Half-Marathon, 10.30
 Sun 26 Chippenham 10M, 10.30 (see p.1);
 Burnham Half-Marathon, 11.00

OCTOBER

Sun 3 Box 6½M, 11.00
 Sun 10 Ilchester 8M, 10.30; Yate 10K, 11.00
 Sat 16 Weymouth 10M, 3.00

RESULTS: April-June (continued from Page 3)

12 JUNE - Dursley 10M: 48 A Bartlett 1:05:07, 59 T Bartlett 1:06:36. Broad Town 5M: 84 C Webb 34:16, 96 Judy Farr (1st o-50) 35:35, 107 S Farr 36:11, 143 Denise Ellis 39:20.

13 JUNE - Warminster 10K: 26 S Reeves 38:19, 41 N Rosier 40:01, 49 D Earley 40:54, 51 P Turner 41:06, 58 R Washbourne 41:52, 59 C Switzer 41:56, 68 L Unsworth 42:53, 69 Linda Brown* (2nd woman, 2nd vet.) 42:55, 70 P Chapple 43:22, 82 D Mellor 45:25, 87 S Farr 46:06, 92 M Brain 46:39, 94 R Porter 46:54, 96 Judy Farr* (3rd vet.) 46:58, 106 Ann Bull* 50:32, 115 Vivien Toms 52:39, 116 Jan Hunt 52:39, 120 Pauline Sanger 54:57. (* 1st women's team.)

19 JUNE - Poole 10K: 120 D Seymour (Dorset Doodlers) 32:37, 198 D Earley 39:32, 331 S Farr 43:53, 336 M Brain 44:02, 358 Judy Farr (1st woman o-50) 44:52, 464 Denise Ellis 49:09.

20 JUNE - Midsomer Norton Half-Marathon: 32 D Earley 1:29:39, 33 N Whitehead 1:29:39, 70 D Mellor 1:40:01. Great Hinton 2.8M: 6 R Roots 15:26, 7 C Williamson 15:41, 8 N Stevens 15:50, 10 M Thorn 16:11, 11 N Rosier 16:20, 16 A Lilley 17:01, 20 L Unsworth 17:44, 22 J Hobbs 18:26, 26 Judy Farr (1st woman) 18:47, 27 S Farr 18:46, 28 R Havergal 18:54, 33 Jackie Rockliffe (2nd woman) 19:21, 56 Vivien Toms 22:05. Offa's Dyke 15M CC: 1 White 1:51:30.

24 JUNE - Tom Roberts Handicap: 1 Janet Smith, 2 Denise Ellis, 3 Ted Rockliffe; Times: 1 G Fice 17:41, 2 J Crawford (NZ) 18:14, 3 M Thorn 18:48, 4 C Williamson 18:51, 5 R Carey 19:04, 6 N Stevens 19:10, 7 A Bartlett 19:18, 8 S Greenland 19:22, 9 N Rosier 19:35, 10 A Robertson 19:38, 11 I White 20:06, 12 A Moss 20:13, 13 R Washbourne 20:18, 14 T Rockliffe 20:41, 15 M Thrall 20:58, 16 W Crichton 21:05, 17 G Brand 21:33, 18 T Northwood 21:36, 19 J Hobbs 21:59, 20 G Babb 22:13, 21 M Brain 22:20, 22 M Gerrish 22:29, 23 D Mellor 23:07, 24 Judy Farr 23:21, 25 Janet Smith 23:28, 26 K Lee 23:32, 27 R Porter 23:34, 28 Jackie Rockliffe 23:38, 29 Denise Ellis 24:42, 30 Vivien Toms 25:18, 31 Jan Hunt 26:00, 32 Linda Unsworth 26:03, 33 Pauline Sanger 26:15, 34 Mandy Bailey 27:42.

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