



# Avon Valley Runners

NEWSLETTER

January 1989

Dear Member

We start by wishing you all a happy and injury free new year. During December our membership reached the magic figure of 100 this includes 20 ladies and many children.

Gerry Fice has been appointed Club Coach and already he has achieved success with two of his squad winning medals, a gold and a bronze in the Wiltshire Cross Country Championships. Gerry also produces a Monthly Young Athletes Newsletter with the latest edition containing some useful tips on warming up which the seniors would do well to copy. How many of us ever bother to stretch before and after training? We are all guilty.

Forty Two members attended the Xmas Social where we presented the Annual Awards. The Marathon Trophy again went to Martin Connor and the most improved Male Trophy went to Mike Gerrish for the second successive year an achievement unheard of in athletic circles. Former spectator Denise Ellis won the most improved female Trophy and Keith Elsey won the 10K Trophy which was donated by Phil Mitchell.

At least 19 members were successful with their London Marathon applications and almost as many failed to get in, three names were drawn out of a hat at the Social for the Club allocations. Over 40 of us will be seen running 13 miles around Bath on 19th March. Unfortunately this year there will be no Weston s Mare Valentine Massacre but for those who enjoyed this event last year Dursley A.C. have come to the rescue with a similar event on 19th February. If you can't stomach 12 miles of agony we have been invited to Erlstoke Prison to run in the South West Prison Championships over a pleasant 6 miles course, ladies and children are also invited. Another new event is the Corsham Sports Centre Triathlon likely to be on the last Monday of May. Trowbridge Lions have asked the Club to help them organise a Fun Run which will be on Easter Sunday 26th March from Trowbridge Park. The Lions will be supplying manpower but will be glad of our expertise in recording etc.

Several members will be running the Sahara Six in Tunisia later this month. Since the last Newsletter a team successfully completed the New York Marathon and our vest has been seen in Canada and Dublin and will shortly be seen in China.

If anyone fancies a holiday in Newquay Paul Wright a former athlete in this area runs a Guesthouse near some excellent training routes. He is offering discount to Avon Valley Runners and can be contacted on 0637 874820.

Our AGM was held earlier this month and we are pleased to report a healthy bank balance which enables us to keep the annual subs at the same level. We also have much money tied up in club kit which is available at training sessions, the new sweatshirts and tracksuit badges have been very popular at £9 and £1 respectively.

## FIXTURES

Sun 15	Jan	Avalon XC League	Mangotsfield	1 pm
Sat 21	"	South West XC Champs	Bournemouth	
Sun 12	Feb	Wessex XC League	Chippenham	(may be changed)
Sun 19	"	Avalon XC League	Weymouth - Dursley	12 masochists only 10.30
		Erlstoke Prison	XC	1pm
Sun 26	"	Gt. Western	10 Pucklechurch	10.30am
Sun 5	Mar	Wyvern	10 Weston	11am - Avalon XC Yeovil 1pm
Sun 12	"	Wessex XC League	Salisbury	2pm
Sun 19	"	Bath ½ Marathon		11am
Sun 26	"	Trowbridge	5.3	11am Bathing Pool
Mon 27	"	Devizes	8 Nursteed Road	11am