



Avon Valley Runners

NEWSLETTER

Spring 1989

Dear Member

The running boom continues to gather pace as new faces are seen at the club each week. Training numbers are at record levels and the 44 members who ran in the Bath $\frac{1}{2}$ marathon beat the previous best turnout of 42 in last year's Bradford 7. Those who ran in the Bath $\frac{1}{2}$ would like to offer thanks to our supporters who gave so much vocal support. One member was seen disappearing into an Esso Garage was he hoping to fill up on 4 star or leave a deposit on a new car?

Our team in Tunisia performed well in the Sahara 6 and hope to return next year with a larger team - details from the Secretary. Ten members braved the Erlestone Prison cross country race which entailed two climbs up to Salisbury Plain in thick mud, the free food in the village Inn afterwards made it all worth it. Almost as tough was the Dursley Dozen which was held on the same day. The Pucklechurch 10 took place on another diabolical day and several of us said never again. Luckier were the 24 members who ran in the Trowbridge 5 in perfect sunny conditions. With the Avon Valley team in charge of things the presentation was made one hour after the start of the race before the last runner had finished. We have 21 members in the London Marathon and wish them well with a warning not to let the occasion carry them too fast in the early stages. One member who has had a setback in her training is Ann Bull who was attacked by a dog and sustained bad injuries in spite of being a dog lover.

Many of you will remember Eugene our flying Dutchman who was going to organise a trip to Holland and then disappeared, well he has been found running in the Midsomer Norton area. There may be a possibility in the future of a trip to Leer in Germany which has recently been twinned with Trowbridge.

Members are asked to consider whether to book larger premises for our Xmas get together as we have the chance of a larger room in Trowbridge with a bar of course and food laid on.

Many of you are having trouble with running shoes wearing out quickly so our club expert suggests you obtain some strip rubber or slice off some old shoes cut it to the shape of the worn part and glue it on, you then put some shoe goo around the patch to stop it lifting.

FIXTURES

Sat	1	Apr	Sutton Benger 5/10 2.30pm
Sun	2	"	Gloucester 20-Combe Gibbet 16-Hemyock 10K
Sun	9	"	Corsham 10/5 10.45am - Taunton $\frac{1}{2}$ +Mar - Coombe Bisset 10
Sun	16	"	Highworth 10K - Bristol $\frac{1}{2}$ Mar
Sun	23	"	Frenchay 10K - London Mar
Sun	30	"	Glastonbury 5.75 11am
Mon	1	May	Fontwell Magna 8 - Bridport $\frac{1}{2}$ Mar 10am
Sun	7	"	Thornbury 10 - Minchinhampton 7.2 11.30am - Westbury 5 11am
Sun	14	"	Keynsham 5.5 - Trowbridge Biathlon
Sun	21	"	Poole Mar - Chippenham $\frac{1}{2}$ Mar - Churchdown Ladies 10k - Wilts track Championships Melksham
Thu	25	"	Tom Roberts 3M Handicap 7.45 Clubhouse BoA
Sat	27	"	Bath Hilly 10 (no whimps)
Mon	29	"	Corsham Triathlon
Wed	7	Jun	Churchill 15K
Sat	10	"	Dursley 10 - Broad Town 5 + Fete
Wed	14	"	Clevedon 10K
Sat	17	"	Poole 10K 4pm also SW Vets champs
Sun	18	"	Gt. Hinton 3 - Offas Dyke 15 (undulating)
Wed	21	"	Bath City Centre races Sun 25 Bromham 10K - Midsomer Norton $\frac{1}{2}$ M