



Avon Valley Runners

Summer 1989

Dear Member

We must start by congratulating our 18 members who completed the London Marathon. Maurice Cockell led them home with 2-55-22 which is the time to beat if you want to win the Marathon cup. Many of them appeared on TV and one of them was seen leaping in the air early on but did not repeat this performance for the finish cameras. Dennis Mellor broke new ground for the Club by running in the Belfast Marathon where not surprisingly he ran a personal best. Many other noteworthy races have been run by members recently namely the Combe Gibbet 16 run along tracks through stunning scenery, the Highworth 10K a well organised race with 500 competitors held on a fast country lane course, the Wydean 15 which took ones breath away as one descended to Symonds Yat and the Wye Valley through the Forest of Dean, the Westwoods 10K/3K near Marlborough where the density of the bluebells gave one the impression of running through water, we even lost a member who so besotted by the colour missed an arrow and lastly the Royal Arthur $\frac{1}{2}$ Marathon with its barbecue and beer at 50p per pint. Races not recommended are the Isle of Wight and Poole Marathons both run in 80 degrees, in the latter one member removed his vest & was disqualified so let that be a warning also beware of the Kennett 5 where Nurse Denise Ellis had to be taken to the finish in an ambulance after twisting her ankle on the rough surface.

Many of the above race reports have appeared in the local papers, if you wish to see your performance in print please contact the Secretary on Trowbridge 755605 or publicity officer Tim Northwood on Trow. 769929 before 10pm Sundays. If you wish to use the club postal system would you get your entry form to the secretary 2 weeks before each race.

The May Tom Roberts Handicap was a great success with 41 members turning out. The course has been measured at 3miles 206yds and next time would you please collect your finishing ticket as you enter the funnel in correct order. The club have provisionally booked the Usher Club in Trowbridge on December 1st with a Disco available at £30, your early comments are awaited. Coach Gerry Fice has built up a considerable squad of children and we feel they should have the chance of attending a social.

FIXTURES

Sun 18	Jun	Offas Dyke 15	2.30	-	Gt. Hinton	3	11am
Wed 21	"	Bath City Centre races					7pm
Sat 24	"	Yeovilton	20k				
Sun 25	"	Bromham 10k	11am	-	Midsomer Norton	$\frac{1}{2}$ Mar	11am
Thu 29	"	Tom Roberts Handicap	first off at				7.40pm from Pound Lane
Sun 2	Jul	Biddestone $\frac{1}{2}$ Mar	6 & 2		11am-	Swindon	10k.
Wed 5	"	Christian Malford	5k				7.30pm
Sat 8	"	Westwood 7	3pm	-	Spye Park	5	3pm - Keevil $\frac{1}{2}$ Mar 2.15pm
Sun 9	"	New Forest	10				
Wed 12	"	Christian Malford	10k				7.30pm
Sun 16	"	Wantage	10k				
Wed 19	"	Christian Malford	10				7.30pm
Sun 23	"	Donhead 4.5	11am	-	Gloucester	$\frac{1}{2}$ Mar	10.30
Thu 27	"	Final Tom Roberts Handicap	7.40				onwards trophies for overall.
Sat 29	"	Swanage 12 (Scenic)	2.30	-	Lydney	7	6.30pm
Sun 30	"	Amesbury Relays	11am				from Bridge Inn Woodford north of Salisbury
Sun 6	Aug	Trowbridge Carnival	5.4		11am	-	Grittleton Ladies 10k 10.30am
Sat 12	"	Cranham 6 (only one hill)	2.30pm				
Sun 20	"	Standlish 10 near Stonehouse					(Recommended)
Mon 28	"	Staunton 6.2	11am	-	Devizes	$\frac{1}{2}$ +Mar	
Sun 3	Sep	Salisbury 10					Cross-country
Tue 5	"	Sunlife 5			Bristol		6.30pm
Sat 9	"	Neston	6				
Sun 10	"	Wooten Bassett 10		-	Calne	$\frac{1}{2}$ Mar	- New Forest $\frac{1}{2}$ +Mar
Sun 17	"	Burnham $\frac{1}{2}$ Mar	11am			Sun 24	Chippenham 10 11am