

AVON VALLEY RUNNERS

Newsletter No 2

Autumn 1986

Dear Member

Membership has now passed the fifty mark and we would like to take this opportunity to thank you for supporting this new venture. Large numbers are turning out for road races and the Club is starting to pick up team prizes. Dressing room harmony is excellent in spite of having five vegetarians and a butcher in our membership.

Many members are sharing vehicles to races which is a large saving on fuel costs. If you have any transport problems please ring the secretary who will try to put you in touch with another member who may be going to the race.

Now that the dark nights are here we are hoping to build up the jogging section with Judy Farr taking the group on flat well lit training runs, so come on lads get your wives and lovers on the road.

Any Veteran member who wishes to compete in Veteran Championship races at home or abroad will be required to be a member of a Vets Club, forms for joining South West Vets can be obtained from the Secretary.

Also obtainable from the Secretary are Club vests and T-shirts, bobble hats and reflective vest at £4-50. Green shorts are now in stock at Leisure Lines for those who wish to purchase them.

It has been suggested that the Club hire a coach for an outing to a race with a refreshment stop on the way home. This would take place next year with families welcome so give it some thought.

On the subject of refreshments it has been noted that the number of members training on a Thursday seems to have increased by the time we reach the Three Horseshoes for a lemonade and chat.

WINTER FIXTURES

October	Sun 12	Yate 5 (ladies) 10 (men).	Wessex XC Swindon
	Sat 18	Weymouth 10	
	Sun 19	Corsham 6&12.	Avalon XC Weston S Mare
	Sun 26	Stroud $\frac{1}{2}$ Mar, Swindon $\frac{1}{2}$ Mar,	Bradford 7
November	Sun 2	Salisbury Plain 15 $\frac{1}{2}$,	Cross Country Bristol
	Sat 8	Victoria Park Bath 4	
	Sun 9	Wessex XC	
	Sun 16	Westbury H Tough 10,	Devizes 10K, Avalon XC
	Sun 30	Basingstoke 10K	
December	Sun 14	Wessex XC	
	Sun 21	Avalon XC Salisbury	
	Fri 26	Castle Inn 3.4	Trowbridge 11am
January	Thu 1	Melksham Christie Miller 15K	
	Sun 11	Wessex XC Oxford	
	Sun 18	Avalon XC Mangotsfield	
February	Sun 8	Wessex XC Milfield School,	Rugged 10 Weston
	Sun 15	Avalon XC Preston School	Yeovil
	Sun 22	Gt Western 10	Pucklechurch
March	Sun 1	Avalon XC Burnham on Sea	
	Sun 8	Wyvern 10,	Wessex XC
	Sun 15	Bath $\frac{1}{2}$ Mar	

Any Member wishing to do Cross Country must turn up at venue by 2pm with Club vest - no entry fee to pay - approx 2 $\frac{1}{2}$ miles Ladies, 5M Men Bath $\frac{1}{2}$ Mar forms will be available in October. Please return completed to Secretary immediately if you wish to take advantage of the Club Postal system.