



Avon Valley Runners

NEWSLETTER No. 3

January 1987

Dear Member

The Club has now reached its first Birthday and looking back the year has been one of success beyond the wildest hopes of all who helped in the formation. The original idea was to form a Club where members can please themselves which races to compete in without any pressure being put upon them. The fact that 53 runners joined in the first year is proof that the Club is going in the right direction. It is your Club so if you can think of any improvements please send your ideas to the Secretary.

The Club AGM will be held on Thursday 8th January in the "Three Horse Shoes" at 9.30 pm. It is hoped that it will be as informal as the Committee Meetings where at closing time members have been known to say "Was that a Committee Meeting?" At the same time we will be presenting the Marathon Trophy to Tim Northwood who's 2-48-54 was the fastest of the season. Injury of the year goes to Rob Almond who put his back out when he bent over to pick up his son's dummy, happily he is back in training after many months out of action.

During the year the largest turnout of members was 29 in the Bath $\frac{1}{2}$ Mar although 28 turned out for the Bradford 7 the same day as a team ran in the Swindon $\frac{1}{2}$ Mar. The Bradford 7 which was won by the Club A team saw a new star emerge in the form of Bill Thomas who finished 3rd. Bill joined the Club as an overweight beer drinking smoker and with regular training with the lads has turned into a finely tuned athlete.

Our ladies section has been depleted by the departure from the area of Jane Sewell so we must renew with vigour our efforts to recruit members of the fair sex. Congratulations to those members who have made additions to the family during 1986 and to those expecting shortly.

The jogging section is now active with Judy Farr giving guidance (ring Trowbridge 5605 for details-membership not essential).

The Bath $\frac{1}{2}$ Marathon to be run in March closed entries in the middle of November with about 30 members beating the deadline. At least ten members have gained entry to the London Marathon in May. If possible would they wear Club vests as it aids identification on TV as those who saw Ted Rockliffe on nearly every shot last year will testify.

For members wishing to book holidays the Westwood 7 is being held on Saturday 11th July, I know you will not want to miss this one as it was our most scenic run of 1986 and there's only two hills.

In the last few months members have been seen running in Iceland, New York, Benidorm and Barbados perhaps we could organise a trip to the Tenerife Ten or the Fiji Five for 1987.

Many members have tried Cross Country for the first time and found it a thoroughly enjoyable experience. League races are free but the South-West Championships at Swindon on 25th January are 50p. entries to the Secretary. Next events are League races at Weymouth on 11th Jan. and Mangotsfield on 18th January. The Weston Rugged 10 on 8th Feb. is near to the 800 limit so get your entries in as soon as possible.

Subs are now due for those who joined a year ago, your membership card will tell you when your renewal is due but we will give you a gentle reminder.