



# Avon Valley Runners

NEWSLETTER No. 4

Spring 1987

Dear Member

Many thanks to those members who have paid their Annual Subs and are prepared to face another year of pain and torture with the Club. Note Subs are due one year after joining and subsequently on this date which is shown on your membership card.

At an informal AGM held in January it was decided that in view of a very successful first year the set up would remain the same. To comply with AAA's rules a Committee was elected but every member has a say in the running of the Club and suggestions are always welcome. A healthy profit was made on the year's workings with affiliation fees to the various associations being the largest expenditure.

Record numbers are now turning up at training sessions and this must be a factor in the greatly improved performances we are seeing this year. The jogging section is still growing although we are still looking for more wives and girlfriends to give it a try.

Former jogger Bill Thomas now one of our racing stars is to marry Lesley the girl who serves us our refreshments after training on Thursdays. The Wedding takes place on the 8th of August and we wish them both good luck. Another former jogger is Tom Roberts who is still talked about on the Isle of Wight for drinking 7 pints the night before the Marathon. He is now on diet Coke several pounds lighter and running like the wind.

Race reports are being sent to the Wiltshire Times by our correspondent but unfortunately the Sports Editor either cuts it or omits it completely so it is not our fault if your name doesn't make the papers.

The Club scrap-book is beginning to take shape, if you have any unwanted photographs of members please pass to the secretary.

Now that the AAA's Registration Scheme has folded up we are beginning to attract unattached runners. This is a good move on their part because there are many benefits in belonging to a club as the 14 members who are in the London Marathon will testify. The club seems to have gone Marathon mad as in addition to London members will be competing in Bristol, Abingdon, Poole and the Isle of Wight in the next few weeks. Many members are sharing cars to races and four of them are even sharing a bed in London the night before the Marathon.

Eugene Kertzman the Club's flying Dutchman has suggested a trip to Holland by the Club. He will be contacting relatives to find a suitable race and date for anyone interested.

Congratulations to Sheila Jennings who won Gold Medals in Israel for winning her class of the 10K and 25K in the European Road Championships. Congratulations also to the 32 members who completed the Bath Half Marathon many in personal best times. Thirteen members ran in the Weston Rugged 10 and those who took advantage of the free massage after have already sent their entries off for next year. A team has been entered for the Bath Triathlon in May which explains why certain members have been seen crawling out of the River Avon and jumping on a bicycle.

Winsley School have asked us if we would be prepared to help with the Winsley Road Race which used to be an annual event. Saturday 13th June has been provisionally booked for the race which would be about 5 miles around flat country lanes.