



# Avon Valley Runners

NEWSLETTER

Summer 1987

Dear Member

There is much activity in the Club now that the Marathon season is with us and numbers at training sessions have reached new records. There is a group to suit all standards, one can run with the Lady Joggers or enjoy ten gruelling miles in one hour with the speed merchants or of course one can stay at home and train alone. Some of our Joggers have joined the Club and have started racing but anyone is welcome to come along whether they intend joining or not.

Getting back to Marathons, so far this year the Club has been represented at six of them with Mr. Perpetual Motion Martin Connor only competing in three. Thirteen members managed to complete the London Marathon and eleven members achieved personal best times in the Trowbridge 10. Four members took part in the Bath Triathlon and agreed it was as hard as running a Marathon. A strong team competed in the Offa's Dyke 15 which involved 2600 feet of climbing, it was enjoyed by all most of whom said it was the best organised race they had ever been in.

Lightweight Summer vests have been ordered and should arrive before the cold weather sets in, this will mean the end of members dropping out through heat exhaustion. Some members have asked about the rules regarding the wearing of club vests in races, well the rule states that club vests must be worn in team and relay races up to 20K over 20K a light coloured vest is allowed, this applies of course only to races run under AAA's rules and not fun runs. As we all know the London Marathon breaks every rule in the book.

We have many members nursing injuries at the moment with shin splints heading the list. In addition to the club Physio Rob Almond is now practicing Physiotherapy, he is willing to treat members and can be contacted on Trowbridge 69385. Injury of the year so far is the damaged thumb which prevented Mike Hehir from running in the Bath  $\frac{1}{2}$  Marathon. An interesting discovery by the Medical Profession is that beans on toast the night before a race can cause stitch, you have been warned.

## Further Fixtures.

Sat 25th July	Kennet Valley 5 3pm at Lockeridge
Sun 26th "	Heytesbury 3x3 $\frac{1}{2}$ Relay 12.30pm
Tue 28th "	Judo Club closed-some of us will meet in road for training
Sat 1st Aug	Swanage 12 2.30pm
Sun 2nd "	Trowbridge Carnival 5 from the Park 11am
Sat 15th "	Monmouth 7 (only one hill)
Mon 31st "	Staunton Beer Race 6 - Devizes $\frac{1}{2}$ +Mar - Malmesbury 10
Sat 5th Sept	Neston 6+3 2.45 -
Sun 6th "	Frome 5 11am - Calne $\frac{1}{2}$ Mar - Wootton Bassett 10
Tue 8th "	Sunlife 5 Bristol
Sat 12th "	Sutton Benger 5 3pm
Sun 13th "	Salisbury 10 - New Forest $\frac{1}{2}$ +Mar - Newbury 10 - Womens Own 10K
Sun 20th "	Burnham $\frac{1}{2}$ Mar flat & fast
Sun 27th "	Chippenham 10+4
Sun 4th Oct	Box 6+3 to be confirmed
Sun 11th "	Yate 5+10 - Wessex Cross Country League
Sat 17th "	Weymouth 10
Sun 18th "	Bradford 7 Tithe Barn 11am
Sun 25th "	Stroud $\frac{1}{2}$ Mar - Paulton 10K
Sun 31st "	Swindon $\frac{1}{2}$ Mar

Entry forms for many of the races above available from the Secretary