



Avon Valley Runners

NEWSLETTER

Summer 1988

Dear Member

It is with great pleasure that we announce the first marriage between club members. A few days before the Isle of Wight Marathon Martin Connor and Hazel Earney decided to tie the knot, fortunately it did not clash with a race being mid-week and both members were able to train with the club in the evening. The honeymoon was spent on the Isle of Wight where much to everyone's amazement Martin was our first man home in the marathon in 2-59-02, he also leads the way in the race for the club's marathon trophy with his recent 2-52-27 at Swindon.

Forty members Completed the Bath $\frac{1}{2}$ marathon in March a club record for this distance. Ten members eventually ran in the London Marathon with Neil Fyfe leading them home in just under 3 hours. Messrs Farr and Fyfe ran in the Warminster 24 hour Charity run the former completing 90 miles and the latter completing 60 miles in spite of sustaining a groin injury after London. Both would like to thank the many supporters who popped over during the weekend.

Tim Northwood the club artist has produced an Avon Valley sign complete with pole to be used mostly at cross-country races.

If anyone is interested the club has been invited to compete in the Wiltshire Track League. We have accepted on the understanding that we will be competing with a very small team.

In a few days time the dark evenings will be on the way, this brings me to the subject of fluorescent tops which can be obtained from the secretary at £4.50 and may save you claiming on the club's Insurance.

Our team performed quite well in the Bath Triathlon but would have done even better if a certain member had learnt to swim before hand.

There are several interesting events coming up, the first being the Biddestone road races on 3rd July where the ladies have suggested we order Ploughmans Lunches from the Pub to devour in the hot sunshine on the Green afterwards. The following Saturday we have the scenic Westwood 7 over our own training course which includes a lot of downhill. On Saturday 23rd July we hope to be doing the Heytesbury Relays where last year we had an enjoyable time at the village Inn. The club will be helping to organise the Trowbridge Carnival 5 on 7th August and we will again be involved with the Whaddon 3 $\frac{1}{2}$ on 21st August. Tom Roberts has come up with the idea of a handicap race so on Thursday 28th July at 7.50 we will set off at varying times around a 3 mile course from the clubhouse and arrive back in time to do a spot of training.

We have just heard from the AAA's that we have been allotted three places in next year's London Marathon so apply in the usual way and notify the Secretary if unsuccessful.

FUTURE FIXTURES

Wed 22	June	Bath City Centre Races 6.45pm
Sat 25	"	Keevil $\frac{1}{2}$ Marathon
Sun 26	"	Midsomer Norton $\frac{1}{2}$ Marathon 11am - Bromham 10K 11am
Sun 3	July	Biddestone 2,6 and $\frac{1}{2}$ Marathon 11am
Sat 9	"	Westwood 3 and 7 3pm (Fete 2pm) - Bishops Cannings 5000m 3.30
Sun 10	"	New Forest 10 - High Littleton 5
Sat 16	"	Churchdown 10
Sat 23	"	Heytesbury Road Relays
Thu 28	"	Tom Roberts Handicap 3 club pavillion B-o-A 7.50pm
Sat 30	"	Swanage 12 2pm
Sun 7	Aug	Trowbridge Carnival 5 11am in Park
Sun 21	"	Whaddon 3 $\frac{1}{2}$ near Hilperton Fete etc.
Mon 29	"	Staunton Beer race Gloucester - Devizes Marathon
Sun 4	Sept	New Forest $\frac{1}{2}$ Mar - Calne $\frac{1}{2}$ Mar - Wootton Bassett 10
Sun 11	"	Sport Aid 10K
Sun 18	"	Burnham on Sea $\frac{1}{2}$ Mar - Warminster 10
Sun 25	"	Chippenham 10 & 4 11am