



Avon Valley Runners

NEWSLETTER

Autumn 1988

Dear Member

I greet you with the news that membership now stands at 91. This figure is very encouraging for a club less than three years old and proves that runners are happier in a club that puts no pressure on its members to compete in races. Having said that we hope to see you all at the Bradford 7 which as most of you know follows much of our training route around the pleasant country roads of Bradford on Avon. If you wish to be entered for this race ring the Secretary on Trowbridge 755605 and pay him on the day £2 adults £1 under 16. The Bath $\frac{1}{2}$ Marathon forms will be out shortly, don't forget to enter promptly as it closed in November last year. Also any London rejects please report to the Secretary for inclusion in the draw for the three spare places we have been given.

Many of our newer members will be unaware of the Insurance Scheme included in their subs, this covers all members for accidents received during racing or training or travelling to either. Another benefit is discount from Sport Shops and by a stroke of luck we now have a member working in Sports Shoe of Bath just ask for Bill.

The Tom Roberts (he thought of it) Handicap was a great success with 26 members taking part. They were set off at intervals in order of ability from the clubhouse over a three mile course. One member who shall remain nameless was forced to stop for a few minutes giving us a problem with his handicap next time the next time being the last Thursday of May, June and July next year we hope.

We have again booked the Bunch of Grapes, Silver Street, Bradford for our Xmas get together where last year we stuffed ourselves on the marvellous spread, Friday 16th December is the date 8pm is the time. Our new club sweatshirts which have been selling well will be on sale there at £9.

Several members have ventured into track running during the summer with a view to speeding up their road running, they all agree that it is a different ball game but essential if you need a sprint finish in a race.

At last the race we've all been waiting for, the Sahara 6 on January 21st in Tunisia a bargain at £147 for 7 days details from the Secretary. Our travelling team will be interested in this one, last year they ran in Berlin this year New York in November we wish them well.

The Cross-Country season is now with us just turn up with club vest and 50p (seniors only) to help pay affiliation fee.

WINTER FIXTURES

Sun	9	Oct	Longleat Relays 11am - Wessex XC Swindon 2pm
Sat	15	"	Weymouth 10 3pm
Sun	16	"	Avalon XC Chippenham 1pm - Marlborough 10K
Sun	23	"	Bradford 7 11am Tithe Barn
Sun	30	"	Stroud $\frac{1}{2}$ Mar
Sun	6	Nov	Grittleton Ladies 10K 10.30am - Salisbury Plain 15 $\frac{1}{2}$ 1.30pm
Sat	12	"	Bath Victoria Park Road Races 12noon
Sun	13	"	Devizes 10K 11am - Wessex XC Oxford 2pm
Sun	20	"	Westbury Harriers MT 10 11am - Avalon XC Weymouth 1pm
Sun	27	"	Bournemouth 10 11am
Sun	11	Dec	Wessex XC Fareham 2pm - Wyvern 10K Weston 11am
Fri	16	Dec	Annual Buffet Bunch of Grapes from 8pm
Sun	18	"	Avalon XC Victoria Park Salisbury 1pm
Mon	26	"	Boxing Day 3 $\frac{1}{2}$ Castle Inn Polebarn Rd Trowbridge 11am
Thu	5	Jan	AGM after training at 3 Horseshoes BoA
Sun	8	"	Wessex XC Weymouth 2pm
Sun	15	"	Avalon XC 1pm venue to follow