



# Avon Valley Runners

Newsletter

Spring 1990

Dear Member,

We start with the great news that the Warminster 24 hour race forms have arrived. The race will be held on a 672 metre course around the Park lake at 7.30pm on Saturday 26th May, there is a limit of 32 so would you hand in your names as soon as possible to the Secretary.

Congratulations to our 44 members who completed the Bath  $\frac{1}{2}$  Marathon in perfect conditions. A large contingent competed in the Bristol Prison Cross Country race which was voted the best value for money race of the year with amount of free food available at the presentation. The Great Western 10 at Pucklechurch is a contender for the worst race of the year yet again with its gale force wind and driving rain on a course which one could enjoy on any other Sunday of the year. We have 19 members accepted for the London Marathon so good luck to them as we sit glued to our TV's. The Cross Country season is now over until October when we hope to see more of you turning out to build up your strength for the following season. We are also hoping for a good turnout for our 5 miles run on 1st April which we are organising with Trowbridge Lions in aid of Bath Cancer Unit. Any spare bodies will be welcome on the day to help with the results to enable us to make the presentation one hour after the start of the run. Richard Hill has agreed to start us off. We have been having talks with Bradford Lions with a view to reviving the Bradford 7 in October which was dropped by Avon Valley Round Table last year.

We would like to draw your attention to a trend now sweeping the country that clubs are beginning to make a £1 surcharge for entries on the day. Midland County clubs have already been asked to implement this charge so be prepared when you race in Avon Glos. etc. without pre-entry.

## FORTHCOMING FIXTURES

Sun 25 Mar Midsomer Norton 10K 11.15am - Gloucester 20 10.30 - Fleet  $\frac{1}{2}$ M  
Sat 31 " Sutton Benger 5/10 2.30pm  
Sun 1 Apr Trowbridge 5.3 11am  
Sun 8 " Corsham 5/10 10.45am - Taunton  $\frac{1}{2}$ Mar 10.30am - Yate 10K  
Mon 16 " Devizes 8 11am  
Sun 22 " London Mar - Salisbury Fire Brigade 10K - Frenchay 10K 11am  
Sun 29 " Highworth 10K 11am  
Sun 6 May Stroud 7 11am - Glastonbury 5.75 11am - Thornbury 15K  
Mon 7 " Pontwell Magna 8 11am  
Sun 13 " Colerne 10K 11am  
Sat 19 " Wydean 15 2pm - Isle of wight Mar 2pm  
Sun 20 " Chippenham  $\frac{1}{2}$ Mar 10.30am - Long Ashton 10K 11am  
Sat 26 " Bath 10 11am lots of downhill - Warminster 24hr 7.30pm flat  
Sun 27 " Kingsmead  $\frac{1}{2}$ Mar 11am - Warminster 24hr finishes 7.30pm  
Mon 28 " Fovant 5 11.30  
Thu 31 " Tom Roberts (his idea) Handicap 5127metres 7.40 from Clubhouse  
Sat 2 Jun Painswick 8 2.30pm ALSO JUNE/JULY  
Sun 3 " Bristol  $\frac{1}{2}$ M 11am - Poole Mar 10am  
Sat 9 " Broad Town 5 2.30 (over 300 ran 1989) - Dursley 10 2.30pm  
Sun 17 " Glos Ladies 10K 11am - Braishfield 10K 11am - Offas Dyke 15  
Wed 20 " Bath City Centre races 7pm  
Sat 23 " Yeovil 15K 2.15pm - Poole 10K 4pm  
Sun 24 " West Swindon 10K 11am - Somer  $\frac{1}{2}$ Mar 11am - Chedworth 7 Cirencester  
Sun 1 Jul Wilts 10K Total Fitness Swindon 10K  
Sat 7 " Synwell 10 2.30 - Cheltenham 7.4 6pm  
Sat 14 " Churchdown 10 3pm  
Sun 15 " Yate  $\frac{1}{2}$ M 11am - New Forest 10 12.45 pm - Wantage 10K 11am  
Sun 22 " Gloucester  $\frac{1}{2}$ Mar 10.30am  
Sat 28 " Swanage 12