



Avon Valley Runners

NEWSLETTER

SUMMER 1990

Dear Member

The summer is now with us and with it comes a spate of races which we just cannot handle. For example on 17th June there are 9 races within easy reach and with many mid week races to contend with as well it is no surprise that promoters are appealing for competitors. In spite of fixture clashes 36 members turned out for the Trowbridge 5.2 which was slickly organised by the Lions with our help. Twenty eight members turned out for the Corsham road races and Maurice Cockell led home our 18 members in the London Marathon. The Highworth 10k was voted the best organised race by those who ran and the Pontmell Magna 8 with its traffic free country lanes the prettiest. The Colepne 10k was considered by our 21 runners to be the fastest 10k around and 20 of us found the Chippenham $\frac{1}{2}$ Mar faster and more enjoyable than Bath.

Congratulations to Debbie Clarke on winning the Wilts girls 1500m championships and also to Alex Keay for his silver and bronze medals in the 400m and 800m boy's race. In view of the fact that we are basically a road running club and many young athletes come to grief pounding the roads we have been lending our youngsters to Trowbridge A.C. to enable them to field stronger teams in track leagues. Our coach Gerry Pice who is now fully qualified in middle distance coaching is in touch with Trowbridge A.C. so he can give you details if any of you senior or junior would like to compete on the track for Trowbridge. Gerry is still taking a group of young athletes on club nights but is unable to cater for sprinters and would prefer the very young to be accompanied by a parent or older member. Anyone needing training advice are free to ask Gerry or any experienced member of the club.

Our two stalwarts in the Warminster 24 hour race wish to thank members for the magnificent support they received during the weekend. Mike Hehir reached a fantastic 92 miles in spite of many pitstops while his colleague was forced to take his first pitstop in 36 years.

The May Tom Roberts Handicap was a great success in spite of many members being away. Joyce Field led her pursuers home after convincing the handicapper of how unfit she was.

FIXTURES

Sat 9 June Broad Town 5 2.30pm - Dursley 10 2.30pm
Wed 13 " Clevedon 10k 7.30pm
Sun 17 " Offas Dyke 15 - Gt Hinton 3 11am - Warminster 10k 11am
Southwick 4 $\frac{1}{2}$ 11am - Lockeridge 5 3pm - Keynsham 5 $\frac{1}{2}$ 11am
Wed 20 " Bath City centre races 6.45 pm onwards
Sat 23 " Yeovil 10k 2.30 - Poole 10k 4pm
Thu 28 " Tom Roberts Handicap 5127M 7.40pm
Sun 1 July Biddestone 2-6- $\frac{1}{2}$ mar 11am
Sat 7 " Westwood 3-7 3pm
Sat 14 " Churchdown 10 3pm
Sun 15 " Yate $\frac{1}{2}$ mar 11am - New Forest 10 12.45 pm - Wantage 10k 11am
Sun 22 " Glos $\frac{1}{2}$ mar 10.30 - Heytesbury Relays 4x3M names to Sec
Thu 26 " Final Tom Roberts Handicap 7.40pm
Sat 28 " Swanage 12 2.30pm - Lydney 7 6.30pm.
Sun 5 Aug Trowbridge Carnival 5.3 11am
Sat 11 " Cranham 6 2.30 (1 hill)
Sun 19 " Standish 10 11am - Vets National $\frac{1}{2}$ Mar Southampton 10am
Mon 27 " Devizes Mar/ $\frac{1}{2}$ Mar 10.30 - Staunton 6.2 11.30
Sun 9 Sept Wootton Bassett 10 10.30 - Calne $\frac{1}{2}$ Mar 11am
Sun 16 " Burnham $\frac{1}{2}$ Mar 11am - Sherston 10 - Warminster 10/4.6