



Half Marathon

Dave Gresswell, Race Director for the half marathon thanks everybody who helped at the event.

Committee Business

The next committee meeting is at now at 7:30 Monday Sept 19th at Hardwicke British Legion.

Track and Field Fixtures

Avon League- Sunday 21st Aug.

Avon League- Sunday 11th Sept

Speak to Bob for events and availability.

<http://s250914043.websit.eshome.co.uk/avonleague/Timetables/ProgB.pdf>

Open meeting Bath 14th August

Midland League 14 Aug at Wolverhampton.

Open meetings at Birchfield Harriers 27th Aug & Oxford 28th Aug



Women's changing room.

As I hope you've noticed there is now a door creating a more secure and private area for our women and girls to change and shower. room. The weight area is being painted by the hammer throwers and look much better.

Glos AC Award Evening

Friday 30th September at Royal British Legion Hardwicke. We are re-kindling the Awards night so all welcome. Awards / food / disco 'til you drop. More details will follow but your support would be appreciated.

Gloucester AC Charity Ball

Saturday 29th Oct (over 18's only) at WALLS CLUB. This is a chance for the adults to let their hair down and enjoy a great night out listening to THE SHY TEDS. [Rich](#)

[Blackwell](#) has the tickets.

Track fees

Volunteers are needed to help collect track fees on Tuesday and Thursday evenings. The coaches need to coach and this task is a

necessary one to enable the club to continue to flourish. The fees go back into the

club and are used to aid the development of it.

So if you can spare time between 6.30pm and 7.15 pm to help collect fees as athletes arrive please email me. I will then work out a rota for these nights. Remember many hands make light work. [Alyn Humphrys](#)

Gloucester Youth Showcase

Saturday 17th Sept. A chance for Glos youth organisations to promote their "wares" at the Llanthony Priory 10.00-17.00. The event is to show the youth of Gloucester age 5 - 20 what is out there. We intend to have a tent there promoting the Club so again volunteers needed please - see Garry.

Division 2 Champions

Below: the victorious team at the 4th fixture.

Left: Team Manager Richard Blackwell





University of Bath Running Injury and Training Audit (RITA)

<http://www.bath.ac.uk/health/research/runningstudy.html>

Despite the popularity of recreational and competitive distance running surprisingly little information has been collected regarding the training habits and injury rates of regular runners. Because of this it is difficult to know which measures might be most effective in reducing running injuries.

The purpose of this study is to investigate the training habits and injury rates of distance runners in the UK using a 12 month online diary, in order to determine injury patterns and the risk factors associated with injuries.

We aim to recruit 1000 distance runners to take part in this study, each of whom will be asked to complete an online training diary for a 12 month period. Should a participant experience any running injury during this time they will also be asked to provide details about the injury using an online questionnaire. The study will be carried out entirely online, so there will be no requirement to travel to the University in order to take part.

Wellcome to our new members:

Zac Miles Ben Campion Chrissy Campion Oscar Davies Nick Bishop Jack Bell Oliver Bell

Distance Races

28/08/2011	10:30	Winchcombe Hill Climb & Sudeley Fun Run			
18/08/2011	19:45	White Horse 5km (4 of 4)	5 km	Severn AC	White Horse Sandhurst
24/08/11	19:00	County 10,000m championships & open 1 mile (also relays which can be done for fun!)			
29/08/2011	11:30	17th Arlingham Road Race	4.5 miles	Severn AC	Arlingham
01/09/2011	19:30	Fitness Race (5 of 5)		Severn AC	The Pilot, Hardwicke
04/09/2011	14:00	Cheltenham Half Marathon		213 Adventure Events	
04/09/2011	10:30	Beacon 10km			
10/09/2011	18:00	17th Gloucester Autumn 5M	5 miles	Severn AC	
11/09/2011	10:30	Woodchester Park MT	8 miles	Stroud & District AC	Woodchester Park
11/09/2011		Avon League			
24/09/2011		Midland Relays (men 6 stage & women 4stage)		MCAA	Sutton Park
25/09/2011	10:30	Cirencester Park 10km	10 km		
25/09/2011	11:00	Midland Young Athlete Relays		MCAA	

5k group's target races are highlighted in red. County series races in gold. Blue shows important club races.



Kim and Nickie are both well qualified sports therapists with a background in athletics. Take this section of the newsletter to their treatment rooms in Albion Street (with free car parking), before September 15th to gain a £5.00 discount on your first treatment which, after assessment, can consist of massage and/or rehabilitation exercises.

Contact on 01452 550020 or info@owensis.co.uk

(Nikki is now, with baby Lillah, on maternity leave and is being covered by Chloe.)