

# AVON ATHLETICS RACE DIARY

Issue 51 20/05/10 Gordon Robbins

XC = Cross Country MT = Multi terrain FR = Fun run included AC = Avon Championship ARC = ARC Permitted race						
<b>JANUARY 2011</b>						
01	Saturday	HANGOVER 10K	KEWSTOKE W.S.M.	10K	ARC	Weston AC
16	Sunday	RIVERBANK ROLLIK	THORNBURY S. GLOS	8.5 Miles	MT/ARC	Thornbury RC
20	Thursday Evening	PROM RUN	W.S.M.	5 miles	ARC	Weston AC
25	Tuesday Evening	BRIDGE INN SERIES	SHORTWOOD S. GLOS	5K		Bristol & West AC
<b>FEBRUARY 2011</b>						
07	Sunday	TEAMBATH 5K ROAD RACE	BATH UNIV	5k		Team Bath
14	Sunday	TOUGH TEN CHALLENGE	WESTON-S-MARE	10 miles	MT/FR	No AC involved
18	Thursday Evening	PROM RUN	W.S.M.	5 miles	ARC	Weston AC
22	Tuesday Evening	BRIDGE INN SERIES	SHORTWOOD S. GLOS	5K		Bristol & West AC
27	Sunday	IRONWOOD	ASHTON COURT		ARC/MT	Nailsea RC
<b>MARCH 2010</b>						
06	Saturday	GWENT LEAGUE	BLAISE CASTLE		XC	
07	Sunday	TEAMBATH 5K ROAD RACE	BATH UNIV	5k		Team Bath
07	Sunday	BATH HALF MARATHON	BATH	13.1 miles		No AC involved
14	Sunday	HOGWEED HILLY HALF	HORTON S. GLOS	13.1 miles	ARC	Hogweed Trotters
18	Thursday Evening	PROM RUN	W.S.M.	5 miles	ARC	Weston AC
20	Saturday	MIDLAND 12 STAGE RELAYS	SUTTON PARK BIRMINGHAM			
28	Sunday	HARPTREE HAVOC	EAST HARPTREE	10k	MT	No AC involved
<b>APRIL 2010</b>						
04	Sunday	HANHAM HORROR	HANHAM S. GLOS	6 miles	MT	Bitton RR
15	Thursday Evening	PROM RUN	W.S.M.	5 miles	ARC	Weston AC
18	Sunday	FRENCHAY 10K	FRENCHAY S. GLOS.	10K		No AC involved
25	Sunday	LONDON MARTHON	LONDON	26.2 miles		
25	Sunday	PENSFORD 10K	PENSFORD B & NES	10K		No AC involved
27	Tuesday Evening	BRIDGE INN SERIES	SHORTWOOD S. GLOS.	5K		Bristol & West AC
<b>MAY 2010</b>						
02	Sunday	LONG ASHTON 10K	LONG ASHTON N. SOMERSET	10K	ARC	Nailsea RC
07	Friday Evening	TOWPATH SERIES 10K	ASHTON GATE BRISTOL	10K	ARC	G.W.R.
09	Sunday	BRISTOL 10K	BRISTOL CTY CENTRE	10K		No AC involved
12	Wednesday Evening	BITTON 5K	BITTON S. GLOS.	5K	ARC	Bitton RR
16	Sunday	KEYNSHAM 10K	KEYNSHAM B & NES	10K		No AC involved
17	Monday Evening	HOGWEED 10K	YATE S. GLOS	10K	ARC	Hogweed Trotters
18	Tuesday Evening	SELF TRANSCENDENCE RACE SERIES 2 MILE	EASTVILLE BRISTOL	1 Miles		Sri Chinmoy AC
20	Thursday Evening	PROM RUN	W.S.M.	5 miles	ARC	Weston AC
22	Saturday	BATH HILLY TEN	BATH	10 Miles		C o Bath AC
25	Tuesday Evening	BRIDGE INN SERIES	SHORTWOOD S. GLOS.	5K		Bristol & West AC
<b>JUNE 2010</b>						
01	Tuesday Evening	SELF TRANSCENDENCE RACE SERIES 5 km	EASTVILLE BRISTOL	2 Miles		Sri Chinmoy AC
04	Friday Evening	TOWPATH SERIES 10K	ASHTON GATE BRISTOL	10K	ARC	G.W.R.
06	Sunday	details to follow	W.S.M.			
07	Monday	BLAISE BLAZER	HENBURY BRISTOL	6k	MT	Westbury Harriers
13	Sunday	BRADLEY STOKE FESTIVAL FUN RUN	BRADLEY STOKE	6 Miles		Sole Sisters
15	Tuesday Evening	CLEVEDON 10K	CLEVEDON N. SOM	10K	AC	Clevedon AC

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JUNE 2010						
16	Wednesday Evening	BITTON 5K	BITTON S. GLOS.	5K	ARC	Bitton RR
20	Sunday	OLDBURY FUN RUN	OLDBURY ON SEVERN	4 Miles		Thornbury AC
23	Wednesday Evening	NAILSEA FESTIVAL 10K	NAILSEA N. SOM	10K	ARC	Nailsea RC
29	Tuesday Evening	BRIDGE INN SERIES	SHORTWOOD S. GLOS.	5K		Bristol & West AC
29	Tuesday Evening	SELF TRANSCENDENCE RACE SERIES 2 MILE	EASTVILLE BRISTOL	3 Miles		Sri Chinmoy AC
JULY 2010						
01	Thursday Evening	SUNDAYS HILL 10K	THORNBURY S. GLOS	10K		Thornbury RC
05	Monday	BLAISE BLAZER	HENBURY BRISTOL	6k	MT	Westbury Harriers
05	Monday	COLLIERSWAY	RADSTOCK	5k & 10k		Somer AC
07	Wednesday Evening	BITTON 5K	BITTON S. GLOS.	5 K	ARC	Bitton RR
09	Friday Evening	TOWPATH SERIES 10K	ASHTON GATE BRISTOL	10K	ARC	G.W.R.
12	Monday	JUNIOR BLAISER	HENBURY BRISTOL		MT	Westbury Harriers
13	Tuesday Evening	SELF TRANSCENDENCE RACE SERIES 3 X 1 MILE RELAY	EASTVILLE BRISTOL	3 x 1 Mile		Sri Chinmoy AC
23	Friday Evening	CLUB INVITATION TOWPATH 10K	ASHTON GATE BRISTOL	10K	ARC	G.W.R.
27	Tuesday Evening	BRIDGE INN SERIES	SHORTWOOD S. GLOS.	5K		Bristol & West AC
30	Friday Evening	TOWPATH SERIES 10K	ASHTON GATE BRISTOL	10K	ARC	G.W.R.
AUGUST 2010						
02	Monday	BLAISE BLAZER	HENBURY BRISTOL	6k	MT	Westbury Harriers
11	Wednesday Evening	BITTON 5K	BITTON S. GLOS.	5K	ARC	Bitton RR
24	Tuesday	BRIDGE INN SERIES	SHORTWOOD S. GLOS.	5K		Bristol & West AC
27	Friday Evening	TOWPATH SERIES 5K	ASHTON GATE BRISTOL	5K	ARC	G.W.R.
SEPTEMBER 2010						
04	Saturday	BRISTOL ROAD MILE	BRISTOL	1 Mile		Bristol & West AC
05	Sunday	BRISTOL HALF MARATHON	BRISTOL	13.1 miles		No AC involved
12	Sunday	NORTH SOMERSET RELAYS	CLEVEDON N. SOM	5K	AC	Clevedon AC
14	Tuesday Evening	AXA 5 ROAD RACE	HENBURY BRISTOL	5 Miles	ARC	GWR
16	Thursday Evening	PROM RUN	W.S.M.	5 miles	ARC	Weston AC
19	Sunday	PORTISHEAD MULTI TERRAIN 8K	PORTISHEAD N. SOM	8K	MT	Portishead Running Club
25	Saturday	MIDLAND 6 STAGE RELAYS	SUTTON PARK BIRMINGHAM			
28	Tuesday Evening	BRIDGE INN SERIES	SHORTWOOD S. GLOS.	5K		Bristol & West AC
OCTOBER 2010						
03	Sunday	OLDBURY ON SEVERN 10 MILES	OLDBURY S. GLOS	10 Miles	AC/ARC	Thornbury RC
03	Sunday	MARSHFIELD MUDLARK	MARSHFIELD	6 Miles		Corsham Running Club
10	Sunday	MENDIP MUDDLE	CHARTERHOUSE	20Km		Weston AC
21	Thursday Evening	PROM RUN	W.S.M		ARC	Weston AC
16	Saturday	MUGGLES	HAWKSBUURY UPTON	Various	MT	Hogweed Trotters
26	Tuesday Evening	BRIDGE INN SERIES	SHORTWOOD S. GLOS.	5K		Bristol & West AC
NOVEMBER 2010						
06	Saturday	VICTORIA PARK RACES	BATH			C o Bath AC
14	Sunday	SODBURY SLOG	CHIPPING SODBURY S. GLOS	9 Miles	MT/ARC	Bitton RR
18	Thursday Evening	PROM RUN	W.S.M	5 miles	ARC	Weston AC
21	Sunday	BMC Mike Sully/Gemma butler XC CLASSIC	DOWNS BRISTOL		XC.	Bristol & West AC
23	Tuesday Evening	BRIDGE INN SERIES	SHORTWOOD S. GLOS.	5K		Bristol & West AC
DECEMBER 2010						
05	Sunday	CHRISTMAS CRACKER	W.S.M.	10K	ARC	Weston AC
12	Sunday	AVON SOMERSET WILTS XC Champs	Taunton		XC / AC	Avon AA
16	Thursday Evening	PROM RUN	W.S.M.	5 miles	ARC	Weston AC
26	Sunday	BOXING DAY 4	CLEVEDON	4 Miles		Clevedon AC