

Wychwood Walkers Up and Running

After an excellent turn-out to the first meeting, the Wychwood Walkers are up and running. The evening meeting on 24th February was well attended; Maggie Dent, from the Cherwell Vale Primary Care Trust, gave an interesting presentation.

The health benefits of walking are numerous, and it is for this reason that health walking groups are setting up all over the country. However unfit you feel, walking is good for you. The key is to start slowly, gently building up confidence, then fitness will improve.

The Wychwood Walkers is a health walks initiative, supported by the Wychwood Surgery, West Oxon District Council, and Cherwell Vale PCT.

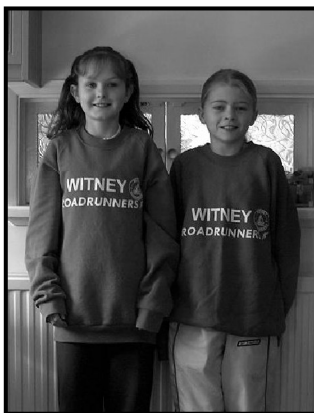
It is particularly aimed at people with diabetes, heart disease, arthritis, depression /anxiety and also for those who simply want to get out, enjoy the fresh air and have some company while doing it.

Walk leaders are offered training through the Countryside Agency. We are always looking for keen people who may be interested in becoming a walk leader. The first walks will be starting in March and to begin with will be once a week, in the afternoon, followed by refreshments in the Milton under Wychwood village hall. So, if you know what's good for you, come and join in!

For more information, contact Beryl Taylor on 01993 830065 or David Trollope on: 01993 831146

Runaway Success for Bryony and Gemma

In January Bryony Corbett and Gemma Potter, from Milton-under-Wychwood, represented Oxfordshire in the South of England Sports Hall competition in Portsmouth. They competed against teams from all over the area. Oxfordshire girls were victorious on the day, winning the trophy; Oxfordshire boys were placed 4th. Bryony competed in the 'over and under' relay, grand prix and vertical jump. Gemma took part in the balance beam, target throw and obstacle



race. Bryony and Gemma have been members of *Witney Road Runners* since they were eight. They train once a week, at Henry Box School in winter, and at Woodgreen in summer. They compete against other Oxfordshire clubs once or twice each month. The girls get plenty of enjoyment from their athletics; make new friends and of course it is very good for them!

If you are interested in joining Witney Road Runners please contact: Mike Miles 01993 771886, or Kim and Charlie Batts 01993 200702