

# **THE HARRIERS HERALD**

**No. 214, December 2010**

**Editor: Sue Francis**

## **Contents, features, reports, results**

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- Correspondence received
- Compton Harriers Christmas meal – a reminder
- London Marathon club entry
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- Race results: Venice Marathon – Steve is close to his target; Englefield 8K – Richard races a herd of deer; Hanney 5 – three Harriers complete a good local race; Oxford Mail x-country – Sue and Dick race at Ascott; Marlow Half – three Harriers race on a tough course; Milton Keynes 10K – Sus is 1<sup>st</sup> lady; Stowmarket Scenic 7 – Richard enjoys a Suffolk event; BBO x-country – Sarah warms up for another race the next day; Rugged Radnage 10K – Sarah recommends a challenging and muddy race; Wimborne 10M – PBs for Philomena and Sus; Herbert's Hole – Simon's not enthusiastic, but sets a PB; Eynsham 10K – two prizes for Lucy
- Handicap Race – Steve sets a PB and wins for the first time
- Webmaster's article – Mo features Run-Rampage, the benefits of x-country training, and 'smart' eating
- Thanks to Sarah, Simon, Sus, Mo and Richard for this month's contributions
- Copy date for next Harriers Herald – 3<sup>rd</sup> January

## **Thursday night schedule for December**

Thurs 2 <sup>nd</sup>	Sue to lead – followed by Compton Harriers AGM (see below for details)
Thurs 9 <sup>th</sup>	Gillian to lead
Thurs 16 <sup>th</sup>	Sus to lead
Thurs 23 <sup>rd</sup>	No leader scheduled(*)
Thurs 30 <sup>th</sup>	No leader scheduled(*)

## **Thursday night schedule for January**

Thurs 2 <sup>nd</sup>	No leader scheduled(*)
Thurs 9 <sup>th</sup>	Lucy to lead
Thurs 16 <sup>th</sup>	Handicap Race
Thurs 23 <sup>rd</sup>	Sarah to lead
Thurs 30 <sup>th</sup>	Steve to lead

(\* but some members may well be interested in meeting to run as usual)

## **Correspondence received**

<b>Correspondence received</b>		
<b>Sender</b>	<b>Subject matter</b>	<b>Action</b>
City of Lincoln Council	City of Lincoln 10K (03-04-11)	Events Diary & notice board
North Devon Marathon	North Devon AONB Marathon & Half (26-06-11)	Events Diary & notice board
Laranja Tours	Warm-weather training running tours in Spain & Portugal	For more details see: <a href="http://www.laranjatours.com">www.laranjatours.com</a>
'Full on Sport'	Online race management service for organisers of races (manages race entries, timing etc.) see <a href="http://www.fullonsport.co.uk">www.fullonsport.co.uk</a>	Pass to Martin & Lucy

## **Compton Harriers Christmas Meal**

Saturday 18<sup>th</sup> December 2010. Arrive 19:45 to eat at 20:00.

The White Horse (Hermitage) <http://www.whitehorseofhermitage.co.uk/>

### *London Marathon Club Entry*

The Club's guaranteed entry to the 2011 Virgin London Marathon has been given to Terry, who is already training hard and improving all the time. Apparently his secret is that he has lost 1 stone in weight since last Christmas! Keep up the good work Terry. Terry will be joined in the marathon by several other Harriers who achieved entries either via the ballot, or via 'good-for-age' performances.

### *Compton Harriers make donation to local charity*

As a result of money raised by the Compton Downland Challenge, the Club has recently made a donation of £1000 to the Compton & East Ilsley branch of the 'South Central Ambulance Service' (SCAS). The Compton & East Ilsley Community First Responder team (of which our own Kirsty Bayley is one) are trained by SCAS to attend medical emergencies while an ambulance is on its way. They have to raise their own funds to buy medical equipment, and Kirsty says our donation will keep them funded for about a year. The SCAS has sent a certificate acknowledging our donation. This will be displayed on our notice board.

This donation brings the Club's total charity donations, since 1995, to the grand total of £14,800.

### *Compton Harriers Committee for 2011*

At our recent AGM, all of the serving officers were willing to stand for re-election and there had been no other nominations for any of the posts. The existing Committee was therefore re-elected and is: Martin Fray (Chairman), Sue Francis (Secretary), Pete Humphreys (Treasurer of club account), Lucy Gettins (Membership Secretary), Mo Francis ('Events Secretary' and Treasurer of race account).

## *Race reports and results*

### *The Venice Marathon, October*

Steve combined this race with a family holiday. He says: "It is a flat course and I was making good time up to about the 35km mark. I was on for a 4:10 to 4:15 finish but the wheels (or legs) fell off and I was finished. I completed it in 4:29 and felt really tired afterwards, but I recovered extremely quickly which surprised me".

### *Englefield 8K, 2<sup>nd</sup> October*

**Richard**

This was a new race held on an undulating parkland course at Englefield House. Publicity was not great and, as it unfortunately clashed with the resurrected O2O race in Reading, the field was a very small 72 runners. The race was organised by Tadley Runners on behalf of Reading Abbey Rotary so it was well-organised despite the driving rain and windy conditions. It helped that Englefield Park is sited on gravel, so it was well drained despite the rainfall.

The route was effectively an undulating cross-country course with quite steep hills in the first and last miles, being fairly flat in between. Due to the small field it got spread out very quickly, and the greatest drama was provided by a stampeding herd of about 100 deer which ran through the race field after about half a mile, luckily finding quite a large gap between the 4<sup>th</sup> and 5<sup>th</sup> runners, otherwise it might have been quite hairy!

It will be interesting to see if the race is held again, with better publicity, as with a good field it could be quite a challenging race rather than a procession. In the event I finished 8<sup>th</sup> in 37:12. One negative point: after having to wait nearly 2 weeks for the race results to be posted I discovered that the Vet 50 prize had been awarded to the runner who finished immediately behind me and who had refused to shake hands with me in the funnel!

Race winners:

Men: Jon Darwent, TVT 31:44;

Women: Melanie Bibby, 38:01

## Hanney 5, 10<sup>th</sup> October

**Richard**

A fast, flat course saw a small contingent of three Harriers (Lucy, Martin and myself) compete in this long standing race organised by Oxford AC. Whilst the rural route is not exactly pretty it is definitely a PB course, so attracts some serious runners, even if the field of 212 was quite small, no doubt affected by the following weeks Abingdon marathon. I always find flat courses a bit relentless as you feel you should push it from the start, and my greatest pleasure came in just beating a Vet 60 who had similarly pipped me at Hook Norton in August.

An interesting feature of the results service is that it gives age-graded results as well as the standard ones.

There was no doubt that the story of the race was the breaking of the British Vet 60 record by Michael Hager of Tipton who finished 5<sup>th</sup> in a staggering 27:08. He beat the perennial Vet 50 winner, Tim Hughes into 6<sup>th</sup> place very easily, Tim being first Vet 50 in 27:31.

Race winners:

Men	Steve Naylor, Woodstock	24:44
Women	Sophie Carter, Woodstock	29:10

Harriers

Martin Fray	36 <sup>th</sup> in 31:27
Richard Disney	49 <sup>th</sup> in 32:37
Lucy Gettins	60 <sup>th</sup> in 34:02

Age Graded	Michael Hager	1 <sup>st</sup> in 21:49!
	Martin	29 <sup>th</sup> in 27:44
	Richard	32 <sup>nd</sup> in 27:49
	Lucy	58 <sup>th</sup> in 30:04

## Oxford Mail x-country, race 1, 7<sup>th</sup> November

**Sue**

Dick and I took part in the Ascott-under-Wychwood race as part of the Team Kennet team. The 6K ladies race was won by Newbury's Susie Bush (24:02). I was 17<sup>th</sup> in 27:18. There were 174 finishers and our team finished 7<sup>th</sup>. The 9K men's race saw Steve Naylor (Woodstock) cross the line first in a 298-strong field, in a time of 28:54. Dick was 197<sup>th</sup>, in 40:44. Other members of the TK men's team included Tom Munt (33:15, 30<sup>th</sup>), Nick Jones (32<sup>nd</sup>, 33:22), Nick Bull (146, 38:40) and Colin Price (252<sup>nd</sup>, 44:22). Then team finished 7<sup>th</sup>.

## Marlow Half, 7<sup>th</sup> November

Three Harriers completed this tough half marathon course. Sus was 1<sup>st</sup> FV40 in 1:32:03 (62<sup>nd</sup> overall), Pete H was 268<sup>th</sup> (1:44:46), with Philomena hot on his heels (292<sup>nd</sup> in 1:45:34).

## Milton Keynes 10K, 14<sup>th</sup> November

**Sus**

Ryan and I decided to do this run, also called Mo run. The charity is prostate cancer hence the name mo (mo stands for moustache), not sure what to make of it but there you are and if you could grow one and wear it on the day even better! Well why not, and a 10K is a 10K!

Anyway, Ryan suggested that afterwards we could treat ourselves to a Starbuck Coffee. Standing on the start line, I thought to myself that if I could cross the finish line as first lady, then I could add any cake to go with that coffee and if I felt like it I could even have cream on top!

There was obviously a lot at stake here and I was getting rather tense. When the start gun sounded two girls immediately positioned themselves at the front, and I thought it was no good trying to keep up with them and lose it all later. So I kept them within view and I could tell they had a bit of a battle between them, till finally

one started to tire, and I caught up with her at about the 5k marker. One down one to go before that piece of cake was secured! The route was in Campbell Park with a lot of twists and turns and, as I slowly got closer to the first lady, I managed to see her face at a turn and I could tell she was working hard – and with app. 2k to go I finally went for the kill and overtook her and managed to keep the position to the finish line!

1 <sup>st</sup> Man	Michael Boyce	36:11
5 <sup>th</sup> Man	Ryan	39:04
1 <sup>st</sup> Lady	Sus	41:35

P.S. Yes, the cake was lovely with a very sweet taste and with lots of whipped cream!

### *Stowmarket Striders Scenic 7, 14<sup>th</sup> November* **Richard**

Being in Suffolk for the weekend, I decided to enter this race for the first time as it was held an easy drive from Lavenham where we were staying. This part of Suffolk is by no means flat, and the course was similar in its undulations to the Peasmore race, although more open in feel. The course resembles a mushroom in shape with an out and back first 2 miles and a 3-mile loop at the top of the ‘stem’.

Being held on Remembrance Sunday, the race started at 11:02, with the 2 minutes silence being largely adhered to on the start line. The race started in fairly sunny conditions, although it clouded over during the race and began to rain once it had finished.

A fairly fast downhill first mile or so stretched the field fairly quickly, and the rural lanes made it quite difficult to take a fix on runners any distance ahead except for when the course reached a steepish hill after 4 miles, so it was very different from Hanney. After a steady race I managed to take a small number of runners over the last 2 miles and finished in 56<sup>th</sup> place out of 261 runners in 47:37.

It’s always nice to compete against new faces and not feel the pressure of having to finish ahead of anyone in order to keep ones morale up. I would definitely run this race again and would recommend it to anyone visiting the area. It was well organised and friendly and seven miles is not a common race distance so it could well be a PB!

Race winners: Men - Robert Reason, Harwich, 38:29                      Women - Tamara Jordan, Stowmarket, 42:00

### *BBO cross-country championships, 20<sup>th</sup> November* **Sarah**

The Berks, Bucks and Oxon cross country event took place in Oxford with a field of 57 ladies starting out, including U20's, senior and veteran ladies. Sue had informed me of the run and seeing as the location wasn't too far from home I asked her to put an entry in for me. It was a club vest only race, so I was holding the flag as the only Compton Harrier there on the day. When collecting my number prior to the race I was asked who my team manager was, so I promoted Mo to assist me!

The race was roughly 4 miles around a lovely park at the Oxford Brookes University campus. We completed two loops of the park, with half the race uphill, half down hill and not a lot of flat ground. My legs were burning on the homeward turn. It was a very well organised event with a friendly atmosphere. I was 40<sup>th</sup> in 31:18. Then it was home to prepare for tomorrow’s little adventure.

[Sarah made history by being the first Compton Harrier ever to compete in this long-standing annual championship event which is open to athletes from any club in Berkshire, Buckinghamshire or Oxfordshire. I (Sue) also took part but (don’t all boo at once) in Reading A.C. colours, and was 16<sup>th</sup> overall (3<sup>rd</sup> veteran) in 27:21. The men’s race featured some of our Team Kennet friends. Nick Jones was 23<sup>rd</sup>, just ahead of Tom Munt (24<sup>th</sup>). Lee Jones was 76<sup>th</sup>, Nick Bull 78<sup>th</sup>, and Colin Price 103<sup>rd</sup>].

## **Rugged Radnage 10K, 21<sup>st</sup> November**

**Sarah**

The Rugged Radnage 10K turned out to be 11K. I saw this run advertised on the Runners' World website and it was in aid of local charities and schools. The off-road run was described as undulating with unsure footing at times. Standing on the starting line it was freezing and spitting with rain, what a great way to start the event! This was the first running of the event, it was superbly organised and the course was beautiful. The marshals were friendly and encouraging, wishing you well along the course. The course was quite challenging however, there was plenty of mud, puddles and a few Streatley hills included. Definitely an event I would recommend for next year.

Results: Winner 39:11, 1<sup>st</sup> Woman 42:20, Sarah 86<sup>th</sup> in 57:23  
Andy Buckland also took part, this being his first race for some months since the arrival of baby Orla. Andy was 47<sup>th</sup> in 51:54.

There were 209 runners, and the last runner's time was 95:52.



Rugged Radnage race:  
Sarah and Andy at 6K



## **Wimborne 10, 21<sup>st</sup> November**

Two of our ladies competed in this event, with great success. Sus was 1<sup>st</sup> FV45 in a time of 1:06:14, and Philomena crossed the line in 1:14:48.

## **Herbert's Hole, 21<sup>st</sup> November**

**Simon**

Now, let me get a few things straight before I start: when writing a report on a race with a name like "Herbert's Hole" there is undoubtedly an extremely strong urge to litter the race report with suggestive references, double entendres and innuendi (the plural of innuendo), and I would just like to make it quite clear to everyone that I am not – repeat, not – going to go down that particular route. Thank you. Now, the race report:

I finished in 237<sup>th</sup> place in a time of 1:01:15

Simon

PS. Oh, ok, I guess you want a bit more than that...

With the weather turning decidedly chilly I actually dug out my long running tights for the first time since February for this one and I'm glad I did, as there was quite a chilly easterly when I arrived in Chesham. Having looked at the map I opted to head for the car-park opposite the start in Lowndes Park rather than the Race HQ at Chesham Football Club, which was about a mile away.

Having arrived slightly early, I bought a cup of coffee from a café just round the corner and, well, just sat in Henry. Convenient though the car-park was, it did mean that I missed out on any ‘pre-race’ build-up at the HQ and it all felt a bit low-key. So, having spent an hour in my own company, I got changed and wandered over to the park about 10 minutes before the start of the race.

When I asked Martin, before I entered this race, what it was like his reply was “you won’t be disappointed”. Sorry, Martin, but I was a bit. Oh, it was nice enough in a “let’s-have-a-trot-in-the-country” sort of way, but it wasn’t quite what I expected. The uphill start was ok, but then a couple of hairpin bends within the first 1.5K, coupled with having to run across the slope of the hills in Lowndes Park, just seemed a bit unnecessary – especially given that the overall distance was a smidgeon over 10K (the 10K marker was placed about 200m before the finish line).

I must admit that I’m struggling to find anything really positive to write about this race. Not that there were any real negatives – the organisation, marshalling and route-marking were all very good - but there was more road, and fewer hills, than I expected. And the finishers’ t-shirt was ... well, I’ve had worse.

I can’t help thinking that if the organisers had got rid of a hairpin bend or two and sent everyone straight down the hill they could’ve made this an out-and-out 10K, though it probably had something to do with stringing the field out before the narrow downhill path through the trees at the exit to the park. Then again, they could’ve moved the start and finish a bit...

The results were available on the Chiltern Harriers’ website within a day, although rather strangely the male results were listed separately to the female results. I guess they just do things a bit differently in Chesham... Anyway, for those of you who are still reading this, first man home was Rowan Axe from Cardiff AAC in a time of 35:47, followed by Eddie O’Gorman and Allan Stewart (both from Chiltern Harriers) in 37:17 and 39:41 respectively. First Lady home was Alison Hopkins of Ealing, Southall and Middlesex in 42:43, second was Jo Pulsford from Rugby & Northampton in 44:16 and third was Debbie Wenman of Chiltern Harriers in 44:44. There were 320 finishers in all, the last of whom recorded 1:38:24.

Overall, this was an ‘ok’ event but I’m not sure I’d go out of my way to do it again, other than to try and beat my new PB at a very unusual distance.

## *Eynsham 10K, 28<sup>th</sup> November*

Sue

Eynsham 10K day is well renowned for being cold and sometimes frosty, but the -4°C air temperature this year must have been a record low! I’ve never raced with so many clothes on. Fortunately, there was no wind and the route was not too slippery. Four Harriers took part, seasoned Eynsham 10K runners Martin, Lucy and me being joined by Richard. Mo was there to support, and ran a few miles to see us all at four places on the two-lap course.

I had decided not to worry too much about my time, but to start sensibly and see how I felt. Then in the start area I spotted Sarah Davies (FV35 from Oxford City A.C.) and Nicola Gomm (FV45 from Witney R.R.). Back in June, the three of us had a good close race over 3K, so I reckoned they would be good to follow. Sarah set a strong but sensible pace with Nicola and me hot on her heels, and this is how we stayed for 7K, gradually catching and passing other runners. At 7K, Sarah and I dropped Nicola and we passed two more ladies which was a good feeling. Sarah crossed the line a few seconds ahead of me, but I finished feeling I had raced well and really enjoyed it (very rare occurrence after a 10K for me!). Richard and Lucy followed close behind. Richard was pleased to beat his 42-minute target, and Lucy recorded one of her fastest ever 10K times. Martin was nursing a hamstring injury, but Lucy had told him he must trot round to get a T-shirt for his entry money, and he was pleased to finish in a respectable time without aggravating the injury.

Martin kindly treated us all to fruit cake while we waited for the presentation. The presentation was a bit later than planned and Martin wanted to get to the pub! Nevertheless, it was worth the wait, as Lucy collected two prizes – one for being 2<sup>nd</sup> FV45 overall, and one for being 2<sup>nd</sup> FV45 in the Oxfordshire championships. We retired to The Queen’s Head to have a hearty lunch for under a fiver! Results and photos overpage.

Results (chip times):

1<sup>st</sup> man Steve Naylor (Woodstock) 31:25  
 1<sup>st</sup> lady Jude Craft (Headington) 36:46  
 Sue 41:05 92<sup>nd</sup>  
 Richard 41:31 102<sup>nd</sup>  
 Lucy 42:08 115<sup>th</sup>  
 Martin 43:33 138<sup>th</sup>

There were 533 finishers



Eynsham 10K: Richard at 1K; Sue chases Sarah Davies & Nicola Gomm at 4K; Lucy approaches the half-way point (photos courtesy of Mo)

**Handicap Race**

**Sue**

The final race of the 2010 Handicap Championship saw 10 runners taking part on a bitterly cold and windy evening. Despite the conditions two runners set excellent new P.B.s. Steve, having done little running since his Venice Marathon, produced a sub-14 minute performance to win the race with a 20-second margin. Next home was Terry, who also smashed his P.B. and ran his heart out trying to gain those valuable extra points towards the Championship. That's the first time I've ever seen anyone lie down in the gutter of Burrell Road after the race! The next six runners finished in close succession. Dick, with a much improved performance, took third spot, while Lucy just held off Richard to take 4<sup>th</sup>. Sue, the two Petes, Mo and Gillian completed the field. Well done Steve, and thanks to Jan for time-keeping in the freezing cold.

I will be presenting the annual Handicap trophy at our Christmas dinner, so I will not reveal the championship results until then! Full results will be printed in January's Harriers Herald.

The next Handicap Race will kick off the 2011 Handicap series and is scheduled for 16<sup>th</sup> January, round the 'Village Lap'.

Finish Position	Position on handicap	Name	Start time	Finish time	Actual time	Handicap Beaten?
1	1	Steve	1:34	15:26	13:52	-0:34
2	2	Terry	3:25	15:46	12:21	-0:16
3	3	Dick	2:57	15:51	12:54	-0:09
4	4	Lucy	3:15	16:02	12:47	-0:01
5	5	Richard	3:25	16:03	12:38	+0:01
6	6	Sue	3:37	16:13	12:36	+0:13
7	8	Pete O	3:06	16:21	13:15	+0:25
8	9	Pete H	3:04	16:40	13:36	+0:40
9	7	Mo	0:10	19:16	19:06	+0:16
10	-	Gillian	-	-	~22:40	-

## [Website update... http://www.comptonharriers.org.uk](http://www.comptonharriers.org.uk)

### Mo

Updates this month will include the December edition of the Harriers Herald, charity donations and the events calendar. The countdown has also been started for the 15<sup>th</sup> Downland Challenge and the revised route and entry forms will also be posted this month.

#### *Links of interest this month:*

<http://www.runrampage.com/> **Run Rampage** is a new 10k extreme multi terrain event which takes place on Sunday 16<sup>th</sup> January 2011 at the MOD's Bagshot army barracks vehicle testing tracks. The uneven terrain, grade one and two hills, water and thick muddy bogs will ensure you face the ultimate physical and mental challenge.

<http://www.runnersworld.co.uk/general/cross-country-the-training-of-champions/5853.html> follow this link to an article that explains the benefits of cross country running from enhancing endurance and, increasing lower leg power to generally building up core strength and the guarantee of a successful summer ahead.

#### *This Month's Article: Eat Smarter to Improve Running Success:*

There is plenty of advice available on nutrition, calorie intake, when to eat etc but how do you decide what is best for your own well-being and running needs? The answer is to eat smarter in relation to your actual eating habits. Everyone has different eating patterns: some keep track of everything; others grab whatever they can on the go. There's no right or wrong way to eat well - what works for one runner might not for the next. Check out the following 'eating habits' and follow the suggestions to improve your nutritional and running needs.

#### **No time to eat**

If you are always in a rush and often eat 'on the hoof' it can mean choosing unhealthy convenience foods. If this is the case, try planning ahead. Cook extra portions of a dish that you can eat cold later (e.g. wholegrain pasta with vegetables), and carry with you healthy snacks such as apples or trail-mixes to eat when you feel hungry.

#### **Careful eater**

Careful eaters aim to stay lean and tend to choose low-fat foods, but this can be a mistake, as fats help reduce the risk of injury. To overcome this, try eating something you crave once a week, then see if it makes a difference when you go for a run. (Stick to healthy fats, as they improve vitamin absorption: e.g. top porridge with walnuts; add avocado to sandwiches).

#### **Regular eater**

Nutritional studies have found that regular meals lower the risk of developing diabetes and heart disease, but it is possible to develop a nutrient deficiency. The remedy is frequent substitutions to your diet, e.g. change the corn flakes for porridge mixed with antioxidant-rich berries or change chicken for beef flank steak which is lean and contains more iron.

#### **Snacker**

Snackers eat every few hours and are usually well-fuelled before a run and they also quickly refuel afterwards. However, snackers can get their calorie intake wrong if they don't watch portion sizes and convenience options like cereal bars often lack essential protein. The answer, based on your daily calorie needs is to evenly divide those calories throughout the day: for example, if you need 1,800 calories, you could have six 300-calorie snacks per day, such as wholegrain toast with almond nut butter, an apple and two small pieces of cheese, or half a turkey sandwich.

#### **Organised eater**

The organised eater sticks to a meal plan no matter what, but this doesn't take into account the severity of the workout and the calories used. In this case, organised eaters should also keep a note of how they feel before and after workouts. They may need to top up with a calorie or protein boost after a particularly hard session.

#### **Indulgent eater**

Indulgent eaters think that running means they can eat anything they want to, but whilst the high-calorie or high-fat diet is OK occasionally, doing it often will lead to weight gain. The solution: opt for 2 or 3 custard creams rather than the whole packet!



*Forthcoming Events as listed on the Website Events Calendar:*

<b>Date</b>	<b>Time</b>	<b>Event</b>
Dec-10	2nd	6:15 PM Club Night
	5th	10:00 AM Oxford Mail X-C Race 2
	11th	12:00 PM Berkshire County Cross Country Championships 2010/11
	12th	10:00 AM Bedford Harriers ½ Marathon
		10:30 AM Andy Reading 10km
		10:30 AM Watlington XC 10K
	18th	2:30 PM Gloucester Christmas 5 mile run
	19th	11:00 AM Tadley 5.3 Mile Cross Country race
Jan-11	2nd	10:00 AM Oxford Mail X-C Race 3
	9th	10:30 AM Goring, Woodcote and District 10K
	15th	8:30 AM Country to Capital 45 miles
	16th	11:00 AM Rough 'n' Tumble 10
		11:00 AM Run Rampage 10K
	23rd	10:30 AM Gloucester Marathon
	30th	10:30 AM Gloucester 50k
		9:00 AM Slaughterford 9
Feb-11	5th	8:30 AM GB Ultra Thames Trot 50
	6th	10:00 AM Oxford Mail X-C Race 4
		10:30 AM Watford Half-Marathon
	13th	10:30 AM Dursley Dozen
	20th	10:30 AM Bramley 20/10 mile
	27th	10:30 AM Meon Valley Plod 2011
		10:30 AM The Terminator 2011 11 Mile
Mar-11	6th	10:00 AM Oxford Mail X-C Race 5
Apr-11	10th	8:45 AM Paris Marathon
		10:00 AM White Horse ½ Marathon
	17th	9:30 AM London Marathon
	23rd	9:00 AM Compton Downland Challenge
	24th	Easter Sunday

Mo; Dec 2010