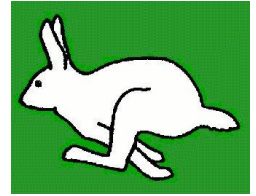


# THE HARRIERS HERALD

No. 219, May 2011

Editor: Sue Francis



## Contents, features, reports, results

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- Correspondence received
- Race results: **Brill Hilly 10K** – Philomena enjoys a scenic but tough race; **Berlin Half** – Gillian battles in the heat to achieve a good placing; **White Horse Half** – good pre-London performances from Lucy and Martin; **London Marathon** – excellent performances from eight Harriers on a very hot day; **Compton Downland Challenge** – Gillian and Simon report on their race experiences in Compton Harriers 15<sup>th</sup> successful staging of this ever-popular event
- Running Life series – Sus tells all in a '60-second interview'
- Handicap Race – Terry flies round, Mags retains the trophy, and Dick holds on to the Championship lead
- Ridgeway Relay – a brief team update
- Webmaster's article – Mo features 'thank you e-mails' from CDC Runners, and lists May & June races
- Thanks to Gillian, Philomena, Simon, Sus and Mo for this month's contributions
- Copy date for next Harriers Herald – 1<sup>st</sup> June

### Thursday night schedule for May

Thurs 5<sup>th</sup> Ryan to lead  
Thurs 12<sup>th</sup> Sue to lead  
Thurs 19<sup>th</sup> Philomena to lead  
Thurs 26<sup>th</sup> IAH Relay

### Thursday night schedule for June

Thurs 2<sup>nd</sup> Terry to lead  
Thurs 9<sup>th</sup> Handicap Race  
Thurs 16<sup>th</sup> Lee to lead  
Thurs 23<sup>rd</sup> IAH Boundary Run & Walk? TBC  
Thurs 30<sup>th</sup> IAH Boundary Run & Walk? TBC

<b>Correspondence received</b>		
<b>Sender</b>	<b>Subject matter</b>	<b>Action</b>
Preston City Council	'Run Preston' 5K, 10K, fun run (25-09-11)	Events Diary & notice board
England Athletics	Club Certificate of Affiliation 2011; affiliation benefits booklet	File

## IAH Annual Relay

Sue

The Institute's annual Relay takes place on the evening of Thursday 26<sup>th</sup> May, and there is no 'normal' club run scheduled for that day. Please note that the Relay starts at 5:30 pm.

Most Harriers take part in this event each year, and some are part of well-established teams that enter each year. For those who are new to the Harriers, I thought I'd just tell you a bit more about the Relay and encourage you to form a team and take part. This year may well be the last time this long-standing annual event is held, so don't miss your chance to take part!

The Relay is an event for people of all abilities, organised by me (with the help of other Harriers) and supported by IAH Rec. Soc., who man the barbecue and give a Pickled Pig drink voucher to all competitors and helpers. Teams of four run around a lap which includes both road and tracks (each stage 1.6 miles, or 2530 metres – ask me for map & route description) starting and finishing in Compton cricket field.

It is open to employees of the Institute and to members of Rec. Soc.-affiliated Clubs like Compton Harriers (however, some team members may be relatives, friends or other guests, should you be struggling to make up a team). Some Harriers like me and Kirsty who work at IAH, form a team with our colleagues. Others form Harrier-based teams like Martin's 'Old Boys', Pete H's 'Four Musketeers' and Pete O's 'Hippos'. The idea is just to encourage lots of people to take part – whatever their ability. The start is handicapped so all teams should have a similar chance of winning, and there is a trophy for the winning team. Competition can be hot at the 'sharp end', but it's also a fun social event (for some IAH employees, this is the only time they run each year), and is accompanied by a barbecue and bar, open to competitors' families too.

Please let me know if you'd like to form a team or would like more information. Also, if you don't wish to run but would be prepared to help as a marshal, please let me know.

## *Race Reports & Results*

### *Brill Hilly 10K, 3<sup>rd</sup> April*

#### **Philomena**

This was the first running of this race in lovely Brill village. It was very well organised and thoroughly enjoyable. The route is all on quiet country roads and is downhill for the first 7K and then there is a gradual incline, similar to "Hackney Bottom" twice over, for the next 2.5K or so. The race starts at the Windmill in Brill giving a lovely view of Buckinghamshire, but you don't have long to admire it as the route very quickly and very sharply descends and you really need to look where you are going! There were about 200 entries with 150 finishers, so quite a small field, but I would thoroughly recommend it. Even better if you can get someone to chauffeur you there and back, as Susanne kindly did! She had also entered but had a slight niggle and so did the sensible thing and didn't run, but she still came along which was very nice. Susanne not running also gave me the chance to get the second FV45 prize!

First Man	35:25
First Lady	44:16
Meena	48:59 (2 <sup>nd</sup> FV45)

### *31 Berliner Halb Marathon, 3<sup>rd</sup> April*

#### **Gillian**

Uwe and I flew over to Berlin on a sunny Thursday, in preparation for a short break. The highlight of the weekend for me was the Berliner Halb Marathon.

The email attachment had the details for collection of my race pack. I had to go out to the Templehof Airport building, and the Expo in one of the old hangars. This airport is no longer used, but was the main airport for West Berlin during the Cold War. We headed out on Friday morning to Templehof, and wandered round the Expo, which filled two large hangars. All the main sportswear providers were there, and we spent an hour wandering round. I decided to part with some dosh and came away with some nice new running attire. Collection of the race numbers was at the back of one of the hangars, and it was very well organised, I got my number immediately and my timing chip and free t-shirt within a few minutes.

On Sunday morning, the day was gloriously sunny and warm. We made our way over to the start, and met up with Uwe's brother, sister and niece. We stood around chatting while waiting for the race to start. Things were very well organised, and I soon went into the start pen. The faster runners started off 15 minutes ahead of us, and then another group about 10 minutes after that. The rest of us set off, and headed round towards the TV Tower in Alexanderplatz. There were 25,500 starters and the run was very busy along the first 4-5 kilometres. This slowed me down a bit, but the crowd and the atmosphere kept me pushing on through the other runners. At the start it had warmed up to 23 degrees, and looked set to be a very warm run.

The half marathon takes a scenic route through the historic centre of Berlin. We ran up Unter den Linden, past

the beautiful Dom and the Opern Palais, heading up towards the Brandenburg Gate. From there, you ran through the TierGarten, passing the Siegesaule (The Angel) statue. There was a bit of chaos at the first water station, as they had run out of water on one side of the road (typically the one I decided to go to! ;-)). Thankfully, there was loads on the other side, so I grabbed a cup, chucked it down, and got on my way again.

We headed from there up to Schloss Charlottenberg, and turned left and headed for the centre of West Berlin. After a couple of kilometres, we turned left again and headed down in to the shopping mecca of Kurfuerstendamm. The heat really picked up as we were running through this area, as the building made the enclosed space very warm and stuffy, and there was no breeze. Listening to the news that evening, it had reached 30 degrees out on the road, and I understood why people were starting to pull over to the side of the road.

We passed Gedachtniskirche, a bombed out church which was not restored after the 2<sup>nd</sup> World War. We headed down to Potsdammer Platz, and then round through Checkpoint Charlie. A couple of East German soldiers in full uniform, made an appearance to wave us through. The guys must have been cooking in their uniforms, as I know the runners certainly were.

We were finally on the last three kilometres and the heat seemed to be getting to many of the runners. From this point on, many people had dropped to a walk, but I was determined I was going to run the whole way. I kept plodding on until I could see the TV Tower again, and I knew that I only had a kilometre to go. The crowd were amazing, and cheered us all in. I even managed to spot the family at the finish line and I had a bit in reserve and sprinted for the line. I collected my medal, got some water, a banana and headed through to meet up with everyone. There was an Erdinger Alkoholfrei beer stall too, but I decided to skip that.

The following day, I got my finish number and came 5404 out of the finishers. From the 25,500 starts, over 7000 people did not finish due to the warm weather. So I came in the top third (a first for me!!), and I had a great time. I would recommend this half marathon to any of you; I will certainly do it again next year, and think I have convinced Uwe's niece to try the fun run too :-)

### **White Horse Half Marathon, 10<sup>th</sup> April**

Lucy and Martin both collected age-group prizes in the White Horse Half, which was held on a very warm and sunny Spring Sunday. Lucy was 1<sup>st</sup> FV45 (1:36:56, 96<sup>th</sup> overall), while Martin was 3<sup>rd</sup> MV50 (1:26:56, 36<sup>th</sup> overall). Team Kennet's Colin found it tough in the warm weather, but was pleased with his 1:52:49 (260<sup>th</sup>). The race winner was Fabian Downs (Chiltern Harriers) in 1:12:07, while first lady was Sophie Carter (Woodstock Harriers) in 1:21:21.

### **London Marathon, 17<sup>th</sup> April**

Many congratulations to our eight Marathon runners who all did the Club proud on a very hot Sunday in London. Summary results are shown below.

Name	Category	Half Mara Split	Finish Time	Position (overall)	Position (gender)	Position (category)
ENHARD, SUSANNE	45-49	01:29:45	03:03:57	1319	66	4
FRAY, MARTIN	50-54	01:31:11	03:12:39	2016	1854	117
GETTINS, LUCY	50-54	01:39:42	03:23:29	3112	335	11
MORRIS, RYAN	18-39	01:34:45	03:28:55	3820	3355	1709
MBURU, PHILOMENA	50-54	01:45:28	03:34:35	4560	627	30
JONES, LEE	18-39	01:38:26	03:34:36	4568	3940	2012
HUMPHREYS, PETER	50-54	01:38:17	03:36:07	4750	4092	323
BARTHOLOMEW, TERRY	18-39	01:38:22	03:37:47	5005	4284	2189

## Compton 20, 23<sup>rd</sup> April

The Compton Downland Challenge events were once again very successful and very well received by the competitors. The unseasonably warm weather meant the course was dry and hard underfoot, and pleasant for helpers and spectators, but rather too hot for a lot of the runners. Many Harriers were involved with pre-race preparation or with marshalling and other duties on the day, and we can be proud of the fact that our little club manages to stage such a popular event. Three Harriers, Gillian, Mags and Simon, took part in the 20-mile event. Below, Gillian and Simon report on their experiences.

### **Gillian says:**

Mags and I met up at the start for our first 20 mile run. We tried to keep in the shade, as it was very hot. We thought we were well-prepared for the run, and were keen to start on our 20 mile trek.

We started off, once round the playing field to various cheers from the Compton Harrier marshals, then out along the back lanes, fields and woods heading for Hampstead Norreys. The route was well marked out, and there was a lot of camaraderie amongst the various runners. People chatted and were very patient in the narrower stretches, waiting for opportunities to pass slower runners.

We ran down into Hampstead Norreys, and got some refreshments at the water station. Then out to Haw Farm, and round through Ashampstead. I lost Mags for a short time, but could see her in the distance, so, I knew she was not too far ahead. We headed up from Ashampstead, climbing some fun hills, and through some beautiful countryside. This part of the run was great, as although challenging, it had quite a bit of shade, which was really appreciated on such a hot day. After the water station at Wood Farm CP2, we started up a grueling hill to the woods near Streatley. We wandered through the woods, and climbed up another fun stepped hill to the top of Streatley Hill.

We crossed the road, and headed out on the National Trust land. The views were stunning, and I could see Mags ahead enjoying the panorama. I decided to try to catch her up, and tried to up my pace a little bit. It was time to head down to the Ridgeway again, and just as we turned up off towards CP3, I finally caught up with Mags.

She had slowed to a walk, as she was bored with the run. I walked up the hill with her, and we chatted as we went. I suggested she enjoy the beautiful scenery, and we spotted some magnificent buzzards flying over the rapeseed fields. At the top of the hill, we continued, and started to run again, we kept each other going, through the CP3 and back down to the Ridgeway. We came down the middle track of the Crows Foot, and went back into Compton, and were on the home stretch. I was trying to make it in, but I needed to stop for a quick drink at the last water station. The day was very hot and I was more dehydrated than I had realised.

We headed up across the village playing field and back up onto the school field for the finish. As Mags and I had kept each other going since Streatley, we decided to cross the line together, and we felt good to have finished. We made it in just over 4 hours 52 minutes, so within the 5 hours that we had set. I treated myself to a massage after a bite to eat and a quick shower. It was fabulous and many thanks to Phil Richards for his time.

Mags said she would like to marshal next year but, depending on the weather, I might give it another go. I would like to try and finish in 4 and a half hours, so that is my aim for next year. I would like to say thank you to the Compton Harriers and the other many volunteers, who gave their time on Easter Saturday to provide such excellent support, marking etc. It was an excellent day out.

### **Simon says:**

Oh boy, was that was a warm one... This year's Compton Downland Challenge was probably the hottest run in which I have ever taken part. Ever. I did a South Downs 80 many years ago during which the temperature reached 32C but someone at the end of the 20 miler had a gadget-laden watch and he said it recorded a high of 39C, but for all I know that was the temperature in Cairo. Whatever it was, it was hot.

I decided to have another trot round the 20 route this year as part of my 'training' for another crack at the High Peak 40 at Buxton in September. Having not done much long-distance stuff for nearly two years I am increasing my long 'run' by five miles per month and the Compton 20 fitted very neatly into my training schedule.

I won't bore you all with any minor details about the route as I should think most of you reading this were involved in one way or another either before, during or after the event. Suffice to say that the going was very firm, the route was (as usual) extremely well marked and there seemed to be more marshals than ever this year.

My 'plan' was to get round in under 4 hours. My plan, in a nutshell, failed. I started off well enough, though I probably did a bit more jogging (it certainly wasn't what I'd call running) than I planned to in the first ten miles. My walking pace, though, was as fast as some of the other entrants' jogging-up-hill speed and I regularly caught others who had overtaken me when they were walking up hill.

Everything seemed to be going to plan until just after CP2, when I quite literally ground to a halt going up the steep hill just after the checkpoint. From then on things seemed to go from bad to worse; I tried a little jog just after the car-park at the top of Streatley Hill and my right hamstring tightened up; a little further on the left hamstring joined in, then the tops of my calf muscles decided to join the party. From then on it was just a case of walking as fast as I could, although I did manage a few more little jogs on some downhill bits (at least until everything below the waist stiffened up...). To give you an idea of how much I slowed, the 3.7 mile section between CP3 and CP4 took me 52 minutes and 33 seconds – exactly the same time as it took me to do the first 4.4 miles. I suppose, looking on the positive side of things, that considering how hot it was I'm quite pleased with how it all went. It could have been a lot worse.

I finished in 106<sup>th</sup> place (out of 137) in 4:21:08; a Personal Worst 20 mile time for me but, considering the route change at CP3, a Course Best. In the canteen after the race I met Lucy, who was chatting to fellow Harriers Gillian Anton and Diane (aka Mags) Topham, who both finished in 4:52:15, in 120<sup>th</sup> and 121<sup>st</sup> respectively. Up at the sharp end, Peter Cusick from Chippenham Harriers was first back in 2:20:32, followed by Steve Patterson in 2:23:42 and Paul Jegou from White Horse Harriers in 2:27:56. For the ladies, Yvette Wrapson was first in 2:58:12, followed by Katherine Bates from Eynsham Road Runners in 3:04:26 and Anne-Marie Moon in 3:08:11.

I did hear some runner at the finish moaning that the distances given on the route description didn't match those recorded on their GPS. I won't tell you whether the runner was male or female, but she didn't half go on about it. I also heard there were complaints about the route-marking after some of the faster runners in the 20 got a bit lost. To them I say: 1. Next time, leave the GPS at home – just because it's technology doesn't mean it's correct and 2. Stop whining. There was nothing wrong with the route description or the marking. Maybe in future it should be compulsory to carry the route description; then runners would have nothing to complain about. Then again, they'd probably moan about it being in the wrong font or in a type-face they didn't like. Some people are just never happy. They'd probably even find fault if we laid out a 20 mile long piece of string for them to follow...

All-in-all, it was (as ever) a brilliant event. Extremely well organised, extremely well marshalled and great fun. Thank you to everyone who had any part in it. And I think I can say that on behalf of the vast majority of entrants; I even got thanked for putting on 'a brilliant race' just because I was wearing the Harriers vest!



Simon crosses the line



Mags and Gill – hot but happy

## *Running Life Series no. 4*

**Susanne Enhard**

My running life article is going to be different from the previous ones as I will be copying Running Fitness “60 second interview”. So basically I will be interviewing myself using the exactly same questions as the magazine – hope you will enjoy it.

**Where do you call home? And with whom do you share it?** On Maxsted Farm between Hampstead Norreys and Compton, with my partner Elo and Lance the dog. Although I always truly feel like I’m home when I am in the very northerly part of Denmark.

**What is your favourite running event?** It will have to be the half marathon distance. It is still a long distance but you are ok without the taper or rest before or after and you can still do a good performance.

**What achievement would you most like to be remembered for?** Starting a pharmaceutical company with Elo with nothing apart from Elo’s know-how and connections and my experience in shipping and customer service.

**What do you do when not running?** Work in the company. It has been blo... hard mentally and physically and they say you should never work with your other half – and we totally agree! If we didn’t try to do different things at the weekend, opposite to any other relationships, then it would never have worked.

**What was your most embarrassing sporting moment?** Spending a penny on a Saturday morning before a training run thinking nobody was out that early, only to realise that I was sitting on a postman’s route; by this time it was too late and the only thing I could do was duck my head like an ostrich and hopefully not get eye contact with him!

**What is your most memorable sporting moment?** Shortly after I joined the club everybody was encouraging me to come and do a Sunday run, I think it was leg 9 on the Ridgeway Relay, app 9 miles. So I did, but wasn’t sure if I could do that sort of distance, and I clearly remember running alongside Sue, Mo, Martin and Dick; Tom was a bit behind because he had given blood the previous day. There was about 1 mile left, I’m not sure what it was, but I think I experienced what they called the “running high” which sounds a bit silly on a training run – but I will never forget that day.

**Who is your sporting inspiration?** It will have to be Dick and Sue from our club. Dick, because a long time before I started running, I saw this strange man running to and from Compton presumably to Newbury. He definitely had something admirable the rest of us didn’t have! Sue because she is so strong-minded in what she does. The amount of time both give back to the sport is so admirable. And what those two individuals combined do not know about our sport is not worth knowing and they are always willing to share it with you.

**Which sports people would you invite to a dinner party?** Michael Johnson because he is not afraid to give his opinion, and Paula Radcliffe just to ask how she does it.

**Who would you most like to meet and why?** Sean Connery because he is so gorgeous and masculine and Billy Connolly; he always seems to be in such a good mood and is always happy and funny.

**What is your favourite food?** Steak tartar and foie gras.

**Favourite film of all time?** Forrest Gump.

**Top 3 songs on your Ipod?** The Black Eye Peas, I Gotta a Feeling; Enrique Iglesias, I Like It and, when I am finished, then it is time to hear Nina Simone, Feeling Good.

**Three words to describe you?** Determined if I want something, positive but also very sensitive.

**What is your greatest aspiration?** Try to be happy with whatever life throws at you.

**If you could only pass on one piece of advice, what would it be?** Appreciate life.

## Handicap Race

### Sue

Conditions were perfect for our first off-road Handicap Race of 2011. The track over 'The Bumps' was nicely rolled and mown, there was no mud, and it was a warm and still evening. This made for some very good performances all round. Terry's good form was clear as he took the lead along the concrete road and held on to cross the line first, setting the third fastest time ever recorded on this course. I was very pleased to run my best time for 2 years and Dick also ran very well, pushing me all the way to the line with a strong finish. Martin was next home, matching Terry's time, and was closely followed by Colin, Lucy and Pete O. Even Mags couldn't possibly get lost on this course, and she knocked an incredible 1:27 off her predicted time, which won her the trophy. Gillian also showed a marked improvement and Mo, while not able to catch the ladies this time, was close to his predicted time. Well done Terry and Mags, and thanks to Jan for timing. There is no Handicap Race in May; the next one is scheduled for Thursday 9<sup>th</sup> June round the off-road route.

Finish Position	Position on handicap	Name	Start time	Finish time	Actual time	Handicap Beaten?
1	2	Terry	6:21	19:10	12:49	-0:50
2	3	Sue	6:18	19:23	13:05	-0:37
3	5	Dick	5:42	19:30	13:48	-0:30
4	6	Martin	6:46	19:35	12:49	-0:25
5	7	Colin	3:57	19:48	15:51	-0:12
6	8	Lucy	5:47	19:53	14:06	-0:07
7	10	Pete O	5:21	20:18	14:57	+0:18
8	1	Mags	0:34	21:33	20:59	-1:27
9	4	Gill	0:22	22:27	22:05	-0:33
10	9	Mo	1:54	22:54	21:00	-0:06

The top score this month went to Mags, ahead of Terry, Sue, Gillian and Dick. Dick retains his lead in the Handicap Championship, with me and Mags close behind.

Pos.	Name	Race points									Total
		Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	
1	Dick	8	6	10	7	-	-	-	-	-	31
2	Sue	12	1	8	9	-	-	-	-	-	30
3	Mags	4	-	12	12	-	-	-	-	-	28
4=	Colin	-	12	7	5	-	-	-	-	-	24
4=	Gillian	6	-	10	8	-	-	-	-	-	24
6	Mo	10	5	4	3	-	-	-	-	-	22
7=	Terry	-	9	-	10	-	-	-	-	-	19
7=	Lucy	7	2	6	4	-	-	-	-	-	19
9	Martin	-	8	1	6	-	-	-	-	-	15
10	Peter L	4	10	-	-	-	-	-	-	-	14
11	Pete O	9	-	2	2	-	-	-	-	-	13
12	Steve	5	7	-	-	-	-	-	-	-	12
13	Richard	-	3	4	-	-	-	-	-	-	7
14	Philomena	-	-	5	-	-	-	-	-	-	5
15	Pete H	-	4	-	-	-	-	-	-	-	4

## Stop-press!- Ridgeway Relay, Sunday 19<sup>th</sup> June

Sarah and Richard report that our 2011 team will consist of the following runners: Dick Kearns, Richard Disney, Gillian Anton, Sue Francis, Lee Jones, Peter Humphreys, Peter Oliphant, Ryan Morris, Jessica Franklin and Sarah Lambert-Gibbs. Running order to be determined.

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

### Mo

The 15<sup>th</sup> Downland Challenge once again followed the successful pattern we have been used to ... the weather being especially on the side of the checkpoint crews, marshals and course markers, but maybe not so much on the side of the runners with the extreme heat. However, we have received several emails of thanks from runners who still thoroughly enjoyed the event. Here is a selection:

"Just a quick mail to say thank you for a great day. I really enjoy this event even if I did look like death warmed up at the finish. You always seem to arrange some extreme weather to coincide with the race. A blizzard 3 years ago and a heat wave this time. It was good to see so many new younger faces flying past me." (Patrick Hobbs)

"I ran the '40' on Saturday, my biggest distance yet & thoroughly enjoyed it (well, not all of it at the time but you know what I mean!). I wanted to say thanks to you all for the excellent organisation, marshalling & checkpoint support, which made for a great memorable event!" (Steve Roberts)

"What an absolutely EXCELLENT job you did for the Compton 40 (and 20) last weekend. The organisation, marshalling, route marking, check points and facilities were fantastic and I simply had to say thank-you. I can't thank-you for the weather, but whilst I would be lying if I said I enjoyed trotting around the countryside in the mid 20's heat, I have to say it was preferable to it being wet and cold!. Thanks again - to everyone!" (Liz Wild)

"Fantastic event on Saturday, very well organised and a superb race." (Colin Lough).

"We ran the Compton 40 on Saturday, just wanted to let you know how much we enjoyed it & how well organised & value for money the race was Marshalling and support were great." (Coleen Birch)

"Thank you so much for organising the run yesterday - great route, perfectly marked and marshalled. And thanks especially for waiting around with smiles on your faces for the slow coaches like me." (John Chelsom)

"Thank you so much for sending on my prize money from last Saturday and for organising such a FABULOUS race! It was the longest I have ever run and just 7months after having a baby quite a challenge, plus stopping for half an hour to feed him at the 20miles point! I was a triathlete before baby and competed all over the world, but have never been to such a friendly and well run race- a real credit to your club. Thank you very much again for the prize I will be putting it towards my next race entry!" (Edwina Sutton)

The full race results are on the website and links to photos of the winners have now been added. I will upload photos of other competitors as soon as I receive copy from our race photographer.

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

Don't forget this link <http://www.runningcalendar.eu/races.php> if you are particularly searching for ½ marathons, marathons and any other ultra events.

### **Forthcoming Events – a selection of those listed on the Website Events Calendar:**

Sat 7 May	08:00	Ridgeway 40mile walk/run - <i>Overton-Streatley</i>
	10:00	Trailblazer 10k Series - Race 1 - <i>Clumber Park, Sherwood Forest</i>
Sun 8 May	09:30	Marlow 5 - <i>Higginson Park, Marlow, Bucks</i>
	10:30	Shiplake Scramble 10k - <i>Shiplake College, Oxfordshire , RG9 4BW</i>
Sat 14 May	09:00	Marlborough Downs Challenge - <i>Marlborough College, SN8 1PA</i>
	10:00	Trailblazer 10k Series - Race 2 - <i>Bedgebury Forest – Kent</i>
Sun 15 May	11:00	Pewsey Vale RC Bluebell 12K - <i>Collingbourne Ducis, SN8 3UH</i>
Sun 22 May	10:00	Trailblazer 10k Series - Race 3 - <i>Forest of Dean - Gloucestershire</i>
Sun 29 May	10:15	Bayer Newbury 10K 2011 - <i>Market Place in Newbury</i>
Sun 5 Jun	11:00	Wallingford 10K Thames Run - <i>Howbery Park, Crowmarsh, OX10 8BA</i>
	10:30	Kintbury 5 - <i>Kintbury recreation ground</i>
Sun 19 Jun	07:30	22 <sup>nd</sup> Ridgeway Relay - <i>Ivinghoe Beacon - Marlborough Sports Centre</i>
	09:30	Dash for Dad - 5k and 10k runs - <i>West Wycombe Park, Buckinghamshire</i>
Sun 26 Jun	10:00	North Devon Marathon - <i>Woolacombe, Devon</i>
Sat 02 Jul	12:00	Compton Canter 9.3 km – <i>Recreation Ground, Compton Berks</i>
Sun 17 Jul	09:30	Wycombe ½ Marathon & 10K - <i>High Wycombe</i>