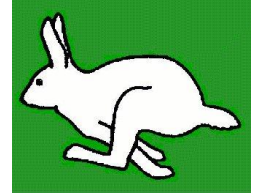


# THE HARRIERS HERALD

No. 225, November 2011

Editor: Sue Francis



## Contents, features, reports, results

- Thursday night schedules for November and December
- Correspondence received
- London Marathon Club Entry – could it be yours?
- Christmas Meal – time to reserve your place!
- Annual General Meeting – a date for your diary
- Race results: *Skagen Half* – Sus enjoys a scenic half in her home country; *Hanney 5* – Martin and Lucy represent the Club; *Cardiff Half* – a PB for Philomena; *Abingdon Marathon* – good performances from four Harriers; *Beachy Head Marathon* – Pete reports on a challenging experience
- Parkruns – have you tried one yet?
- Running Life series – discover how Sue evolved into a Compton Harrier
- Webmaster's article – Mo focussed on a forgotten risk of running, and features forthcoming races
- Thanks to Mo, Martin, Pete H and Sus for this month's contributions
- Copy date for next Harriers Herald – 30<sup>th</sup> November

### Thursday night schedule for November

Thurs 3<sup>rd</sup> Martin & Lucy to lead from Compton  
Thurs 10<sup>th</sup> Sus to lead  
Thurs 17<sup>th</sup> Handicap Race  
Thurs 24<sup>th</sup> Pete O to lead, followed by quiz night(\*)

(\*) Pete is organising a quiz in The Harrow to start 8:30pm; he will lead the run, then we'll eat at The Harrow and participate in his quiz.

### Thursday night schedule for December

Thurs 1<sup>st</sup> Lucy to lead, followed by AGM  
Thurs 8<sup>th</sup> Handicap Race  
Thurs 15<sup>th</sup> Colin to lead  
Thurs 22<sup>nd</sup> Sarah to lead  
Thurs 29<sup>th</sup> Christmas break

Correspondence received		
Sender	Subject matter	Action
Virgin London Marathon	One Club guaranteed entry to 2012 London Marathon	See below

### London Marathon club entry

I have just received our 'club entry' to the 2012 Virgin London Marathon. As in previous years, the Club will have a draw to decide who receives this guaranteed (but not free!) place in the Marathon. Those who are eligible to be in the draw are any Compton Harriers who had posted an entry for the Marathon but had that entry rejected. If this applies to you, please let Sue know. The draw will take place at our AGM.

### Compton Harriers Christmas Meal The Swan (East Ilsley) Saturday 17<sup>th</sup> December (evening)

If you would like to attend please do the following by Thursday 10<sup>th</sup> November:

- Let me know if your partner will be also be coming
- Give me £10 per person (non-refundable deposit)
- Although menu choices can be left till nearer the date of the meal, it would be easier if you could give me these at the same time as the deposit!

Sue

## Compton Harriers AGM, 1<sup>st</sup> December

**Martin**

As the end of the year approaches it is time to start thinking about the AGM. The AGM will be held in The Pickled Pig starting promptly at 8:00pm, after the run on Thursday 1<sup>st</sup> December.

Please could the committee members prepare a short summary of the previous year's activities?

If anyone has any issues they wish to be raised at the AGM, or wishes to step down from the committee, or wants to be considered for a position on the committee (chairman, club secretary, club treasurer, race account manager, membership secretary) feel free to contact me.

A copy of the agenda will be circulated in the near future.

## Race Reports & Results

### Skagen Half Marathon, 8<sup>th</sup> October

**Sus**

During a visit to my mom and dad, I stumbled over this half marathon which takes place in Skagen, at the very northern end of Denmark. Of all the tourist attractions in Denmark, Skagen is number 3 in the popularity list because of its pure nature, so definitely a race not to be missed!

The route was beyond description and unique. Among other things, it went up to the tip of where the land ends. Here two oceans meet - huge waves from Skagerak (west) and Kattegat (east) smash into each other - a very extraordinary sight. Then past a Church called the "Buried Church". Sand drifts started in the 16<sup>th</sup> century, reaching the church in the late 1700s. The congregation had to dig in when there was a service. Today only the tower remains as a visible memorial so you can be sure it is always blowing up here. The route also went through Skagen town itself recognized by its red roofs and cobble roads. I do not often see my parents, and to run here with them as spectators made this a unique experience for me. I hope I can practice this for many years to come!

1<sup>st</sup> Man, Theis Læssøe 1:17:23

1<sup>st</sup> Lady, Sus 1:29:19



### Hanney 5 miles, 9<sup>th</sup> October

Lucy and Martin took part in this local 5-mile road race organised by Oxford City A.C. Lucy finished 50<sup>th</sup> in 33:50, and Martin 30<sup>th</sup> in 30:27.

## Abingdon Marathon, 16<sup>th</sup> October

Four Harriers ran well in the Abingdon Marathon. Martin finished in 3:06:47, Lucy in 3:19:47, Colin in 4:09:31 and Gillian, running her first marathon, in 5:43:58. The race winner was Steve Male (Oxford City A.C.) in 2:31:46, while first lady was Sophie Carter (Woodstock) in 2:53:55.

## Cardiff Half Marathon, 16<sup>th</sup> October

**Sus**

I have often wanted to do this half marathon but, because it always seems to be on the same day as the Abingdon marathon, I never had the opportunity; but this year it was going to be. Knowing it was a fast and flat route, I had high expectations of doing a good time. Ryan drove Phil and me to the start where we met up with Lee and Guy. The runners' village was rather confusing, and if I say that the toilet queue was more than 100 meters long I am not joking. Phil and I tried desperately to find another solution but there seemed to be no bushes or trees in the whole Cardiff area; Ryan tied a knot in his and went to the start line. Phil and I did not make the start, but as it is chip timed it should not make a big difference. However I just did not have any spark or ignition in me and I do not know why. I had been tapering for the last few days up to the race so I should have some sort of explosion in me but it just wasn't there. I find it a bit bizarre because the previous week I had done a spontaneous half and everything just seemed to work and I was flying, but not this weekend. I presume this is one of the beauties about running, great when it goes well and frustrating when it doesn't.

The rest of the gang all seemed to be doing well, Phil even managed to bag a PB by a whole second, well I guess every second counts and in Phil's case it really did. Results are below:

Ryan	1:24:00	154 <sup>th</sup>
Lee	1:30:16	403 <sup>rd</sup>
Sus	1:31:11	532 <sup>nd</sup>
Philomena	1:38:32	1324 <sup>th</sup>

## Beachy Head Marathon, 22<sup>nd</sup> October

**Pete H**

After lots of persuasion I decided to enter this year's Beachy Head Marathon even though I planned to do little running throughout the summer as I wanted to spend more time on my bike. Thus I only managed one run over 8 miles in the six months leading up to this event and no races other than the two Harriers / IAH ones back in June. Not exactly what is prescribed in the training manuals.

I entered as a Harrier but ran in Finch Coasters' colours as I travelled down on the team minibus. We set off at 5am since the vehicle had a speed limiter fitted – I attempted an overtaking manoeuvre, foot hard down on the accelerator, but as soon as the speedometer reached 62mph it was like hitting an invisible force field. Nonetheless we reached the coast in time to see the sun rise over Eastbourne. This was to be the prelude to a beautiful day with clear blue skies throughout.

Driving along the seafront it soon became apparent that there was a strong wind that added to the list of things to overcome during the race. Next up what must be the most difficult start to any race. After 100 metres of flat tarmac the course ascends what seems to be a near vertical hill. Suffice to say most of the field walks at this point. As my race strategy was walk up, run down I went with the majority decision. By the halfway point no one was even attempting to run up the hills.

Being an off-road race I wasn't expecting many spectators but the opposite was true, particularly in the villages we passed through. Entertainment was provided by a bag piper and a two piece band en route. In addition there was a Scottish woman who passed me several times then stopped and turned around before berating her husband for not keeping up with her. As soon as he caught up she would speed off again.

The second part of my strategy was to treat the event as a social training run so, when not admiring the stunning views, I spent most of the time chatting to other runners. Not to mention a conversation with a marshal about meanders and oxbow lakes – the Cuckmere River, the valley of which we ran along, is *the* classic example.

And then there were the checkpoints – not just drink stations they had Mars bars, hot-cross buns, cakes, biscuits, bananas, jelly babies, even pork pies for the non-veggies in the field. These were places to linger at and consume a few calories.

As I didn't have a target time, the fact that there were very few mile markers was of no concern; in fact I didn't look at my watch for the entire race. At around 19 miles, at a guess, a couple of team mates caught me up where I'd been held up for a couple of minutes to allow the traffic to clear on the busy A259. We stayed together for the remainder of the race bar the final downhill where the other two took the cautious approach on the descent. Undaunted I 'went for it', fortunately a marshal warned me about some unexpected steps halfway down the hill. As we ran together for many miles I decided to await the 'other two' at the bottom of the hill to the consternation of more than one person who pointed out where the finish line was. One of the more unusual official photos shows me looking the opposite way to the other runners coming past. We crossed the line together in 4 hours 53. No goodie bags at the finish but instead the more practical treats of a shower and a cooked meal.

After the race I bumped into Martin and Lucy who both finished in a most credible 4:02. The toughness of the course is best summed up by the fact that only 114 of the 1301 finishers completed the course in less than four hours. If you like hills this is the course for you!

### *Parkruns – an endorsement from Compton Harriers*

Parkruns are held each Saturday (same place, same time). They are free and are linked to a good website that presents a bunch of interesting statistics. The only thing you have to do is register your details and print off a bar code id which needs to be scanned at the finish of each race, if you want your time recorded. Several Harriers have recently taken part in parkruns and thoroughly recommend them.

#### ***Martin says:***

Last Saturday Lucy and I popped over to Rye Meadow, Abingdon, to take part in our first parkrun. Not simply as a pleasant diversion from marathon running, but with the intention of getting some extra speed work under our belts. We were not disappointed. 72 folks turned up, including Meena, for a 5 Km dash on the banks of the Thames. The race started at 9:00am which meant we were back in Rowstock shortly after 10:00 for our morning cup of tea, marvellous.

#### ***Sus says:***

I have tried these Park runs a few times. The nearest to us is Abingdon but Oxford is just coming up as well. I can fully recommend them; you enter once (entry is free) and then you can run them every weekend. As they always take place on a Saturday they do not clash with many races. They are only 5k and I personally use the first part as a warm up and then go a bit mad on the last bit of the run. They are properly timed and there is even a man taking photos so you can see how you look, and your result is up before you reach home. If you do it regularly it will also give your average time and best time. But the best is yet to come; afterwards runners meet up for a cappuccino and cake at the nearby cafe where you get a discount if you show your entry ticket! So what are you waiting for?

#### ***Sue says:***

I also did my first Parkrun recently, at Reading. The Reading parkrun has been established for some time, and attracted 257 runners on this occasion. The whole event was 'right up my street'. This course is also by the Thames and includes a nature reserve. It's a nice flat route, though was a bit muddy in places after the rain. Everything was well-organised, and I had a good hard run and was back home by 10:30 to enjoy the rest of the day.

Have a look at the parkrun website <http://www.parkrun.org.uk> for general information about the parkruns nationwide. For specific details of the Abingdon event see: <http://www.parkrun.org.uk/abingdon/home>



## Running Life Series no. 8

### **Sue Francis: Evolution of a Compton Harrier**

Running is in my genes! My parents met at Windsor and Eton Athletic Club in the mid-1960s. My Mum did well at sprints and hurdles, while my Dad excelled at the 400m and 800m and also cross-country. Their running rather fell by the wayside when my sister and I came along but, by the time we were aged 5 and 7, they decided they wanted to get some fitness back and to introduce us to running.

Our weekly 'training session' was a pre-breakfast Sunday run along the top of Lardon Chase – a distance of about 500m, but it seemed a long way at that age! My Dad gave me and Sarah a big head start while Mum jogged along at the back with a rucksack full of marmalade sandwiches, the post-run breakfast which was eaten at the top of the hill, usually while sitting halfway up a tree. This is why Lardon Chase is still one of my favourite places to run.

The primary school sports day was held on the local rec. I was useless at the skipping race because my rope always got knotted. However, I was quite good at the 200m (once I realised I was allowed to run through the tape and didn't have to stop at it). At secondary school, I tended to win the 800m on sports day but, when selected to represent the school at this distance in the area sports, was totally outclassed. I did break the school long jump record for under-15 girls, in a sandpit where one had to dodge the dog turds. But my sister added 30cm to the distance the following year. Our school 'x-country' route was a 1-mile run on pavement!

Dad increased our training to include sprinting in the rec., and 5- 10 minute road runs. Initially, he used to give us a head start and catch us up but, as we improved, he took to following us on his bike with a stopwatch. There was a bit of inner competition between me and Sarah. I used to think that I should be better because I was older; Sarah had more natural talent and always wanted to be first. She was also like a beanpole while I had a bit more flab on me; my Dad used to jokingly call us 'fat kid' and 'skinny kid'. I sometimes like to tease Sarah that this has now been reversed! It was a good thing when I started to show more promise at middle distance races, while Sarah did well at sprinting and field events, which stopped us directly competing.



In 1986 we joined Reading Athletic Club. Sarah was immediately an asset to the team in sprints, hurdles and long jump. I used to be asked in 'fill in' any events when they were short of people. In 1987, I had to run in the 3000m – the furthest I had ever run - but this was not as scary as doing the 400m hurdles in a rather high-standard competition! Once at Henley sixth form college, I joined the Wednesday afternoon running club and was introduced to long runs led by Mr. Baldwin the maths teacher. Our small group included the memorably-named pupil Ashley Agar, and we ran some scenic and challenging routes via woods, nature reserves and the Thames Path, always finishing with the hill climb back up to the college.

I had my 'big break' in March 1988 in the English Schools x-country in Chesterfield. My abiding memory of this weekend is that I was accommodated by a very nice family, but the lady had made a beef hot-pot for tea – she kindly knocked up a jacket potato once I plucked up the courage to confess I was a vegetarian! Back to the race, having just scraped into the Oxfordshire team I surpassed everyone's expectations, including my own, by beating several of my team-mates who were usually well ahead of me. Something had just clicked, and the improvements came in leaps and bounds. That summer, I smashed my PBs for 400, 800 and 1500m and became a key part of Reading A.C.'s middle distance team.

In October 1988 I started at Bath University. This was before the days of the Bath Uni high-performance sports training facility, but there was nevertheless a thriving running club which I joined at the 'freshers' fair'. There were three organised sessions each week. The drills and hills session used the hill which is now the skeleton-bobsleigh practice run for the British team. John Dainton's circuit training session was good but tough, always finishing with an exhausting pyramid of shuttle runs up and down a huge sportshall. I remember once doing a terrible fart which engulfed my fellow circuit-trainers, who were already gasping for breath during the shuttle runs. Amidst expressions of disgust Charlie Blackham, one of the rowing team, got the blame. Howard Grubb led some enjoyable Sunday runs along the Kennet & Avon canal, usually including an interesting feature such as an aqueduct or a castle. I'm still in touch with Howard – he's a statistician and designed a race pace calculator to which Mo has a link on our website.

In between these organised sessions, I trained on my own. This was the first time I'd trained without the supervision of my Dad, but I've always been self-disciplined and focussed and I upped my training to 6 days a week. It's an innate part of my character that I always have to do my best at whatever I take on, otherwise I am

disappointed in myself. This kind of attitude can be rewarded with good results, but can also put a lot of pressure on you. I took self-discipline to the extreme, strictly following my training regime and carefully watching what I ate. I was very fit and setting good times, but ended up with a foot injury (my feet continue to be my weak spots). I also lost quite a lot of weight, but didn't really think much about it until I went home for the summer holidays and people started asking what was wrong with me! I had to be a bit more careful after that.

In the winter we competed in the Reebok cross-country league against Bristol, Reading, Oxford and Exeter Universities. The host university always provided a meal of sausage, chips and beans after the race. I generally finished in the top ten; three of my team-mates, Claire, Gill and Sophie were better than me when they were fit, but they often seemed to be injured or ill so I was frequently top-scorer. The Bathwick Hill race was an annual 3-mile charity event which started at the University (on top of a big hill) went helter-skelter down Widcombe Hill into Bath, then came back up Bathwick Hill. In the summer we competed in track events including the British Universities Champs; my claim to fame here is that I led the first lap of the 1989 800m final (yellow & black vest in the photo), although I eventually finished 6<sup>th</sup>.



On my first day of work at IAH-Compton in 1991, I set out on an exploratory evening run and bumped into Dick and Fiona who took me up to Lowbury Hill. Upon joining Compton Harriers later that week, I experienced a different side of running – long sociable clubnight runs, where you didn't have to run flat-out to get a good workout. I'd soon entered my first ever 'long' race, the Eynsham 10K. My evolution into a Compton Harrier had begun! Compton Harriers also introduced me to running in the dark; I find running on a cool tranquil evening under the stars can be very therapeutic. One November evening in 1992, a new bloke turned up to run with the Harriers, and Dick introduced him as 'Mo'. Little did I know that 11 years later Mo would be my husband!

Many of the Harriers were doing well at marathons and long-distance trail races, but I always managed to avoid entering these by volunteering to be a spectator, bagger or driver! However, in 1995 the Club decided to organise the first Compton Downland Challenge, and many of the Harriers were taking part as well as organising. I decided to enter the 20-miler, with no real goal other than to finish, and found myself first lady home. And so began a period of 10 years when the Compton 20, The Grizzly and other 15-20 mile multi-terrain challenges regularly featured in my winter race list. For me, these races were totally different to what I had previously been used to. The clock didn't really matter and it felt a real achievement just to finish. And having the time to appreciate the scenery, and the breath chat to other runners en route, made for a totally different experience. I only really stopped doing these events in 2004, when Mo and I took on the Compton Challenge time-keeping job and that became an excuse not to run the CDC! I really should have a go again.

In July 1999, I wasn't very well. But this was no ordinary illness, it was the beginning of the worst 18 months of my life. I felt almost permanently achy and nauseous, I had horrible headaches, pains in my chest and the feeling that I couldn't breathe. I lost my appetite, my confidence and my zest for life, and I hated being so pathetic. I tried to run a couple of times a week, as the fresh air and friendship and support of the Harriers did help, but everything was such an effort mentally as well as physically. I saw several different specialists, but only when I was prescribed anti-depressants did I start on the upward spiral again. Looking back, the onset of the illness had followed a stressful period of my life, but I'd had no idea that stress could cause such physical symptoms. Recovery was a gradual and sometimes frustrating process, with occasional set-backs over the next couple of years, and I still have to be careful not to over-stress myself.

At the start of 2001, when I was able to start building up my running again, it was great just to be able to enjoy it without feeling ill, and I didn't know or care if I'd ever get back to my former level of fitness. It took another 2 years before I had the confidence to really push myself again, and the competitive spirit and decent performances came back. I've always felt some kind of inner satisfaction, sense of purpose and post-run euphoria from pushing myself to the limit. I like the fact that running is an individual sport and performance doesn't rely on team-mates or equipment. At the end of a good run, I can think 'I did that by myself' and feel proud (though there's always the downside of not having anyone else to blame for a bad run!). Prizes and recognition, while always appreciated, don't really matter. The vast majority of my runs are 'against the clock' – I need to have a meaningful distance and time to write in my running log and compare with previous performances. But long exploratory runs and cycle rides provide a nice change. I also enjoy cycling hard as a form of cross-training and, if I ever had to give up running, I would find cycling an acceptable alternative because it is an individual sport and can be against the clock. I do enjoy the short sharp distances, and will always have a preference for these while I

can still manage to maintain a reasonable level of track speed. However, my best and most enjoyable performances this year have covered a range of events: a 1500m track race at Tilsley Park, the Boundary Run, and the Back-in-a-flash multi-terrain 5K.

When I first joined Reading AC at the age of 16, I thought it was amazing that one lady was still running very well at the grand age of 26; I couldn't imagine being 26, let alone still running at that age. But now running's been such a bit part of my life for so long that it sort of defines me – if I cannot run, then I'm not me! I can't imagine a time when I will ever stop running and you, my fellow Harriers, provide so much inspiration. Those who have just taken up running in their 40's, those setting PBs in their 50's, and those still running in their 60's are all the proof I need that running can be a sport for enjoyment and success into middle-age and beyond.

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

**Mo**

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

Slightly different this month ... I have included various links within my article below. Some of the points may be a little thought-provoking ... but hopefully you will find it interesting as well.

My article this month:

***Running can be a very risky business***

Before you go out for a healthy, body-revitalising run, have you considered *all* the risks to which you are exposing yourself? Quite apart from the obvious hazards of tripping over roots, twisting your ankle in a pothole or running into a lamp post, not to mention leaping from the path of a speeding vehicle whose driver either hasn't seen you or likes to keep runners on their toes!

Well, there is a less obvious hazard that can present you with risks you may not have even considered ...

***Air Pollution:*** Anyone is at risk of being affected by air pollution, especially in urban areas, but runners are even more vulnerable. Your lungs pump 8 to 12 litres of air per minute during routine every-day living but, as soon as you start your training run, this can very quickly increase to as much as 150 litres per minute, so exposing yourself to larger doses of air pollutants (the main culprits being vehicle exhaust emissions and products of combustion from central heating systems and industrial plant). ***Toxic gases*** add to the risks, particularly nitrogen dioxide and ozone which is formed as a result of UV light reacting with vehicle emissions, and this tends to be at its highest levels mid-afternoon. The toxic mix irritates the airways, worsening chest problems especially for asthma sufferers. High levels of air pollution combined with vigorous exercise can also increase the symptoms of hay fever (Pete H take note!), which is believed to affect a quarter of the UK population. So, what's the answer? Stick to the wide open rural spaces of course, but there are other precautions you can take if you unable to do this.

Firstly, runners tend to be much fitter than the average person and with their healthier lifestyles they are less likely to suffer cardiovascular or respiratory problems that could be made worse by air pollution.

Secondly, there is a simple action plan that can drastically reduce your exposure to air pollution.

- ❖ ***Avoid danger days:*** Very hot, sunny days with no breeze can lead to the formation of a toxic cocktail of pollutants that linger in the air, so if you don't need to use your lungs to sample these pollutants, make it a rest day and, if you are in town, why not seek a less polluted route by visiting <http://walkit.com>.
- ❖ ***Chose the right time of day:*** If you can, get out for a lunch-hour run instead ... this is also better for hay fever sufferers, as plants tend to release most pollen in the early morning and late afternoon. Save more intense workouts for less polluted areas and times of day. Avoid running at peak pollution times. You can check air quality in all areas of the UK by visiting the DEFRA website at <http://uk-air.defra.gov.uk>,
- ❖ ***Increase your intake of antioxidants:*** Air pollution increases levels of oxidation in the body so by increasing your diet of antioxidants you can reduce the effect and protect your body cells. The simple way to do this is to eat loads of green vegetables such broccoli, cauliflower, kale, turnips, Brussels sprouts, cabbage, radish, turnip and watercress. If you don't feel able to increase your intake of all those vegetables, you can check out the food-based green supplements available on the <http://www.revital.co.uk> website or for more information visit the 'Food Doctor' website at <http://www.thefooddoctor.com>.

- ❖ *Helping to reduce pollution* is another option of course...or maybe not! According to Government statistics, the average person in the UK makes 44 car journeys every year that are under a mile long - so you could swap your car keys for your running shoes or your bicycle whenever you can. (Well done Dick!).

*Listing of forthcoming Events – see Website Events Calendar for more detail:*

Thu Nov 3, 2011	Club Night – Run from Compton
Sat Nov 5, 2011	jAR! 10km cross country - Mytchett
Sun Nov 6, 2011	Marlow Half Marathon - Sir William Borlase's Grammar School, Marlow
	Oxford Mail X-C - Ascott-under-Wychwood
Thu Nov 10, 2011	Club Night - Sus to lead
Sat Nov 12, 2011	The 10k Mo Run Greenwich Park London - Greenwich, London SE10 8QY
Sun Nov 13, 2011	The 10k Mo Run Milton Keynes 2011 - Eco Park, Milton Keynes, MK15 0DT
Thu Nov 17, 2011	Handicap Race - Village Lap
Sun Nov 20, 2011	Rugged Radnage 10k - HP14 4DF
	Gosport Half Marathon - Bay House School, 18 Gomer Lane, Alverstoke, Gosport, Hampshire PO12 2QP.
	BBO Annual X-C Championships - Swinley Forest, Bracknell. SL5 8AX
	Swindon 10K - 51.504362,-1.791801
	The Avebury8 - Avebury, Wiltshire
Mon Nov 21, 2011	Berkshire Athletics AGM - 51.401026,-0.748208
Thu Nov 24, 2011	Club Night - Pete O to lead
Sat Nov 26, 2011	The 10k Muddy MoRun - The Lookout, Swinley Forest, RG12 7QW
Sun Nov 27, 2011	Bath Hilly Half - HQ/race start/finish at Bath Race course Lansdown, Bath, BA1 9BU
	Maylarch Eynsham 10K - Bartholomew School , Eynsham, Oxford, OX29 4AP
Thu Dec 1, 2011	Club Night - Lucy to lead
Sat Dec 3, 2011	GRIM Challenge - Aldershot, Hampshire GU11 2HL
Sun Dec 4, 2011	Oxford Mail X-C - Culham
	Tadley Runners Xmas 5.3 mile XC - Tadley, Hants, RG26 5NL
Sun Dec 11, 2011	Andy Reading 10K - OX26 1TE
Sat Jan 7, 2012	Berkshire County Cross Country Championships - Newbury Showground, Priors Court Road, RG18 9QZ
Sun Jan 8, 2012	Goring,Woodcote & District Lions Club 10k - RG8 7PU
	Oxford Mail X-C - Middleton Cheney
Sun Jan 15, 2012	Rough n Tumble - 10 mile MT - Milton Lilbourne, Pewsey
Sun Feb 5, 2012	Oxford Mail X-C, Cirencester - 51.715011,-2.018647
Sun Feb 12, 2012	Meon Valley Plod - 21 mile XC - Clanfield Scout Hall, PO8 0RE
	Dursley Dozen - 12 mile fell - Dursley sports centre, GL11 4BX
Sun Mar 4, 2012	Oxford Mail X-C - Location TBC