

SUTTON RUNNERS

Yellow Pages



August 2009

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*Sutton Runners meet at 7pm on Tuesdays and Thursdays at Sutton
Arena and at 8am 1st Sunday of the month at Carshalton Ponds car park*

Pauline's Patter

Hello Sutton Runners,

We have had a busy few months since the last newsletter competing in the Surrey Road League, the Nonsuch Relays and the Horton Park Relays and The Tour of Epsom. Also we have been holding the Club Handicaps on Wednesday evenings once a month. These have proved to not be very popular so we will have to think again and possibly go back to the old formula which worked fairly well. We have one more Handicap race so please come and give it a go so when we discuss it you know what we are talking about! It is on September 2nd at Nonsuch Park, Cheam Gate at 7pm.

Some of the races in the Surrey Road League were very well attended, others less so. Thank you to all who did race in the league. We don't have the final results yet but will keep you informed of how our men and ladies did. It was wonderful to see that Vicky Foad, our leading lady, broke the 40 minutes for 10k at Elmbridge for the first time running 39.22, well done Vicky.

Lots of us have been running in the local time trial races on a Saturday morning, good for speed work, and it would be interesting to hear what you think of the individual races, atmosphere, PB potential, hilly etc.

On September 27th Jim Mundy will be running his 200th marathon! He will be doing this at the New Forest Marathon and it would be lovely if as many of us as possible went along to support him on his day. It was 2 years ago at the same race that he ran his 100th marathon so what a fantastic achievement!

Coming up we have our Club Championship race. This will take place at the Cabbage Patch 10 on October 18th. Afterwards we will meet in The Robin Hood Pub at 7.30pm for 8pm where we have hired the Function Rom for the presentations of the trophies. On checking today we have 48 club members taking part and I know some of you haven't entered yet, it should be a great day and evening.

We have had a few recent changes to some of the Club roles. Andrea will be stepping down as Editor of Yellow Pages after this edition and has stepped down as Ladies Captain. Vicky has stepped down as Ladies Vice Captain. I would like to take this opportunity to thank them both for the wonderful jobs that they have been doing. Anita and Therese have kindly stepped in to the roles of Captain and Vice Captain and Barbara has taken over as Yellow Pages Editor. Tony Gallagher has taken over her role as Press Secretary. Elinor has stepped down

from her role of looking after our club kit. She has done a fantastic job in helping us look the part, thank you Elinor and now Claire has taken over this role. Phew, I hope I got that all OK. Anyway, thank you to all the committee for their hard work.

It won't be long before it will be too dark to do our park runs anymore, please remember to wear light colours (preferably club kit) on dark evenings so that you can be seen. It is also important to wear club kit when you race.

Finally, welcome to all our new members. I hope you enjoy your time with Sutton Runners and achieve many goals.

With best wishes

Pauline Woodman
President

Grand Prix Series

5 races to score – if you've taken part in previous races but not yet made the full 5, the last 2 events are:

Cabbage Patch 10 – 18th October – 10am – **Club Championships**

Oxshott 10k – 25th October – 9am

+ any marathon before 1st November can also be included.

(Other Grand Prix events were: Towpath 10, Ranelagh ½ Marathon, Dorking 10, Dysart Dash, Elmbridge 10k, Wimbledon 5k)

STANDARD AWARDS PRESENTED

Cross Country

As we all know summer is now starting to fade, the nights are drawing in, and some supermarkets are already stocking Xmas Pud! This means that mud time is almost upon us! The Cross Country season starts on the 10th October and has two further fixtures before the New Year - on 14th November and 12th December. Please can you all put these dates in your diary and make yourselves available to run. These matches are a great team event! This year we have got a realistic chance of challenging for promotion back into Division 3 – we did well on numbers last year with a season high of 21 runners competing in race 2 at Lightwater, and there is no reason why we can't get numbers like this out for every race this time round. We will be stronger too with members such as Graham, Earl and Steven Barber amongst others getting continually faster throughout 2009 and with the return of Martin Giles and myself who missed last season. Let's go for it!

Andrew Nippard, Men's Captain

Cross Country dates 2009/10

10th October 2009

Ladies Division 2 12noon Reigate Priory

Mens Division 4 3pm venue TBC (hosted by British Airways)

14th November 2009

Ladies Division 2 12noon venue TBC (hosted by Dorking & Mole Valley)

Mens Division 4 3pm Lloyd Park

12th December 2009

Ladies Division 2 12 noon Richmond Park

Mens Division 4 2.30pm venue TBC (hosted by Epsom Oddballs/Sutton Runners)

6th February 2010

Ladies Division 2 12noon Wimbledon Common

Mens Division 4 3pm venue TBC (hosted by Waverley and Haslemere Border)

Manic Ultra Memoirs

Flaming June!

I started the month by returning to the Dartmoor Discovery 32 mile Ultramarathon with Yin-Hai who had entered on my promise of Britain's finest road Ultra offering great scenery and tough hills. It remains my favourite road race despite being my only DNF in 2006 when I returned there to find hot sunshine all the way to the 27 mile drink station, where I was forced to quit after five and a quarter hours of baking had left me sick and dizzy. Despite always being held on the first Saturday in June, the weather is notoriously unpredictable on the Moor! When I decided to try again last year, the cooler conditions were ideal and I finished in 5:03, glad to be back.

This year I was aiming to run under five hours and the forecast for cool and wet weather seemed favourable. I started well and had enjoyed the first fourteen miles through Ashburton as I started up the second major hill towards Widdecombe. But then the heavens opened and the soaking began! I continued running [and walking] up the mile hill with my first bottle of isotonic drink for sustenance, remembering how wet the second Discovery had been in 1999 and what fun I'd had (selective memory is an essential aid in ultra-running). Having climbed up to Widdecombe and passed the twenty-mile mark, it was now open moorland and bitterly cold, leaving first my gloved hands and then my feet numb. What kept me on that road was the knowledge that the marathon mark was near, and soon after the road back to Princeton and the finish! I reached these important ultra-road-marks as the rest of my legs went numb, but somehow pushed them all the way to the finish in five and a quarter hours. I have never before seen such a scene of runners covered by blankets in the reception tent, their shaking hands trying to steady their hot drinks to their mouths! There were a record number of DNFs that day, but the two Sutton Runners were NOT among their number.

My next Ultra target was a better attempt at the 100kilometres in Belgium's Night of Flanders in Torhout. Last year I had managed to complete the distance in eleven and three-quarter hours, but was sure I could knock an hour off. All I had to do was start steadily at ten-minute miling and carry on through the night.

At 20.00 the races all start together (100km/marathon/10km) and I set off at nine minute miling, thinking this is so comfortable I can sustain it for hours... sub-ten here comes Manic! The marathon mark came up when we returned to the town square, where all the crowds are sat outside the bars, watching bands on the stage or thronging the barriers to get a view of the World's finest Ultra-runners. It was

the World and European 100km Championships this year and so I had made an effort and worn my Union Jack shorts. With perfect timing the police motorbikes and lead car with the Big Digital Clock came past me just as I ran up the slope to the Square. I upped my pace and waved to the adoring crowds as the clock displayed my 3:58 marathon split for all to see... and then the leading Brazilian came past to steal my glory - he was lapping me after completing about 38 miles! It was downhill all the way after that... my pace I mean, the course is flat... as I walked most of the third lap with a sore foot, but managed to get jogging again to finish in just under twelve hours. Japanese were first and second... and that Brazilian... one of the many DNFs - which only proves: when the going gets tough, Sutton still finish!!

Wet July

To recover from all this effort I finally accepted Plumstead's invitation to their Beer Run. We started from a pub outside Hever Castle in Kent, where I noticed the Met Super and another man were now half-naked indians in war-paint. We followed a mainly off-road course through lovely countryside, only stopping for river crossings which were noisy and featured mud throwing and much splashing over those who chose the easy bridge option... and more pubs. Seven and a half hours of fun with a pub lunch halfway is what I call recovery!

May I suggest the Inaugral Sutton Beer Run to be staged in Surrey soon..... reaches parts other runs avoid!!

Manic

The Mickey of the Marathon

One day the wind summoned my heart
To the sound of distant bagpipes
The day clouds took a holiday
While the sun had a thirst quenching laugh
Few days before the Edinburgh marathon

The day the room summoned my eyes
To a view of the majestic castle
The day people took a bathe by Prince's Street
While the sun scanned the scattered bodies
A day before the Edinburgh marathon

The day the city summoned my legs
To the gaggle of runners gathering
The day the dam of runners took to the road
While the sun evaporate the waterless some
The day of the Edinburgh marathon

The day the 'Running Boys' summoned my mind
To the thought of another 42k
The day of verbal Mickey G, Sparky M and Turbo T
While the sun recalls the moaning and groaning
The end of the Edinburgh marathon.

The day my mind summoned my mouth
To say fous le camp! and oh nay!
The days of marathon surely ebb away
While the sun takes its holiday and it rains petals
I am soaked with the bitter sweet scent, that was The Edinburgh Marathon.

Too many to mention... so a BIG
Thanks to everyone who helped me
get to the Edinburgh marathon,
through the Edinburgh marathon, and
support after the Edinburgh marathon.
The Edinburgh experience before,
during and after will be treasured.

Avi



My Tour Of Epsom

I had been press-ganged by Kaye and Gill into taking part in the Tour of Epsom in 2008 and had really enjoyed the week, finishing in second place LV50. This year I was looking forward to trying to thrash the pants off of the lady (Jane) from Epsom Allsorts/Oddballs that came first in 2008.

I arrived on Monday night, looking forward to the challenge, but couldn't quite remember what Jane looked like. I ran like a bat out of hell, hoping that I had done enough to beat her.

When I arrived on Tuesday, I was greeted by Kaye telling me that Jane was not taking part and had not run the previous night. I felt a bit disappointed and I don't think I ran as hard as I could have.

Wednesday night arrived and a blonde lady with glasses from SLH approached me and informed me that we were going to have 'a bit of a competition', as I had beaten her by about 10 seconds on Monday night and she had beaten me by about 10 seconds on Tuesday night. Her name was also Jane. Not the Jane from Allsorts/Oddballs, but never the less a Jane!!!

Game on! She was just what I needed to get me back into gear.

When I went home that night, I told my husband and daughter all about the evening and the encounter with my new rival. The response from my daughter was 'right little mummy, you get out there and kick ass, there are no losers in this house'!! Great, if I didn't win I now couldn't go home with my head held high.

I can tell you, on Wednesday night I ran like the hounds were after me. SHE had beaten me the night before and I could not let it happen again. I finished the night about 2 seconds ahead of her.

Thursday night was a better night and I came in about 20 seconds ahead of her. I was getting more competitive as the week went on and loving every minute of it, even if Barry, Gill and Kaye were ripping the mickey out of me on a nightly basis.

On Friday night Jane, another man and I were all started off together and by the time I got to the place in Nonsuch Park where Sutton Runners start their Handicap, I had managed to get ahead of her. I couldn't tell how far she was behind me, so I ran flat out and as I turned the corner, just as the finish was in sight, I thought I was going to be sick. Luckily I wasn't and I crossed the finish line over half a minute ahead of her.

I had a fantastic week and I came first in the LV50. Sutton Runners had a great turnout this year. I am not sure if we had the largest team, but it certainly looked like it. Sutton Runners are the best!!

Lynn Hickey

Park Runs



So far I have done 3 of the various Park Runs. I have done 21 at Bushy Park, 60 at Banstead Woods and 1 at Roundshaw Park making a total of 82.

Bushy Park is a lovely open flat course nearly all on paths. I used to really enjoy running there but then it got very busy, over 500 runners, and difficult even at my level to move through the field. It was a nightmare getting out of the car park after the event so I started to look elsewhere. By then Banstead Woods had been set up so I tried that one. The course is hilly, can be very muddy and oppressive in the woods at times. The atmosphere is very good, very friendly and encouraging. I have gone from 37.38 to 29.30 on the course. The coffee is served afterwards at The Mint PH and you get free refills!

Roundshaw Park is the latest to be set up in the area. I tried this for the first time today and found it friendly and encouraging. I thought it was going to be flat so was a little disappointed to find it slowly climbed for the first two thirds of each lap but then had a lovely downhill finish. You could see other runners across the park which I found daunting but others found helpful. I will try and do this race now and then. We had a nice coffee afterwards in Greens gym. (No free refills!)

I have yet to try Richmond Park or Wimbledon, but I will try Wimbledon next.

If you haven't done any of the Park Runs then you have missed out. They really are worth getting up for on a Saturday morning! And if you are not running why not volunteer! Below is a picture of Sue Mac and I taking volunteering very seriously!

Pauline



A Tale of Two Relays

It had been a number of years since I took part in any relay for the club. Then a moment of madness saw me sign up for two; the Horton Park on 23 June and then Nonsuch Park on 2 July. I thought as they were both under 2 miles it'd be easy, but of course hadn't realised we'd have a heat wave!

Both races had a pretty good turnout for the club which made both very enjoyable ways to spend both evenings. We really do have a lovely bunch of people who all support each other no matter what level and there never seems any pressure on any of us to perform brilliantly, just to take part, although we do put that pressure on ourselves!

At the Horton Park race I was given the first leg to run and of course it seems all the other first leg runners were elite as when the start went I was left in a dust cloud and ran the race choking most of the way. I can't honestly say I enjoyed it, but I was pretty glad that it was short and the best bit was tagging Claire, the next runner at the end.

Then for me the fun starts and the club cheer on each member as they climb the hill to the end. Unfortunately we didn't win any prizes but we all enjoyed it.

Then the Nonsuch Race. This again was under 2 miles and again I was the first leg. It follows exactly the same route that the club hold for their handicap races. In the past this race started on the road from the Mansion House which always seemed a bit strange as the toilets were at the House. This year it started and finished on the lawn behind the House, near to the toilets, yahoo. Claire and Lynn were both running the first leg as well and so when they sped off I tried my best to keep them within my sight. I found it a really hard race and just didn't seem to have any energy in my legs, but as long as I didn't fall too far behind Claire and Lynn I'd be ok. I was so glad to see the finish but also decided I really need to start running regularly as since the Marathon my training has been rubbish. Famous last words!!!!

At events like these the club has a great turnout and for me catching up with old club members as well as the newer ones makes being a member worthwhile. Having a picnic after or going down the pub for a celebratory drink also makes the pain of running bearable.

Barbara Burnett

My Return to the Yellow Racing Tribe

Well it has been a long time since I have had the opportunity to write a race report! So here are several all in one go from the past three months. Getting back into racing again and doing events that I had originally planned to do in the summer of 2008 has been great - at one or two points I did not think it would happen!

WCTT

After a couple of months' building up, starting with doing just 5 minutes steady day on day off and building gradually up to 30 minutes, it was time to get back down to business, just to give myself a baseline of where I was. Was it a good idea to start back so early with no speed work – err no! I felt like I was running through scotch broth in super slow motion, with most of the other runners flying off with jet packs on into the distance! Nevertheless it was great to be back, even if my body did not like it much at the time!

Tour of Epsom (first two days)

This was the first time I had a number on my vest for 15 months – and it felt good! I had managed to do my first series of speed sessions and also run steadily for up to 40 minutes by June, so I felt slightly more conditioned to race than at WCTT a month previous. The first race at Horton Park was enjoyable and the course was ideal (although with a few too many twists and possible choices of which turning to take for some – mentioning no names!) I was pleased with the result and the following day at Nonsuch Park I felt stronger and more competitive, managing to finish in third place. Well done to Steve Barber, who managed to achieve third place overall for the whole series across the 5 days, and everyone else who completed the full set.

Herne Hill Harriers Open 5K (Track)

For someone who enjoys twisty routes out in the country I did not expect to be drawn to track running - but I had wanted to try running a race on the track for sometime. Some people find it too disciplined and boring, and quite often find that they don't end up running as fast as they do on road courses as a result - but it turned out that I really enjoyed it! I had a target time in mind and had done my splits for each lap and off I went – I ran at an even pace, managing to pick off those that had done the classic rocket start and blow up trick, and although I was seven seconds off my 17:30 goal I had set, it was a pleasing day's work and progress was being made.

Dulwich Runners 5K

On the same week as the track race at Herne Hill I accompanied Graham to participate in this Midsummer evening 5K, located at Dulwich Park. Being towed along by a good quality field, I managed to clock in at 17.41 for 19th place - again an indication that I was moving in the right direction, and to be honest I did not expect to be running that kind of time so soon after starting back. Overall the course was very fast, and well organised, and one which is definitely worth a team trip up to next year – so look out for it next June!

Herne Hill Harriers 3K (Track)

Track race number two – and over a distance that I had never raced before (expect for the club handicap, which is roughly around this distance). Like the previous open meeting at Herne Hill I had set myself a target of 10.00 minutes (or preferably 9.59), which equated to holding 80 second laps for 7.5 circuits. I settled into a rhythm quickly and was not distracted by the other runners – just concentrating on the split times and trying to hold it together. The race was fairly spread out, with the leader well out in front and then me towing a string of runners behind – in fact the leader was so far in front by half way, it felt like I was leading as he was already round the bend in front and out of sight. Ultimately I finished 3rd in 10.01- missing out on my target by the narrowest of margins! Did not have the gas on this occasion but will break 10.00 next time!

Elmbridge 10K

My first 10K since October 2007, when I ran my PB at Wimbledon. Felt pretty nervous about this one, as I knew I would be fine until around 7K and then my lack of speed endurance would kick in and I would have to hold on! Going through 5K in the same time that I did on the track at Herne Hill the month before I felt relaxed, and then as predicted I suffered in the last three kilometres. Pleased with the time of 36.21 and feeling positive about moving forwards now with plenty of track and hill work. Good to see such a strong Sutton team out, which bodes well for Cross Country. Special mention to Vicky - ever since I joined the club in 2006 Vicky has been trying to break 40 minutes for 10K, and despite coming very close on numerous occasions, and being robbed through injury whilst in good form, it never quite happened. To break it by 38 seconds by running 39.22 was the result of the day!

Andrew Nippard

Runner Profile: Andrea Francis

Age: 36

Joined Sutton Runners:

June 2004 - Emilia Freegard went to the same gym as me, after seeing me running on the treadmill she encouraged me to try road running, and also introduced me to the club after suggesting I enter the Dave Clark 5 in May 2004.

Do you do any other sports?

Just the gym and pilates. I used to play hockey and squash at school and university – what I lacked in skill I made up for with effort! I stopped playing squash when I started running as I had a habit of spraining my ankles...

When did you start running?

After years of being very unfit I joined a gym in 2001, progressed from treadmill to pavement the following year, just on my own once a week.

Why do you run?

I like my food too much! So it allows me to indulge my love of cake! After being unfit for many years I love feeling fit now, and I find running is a great stress relief and a chance to clear my mind & think things through. Running's also given me confidence and sense of achievement.

Favourite race distance:

10miles and up – I just haven't got any speed, it takes me 10minutes to get going! But I then just seem to be able to keep going...

Favourite Event:

I don't really have favourites – I tend to target particular events either for a PB or for the route, but if I do the same event too many times I get bored! But maybe Cranleigh 21 – it's as much about the challenge of the run as the finish time.

What motivates you?

To see what I can do and how good I can be. There's always a goal – sometimes it's a PB or to better a previous run time, but sometimes it's just to get over an injury, to feel strong, or to have a good run.

Favourite training session or route?

There are a couple of routes I like to do on my own where I can tell how my training's going. I love running round Richmond Park on a weekend morning, and seeing it change through the seasons. In terms of club routes, any of the

winter routes except The George route. I'd enjoy the summer park runs more if I didn't get bitten by midges, and if I could remember the routes properly!

Favourite Food?

I do like cake. But I also love salmon, warm crusty bread, home made ice-cream - this is where I go wrong! But in terms of running, the night before a race or long run I almost always have vegetable pasta bake, followed by banana with natural yoghurt and honey. After a run a good bit of protein for recovery – salmon or if it's a late evening after a training run, scrambled eggs on toast is a favourite!

Who / what inspires you?

Other runners at the club, the effort everyone puts into their runs, and the great support and encouragement for anyone striving for their particular target. I'm always in awe of the "speedies" and anyone who runs smoothly and with finesse.

Do you have any race rituals/superstitions?

Far too many, but they work for me. Most have some practical basis, eg I always wear the most comfortable shorts I own, and eat the same pre-race breakfast. I also never wear my race vest until I get to the race venue. Not sure how that one started but it has stuck.

Any race tips:

Don't look behind you. Pay attention to nutrition/hydration as getting it wrong can undo good training. Always have a Plan A & a Plan B so that if the race doesn't go quite the way you want it to it doesn't throw you completely.

Best race / Proudest achievement?

1. London Marathon 2008 – sub 3:30, something I'd worked hard for but wasn't sure I could do. A hard race but it all came together, and I don't think I could have run any better.
2. Being Ladies Captain.

Worst race?

Sutton 10k 2005, 2 weeks after my first marathon on a hot day. I was so proud to be asked to run, but I felt awful, ran badly, was ill on route and just wanted it to be over. Made worse as it was in front of so many people I knew!

Hopes for the future?

A few more PBs, if its not too much to ask! To stay fit and injury-free.

PBs

10K:	44:35 Oxshott 2006	½M:	1:34:39 Gosport 2008
10M	72:03 Cabbage Patch 2008	Marathon:	3:27:30 London 2008

Forthcoming Events

September		
Wed 2	Handicap	
Sun 6	Dry Hill 10	Lingfield
Sun 6	Surry Badger Half Marathon	
Sun 6	Kent Coastal Half Marathon/Marathon	
Sun 20	Wimbledon 10k	Provisional date
Sun 20	Tunbridge Wells 10k	
Sun 20	Brooks Hove Prom 10k	
Sun 27	Switchback 5	
Sun 27	NCBS Epsom 10k	
Sun 27	New Forst Half Marathon/Marathon	
Sun 27	Windsor Half Marathon	
Sun 27	Bexhill Seafront 10k	
October		
Sat 10	Cross Country	Mens TBC, Ladies Reigate Priory
Sun 11	Ashford 10k	
Sun 11	Dulwich Runners Charity 10k	
Sun 11	Royal Parks Foundation Half Marathon	
Sun 18	Wimbledon Audi 10k	
Sun 18	Lexus Croydon 10k	
Sun 18	Cabbage Patch 10	Club Championship, Grand Prix event

Sun 18	Maidstone Half Marathon	
Sun 25	Oxshott 10k	Grand Prix event
Sun 25	BUPA Great South Run	Portsmouth
November		
Sun 1	Nonsuch 10k	
Sun 1	Barns Green Half Marathon	Horsham
Sat 7	Autumn Ballbuster Duathlon	8mile run/24mile bike/8mile run up & down Box Hill
Sat 14	Cross Country	Mens Lloyd Park, Ladies TBC
Sun 15	Gosport Half Marathon	10am start
December		
Sun 6	Luton Marathon	
Sun 6	Thanet Coastal 10	
Sat 12	Cross Country	Mens TBC, Ladies Richmond Park
Sun 13	The Golden Hog (50th Hogs Back 8)	
Sun 20	Horton Park 10k	

WANTED!

Articles!

Please email any of running articles for the next edition of the Yellow Pages to editor@suttonrunners.org by mid-November.



The next edition will be Barbara's first as editor so please help her out!

Forthcoming Events

January		
Thurs 1	New Year Box Hill Knacker Cracker 10k	
Sat 3	Surrey County Cross Country Championship	
Sun 4	Tadworth 10	
Sat 10	Cross Country	3 rd race Surrey Cross Country League Lightwater Country Park (M & L)
Sun 25	Epsom Oddballs Perch IX	
February		
	Watford Half Marathon	
Sat 7	Cross Country	4 th race Surrey Cross Country League Wimbledon Common(M)/Lloyd Pk (L)
Sun 15	26.2 RRC Valentines 10k	
Sun 15	Tunbridge Wells Half Marathon	
Sun 22	Sussex Beacon 1/2M	
March		
Sun 1	Steyning Stinger Marathon	
Sun 8	Milton Keynes Half Marathon	
Sun 8	Leith Hill Half Marathon	Hilly trail run. Includes cooked breakfast after race.
Sun 15	Fleet Half Marathon	
Sun 15	Hastings Half Marathon	
Sat 21	Spring Ballbuster Duathlon	8mile run/24mile bike/8mile run up & down Box Hill
Sun 29	Cranleigh 15/21	

Sun 22	Wimbledon 10k	
Sun 29	Reading Half Marathon	
April		
Sun 5	Kingston Breakfast Run	8.2 or 16mile races
Sun 5	Paddock Wood Half Marathon	
Wed 8	Handicap	
Sun 19	Thames Towpath 10	
Sun 26	Flora London Marathon	
May		
Sun 3	Sutton Runners 10k	
Thurs 7	Dave Clark 5	Note new venue – 7.30pm Nonsuch Park
Sun 10	Hogsmill Ladies 5	
Sun 10	Ranelagh Half Marathon	Grand Prix event
Wed 13	Handicap	
Sun 31	Dorking 10	Grand Prix event
Sun 31	Edinburgh Marathon	
June		
Wed 3	Handicap	
Sun 7	Windsor Half Marathon	
Sun 7	Coombe Hill 5	
Mon 8 – Fri 12	Tour of Epsom	
Sat 13	Saab Salomon South Downs Marathon	
Sat 20	Midsummer Munro Half	Salomon south downs marathon

	Marathon	
Sun 21	Leatherhead 10k	
Sun 28	Dysart Dash	
July		
Thurs 2	Nonsuch Park relay	7pm start
Sun 5	Wimbledon Jim Braben Memorial 10k	
Sun 5	Cranleigh 10k	
Wed 8	Reigate Priory Summer 10k	
Wed 8	Handicap	
Sat 18	Elmore 7	
Sun 19	Surrey Slog Half marathon	
Sun 19	Dartford Half marathon	
Sun 26	Elmbridge 10k	Grand Prix Event
Sun 26	Milton Keynes Half marathon	
August		
Wed 5	Handicap	
Sun 9	Belgrave Bolt 5k	
Sun 16	South Coast Half Marathon	Seaford, E Sussex
TBC	Club Barbecue	
September		
Wed 2	Handicap	
Sun 6	Dry Hill 10	Lingfield
Sun 6	Surry Badger Half Marathon	
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