

# SUTTON RUNNERS

## *Yellow Pages*



## February 2009

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*Sutton Runners website: - [www.suttonrunners.org](http://www.suttonrunners.org)*

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



## **Pauline's Patter**

Hello Sutton Runners,

Since our last Yellow Pages we have had our club AGM. The committee remains unchanged and I would once again like to thank them all for their ongoing support, it makes my life a lot easier! Elinor Caborn won the President's Shield, Andrew Nippard won the Julie Coles Trophy, Mark Aldred the Grand Prix Trophy, Dave Ross the Marathon Mundy Cup and Clair Du Toit the Handicap Award. Congratulations to you all. On the evening we discussed the club handicap and talked about moving it off road. After lengthy discussion we are going to run a trial for a year holding it on Wednesday evenings in Nonsuch Park. More details will follow.

Sadly the cross-country hasn't been very successful this year. Our men have been relegated to the 4<sup>th</sup> division this year following dropping to 3<sup>rd</sup> division last year. There are no more divisions – so the only way is up! We must try and get back to the 3<sup>rd</sup> division next season. So many of you turned up and ran and gave it your all, thank you. The ladies have one more race to go as their last one was postponed due to the snow. Let's see you all out there on the 28<sup>th</sup> February in Lloyd Park please.

The Christmas dinner took place in 2 venues this year as we couldn't get everyone in the same place as so many attended! It was a very good night and very good value too. Thanks you Claire for organising the George meal and Carolyn the Plough meal.

Many of you are training for the London Marathon, good luck to you all. Glenn will once again try to arrange a bus to take you to the start of the London Marathon. We will let you know details as soon as possible. The post race drink will be held in the Robin Hood Pub in Sutton from 8pm. I will look forward to hearing how you got on and please wear your marathon T-shirts and medals for photos.

The week after London, May 3<sup>rd</sup> will be our own 10k race held in Beddington Park. This is a very important event for us as we raise money for charity and boost our own funds. Please make sure that you will be available to help on the day. There are all sorts of jobs that need doing; marshalling, timekeeping, water stations etc and I will have a list for volunteers at the club shortly. The race is once again part of the Surrey Road League and so we will be hosts to all the other clubs in the area. We have been reaching our maximum of 500 entries in recent years and expect to do so again this year.

Finally, I would like to extend a warm welcome our new members. I hope that you enjoy your time with us and achieve all your goals.

Best wishes and happy running!

With best wishes

Pauline Woodman  
President

**STANDARD AWARDS PRESENTED**

**TADWORTH 04/01/09**

JENNY SINFIELD	SILVER	SENIOR	78.28
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Reports on this winter's cross country season will appear in the next edition, due to the delay in the final Ladies' race.

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**FLORA LONDON MARATHON 26<sup>th</sup> April 2009**

Please e-mail Pauline to let her know if you will be running the London Marathon in April.

Hopefully, it will be possible to organise a bus to take club runners close to the start on the morning of the race, details will be confirmed nearer the time.

## **Running on empty – New York Marathon, November 2008**

It was the 2005 London Marathon and having matched Steve Parker for twenty miles I was confident that 3hrs 15 minutes was in the bag! Although saying that I had chosen to ignore the fact that my stomach had been rumbling like jungle drums for the last 2 miles! (Mind you, if you had smelt the lovely whiff of raw meat being cooked on a BBQ on the roadside you would be in the same predicament I was in!) Approaching 21 miles and with only 5.2 to go I started to feel as rough as a badgers ass! With Mr Parker still running like a mean machine my legs slowly but surely came to an abrupt halt, watching my 3hrs 15 minutes marathon time run ahead off in front of me and on for a fantastic finish. I on the other hand was forced to walk and steal food from a wise woman on the side of the road! (2 things you must know about the Wise Woman, Number 1. She is a Woman! And number 2.....you get the idea!) Eventually convincing my legs to get going again I eventually finished in 3hrs 32 minutes, feeling completely shattered and absolutely devastated.

After a disappointing marathon I decided to give the long distance stuff a rest as I had also ran in Chicago a few months earlier. (Just thought, here I am moaning about running 26.2 miles twice in 6 months and then you have Jim who runs nothing else – Sorry Jim!!) What followed for the next two years were the fantastic events of triathlons (I have Mr Denmead to thank for this one!) It hadn't dawned on me how much training and time commitment you have to give one of these things. My evenings during the week would usually consist of either swimming, cycling or running and sometimes both when I was feeling up to it. But I was finding this all too much as I was still trying to run lots of miles during the week and still enter numerous running events over the year and still get good times. Having not really listened to certain people at the club and continued to try and enter as many events as possible the inevitable eventually happened and what followed was a long year of constant man flu, injuries and also not realising my weight had dropped to 8 stone! I was not in good shape and was forced to stop for a few months, change my diet, fatten myself up a bit and take daily vitamin tablet which I can only describe as looking like a horse tablet!

The thing is when you eventually find something that you're or think you're good at (and yes it's taken quite a while for me to work it out!), you don't want to give up and I found this quite hard to do. Beginning to think that I wouldn't ever run another marathon and about to lob the trainers into the skip I realised that I still had my deferred entry from 2006 for the New York Marathon and realising that it was costing £70 to keep passing it over each year I decided to make a decision, either run it or chuck it.....

It was another cold, wet, windy day at Richmond Park and my last 3 laps of Richmond were on the horizon! Caroline (my ever so supportive girlfriend for the past 2½ years) had decided to come along. Before we had left the house I had said “so you’re absolutely sure, you are going to come with me to Richmond and sit in the car and wait for me?” “And you won’t get bored?” To which she replied “no I’ll be fine!” Although it wasn’t the greatest weather outside and she had decided to read her book and listen to her iPod and wait for me as I slogged it out on my own. I must admit Caroline is really supportive and has turned up to cheer me on at most of the time trials and races I have entered this year, so I thought I’d better give her a mention as I’ll never here the last of it! Ha ha!

Anyway back to my intrepid run in the pouring rain. Here I was ten minutes into my run and already looking like I had been dragged out the pond, the 21 miles of Richmond Park eventually ticked down. This was my 3<sup>rd</sup> set of 3 laps of this park and listening to the same music on my iPod as I ran, I was really beginning to lose the will to carry on with training! Having finally finished looking like a drowned rat (or Catt!) I was welcomed back to the car by Caroline providing me with a can of Iron-Bru and a chocolate bar which was just what I needed. I was chuffed to bits with finishing and must admit was even more pleased that my times had dropped over the past 3 weeks from 2hrs 45 minutes to 2hrs 37 minutes, however I was a bit concerned as to whether my perfect health would hold out until the after the big day in New York? Yes you are correct I had decided to enter the New York Marathon 2008, hotels and flights were booked, all I needed to do was turn up!

It was 4am when my alarm went off and having not slept well that night waking up every hour thinking I had missed the bus I tip-toed around the hotel room gathering my kit trying my best not to make too much noise and wake Caroline up, but she was wide awake and looking a bit worried that she may not see me in the race or she might get lost in New York. With a plan B put in place in case either of these happened I left and made my way through the streets of New York to catch the bus. It was so quiet in Times Square and no one was about apart from me and the few other marathon runners making our way to the start at half four in the morning.

I had come to realise that running in a completely different country is probably one of the hardest things to do; here I was at 5 am in the morning eating a bagel and already on my third cup of tea and I was on my own. No one to talk to, no fellow Sutton Runners to discuss tactics with and what made it worse was the fact that I had five hours to kill! So after wandering round by myself I eventually found a few other McMillan Cancer runners to talk to, which was great because we were all running for the same charity, all different standards of runners and were all excited about what we were about to do. It really helped to pass the time and with 9am fast approaching my new friends that I had got to know so well

over the last 5 hours wished me luck and lined up just tucking myself behind the 3:30 pace man. My thinking behind this was just to see what happens, the way I had been running last few months I could have probably set my target at just over 3 hours but having not raced over 5 miles I thought I had better play it safe. You never know I may turn into bionic man half way round and even creep under the 3hr mark, but let's not get ahead of ourselves here!

After standing in the middle of over 40,000 other runners and looking a bit embarrassed when the right hand came across their chests to sing the national anthem I could only stand there and chuckle to myself at the thought of how daft I must of looked not knowing what to do, the start gun finally went and all of 2 years of being ill, injured or just being lazy and six months of hard training were added to the pressure for my two legs which I was relying on getting me round the 26.2 miles.

Passing through the first mile I was trying my very best to gauge my pace, I wanted to run under 8 minutes per mile for the first half and then over seven for the last part (basically just ave it!) but this just wasn't happening. I tried my best to stick with the 3:30 pacer but found myself running in an uncomfortable style and kept running past him so after I had realised that his pacing wasn't up to much cop (he went through the first mile in 8minutes 30!) I thought "Oh sod it! What ever happens, happens!" and just ventured off on my own leaving the pace group behind me.

It was quite a cold day which made it perfect running conditions and deciding to leave my woolly hat on started to really enjoy myself. I got through my first check point at 5k in 24minutes and 22 seconds which was almost 8 minutes off my 17:58 I had run at Banstead woods 2 weeks before. But as this was a marathon and not a 5k I wasn't overly bothered that I hadn't gone through in under 18 minutes - but it would have been nice!

The course is pretty flat the first ten miles and takes you in the first 2 boroughs of New York City, each time you come in to a new Borough you are welcomed by the cheering crowd which really increased my confidence, although saying that this was not the case when entering the Jewish sector of the city and expecting the same welcome as I had received in the previous 2, the Jewish community just stood and stared wondering what was going on with 40,00 runners passing through their town. It was very eerie and all that could be heard was the pounding of the feet on the road and not one cheer. I was pleased to get through that part of town pretty quick and back to the hubbub of the city passing through the half way stage in 1 hour and 37 minutes. Which was great as I knew that I was still running really well and my first refuel of food which Caroline was providing at mile 16 was only 3 miles away! With only a slight rumble in the stomach asking for food I put it into the back of my mind trying to forget about how hungry I had been in the London Marathon 2005.

Crossing over the Queensborough bridge other competitors were starting to slow down and stop after the exhausting hill climb but I seemed to be ok, managing to pick up water and Gatorade every couple of miles my chicken legs just kept going. Before the start of the race Caroline had arranged to meet me at mile 16 which was just after the bend after the bridge and having prepared a big sign to hold up which read "Go Cattman Go! Only ten miles to go!" picking her out from the crowd would be easy, or so I thought! Deciding to run on the outside of the bend and going through mile 16 in under 2 hours I started to look out for her, but she was nowhere to be seen, the crowd was electric and really loud! I really started to worry both about Caroline and my rumbling stomach and thought I would have to persevere and pick food up from elsewhere, when all of a sudden from in between the crowd a little person in a bright pink coat launched herself onto the crowd barrier shouting and waving at me, it was Caroline and stopping only for a few seconds to give her a cuddle and to grab my food and drink I carried on feeling more confident than ever, knowing that with only ten to go nothing could go wrong!

After refuelling and carrying my Lucozade sport imported from Great Britain (ok I sneaked them into my suitcase, I looked like Del Boy from Only Fools and Horses unpacking in the hotel - I had ten bottles of the stuff!) the juicy orange that Caroline gave me wasn't enough and I was relieved when liquid chocolate was being handed out, so having really stuffed my face at mile 17 I was able to carry on the same pace still running under 8 minutes per mile right up to mile 20.

Throughout the day the weather had changed and started to get warmer, still wearing my woolly hat I had to sadly depart with my woolly friend and lobbed it over one of the 5 bridges on the course. With only 6 miles to go and running through 21 miles in 2hrs 40 and finishing my bottle of lucozade I had to really dig in and keep the legs going, with 2 voices in my head, one saying "look why the hell are we doing this? we haven't run any further than 21 miles let's just stop and have a little break" and the other saying "don't listen to him! You come all this way and you want to walk the last four miles, you've got to keep going" (please note these voices only appear when I'm running, honest! If I'm seen down the club talking to myself please send me off to the local funny farm!) I chose to ignore the first and kept going, entering the last part of the course through Central Park. Knowing that 3hrs finishing time had gone, 3hrs 15 had also gone but 3hrs 30minutes was still in reaching distance! I spotted Caroline again at mile 25 who saw that I was somewhat struggling and passed me another drink, looking over my shoulder as I went past the sign which had previously said "only ten miles to go" now had the zero scrubbed out and the number one just showing - this was it, one mile to go - the watch was showing 3hrs 13 minutes this was going to be really tight as by this time I had really slowed down!

The atmosphere in the Park was fantastic and having seen my charity also cheering me on from the side lines the finish line was in sight and with 400 metres to go I managed to work up to a very pathetic looking sprint to cross the line in 3hrs 25mins and 53 seconds. I was delighted with the time and having never managed to run under 3hrs 30minutes before (cough cough! Nudge, nudge wink wink, where's my Bronze Certificate!) could barely walk and felt that I was going to pass out!

Having then walked at least another mile to collect my kit bag and meet Caroline, and with the phrase "never again! that's me lot, I'm retiring from Marathons full stop!" I was really relieved that it was over and couldn't wait to get back to the hotel for a hot bath and a cold beer!

Overall this a fantastic event to have a go at and although it's really well organized I think waiting around for 5 hours at the start is a bit much, but if you get a chance to have a go then do it!!! I on the other hand have had time to think about this marathon running and think that maybe I was a bit hasty saying "that's me lot never again!"

So here's to another London Marathon 2010 and The Great Wall of China!

I would like to thank the following for helping me get through the event:

**Caroline Lock** (Partner in Crime) – For basically putting up with me disappearing every Sunday morning!

**Steve Barber** – For making him run 15 miles round Richmond when he knew he was only fit enough to run seven! (Sorry Steve – Who's faster now though? It's certainly not me!)

And **Finally Andrea Francis** for putting up with my endless questions about Marathon training who I understand is opening up the Francis Marathon School of Running in the near future! Ha ha!

Chris Catt



## **Banstead Woods Time Trial 13th December 2008**

It was raining cats and dogs but Claire and I had already decided we would be running the Banstead Woods Time Trial. I left home early to pick up Claire to get to the car park before it got too full. I needn't have worried. On the way there we started getting a bit concerned about the huge amount of surface water. We got up to Banstead Village and the High Street was shut off. "Must be flooded" we thought. Having parked the car on arrival I went to see the organisers to see if the race had been cancelled. "No way", they said, "we don't cancel!" – shame!

We got out of the car with about 15 minutes to go before the race for the usual trip to the loo and climb up to the start. We met Tim Mc who had been putting up the signs. He said how awful the course was, muddy and slippery. He said that he was going to run it as quick as he could and then get home! Claire and I stood there with our SR tyvek tops on with the hoods up like a couple of eggheads. We must have looked funny as the photographer for the day wanted to take the back of us together! We met up with some of the other Sutton Runners including Graham who was running around slowly to see if he was fit enough to run a marathon the next day. I had 'nagged' him on Thursday not to run as he wasn't 100% fit but he still felt he had to test himself. He later texted to say he wouldn't be doing the Hastings Marathon, thank goodness.

At 9am we set off on the 5k run. I started in the middle of the pack and went backwards! I am used to that though! The ground underfoot was awful. It was very wet and muddy. I tried to run around the worst bits but soon gave that up. I had Tricia in my sights and wanted to catch her. On the downhill section, my favourite bit, I caught her and we went through the first lap together. She pulled away again on the second lap and I couldn't stay with her. I had almost given up the will to live by then! I was now last in the race and my main concern was not to keep the volunteer organisers waiting in the cold and wet for too long. I finished about 30 seconds behind Tricia and told the organisers I was the last. But then a man came running into the finish, he had started late! I didn't come last so I was pleased.

There were NO PB's run that day in either Banstead Woods TT or Wimbledon TT which just shows how bad the conditions were. There were also only 67 finishers instead of well over 100 that there usually are. I was glad I did it but glad to get home in the warm and dry.

Banstead High Street was shut because of a huge fire at Waitrose by the way, not flooding.

Pauline Woodman

## **My First Marathon**

In looking for memorable events to contribute to the Yellow Pages I had to 'jog' my memory, and realized I had done something quite worthy of sharing. I would actually agree that I had been lazy in not getting myself a place in a Marathon before loudmouth Tim Mc put me forward to take Mark Aldred's number for the 100<sup>th</sup> Hastings Anniversary Marathon on 14<sup>th</sup> December, and in front of all at the Tuesday brief I could not decline! That gave me 20 days to get 'fit' for it. My lack of long runs would be an obvious problem, so addressing that was a priority. In total, I did two 19+ milers at night from my house in Sutton, to Banstead High Street and back and back again. This was on top of my normal weekly running, rugby and stuff. I won't fail to mention my lengthy suffering of bubonic man flu. I used the final week running up to the event for 'tapering', eating and drinking the right things, and putting my feet up basically!

On the actual day of the event, I had to get up very early indeed (about 6.30am!) My dear mother drove me down and parked up. Had a limbering up walk to the start, and met up with the usual SR suspects and found my way in the start queue. The conditions were quite fair, albeit chilly, so I'd chosen to wear snazzy lycra running trousers, a long-sleeved top with my SR vest on top and a bum bag to keep my make-up in. Good old reliable socks and trainers were the order of the day. The town bell rang half nine, and so the race began.

My plan was to pace myself, start off very slow, and clock up the first half or so, ensuring I had reserves to keep going. I remember that at about 13miles I had my first stop (excluding going to the loo at 2 miles and loosening up my laces before a big bugger of a hill in the first quarter outside Battle), which lasted for several minutes of brisk walking. Then plodded on, Mark and Spencer passed me. For the next section I did have walking sessions, to give my legs a rest.

From 20 miles, it became very noticeable that I was gaining and overtaking those in front gradually. I stopped and had a chat with my mum beyond Bexhill, when the course went along the seafront and over the beach. I knew I had a good portion of energy left and my legs were in good stead, so I went for it. I took on board my last fluids and jelly babies provided by the Sea Scouts at 24 miles and really started running, 7 minute-miling I reckon. When the 26 mile marker was reached I went flat out, and on the final stretch I opened up the taps for a trademark sprint finish. After going over the line to much cheer from the spectators I wandered over to the point where I had done my pre race stretches, crouched down, and my head began to spin and my sight went fuzzy. This subdued after 20 seconds and the motley SR crew bumped into me. We shared our experiences and were presented with commemorative horse brasses (of which

is hung by the fireplace). I took a sit down in the Town Hall for a cuppa, then got in the car and went home. The soreness of the run was noticeable for the next few days, so I'd taken the precaution of not taking up work on the following day.

My time of 4.28.03 was not too bad considering the factors of preparation, the hills and inexperience. In telling people of my experience I'd like to point out that it is not as hard as others make it out to be. Don't get me wrong, it is quite commendable and challenging but any person who has a good base level of fitness, is in working order and has a day to spare can do it. Also for a 'big' event you have plenty of supporters (like the enthusiastic Hastingsians, Battlers and Bexhillish natives) - so mental endurance is not a problem. My target is that whenever I next do a Marathon my time will be considerably lower!

Greg Bryant



### **The Joys of the Banstead Woods Time Trial**

Years ago a famous supermodel by the name of Linda Evangelista came out with a famous quote, stating that she would not get out of bed for less than 10k. Well me and the aforementioned Linda did have something in common, if not our looks, then a preference for not liking anything less than 10k.

The Banstead Woods Time Trial started in June 2007 and has grown into a very popular and well run local event with great support from Sutton Runners who turn up in great numbers each week to take part in the race. However, up to August last year, I steadfastly refused to join them, my avowed hatred for the 5k distance keeping me away despite being persuaded by Pauline and many others that it was great event to do. I had tried time trials before, having done Bushy Park a few times back in 2007 but without any great enthusiasm and had vowed never to do Banstead because 5k was too short for me. Part of my problem is that

I am a notoriously slow starter in races which had hampered my 10k times up to the middle of last year and therefore 5k was by some way my least favoured distance. In the few 5ks I had previously endured I used to watch everyone tear off in the distance and wondered what I doing there.

So what changed? Well it started with an offer of a lift from Anita back in August last year, so I thought I would give it a go. I ran it 4 weeks running in August and September without recording spectacular times. However I really enjoyed the atmosphere and actually finding myself liking the route and let's be honest Banstead Woods is a lovely place to run at any time of the year even with that dreaded hill.

Then something strange happened, I had been doing the time trial on and off for about four months making small improvements to my PB, then suddenly since Christmas my times went off the scale. My first run at Banstead Woods in August 2007, I managed to do 22.19 and having run the race a few times between then and Christmas I got my PB down to 21.46 a fairly modest improvement of 33 seconds over the course of 4 months. However since then I have knocked huge chunks off that time culminating with a lifetime best over 5k of 20.35 on the 31<sup>st</sup> January.

I think the fact that I have been doing the event regularly has helped me reduce my times and also the fact that I have been benefitting from the excellent speed sessions that Andrew has been organising over the past few months. However, the one thing that has really inspired me is seeing so many others enjoying the race and getting PBs over the past few months, too many names to mention here but Lauren, Jenny, Claire, Anita, Colin, Barry, Annabel and not to forget Pauline have all recorded PBs at the same time that my own times have improved and that is the most satisfying thing of all for me.

At this point you are probably thinking that I am now going to persuade you all to take part in the time trial as it is a great local event. Well sadly not as its popularity has meant that it has grown to the extent that it has reached saturation point and the organisers are now urging new runners to try one of the other time trials in the area. This is to ensure that Banstead Woods can be preserved for those of us who have come to enjoy it since its conception.

I now get out of bed for a 5k, so I may be poorer but I would like to think richer for the experience.

Graham Miller

## **Manic Marathon Morsels...or...How Not To...!**

When Andrea asked for 'words of wisdom about all things to do with marathons I knew a response was expected from Sutton Runners acknowledged 'marathon guru'. It is quite reasonable to expect plenty of sound advice from a veteran who has completed 164 marathons.

Beware of any marathon preparation advice from any of the notorious 100 Club! Like the Romantic poet Lord Byron they are all 'mad, bad and dangerous to know!' I refer you to Peter Sturton's excellent report on the Beachy Head Marathon in last November's Yellow Pages, wherein he brilliantly highlighted the difference between the club runner who carefully prepares for a selected marathon and the 100 Club runner who turns out for one most weekends, knowing that if they miss it, just like the buses, there will be another one along soon (or 2 or 3 at once, eyes gleam manically at double/triple opportunities).

Now , after that proviso, I will try and offer some GOOD ADVICE :

Unlike Manic avoid throwing running kit in your bag whilst setting off, but pack the night before with a check-list that includes a bin-liner and throwaway top for pre-race cover and a bag to put your used running gear in. Toilet paper and Vaseline are a must!!

The night before do NOT drink jugs of red wine or pints of Guinness to fortify you, but go to bed early with an Ovaltine! On race morning have a light breakfast; I find continentals are perfect with cereal and croissant or toast. When the marathon starts, do NOT dash off like Manic, but start slowly (no choice in big city ones) and gradually build up to your steady marathon pace. You will benefit later in the last 10km where the marathon really starts and pass many struggling manic runners who went off too fast!

The best advice is ENJOY THE MARATHON because you will have trained hard for it, and if you follow this advice, which is the accepted wisdom, you should.

The best definition I have read of a marathon is a 20 mile training run, followed by a 10km race and if you remember that, you just need the inner psychological strength to overcome the fatigue in that final 10km.

Best of the Road to you all!  
Manic

P.S Supporters are vital near the end, so if you have some at London consider sending them to Gordon's Wine Bar (open Sundays) by the Embankment Station, Villiers Street with views of the course from the garden.

## **Think Yourself Faster**

For those of you who wish to let me play with your mind here are some simple techniques to may wish to try which can help with your running performance.

### **Relaxation Techniques Pre Race**

Firstly before starting a race you should be relaxed, there are a number of ways of doing this and some people find it easier than others, however whatever your ability you should find some gain from using these activities.

- 1) **Muscle Section Relaxation:** This activity involves tensing and relaxing groups of muscles one by one, each athlete will have his own way of doing this, but for runners I would suggest starting with the head and neck, moving down to the chest and stomach, followed by the arms and finally upper then lower legs. If you give this a quick try now you should feel the benefits right away, take a deep breath then tense your facial and neck muscles hard then relax; and as you relax you will notice that you can feel reduced tension in your muscles, now try again with your arms, chest and legs. It works doesn't it? The reason I state that runners should relax their legs last is that these are the main groups of muscles you will be using in a race, however if you are using this for a different sport feel free to ignore my advice and make up your own routine.
- 2) **Relaxed Breathing:** This activity involves the slowing and bringing under control your breathing before the start of a race. This is already done by most people without thinking about it, however if you make a conscious effort to slow your breathing; taking deeper breaths, you will feel far less nervous before a race. Also the action of breathing out can be used at the same time as relaxing your muscles to really reduce tension. Breathing is a good technique to master as it can help with the following 2 activities:
- 3) **Meditation:** This activity involves focusing your mind (however I do hate the word mind; it somehow makes me think of spooky clairvoyants from now on I will use the word brain to refer to all mental focusing). For a runner I would suggest using this technique just before the start of a race. Find somewhere to sit and relax, ideally the quietest place you can find then focus on an object. As you do this try and let your mind go clear, you may get a slightly floaty feeling, but don't worry this is all a natural way of getting into a relaxed state before a race. After this your mind will be clear to concentrate on the race ahead.

- 4) Hypnosis and Suggestion: This is another activity for focusing the mind, but can be used some time in the future to prepare you for a race. Lots of Psychologists will tell you that Hypnotism should only be practised by trained professionals, however when used on yourself as a relaxation technique I see no problems with doing this (don't worry there is no way you will end up doing the chicken walk). This activity involves imagining a safe and relaxed place in your mind which you can go to prepare yourself for what you are about to do, however it involves a lot of preparation, too much in fact that I can write down now, so if you do wish to use this activity feel free to ask me to explain it to you in person.

### Performance Improving Techniques

Performance Improving Techniques (PTI) are a way to train using the brain rather than physical muscle training, but I will say now that no PTI training will ever replace a good physical training session, however it will help build on what training you have been doing.

- 1) Positive Event Picturing: This PTI allows you to imagine and rehearse movements and motions of exercise without actually pounding the road practising to reduce nerves before competition and to improve running technique. The benefits of this are that you can continue Event Picturing when injured or when you have lack of time to train (or times when you have nothing to do in the office). The best way to use this PTI is by firstly getting yourself into a meditated state, once this is achieved you should



then picture yourself running, from the start of your run to the end. Do this as if you are looking out of your own eyes. Picture and feel the desired movement of your body, tall high posture, long stride, head, body and arms aligned etc you can even picture external factors, such as the pavement under your feet or the feeling of wind to help you picture the event more clearly. Practicing this once a day will help you prepare your technique and body movements.

- 2) **Self-Belief:** This PTI allows you to believe that you can run well whether it is to run a personal best, or run faster than another individual. This ties in closely with Event Picturing and is basically summed up by talking yourself to succeed. The basic principles are to always think positive by firstly talking yourself up before a race, e.g. you can feel your heart beating faster before a race therefore you are ready for the situation and your body is prepared. Secondly self-belief relates to confidence e.g. I know I am ready for this race so I'm going to run really well. Confidence can be built up by training well so you know what to expect or by remembering past experiences where you have performed well.
- 3) **Goal Setting:** This PTI allows you to set your aims so that you can witness your success and notice your improvement. Basically for this PTI you have to write down outcomes that your training is heading towards (such as to run under 22 Minutes for a 5k or being able to train 4 times a week). When setting your goals you should make them attainable, but not too easy, as you want your goals to be a challenge to reach, but not so out of reach that it lowers your self-belief. I would suggest setting yourself no more than 3 goals at a time, maybe two short-term goals which you hope to attain within the next 2 months and one long term goal which you aim to reach in 6 months time.



Steven Barber



### Handicap

At the AGM, members voted to try new arrangements for the summer handicap series for 2009. The new route will be in Nonsuch Park and is a 1.9 mile loop, used for the Nonsuch Relays in July. This route starts near Cheam Gate and is run completely on tarmac paths all within the park. These will be run on **the first Wednesday evening of each month** during the spring and summer, starting in April. In addition, the handicap will be improved by adopting a chip system (similar to the 5k Time Trials) removing the need for numbers.

## **How to go about recovery (from running not a watering hole visit!)**

I am going to start this article with a basic statement – recovery is important. The term recovery in this instance is not referring to how long you should rest for after competing in a major event, such as a key marathon, but instead what you do on a daily/weekly basis with regards to your training. There are several different types of recovery that are important:

1. **The active recovery you take in between efforts in your designated quality training sessions (intervals, speed endurance etc), which usually take the form of a slow jog.**

Without getting too scientific – the speed and length of the recovery are as important as the efforts/repetitions themselves, as they can affect the speed and the consistency at which you are able to complete them. By altering the length (time) and speed (pace) of a recovery it is possible to turn a session which is designed to increase anaerobic capacity into an aerobic session (which in some cases is beneficial but is not what we are after on a Tuesday night with regards to the interval sessions). The basic rule to remember is that in most cases the recovery should be at least as long as the interval itself – 3 mins hard, 3 mins active recovery (slow jog), for example. With regards to the sprints the recovery should be longer than the effort itself. Hopefully, this is useful information to those of you who are starting to do these types of sessions occasionally outside of club.

2. **The active recovery you complete after the main ‘fitness’ part of a training session is over.**

It is important that the warm down is sufficient in length (at least 10 minutes) and is conducted at any easy pace. If it is then followed by a series of static stretches that focus on a range of muscle groups and areas (hamstrings, calves, glutes, hip flexors, arms etc) you will overall be ready to train again sooner and better than you would have been without completing a sufficient warm down.

3. **The easier runs that you complete in between ‘quality’ sessions, longer runs and races.**

It is important these should be at an easier pace (ie: slower than the tempo club runs on a Thursday), otherwise they are not recovery runs and may result in you not being able to perform at your best level on club nights which are meant to be quality sessions, your longer runs and in the races that you are targeting for PB’s. Please note there is nothing wrong with racing without resting down, as long as you are not targeting a PB – the

Saturday morning time trials are ideal to incorporate into weekly training and can act as a hard tempo run.

4. **Post-training nutrition.**

**This is probably the most important point I would like to focus on!**

Taking on board the right nutrition after training can help the muscles recover, which can contribute to improved performance and injury prevention in the long-term. Ideally, you should consume a recovery drink that has at least a carbohydrate : protein ratio of 3:1, within 30 minutes of completing the session. Some research shows that this is effective for up to two hours after the session, but basically the sooner you drink it the greater the benefits. The taste of these drinks is variable to say the least – here is the low down on a few of the recovery drinks that are widely available:

- High Five Energy Source 4:1 - this is the one that I use, tastes ok (unlike some), it works, is highly thought of, and is well priced compared to some.
- PowerBar Recovery – this is ok too, also reasonably priced, and tastes ok.
- Science in Sport Rego – I personally can't stomach this one as it gives me indigestion, it does not taste great, it works but no better than the above and it is more expensive.
- TORQ Recovery – this is good but too expensive!

Without effective recovery the effectiveness of your training will be compromised alongside the ability of your body to continually put together harder quality sessions with long Sunday runs, gym work and races.

I hope this has been useful, and as always if you have any questions I am more than willing to try and answer them.

Better recovery – better running. Enough said!

Andrew Nippard  
Men's Captain.

Draft Minutes of the 2008 AGM

**Please note – these are not full minutes of the meeting, but the key reports and nominations to committee only.  
Full minutes will be presented to the 2009 AGM.**

**SUTTON RUNNERS ANNUAL GENERAL MEETING**

Held on Friday 5<sup>th</sup> December 2008  
at the Robin Hood pub, Sutton

**Committee Present**

Pauline Woodman	-	President
Graham Miller	-	Secretary
Charles Green	-	Treasurer
Andrew Nippard	-	Men's Captain
Neal Richardson	-	Vice Captain
Andrea Francis	-	Ladies Captain & Editor
Vicky Foad	-	Vice Captain
Claire Ballhatchet	-	Social Secretary
Steven Barber	-	Membership Secretary

**PRESIDENT'S REPORT**

First of all I would like to thank you all for being here.

Well, for my first year as President I think it has been a great one. The club has more active members down on Tuesdays and Thursdays than I can ever remember. I am amazed by how many members of the public who say they see our yellow and black around the local roads.

Now I will report on the year we have had.

I will start with the first main race of the year, the London Marathon. This year we had 26 members taking part with some very good times and many of you running PBs. With many thanks to Glenn for organising, and driving the bus to get everyone up to the start. Incidentally, we raised £185 by people paying to go on the bus which we donated to David Denton's IDEAS charity to help pay for the races he puts on for the children in Southern India.

Our own race The Sutton Runners 10k in May was again a fantastic success for the club. Although the race went without a sponsor this year, we managed to make a profit of just over £2,000 of which half will go to our chosen charity this

year which is The Royal Marsden Hospital. I want to say a huge thanks to everyone who helped on the day, the race cannot be held without your help and a special thank you to Glenn who was race director again this year. The race next year will be on the 3<sup>rd</sup> May so please be available to help out on the day. If anyone can help out with sponsorship please come and talk to us.

The club 10 mile Championships were again held in conjunction with the Dorking 10. Congratulations to Luis Gomez who was the Men's Champion and Andrea Francis won the Ladies Championship. Congratulations to the other age group winners Martin Giles, Yin Hai Cheung, Therese Panetta and Jim Mundy. There were disappointing amounts of you running in the club championships so we hope for more when they are held next year.

The Surrey Road League during the summer months was very good for us with the men finishing in 7<sup>th</sup> place out of 27 and the women finishing in 5<sup>th</sup> out of 26 clubs. Some notable individual performances were in the men's Luis Gomez, 2<sup>nd</sup> M40 and Martin Giles 4<sup>th</sup> and in the ladies Andrea Francis 5<sup>th</sup> senior lady, Vicky Foad 1<sup>st</sup> LV35 and Therese Panetta 2<sup>nd</sup> LV45 with Penny Hubbard 3<sup>rd</sup> LV45. Well done to you all and everyone who took part in the league. I look forward to seeing some more great results again in the coming year.

The cross country league has been very well supported so far this season with the ladies currently lying 15<sup>th</sup> and our men 4<sup>th</sup>. It is really good to see so many of you taking part and I hope we continue to do well in the last 2 fixtures.

The Tuesday night training sessions are going very well, you only have to look at the race results to see that they are working. I would like to thank Andrew for coaching the top 2 groups and for Claire for doing her coaching course and training her group. Thanks to Graham on one Tuesday evening we all got together and ran relays on the grass track which was good fun and we got to know each other more.

The Thursday night runs are well attended and this year we introduced a new route 'The Asten Way' which Mark Asten mapped out. It seems to be a popular route with many variations to cover all needs.

On Sundays I know many of you meet with your groups and run various distances. Once a month we have the 'breakfast run' which many have been attending. It is nice for all the groups to get together over breakfast or a cup of tea and talk about their running experiences.

I would like to thank the committee for all their hard work and support this year. Graham took the job of secretary over from me and was initially pretty horrified

at the amount of work but he soon got the hang of it and has done a fantastic job. Getting together the results on a Sunday night is a lot of work in order that you may receive your weekly email. That is without the work needed to run the handicap series, the Grand Prix Series and the Standard Awards. Charles works hard as treasurer somehow keeping track of the money and cheques we throw at him. Thank you. Barbara has done a fantastic job as our press secretary; we seem to be in the local papers nearly every week. Claire has done a good job in organising our social events and we have our Christmas meal coming up shortly. Steven Barber took over from Carolyn Dale as Membership secretary. Thank you Carolyn for stepping in and helping until Steven took over. They have both done a great job. Stephen Chamberlain has been keeping our website up to date so that your race results are easy to look up as are the forthcoming events. Thank you to Andrea for the wonderful job she has been doing in producing the Yellow Pages. Not only has she done that but she has also taken on the role of Ladies Captain and has done very well in getting our ladies to take part in the various leagues. Thank you to Vicky Foad who is now vice captain and to our men's captain Andrew Nippard and his vice captain Neal Richardson for the very good job they are doing. I would also like to thank Elinor for keeping us stocked up with club kit despite not being able to run herself. I would like to thank Gerry for being our Welfare Officer this year. I hope you didn't have too much to do!

There is a lot of hard work that goes on to ensure that you can all just turn up and run and the committee are doing that for you.

I look forward to another successful year in 2009.

### **SECRETARY'S REPORT**

A year ago whilst spending Christmas in New Zealand I was elected on to the committee in my absence. At that time I could not have imagined what a life changing year this would be for me and such a great year on so many different levels. Taking on the busy role of secretary was always going to be a challenge but to do it whilst starting a new job having been at my previous company for well over 20 years was especially daunting.

Despite, my reservations at the start of the year that I wouldn't be able to cope with both a new job and a busy committee role, I have to say the year has been a resounding success. I have really enjoyed the role of secretary and welcomed the opportunity to give something back to the club, without which I would have given up running a few years ago, of which more later.

With Pauline still on the committee as President it has meant that I had a good handover, which I was extremely grateful for. There is so much more to the secretary's role than doing the weekly email and doing the announcements and having Pauline around has really helped, so a special thanks to Pauline for all the work you do for the club and for helping me during the year. In fact I would like to thank all of the committee for all of the work you do and enthusiasm you bring to your roles but if I could highlight one person it would be Andrew not just for his success in getting numbers out for Cross Country, despite being injured himself but for his tough training sessions that he has introduced which are the main reason so many of my training group have had such fantastic results this year.

The highlights of the year are too many to mention but if I could focus on a few they would be the London marathon where once again we had a great turnout with 26 runners taking part, many of whom running excellent times. All runners were transported to the start by ex President Glenn in the marathon bus, to whom I would like to thank on behalf of all the runners who took part. The club championships at Dorking in June saw another good turnout from the club, with some new members winning some of the trophies this year. Whilst the regular winners were again to the fore, it was especially pleasing to see Andrea win 1<sup>st</sup> lady for the first time and a deserved reward for all her training and perseverance.

One of the other highlights of the year for was when a party of 11 went to Edinburgh to take part in the marathon, of which 8 of us took part. Other than the fact that it was a great sociable weekend, the times that day were staggering, Anita's effort in knocking 18 minutes off her PB and getting good for age qualification for London, particularly worthy of mention.

Edinburgh was a rare weekend off for Dave Ross who became the 2<sup>nd</sup> Sutton runner to achieve the holy grail of 100 marathons at Cork whilst also discovering late season speed in the shorter events, yet another runner who has had a fantastic year, well done Dave. However, my runner of the year is undoubtedly Elinor after breaking 3 all time club ladies records in the space of 6 weeks during the spring. Elinor unfortunately has been injured for the remainder of this year so I wish her a speedy recovery and hope she is able to resume running again early in the New Year.

I have taken over the production of the Standard Awards this year, though Pauline still gets to present them. During the year we have presented 41 awards, including 4 Elite Awards, 3 of which were to Elinor for her club records in the Spring and one to Vicky for an excellent run in the Epsom 10 in November.

Membership numbers are slightly down compared to this time last year, as many long-standing members have left to be replaced by some new members. However, I believe that the club to be in a stronger position than this time last year, as many of the new members are very active within the club frequently turning up for races and making big improvements in race times, none more so than Earl and Clair Du Toit who have both made huge improvements since joining the club earlier this year.

The Grand Prix Series and Club Handicap have been well contested this year and again it is good to see so many new members doing so well in these events. The numbers running in the club handicap have gone down compared to previous years, however, there are proposals to change the format which will hopefully boost numbers in 2009, and this will be discussed as a separate agenda item.

The big disappointment of the year was the men getting relegated from Division 2 of the Cross Country at the start of the year, however with Andrew getting increased participation from the men we are more than holding our own in Division 3. Meanwhile the ladies having got promoted last year are now struggling in Division 1, as unfortunately two of the top ladies that helped us get promoted, have been unavailable to run this year. This is despite a record turnout from the ladies in the 1<sup>st</sup> race, thanks to Andrea's persuasive skills and cake rota.

From a running perspective I have had my best year ever and I would like to thank members of my own training group, all of whom have benefited this year from the excellent sessions organised by Andrew and the competition of running together in a group both during the week and also on the long Sunday runs. There are too many to mention everyone individually but those of you keeping me company regularly on the training runs include Neal, Geoff, Andrea, Earl, Penny, Tim Mc, Jim, Various Mark's, Anita and Jenny.

I would also like to take the time to record a personal thank you to ex President Glenn without whom I wouldn't be running today. I was on the verge of giving up due to chronic muscular injuries a few years ago when some one to one coaching from Glenn helped me on the road to recovery. Another thank you to Jim for being there at the end of the best race of my life in Edinburgh when we raced each other over the final mile and crossed the line almost together.

Finally I would like to highlight an ordinary training night at the club in early November. This is when Ian Killick who continues to suffer from serious illness turned up for a club run for the first time in several months. If I could wish for one thing in 2009 it is that Ian continues his recovery and is able to enjoy a normal life, plus a return to serious running which I know he enjoys very much.

## **AWARDS / TROPHIES**

<b>Presidents Shield:</b>	Elinor Caborn
<b>Julie Coles Trophy:</b>	Andrew Nippard
<b>Mundy Marathon Cup:</b>	Dave Ross
<b>Tuesday Handicap:</b>	Clair du Toit
<b>Grand Prix:</b>	Mark Aldred

## **ELECTION OF OFFICERS**

The committee for the following year as voted by the members present are: -

President	Pauline Woodman
Secretary	Graham Miller
Treasurer	Charles Green
Social Secretary	Claire Ballhatchet
Men's Captain	Andrew Nippard
Vice Captain	Neal Richardson
Ladies Captain	Andrea Francis
Vice Captain	Vicky Foad
Membership Secretary	Steven Barber
Press Officer	Barbara Burnett
Webmaster	Stephen Chamberlain
Non committee – Welfare Officer – Gerry Richardson	

## **Runner Profile: Kaye Benjamin**

**Age: 48**

### **Joined Sutton Runners:**

I joined Sutton Runners after just getting round the marathon in 2005. We realised that you need other people to train with.

### **Do you do any other sports?**

Do you count skiing?!! I used to swim and go to the gym regularly but now that I'm running 5 times a week, I just don't have the time

### **When did you start running?**

I started running on a treadmill in 2004. When I was able to run for 15 mins, I realised that running in a gym is really boring. So I asked my friend Tricia Cue, who'd been running on Wimbledon Common for years, if I could run with her. The second time we went running together she said that she'd got two London Marathon entry forms. I agreed to enter on the assumption that I wouldn't get in! How wrong can you be!!

### **Why do you run?**

I started running to keep fit and to lose weight, but I've got to the point now where I run because I enjoy it. If I can't run for any reason I really miss it. Running makes you feel very good about yourself. One of the best things about running is that I don't have to worry too much about what I eat.

### **Favourite race distance:**

Definitely 10 miles. Longer than that is too far, and shorter races mean you have to run faster!

### **Favourite Event:**

Banstead Woods – obviously!! Becoming involved at Banstead has given me a great interest in other people's progress. When I'm not running there, I really enjoy watching other runners.

Cabbage patch 10 – it's the right distance, flat and all round the area where I grew up.

Tour of Epsom – racing every night for a week is quite a challenge.

### **What motivates you?**

Other people. I hardly ever run on my own as I find that very difficult. Running in a group is so much easier. If I'm having a difficult run, there's always someone to encourage you. If I'm having a good day I can help someone else.

**Favourite training session or route?**

I think that one of my favourite runs goes from Carshalton to Farthing Down and Happy Valley.

**Favourite Food?**

Almost everything except celery!!!!

**Who / what inspires you?**

I'm not really sure. I run because I enjoy running and I enjoy the benefits that running gives you.

**Do you have any race rituals/superstitions?**

No, though I do get butterflies in my tummy before a race.

**Any race tips:**

A good night's sleep before hand.

**Best race / Proudest achievement?**

Cabbage patch 10 this year

**Worst Race**

Dorking 10 about 2 years ago – very hot and very hilly!!

**Hopes for the future?**

I would like to do a half marathon in under 2 hours.

**PBs**

10K:

10M

90:26

½M:

Marathon:

2:04:05

## Grand Prix Series

The Grand Prix series is a range of events where club members can score points, a minimum of 5 races are needed overall, which can also include any marathon up to 1<sup>st</sup> November. Those who wish to be 'scored' towards the Grand Prix trophy should let Graham know when they have run an event in the series, to ensure that points are accumulated correctly. If including a marathon in your scoring races, again please let Graham know.

The scoring system rewards first events at a distance, PBs (ever/as Sutton Runner/in age group), and the achievement of standard awards.

See below the list of events, and what some of you think of them...  
Happy Racing!

### 1. **TOWPATH 10** – 19th April – 9.30am

*Jim - This is a fast one perfectly pitched at the end of winter for a PB. My only over-50 gold standards were achieved here: 3 years ago when I chased after Vero to run sub-69 mins and again last year when snow was falling! This time I was inspired by Elinor ready to run in shorts and vest, so took off my long-sleeved and followed suit. It's a fast start round a sports field and I tried to keep her in sight when we got on the roads and then good flat river path. I finished in a Sutton PB of sub-68 mins, so come on you youngsters, set your new PB on this fast, flat course. Oh, and it's sponsored by Fullers, so you can be full of London Pride after!*

### 2. **DAVE CLARKE 5** – 7th May – 7.30pm

*Always popular with Sutton Runners, this Dave Denton-organised race will be held on a new course this year in Nonsuch Park*

### 3. **RANELAGH ½ MARATHON** – 10th May – 8.30am

*Andrea - Lovely & flat, but too hot for me last year*

### 4. **DORKING 10** – 31st May – 10am SURREY ROAD LEAGUE

*Lauren - A great race amongst lovely scenery, with a few hills and a nice flat and gently downhill mile at the end, so you can do an impressive sprint to the finish line*

*Andrea - 'the hill' has taken on a legend of its own, but really isn't that bad at all. I still remember losing a sprint finish to Jim a few years ago... if only I could keep up with him now!*

5. **DYSART DASH** – 28<sup>th</sup> June SURREY ROAD LEAGUE

*Pauline - The Dysart Dash is part of the Surrey Road League and one of the club Grand Prix races. It also incorporates the Surrey 10k Championships. The race is organised by Ranelagh Harriers and takes place in Ham. As it held in June it always seems to be boiling hot when you run it! It is on a fast, flat 2 lap course part of which is along the Thames Towpath and part on roads. It finishes on a village green where you are given a memento. It has a well needed drink station just past halfway. It is suitable for all levels of runners and a good one to go and support too. There are good changing facilities and showers at Ranelagh's Headquarters and refreshments served afterwards too!*

*Andrea - A good, flat course, a few bits uneven under foot but a good chance of a PB if its not too hot.*

*Lauren - A great 2 lap course with definite pb potential. Watch out for the finish where you have to double back on yourself with a tight corner though.*

*Claire - I have awful memories of this race because it was my first 10K and I wasn't really ready for it! I ended up walking most of the second lap and came last! I have tried running it again since, but find the 2 laps a bit of a turn-off and also it is usually very humid at this time of year*

6. **ELMBRIDGE 10K** – (Date to be announced) SURREY ROAD LEAGUE

*Andrea - Another flat one, and a great atmosphere. The first half is along a flat road, can be a bit exposed if a hot day. The second half is cooler along the towpath, with a bit more scenery for distraction.*

*Claire - A nice course 10K but in the middle of July so fairly warm – great for those who can stand the heat! The 2<sup>nd</sup> part of the course is along the river and is very scenic. It's nice to be able to take in all the crowds for the boat racing that occurs too.*

7. **WIMBLEDON 5K** – (Date to be announced) SURREY ROAD LEAGUE

*Claire - A tough 2 lap hilly monster of a 5K which I once managed to PB in. Last year, I didn't enjoy the race so much but Steven Barber got a great PB on it!*

*Lauren - A short, sharp, 2 lap race with a tough hill!*

*Andrea - Up, along, down, & round, then same again. A tough run, I always seem to go too quickly after the 1<sup>st</sup> hill out of relief but then suffer for it!*

*Barbara - I have done the Wimbledon 5k a handful of times and I know a lot of the club aren't keen on this race but me I really enjoy it. It's only 5k so less than half an hour of running (a lot less for our quicker runners). Ok so we start half way up a slight hill, getting out of breath quite early on, but then at the top it's downhill all the way, until that is the second lap and then you start the hill at the bottom rather than half way up. But then you get the supporters cheering you up and Pauline at the top of the hill taking photos...not the best shot!! It's all over really quickly so treat it like a hill session with some speed work thrown in for good measure!*

8. **CABBAGE PATCH 10** – (Date to be announced)

*Claire - My debut for this 10 miler was last year and I thoroughly enjoyed it! The course was varied, interesting and pretty much dead flat. It was well attended by all at Sutton and there were some good times! The memento of a long sleeve t-shirt was really good and my group often wear them!*

*Andrea - PBs very common on this flat but occasionally twisty route. Closest thing to a hill is crossing the Thames (twice). A mixture of town, residential, towpath, and even a short gravelly bit through a park.*

9. **OXSHOTT 10K** – 25th October – 9am

*Lauren - One of my favourite 10k races - it is on peaceful countryside roads and it is part of a series. So by the end of the 3 races you begin to recognise people and make friends with the other runners taking part. The last race is normally a week before Christmas so everyone is in really good spirits and stays behind for mince pies and prize giving. Great atmosphere and very friendly!*

*Andrea - Despite a few undulations this is still my 10k PB course. Probably helped by the 'local' feel, camaraderie, and enough change of scene to keep it interesting. Keep a bit back for the hill towards the end before the final sprint for glory!*

+ANY DECLARED MARATHON BEFORE 1st NOVEMBER

5 TO SCORE

**Forthcoming Events**

<b>March</b>		
<b>Sun 1</b>	<b>Steyning Stinger Marathon</b>	
<b>Sun 8</b>	<b>Milton Keynes Half Marathon</b>	
<b>Sun 8</b>	<b>Leith Hill Half Marathon</b>	Hilly trail run. Includes cooked breakfast after race.
<b>Sun 15</b>	<b>Fleet Half Marathon</b>	
<b>Sun 15</b>	<b>Hastings Half Marathon</b>	
<b>Sat 21</b>	<b>Spring Ballbuster Duathlon</b>	8mile run/24mile bike/8mile run up & down Box Hill

<b>Sun 22</b>	<b>Wimbledon 10k</b>	
<b>Sun 29</b>	<b>Cranleigh 15/21</b>	
<b>Sun 29</b>	<b>Reading Half Marathon</b>	
<b>April</b>		
<b>Wed 1 (TBC)</b>	<b>Handicap</b>	Nonsuch Park
<b>Sun 5</b>	<b>Kingston Breakfast Run</b>	8.2 or 16mile races
<b>Sun 5</b>	<b>Paddock Wood Half Marathon</b>	
<b>Sun 19</b>	<b>Thames Towpath 10</b>	Grand Prix event
<b>Sun 26</b>	<b>Flora London Marathon</b>	
<b>May</b>		
<b>Sun 3</b>	<b>Sutton Runners 10k</b>	
<b>Weds 6 (TBC)</b>	<b>Handicap</b>	Nonsuch Park
<b>Thurs 7</b>	<b>Dave Clark 5</b>	Grand prix event <b>Note new venue</b> – 7.30pm Nonsuch Park
<b>Sun 10</b>	<b>Hogsmill Ladies 5</b>	
<b>Sun 10</b>	<b>Ranelagh Half Marathon</b>	Grand Prix event
<b>Sun 31</b>	<b>Dorking 10</b>	Grand Prix event
<b>Sun 31</b>	<b>Edinburgh Marathon</b>	
<b>June</b>		
<b>Weds 3 (TBC)</b>	<b>Handicap</b>	Nonsuch Park
<b>Mon 8 – Fri 12</b>	<b>Tour of Epsom</b>	

# WANTED!

## Storage

### for Sutton Runners 10k equipment & prizes

Several boxes that are currently taking up much-needed space in Pauline's garage. If you can help please let Pauline know.



## Assistant Editor!

After 3 years editing the Yellow Pages, I think it is time for some fresh ideas so I would like to (gradually) hand over the reins. If you are able to offer some help, with a view to taking on the job over the next few editions please contact me (Andrea!) at [editor@suttonrunners.org](mailto:editor@suttonrunners.org)

## Articles!

Please email any of running articles for the next edition of the Yellow Pages to [editor@suttonrunners.org](mailto:editor@suttonrunners.org) by mid-May.