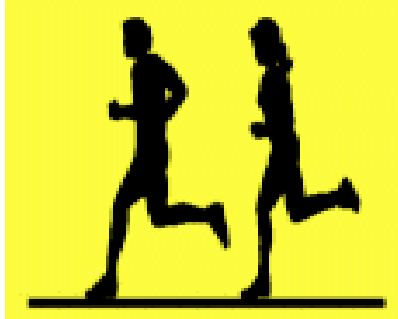


SUTTON RUNNERS

Yellow Pages



February 2010

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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.*

Andrew's Airwaves

Dearest Club Members....hello!



I would like to start my first entry on the front pages with the following comment, a new member made a couple of weeks ago: 'I like the club, it has a friendly community feel, and I am going to keep coming' (I had just finished a track session at the time and was struggling to breathe, but I am pretty sure this has been remembered accurately!) This comment is not down to any one individual but the club as a whole, so well done all!

Retaining members and offering an increased range of services, that are open to everyone across all of the training groups is the aim of the game, and I would like to extend my thanks to the committee for all their help in forming the club proposals that were published to all members at the start of January. The responses we received have been very positive, and in some cases as detailed as the proposals document itself! Look out for the fruits of this over the coming months, as work has begun on the three most popular topics: Coaching courses, specialist coaching workshops (nutrition, injury prevention, core stability etc), and a website revamp.

One of the personal highlights in the New Year was having the opportunity to coach Claire's group when she was away. A well spirited, encouraging and motivated bunch that seemed to be smiling even at the end, despite the session I put them through (or did I mistake that for a grimace?) It is also great to see some movement between the groups, with Claire progressing some runners into the group I lead with Steven, Anita and Jenny on Tuesday's.

Two other matters I would like to draw attention too is Kaye's work at the Banstead Wood's Parkrun Time Trial. The number of Parkrun events has grown dramatically over the last two years and they have done more to get new club and unattached runners out racing, than any other initiative I can remember (except perhaps the big draw of a marathon challenge) in addition to providing a better service than a majority of races you have to pay £10 plus for. From a sports development perspective they have been a huge success and they will benefit further in the coming years as a result of funding through the London Marathon charity. Additionally, Steven has worked hard to set up the new Monday night track sessions, which provide a further opportunity for people to work on their speed endurance and technique, whilst also providing an alternative to for those who can't always make a Tuesday night. There were 20 people in attendance last

week, including members from Sutton and District AC and Collingwood - Steven and myself are keen to emphasise this session is open to all.

The cross country was a continued success this year, building on the work from the last few years, with both the women and the men filling their respective races with the yellow and black vest. The men in particular, no longer have to worry about reaching that magic figure of 10 scoring participants, as we are consistently one of the largest teams in the field - something that we struggled with two years ago.

An impressive batch of PB's were attained at the Valentine's 10K and it would be great to see more in the coming year. I would encourage all runners to look out for and enter the forthcoming races that make up the Sutton Runners Grand Prix Series, and especially those that are also Surrey Road League events. We usually show strongly in the Road League and there are some good races included in it, so give them a go!

I would like to continue to thank the group leads for delivering sessions on Tuesday's and additionally those that have been encouragingly supportive to me personally, since moving from Men's Captain into the President's role - I am not going to name individuals, but as the old adage goes, you know who you are!

You are welcome to contact me at anytime about club related matters, training advice or cake through my club e-mail: president@suttonrunners.org

Happy Running!

Andrew

Sutton Runners Grand Prix Series in 2010

- 1. Towpath 10 Miles - April*
- 2. Dave Clarke 5K - May*
- 3. Ranelagh Half-Marathon - May*
- 4. Dorking 10 Miles - May*
- 5. Richmond 10K (formally Dysart Dash 10K) - June*
- 6. Elmore 7 Mile (new to the Grand Prix Series) - July*
- 7. Elmbridge 10K - July*
- 8. Wimbledon 5K (formally the Belgrave Bolt 5K) - August*
- 9. Cabbage Patch 10 Miles - October*
- 10. Oxshott 10K - October*
- 11. Any Marathon*

In order to qualify for the Grand Prix trophy you must compete in a minimum of 5 of these events.

Cross Country

Not wanting to put any willing ladies off, but there's cross country running, which is difficult, take race one, a sunny but a bit windy day (vest and shorts weather) going uphill and through a bit of mud and then there's cross country surviving!! Race number two in Dorking in Denbies Vineyard... it was sub-zero temperatures, extremely windy and hailing at us poor ladies who all braved the hills, ice, slush and mud. It was so cold and wet we didn't even get to eat cakes at the end as we all wanted to rush home! The team spirit was amazing though and it really didn't matter who did what time because we were just literally trying to get round! Needless to say, the third cross country of the season was a bit of a welcome – it was in Richmond Park and was cold but not freezing and not raining! The only thing with that was the distance – they made us run over 5 miles, when we are used to doing just 3.5 or 4! Roll on race number 4! Nothing can be as cold though as last season's race in Farthing Downs when it was something like minus 8°C.

Handy Tip: For cross country, bring a small tent if you have one and plenty of big bags to cover your stuff when you want to get dry after.

Top Tip: Jackie Arrowsmith's clever little tip of getting some old running shoes re-heelled at a cobblers with cross country studs for about £20 is a great idea for comfort and grip.

Claire Ballhatchet



Mud, Rain and Cake!



It's October, it's a Saturday and I have my running shoes on, that can only mean one thing...the cross country season is here again. I look forward to these four races with trepidation every year; hard work, bad weather and cake are usually guaranteed.

So, off we went for the first race at Reigate Priory Park. I had run this course before and remembered it well. There are some very steep but relatively short hills and quite a bit of open field to give you a chance to stretch those legs. It was a lovely sunny day which lifted my spirits and made me feel like I might actually get round despite my recent lack of training.

The first lap was fine, I wasn't expecting to score for the team so wasn't under any pressure and just enjoyed being out and about in the sunshine. The second lap though wasn't so good, as we started to climb the steepest hill a horrible stitch set in and I had slowed to a crawl. It was at this point that Marion went past me, also struggling up the hill, but doing far better than me. My head said "I'm not having this" and I gritted my teeth and managed to overtake her again somewhere near the top of the hill. I kept going, though the stitch was getting worse, just determined to stay in front (sorry Marion). As we came out of the woods into the open fields I was overtaken once more, this time by Therese who breezed past me and made it all look too easy. There was no way I could catch her and I struggled over the line just pleased that it was over and I could now eat cake!! I later realised I finished 5th for the club and therefore scored points (a first for me!)

The second race in Dorking will stay in my memory for ever, to say that it was raining and blowing a gale would be an understatement. I can't remember ever running in such horrible weather. As we lined up at the start, already bedraggled and freezing it actually started to hail! Before I had time to chicken out and hide inside my waterproof we were off and running through the vines of Denbies. It was a beautiful course and the first lap went quickly. My head must have been addled by the weather because I thought "that was easy, it will be over soon". Stupid me hadn't realised that lap 2 was a lot longer than lap 1 (oops!). Nevertheless I kept my legs going and just tried to ignore the fact that I was already soaked to the skin and couldn't feel my feet. I was encouraged by a very soggy Graham who was cheering us all on from the sidelines and was amazed to find that I finished 4th for the club and was in the points once more. None of us were hanging around for cakes this time; I ate mine on the way back to the car.



Thankfully the weather was dry for the third race at Richmond Park. It was very cold though and it took courage to take off my layers before lining up at the start! I had never run this course and had no idea what to expect, so I was pleased when there was no huge hill on the first lap. This changed slightly for the second, but my hill training seemed to be paying off and I managed to overtake about

four people as we climbed upwards. There was no sign of Therese or Marion this time and I had no idea whether they were ahead or behind me so I just tried to keep going. By the time I came round the final corner and knew that the finish was getting close I was really beginning to struggle, my legs felt as though they were made of lead and people were starting to overtake me as they dug in to the end. Then I saw Andrea (who had long since finished), she shouted “Keep going, you’re third for the club, well done!” I couldn’t believe it and suddenly found a massive burst of energy that allowed me to sprint to the finish! We went one better on the cake front this time and also went for a lovely cup of tea before heading home to get ready for the Christmas party.

The final race was at a very muddy Wimbledon Common. I remembered this route from my first ever cross country race about three years ago, it was horrible then and I didn’t expect that it would have changed! I inadvertently ended up too near the front at the start and got carried along with the mob. Everything was very congested at first but it soon spread out as the faster runners fought their way through and disappeared into the distance. I just concentrated on staying on my feet in the ever present mud. It is a lovely course but the big hill at the end of each lap always fills me with dread. I toiled up it the first time and was pleased to hear cheers and

encouragement from the Sutton Runners cheerleaders as I climbed! At least I knew what to expect for the second lap. Before I knew it the end was in sight and another season was over. Again I had managed to finish 4th for the club but best of all, Lauren had brought home made cakes, delicious!!



Kathryn Chisholm

Return of the lost runner

To many of the new members of the club the initials JR would mean very little, but to members of the club who have been around for a few years the initials JR stands for the great John Rawlinson. John Rawlinson is maybe the greatest runner ever to pull on a Sutton runners vest. Now JR has been missing from the club for the last few years, he has always been Sutton's man of mystery. Some say that he was doing his own version of forest Gump and running around Europe, others say he was working for the Special Forces in Afghanistan where he takes members of the Taliban out for 50 plus mile runs and waits for them to drop from dehydration where they are rounded by our brave army lads. But who really knows what this man gets up to???

So here I am at a cold and windy Lloyd Park watching my partner going through his warm up, when out of the swirling mist a figure emerged wearing a deer stalker hat and a maid of the mist rain coat. From a distance I could not be sure who it was but as they walked towards the massed ranks of runners getting ready for the cross country I knew who it was, the great JR Rawlinson had returned. Here was the great man himself. Here was Sutton's ceaser, Alexander the great and Attila the Hun all wrapped up in one person as he walked towards the crowd even the grass and trees bowed towards him.

As the great man came closer the talking amongst the runners died to a murmur. Most stared at the great man but never looked him in the eye, I heard comments like "I thought he was dead" and "oh my god he's back". As JR moved towards the Sutton runners group even the big mouth McIntyre was lost for words but I notice the nervous tick had returned to his left eye this was a result of all the beatings that JR had inflicted on him in the past. As JR started to pin his number to his vest I saw that the rippling six pack was still in place, his skin was tanned and oiled like one of those bodybuilders you see on TV. At this point I saw JR lift his head to the sky and sniff and the only smell in the air was fear for here was a lion that had been put into a pen of sheep it was just a matter of time before he would choose his first meal of the day.

Andrew Nippard, Graham Miller and Charles Green had a group hug and decided to run together thinking of safety in numbers, and then they both left Graham at the start who then spent the rest of the race looking over his shoulder. So much for Sutton's committee sticking together

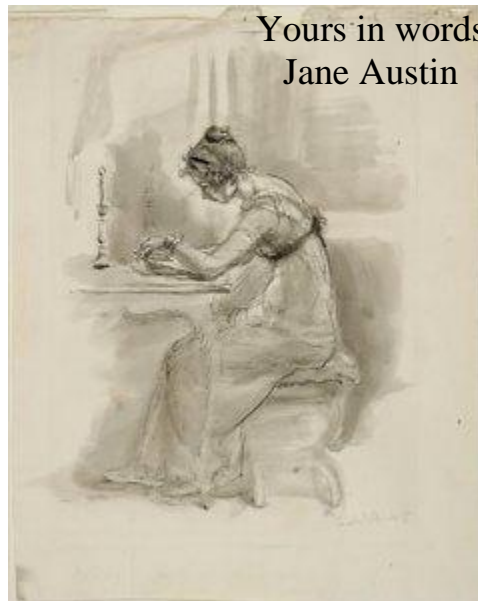
So as we waited for the race to start I watched as the great man made his way to the start line. Runners parted like Moses and the red sea not even daring to stand in his shadow. Then they were off and disappearing in to the distance and we

waited for the runners to reappear. Then out from the trees burst the man himself overtaking a runner as he fell in the mud trying to escape him JR stopped but only to stand on the man's head laughing as the poor fool beg for his mercy. Then he was off to catch his next victim. As the runners came into the finish Steve Barbers dad decided to outsprint JR at the end. As James turned to shake the hand of the man he had just beaten hand you could feel the air temperature drop. James quickly went in search of his son in the hope that the long arm of the law would protect him (James watch yourself the man never forgets, remember Scooby doo at the park run Xmas who did you think that was?).

Then as he came, he disappeared, I watched JR walk back into the mist and out of view and as darkness descended onto Lloyd park we all heard the howling of a wolf and chills went down the spines of those who remained.

Now what is the reason for JR'S returned? Is it to claim back his empire or a place in the 2012 Olympic team or just a club marathon place I think I may know the answer?

Yours in words
Jane Austin



Luton Marathon - 6th December 2009 - Graham Miller

The Luton marathon was once unflatteringly described by an ex member of the club as three laps round a council estate and a race to avoid. Whilst I concede there are other races I have done where the scenery is more pleasing on the eye, there are lots of positives to recommend this run if you fancy a late season marathon, one reason being there are so few around this time of year solely on the road.

Of course the weather this time of year is unlikely to be kind and it was with a sense of foreboding that Mark and I joined Jim for the short journey up the M1. The rain was hammering down and accompanied with gale force winds, it did not look very pleasant outside and I was beginning to wonder if this was a marathon to far. This was in fact my 5th marathon of the year and with the exception of our driver (somewhere close to 50) no one in the club had done more than us. Mark (on his 4th of the year) was hoping for that elusive sub 4 hour marathon having come so close at the New Forest, whilst I looking for a good run with no time pressure and rather perversely was looking forward to it.

We got to Leagrave Leisure Centre (race HQ) way to early, Jim's promise of stopping for breakfast on the way round never materialised. Mark and I immediately set off for some sustenance whilst Jim was besieged by pretty much everyone; a bit of a celebrity in marathon running circles is our Jim. Mark and I did meet some familiar faces notably Steven Cooney and Andy Stalley from Collingwood. However Steven was not happy, like many others before and no doubt in the future he had fallen victim to a Mac wind up and I was the fall guy (Tim will explain for any curious readers).

Leaving it as late as possible we all ventured outside and of Jim there was no sign. Encouragingly the rain had stopped and a watery sun peered through the clouds, however the wind was still very strong and it was going to be extremely tough conditions for the runners. Just before the gun went off, there appeared Jim with a smile on his face and a comment of "beautiful day" Mark and I said yes Jim or words to that effect and we were off.

This was one of those races when I was rather glad that I had no preconceived race plan as it would have been pretty much destroyed in the first couple of miles. Jim went off as if it were a 10k race and was soon way ahead of me, whilst I stuck with Steven Cooney as we have been pretty close in a couple of previous marathons. By the time we reached 5 miles, Jim was out of sight and Steven was just ahead and I was a bit startled to see that we were averaging less than 7.30 mile pace and were not doing the 8 minute miling that I had anticipated.

At this point I ought to enlighten you about the course, the first three miles are indeed around the urban streets of Luton, though we then move into open country albeit a section of this is by the side of the busy A6, after about 4 miles running alongside fields we are back in the urban sprawl of Luton to complete one of three laps. So by the time we had completed 10 miles we had just started the 2nd lap. Steven Cooney was still a short distance ahead and of Jim there was no sign and I'm thinking, at just under 75 minutes this is too fast but no point deliberately slowing down now, we are too far into the race.

Though the course is predominately flat, there is a very definite uphill gradient on the countrified section that continues for the best part of a mile and it was at this point just past the half way mark that I went past Steven who appeared to be labouring slightly on the hill, though considering we were running into the teeth of the wind and he had done a marathon the previous weekend it was hardly surprising. At half way my pace had slowed slightly though I was well inside 1.40 and I'm thinking a sub 3.30 was more than achievable even allowing for the conditions.

As I neared the end of the 2nd lap, I could see Jim in the distance and though the gap was closing, Jim seemed to be running very well and looked very strong. However by the time we finished the 2nd lap at just under 18 miles I was just behind him and the announcer called out our names one after the other. As we started the 3rd lap we ran together for a while, "I think I went off to fast" said Jim stating the obvious. For a while I moved ahead of him and then on a downhill stretch Jim came past me like a puppy chasing a bone. However as we moved into the country and started to climb again, Jim finally began to drop back but he had probably ran 20 miles faster than he has done for many years and as a consequence dragged me along as well.

The last few miles were simply a war of attrition, the uphill stretch and the fierce headwind made me feel that I was not moving, the very fast start had ensured that I was well inside 3.30 pace, however my average mile pace had crept above 8's for the 1st time and it was no longer an enjoyable run with friends, as I was on my own. As I left the country for the last time I knew that there was not far to go and though I was slowing down I was still passing people which gave me some confidence. As I went into the last mile and with every part of my body protesting at the pain I summoned reserves of energy from I know not where and subsequently ran my fastest mile of the race. I crossed the line in just over 3.23, only my 2nd fastest marathon but due to the conditions it was a better run than London in the April sunshine.

I wanted to get changed but I thought I must wait to see Steven and Jim finish and I didn't have long to wait. Steven came through in 3.27 having overtaken Jim near the end who though he runs marathons every week still regularly goes off like a complete loon and pays for it at the end. Despite that his time of 3.29 was one of his fastest of the year, he was delighted and he thanked me for helping him, not sure why as it was Jim that had dragged me round. I would never have gone off so fast if Jim was not there and I had him to thank for my time.

We weren't sure when Mark was going to finish and as were being buffeted by the wind we walked (I hobbled) back to the leisure centre to get changed and get a hot drink. Mark appeared shortly after and was a bit disappointed to be just outside 4 hours though it was still a PB. However, considering he had not done a long run since the New Forest Marathon over two months earlier, it was a really good effort and he will get that sub 4 hours he craves when he gets round to training for a marathon instead of just doing them, echoes of Jim there me thinks.

After that we met up with some of Jim's friends for pizza, one of them being a legend in marathon running circles Steve Edwards who of his 500+ marathons over 400 are under 3.30 and he was slightly disappointed with his time of 3.09 which placed him comfortably inside the top 50.



So what do I think of Luton, well its impeccably organised, great facilities inside the leisure centre, courteous and helpful marshals and a course that is not too tough in kinder weather. I might even go back and do it again this year, anyone want to join me?

Graham Miller

Horton 10k – 20th December 2009

Well, the morning of the 3rd round of the Ronhill Series dawned cold and icy, just



5 days before Christmas. So icy, in fact, that I wasn't sure if I was going to be brave enough to tackle it or if would even go ahead, but I decided to get in the car and see how bad it was once I got to Horton Park (the car thermometer at this point was reading -3). The organisers had decided to shorten the course to 5,81 miles for safety reasons as parts of the course were so frozen so I decided to brave the elements and see how bad it was on the first lap, and could always drop out if it was too treacherous for a decent run! So, off we all set, following Santa on his bike, feeling rather apprehensive as to how fast we dared run for fear of falling flat on our faces. But, after 1k or so, the pace stepped up a bit as the roads weren't too bad and you

felt that you could run properly....but that feeling didn't last for long as we hit the housing estate where the gritters obviously hadn't been!! There were plenty of incidences of runners losing their footing and plenty of people happy to hold them up - there was a really good atmosphere as everyone's aim was just to get round safely(obviously, this feeling wasn't the same at the front where the fast runners, like Vicky, were running for victory!!). Before I knew it, I was nearing the end of the first lap and was very happy to see the smiley/frozen faces of Andrew, Barbara and Pauline who were bravely marshalling (this must have been the only time I have ever not wished to swap places with a steward half way round a run!) and encouraging all the runners. The second lap seemed less treacherous in places as the sun came out a little and we all knew which parts of the course you could stretch your legs and where to tread more carefully...and then there was the end in sight...no broken arm, legs and I was even slightly warm!! And to warm us all up, steaming hot coffee and mince pies, just to get us all in the festive mood.And to make us all proud, Vicky was awarded 1st Female...she certainly deserved it for running so well in awful conditions!

Gina Burbidge

Tadworth 10 – Sunday 3rd January 2010

This was my second attempt at the Tadworth 10 so this year I came prepared with an extra layer and not just the club vest (chattering teeth and blue fingers are not a pretty sight). Luckily the event was not cancelled due to the threatened snow and severe ice, although there were a few slippery bits going round corners. The run was surprisingly enjoyable this time and we could appreciate the scenery with the sun shining through. Most of our group was there, special mention to Coach Claire who turned up despite being ill. We had wonderful support from Tony B and Chris H who cheered us on and provided TLC at the end including hot coffee and kitkats!



This is a great race to start the year, very hilly so you don't have to worry about PB's for 10 miles and can just enjoy the challenge (and I knocked over 10 mins off last year's time so our group training must be working)

Marion

Club Runner Profile - Claire Ballhatchet



Do you do any other sports?

Not really, no! The odd game of badminton. A bit of cycling in the summer when I'm not too lazy.

When did you start running and join Sutton Runners?

2002

Why do you run?

Oooh so many reasons!! I run to keep fit, be sociable and to keep my weight down.

Favourite race distance?

My fave race distance is probably 10 miles although I have only actually run 3 x 10 mile races! It's just long enough to be run at a nice pace without too much pain.

Favourite event and why I love the Cabbage

Patch 10. I've only done it twice but the course is really good. It's flat and interesting. Also, it's such a popular race with Sutton Runners (helps being our Club Championships). I love feeling part of such a big group of runners.

What motivates you? *The other runners in my group motivate me. I find it very hard to get motivated on my own.*

Favourite training session or route? *On Tuesdays, it varies - maybe 800m reps, Thursdays is Ponds route, Sunday is either the River Wandle run or Hogsmill River run (both are reasonably flat!)*

Favourite food? *Anything naughty! Ha ha! I love Italian food. My list could go on and on. I try to make sure I have a balanced diet, but I am partial to crisp snacking.*

Who / what inspires you? *My parents - they've been a huge part of the running club since I can remember and were the reason for me ever getting fit. I wouldn't be a runner if it weren't for*

my mum's patience with me when I first started and couldn't run a mile.

Do you have any race rituals / superstitions? No, no race rituals/superstitions but I do try to get a good night's sleep before a race.

*What do you do for a living?
I work for a travel media company as a content executive.*

Where's your favourite holiday destination? Turks & Cacos! I got to go there for free last year with work - it was fab!

*Best race / proudest achievement?
I came second in the points league at Banstead Woods for 2008-2009 - this meant running 5K most Saturday mornings, even when I had Cross Country races in the afternoon!*

*Worst race
I came last in my first ever 10K race at Dysart Dash. It was quite embarrassing and I hated every minute of it! Have never done well at that course!*

Hopes for the future? I would like to go under 51 mins for a 10k and also to attain a Standard Achievement Award (hopefully before I reach the F35 category).

Five Things people wouldn't know about you:

- 1. I don't like tea*
- 2. I'm a moderate overpronator*
- 3. I've had shingles*
- 4. Despite being notoriously clumsy, I've never broken a bone (touch wood)*
- 5. I used to live above a bathroom shop (my parents ran it!)*

<i>Race PBs</i>			
<i>10k</i>	<i>51.19</i>	<i>Half marathon</i>	<i>1hr 59 01</i>
<i>10 mile</i>	<i>85.04</i>	<i>Marathon</i>	<i>N/A</i>

Club Runner Profile - Mark Asten (our new Social Secretary)

Age: *Still under 40*

Do you do any other sports? I used to play a lot of football, but now it's mainly running and visits to the gym



When did you start running? As my football 'career' came to an end I started to do a bit more running. I had completed a few 10ks and entered the Great North Run in 2006

When did you join Sutton Runners? The charity I ran the GNR for in 2006 persuaded me to run the London Marathon in 2007. I worked with Claire Ballhatchet who suggested that I join the club, which I did in November 2006

Why do you run? It is a good way to unwind from the stresses of work

Favourite race distance? Half marathon - long enough to have to train for, but not to the extent that it takes over your life (like a marathon)

Favourite event and why? Edinburgh Marathon. A good course, a good weekend away. I'd like to try some other marathons further afield.

What motivates you? That they can't take miles away from you once you have done them

Favourite training session or route? The Asten Way - of course!

Favourite food? Curry

Do you have any race rituals / superstitions? None that I wish to share

What do you do for a living? Sales Director for the UK's largest job board - need.co.uk

Best race / proudest achievement? Edinburgh Marathon 2009. A PB in difficult conditions.

Worst race? London Marathon 2007 - very hot. I struggled at the end

Hopes for the future? To stay fit and healthy enough to run around with the children as they grown up. To improve on my PBs this year

PBs			
10k	49.45 Clapham Common 2007	Half marathon	1.50 Fleet 2009
10 mile	???	Marathon	4.16 Edinburgh 2009

Not a running story

Hi Steve, I can always tell when Tim is doing a wind up or talking shit his lips move. 22/12/09 18.06 txt

Mr incredible is coming to the party, bad guys beware he's been on a diet 29/12/09 14.00 txt

I know if Anita and Jenny don't turn up in a super hero's outfit I been conned 29/12/09 21.00 Quote

You bastard! Quote
29/12/09 21.22



These were the texts and quotes from Sutton runner's club secretary the one and only Graham Miller.

Now I was told that Graham could now tell when I was telling him a lie or winding him up. This is a skill that I have had since I pop out into the world just over fifty years ago. Had the magic gone? Well there was only one way to find out

So a plan was hatched I was going to have a new year's party where everybody was going to come as a superhero, well only Graham was going to turn up as a superhero, everybody else was coming in normal clothes. And guess who the only one to dress up was?

Now my mate Mr. Miller who I have known for years, we got to know each other running around Richmond park training for the 2001 marathon. When you spend three hours plus in pain, cold and wet and you are very tired, it's good to spend time with someone you can have a chat and laugh with and when you have had enough will encourage you to carry on, we spent many Sundays pounding the paths in them days there were sometimes 20 plus Sutton runners doing the same Sunday runs.

Graham later picked up a bad injury that stopped him from running for a couple years and I know that he almost gave up running but we both found a physio who has rebuild both of us on more than one occasion.

Now Mr. Miller has had a couple of rough years in his personal life getting made redundant etc but what a club secretary he is, I mean how many of our email inboxes would look more barren than the Sahara desert, apart from ads to buy a magic pill they would improve my sex life (which don't work) what else would I have to read. Now what you don't know is why Graham got the chop from his various jobs I will now enlighten you. First he got sacked from his role as a human lie detector, where he worked for the met police at Sutton police station where I have an inside source. Now it's a gift being a human lie detector but like his hair he was losing it. The final straw was when Steve Barber caught a bloke with hundred thousand pounds in his beat up Ford Graham believed the guy had saved it out of his jobseekers allowance, hence in modern times he was let go. So he went back to his old role as an accountant where he worked for Northern Rock and RBS before becoming a financial adviser for the Icelandic government you can see a theme developing. He has now returned to the post office and you may have notice that the price of stamps has already gone up. Oh he was involved in the climate change talks in Copenhagen so we will soon be rowing to the Sutton arena for a training session.



Back to the party so a nine o'clock Mr. Incredible burst in to my house fully kitted out in a superhero outfit this included his entire sock draw stuffed down his pants to boost his confidence. But as the guest's arrived not wearing outfits the sweat started to run down his face no amount of cocktails seemed to ease his fear. When Brian Hedges (Anita's husband) walked in and said

'I thought he could tell when you was bullshitting him' the penny finally dropped. Luckily for me he took it well and had a change of clothes. Now I have to say young Carol Docket spent the early part evening checking out Grahams tackle if you get what I mean, sorry to disappoint you Carol it was only Primark down there.

So moral of this story Graham, can you really tell when I am bullshitting you, by the way you are the best runner in the club.

The Mac

VALENTINE 10K – 14TH FEBRUARY 2010

It was a very cold morning with everyone complaining about the snow falling when we arrived in Chessington for the 10K. Unfortunately Kathryn and Carole had pulled out due to illness and injury but we were thinking about them as we all grouped up. The few brave ones amongst us wore their club vests to run in while some wrapped up a bit more against the elements.

We met in a college hall with good facilities, plenty of loos and drinks and a baggage storage area.



Claire's version

First 3kms were really tough, probably due to the shock of the cold against my skin and the slight incline... I was a bit worried when I saw Tony Bannister go ahead of me and wondered what his game plan was. I was less worried when I saw Marion go past me as I'd expected that!

Pauline's version

First 3kms I ran with Brenda and suffered with stitch. We had set off too fast which is something I shouldn't be doing with all my race experience! However the field lured us along and apart from the stitch it didn't feel too bad.

Claire's version

4-7kms were a dream... I was nicely warmed up and felt like I could actually relax into a good stride... I concentrated on my arms (as they always tend to swing side to side instead of forward and backwards) and I increased my pace to overtake other runners. Once I'd caught Tony and Marion back up, I felt good and it obviously spurred Marion on as she became attached to my shoulder! This must have been a downhill section of the race, as it definitely was my fave!

Pauline's version

4-7kms I can barely remember. I left Brenda at some stage as I was feeling a bit stronger. I kept checking my watch and was running at around 10 min miling which I was quite happy with. A lady who was unattached tried to talk to me about her running but I was past wanting to chat and pulled ahead of her for some peace and quiet!

Claire's version

8-9.6kms - This was a hard bit of the race for me – it was hilly and Marion had overtaken me leaving me for dust again... I found it hard to keep my earlier momentum going but found the marshals to be encouraging, recognising Don from Banstead Woods. Despite the hills, I battled through attempting to go past some relatively young males, keeping my pride levels up! The undulating pavement had started to get on my nerves so I took the road route instead... pah!

Pauline's version

8-9.6kms - This is where there seemed to be an enormous hill....all that training on Rosehill Park West went by the board and I walked up some of the hill! (Claire says Tut Tut!!!, I agree) The route was now getting familiar as we had driven along it to get to the race which was encouraging.

Claire's version

Last 400m – Boy was I glad to see that sign post, although I was quite sceptical about it and thought 'yeah right'! Then I saw the last 200m sign and was encouraged, I was too scared to look at my watch but had done at 9kms and saw 46mins something, so I knew I had to really give it my all if I was to achieve a PB... anyway I pulled away and dug deep and somehow... it clocked 51.19! Hurrah – I'd done it – over 2 years after my last PB at 10K! Now to cheer my mum in!

Pauline's version

Last 400m – I saw the sign that said 400m and thought oh my god, a lap of the track left to do! Tony was there shouting at me and I asked him to go back for Brenda who wasn't too far behind me. I lifted my pace, something I coach my group to do, and sprinted towards the finish. It seemed as though I had become 'mum' to half the spectators as everyone was shouting it! I finished nearly 5 minutes quicker than I had last time I ran it so I shouldn't be too disappointed. I was absolutely delighted to hear that Claire had run a PB, a very proud moment.

The end – We collected out t-shirts and goody bags and congratulated all who had taken part.

Mother and daughter.

Results

Steven Barber	35.50	PB
Tim McIntyre	39.54	
Tony Moorhouse	40.41	PB
Graham Miller	42.11	
Stewart Stanton	43.34	PB
Jenny Sinfield	43.42	PB
Andrea Francis	43.57	PB
Fiona Park	44.38	PB
Gina Burbidge	44.53	PB
Lauren Jones	45.04	
Bryan Park	45.50	PB
Mark Aldred	47.00	
Marion Stanton	50.33	PB
Claire Ballhatchet	51.19	PB
Jane Lambert	51.47	
Tony Bannister	53.57	
Caroline Gravestock	54.32	
Pauline Woodman	64.34	
Brenda Wright	65.57	1st



VALENTINE 10K – 14TH FEBRUARY 2010

Sundays Valentines race was my first 10k. I was very nervous beforehand but was encouraged by the support I received from other Sutton runners which was much appreciated. I thought the race was very well organised, I didn't know what to expect with regards to the course but having now completed it feel it wasn't that bad. Of course I would like to improve upon my time for next time! I would like to say special thanks to Pauline, Claire and Tony who encouraged me on the last 400m of my race.

Brenda

Valentine's 10k - 14th February 2010

10ks have never been my favourite distance so unless a race is part of the Surrey league or there's a chance of a good time I don't tend to bother, especially as they seem to have got harder as I've got older! My 10k PB has stood for over 3 years, and I've found it hard to muster any enthusiasm to try to better it, especially after coming within 2 seconds of it a couple of years ago at the Dysart Dash. I hoped that might change though when I saw that this year's Valentine's 10k wouldn't be the same weekend as a cross country race or when I was away skiing. Valentine's 10k is one of the staples of the local race calendar, I'd always heard good things about it and seen club members achieve good times but I'd never run it myself. I'd been told it was a fast course and that it was a favourite for PBs, so thought this could be my chance!

And so a good representation of Sutton Runners gathered on a damp Sunday morning in Chessington. There'd been a bit of snow in the air but this seemed to have stopped, and the cold air seemed a little less bitter than the few days before. We lined up in our estimated finish time section and off we went – a nice quick start with plenty of space so no need to weave around other runners, and very quickly got into my stride. Recently I've tended to start training runs too quickly, and though I run better by holding back so that I can push on to the end, I knew that wasn't likely to happen. So I just went with my pace, knowing I was likely to suffer later, but would just try to hang on.

The course is a single lap, and pretty much flat. There are a couple of small undulations – when they come they stand out more but that's only because the rest of the course is flat and pretty straightforward, with no major twists and turns. The



race was also one of the best organised I've ever experienced. There wasn't too much traffic anyway being early in the morning, but I felt safe at each junction or turning because the many marshalls along the route appeared well in control.

I was running quite smoothly for the first few km, but the cold damp air hitting my lungs was making it feel like particularly hard work. Or at least that was what I was telling myself! My PB was 44:35, so I was measuring myself against 4:30 kms, but trying to “bank” extra seconds where I could dip under this. The first km gave me 5 seconds, the second 12 – a good start, I was already on track, but the next 2km were back around 4:30. I was just hoping this wasn't the start of me getting

steadily slower, but the next 3 kms improved, and gave me the cushion I needed. I could drop back to 4:30s and still get a PB, but I was finding it increasingly hard to keep my pace up. For the first few km Graham had been in sight, but he'd gradually stretched away, and when Jenny had gone past at 5km I knew I couldn't stay with her. Seeing her ahead helped me to concentrate on not dropping further back though, and I seemed to still be going past other runners, which was enough encouragement to keep me going.

My lungs were burning and I was glad I'd decided to just run in shorts and vest despite the cold, as I'd have overheated otherwise. I felt a slight twinge in my ankle at 8km – most probably not real! And for a second I found myself thinking “maybe I should stop, I don't want to risk my marathon training” but I soon snapped out of it – I've never stopped in a race, stopping 2km from the finish with a PB all but in the bag was just crazy, and entirely due to fatigue setting in. The combination of effort and cold air was making me feel sick, I wanted to just stop and have a lie down!

1km to go and I knew I just had to hang on, try to give it everything I had left, although it felt like that had run out a couple of kms ago! The “400m to go” sign came sooner than I expected, but I was pretty sure it was in the wrong place rather than because of a sudden extra spurt of speed that I'd managed without noticing. I was right, and the “200m to go” seemed to take forever to appear. When it did I could have cried, I just wanted to see the finish. Tim & Sue were standing on the final corner “10m to go” they shouted, “you can get under 44”, which was all the motivation I needed, so I tried to muster a vague sprint (or the closest I could manage), and as I turned the corner saw the clock ticking 43:52, 43:53... I crossed the line in 43:57, just about managed to resist the wave of nausea and the urge to collapse in a heap, and staggered over to a delighted Jenny who had finished 15seconds ahead of me. Several other Sutton Runners finished just a few seconds later, several PBs among them, all looking like they'd run a hard race but satisfied with the morning's efforts.

This really is a good race – very well organised, easy to get to, good facilities at the start & finish and great marshalls. Most of all, if you don't mind the February weather it's one of the best chances of a 10k PB without having to travel too far. I'm still not lining up the 10ks on the race calendar but I'd put this one top of my list if I ever feel like I might knock a few more seconds off my PB, though if its going to take me another 3 years I might just stick to the nice long, slower runs!

Andrea Francis



SUTTON RUNNERS CLUB KIT

Why not treat yourself to a new club kit, how about a nice new running vest, or what about a micropore long sleeved top or a warm sweatshirt to wear home after the race.

Now is the time to restock your kit - and at competitive prices, what are you waiting for:

Tyvek top	£ 5.00
Yellow T-shirt	£ 7.00
Sweatshirts	£12.50
Running vest (mens)	£14.00
Running vest (womens)	£14.00
Crop top	£15.50
Micropore short sleeved T-shirt	£16.00
Micropore long sleeved T-shirt	£17.00

So don't delay see Carole on club nights or email

carole.dockett@blueyonder.co.uk



PERFECT PICTURES



Tony M calmly telling Philip that he is going the wrong way at Banstead Woods Time Trial on Saturday 23rd November 2009.

Steve Barber winning Banstead Woods Time Trial on Saturday 30th January 2010

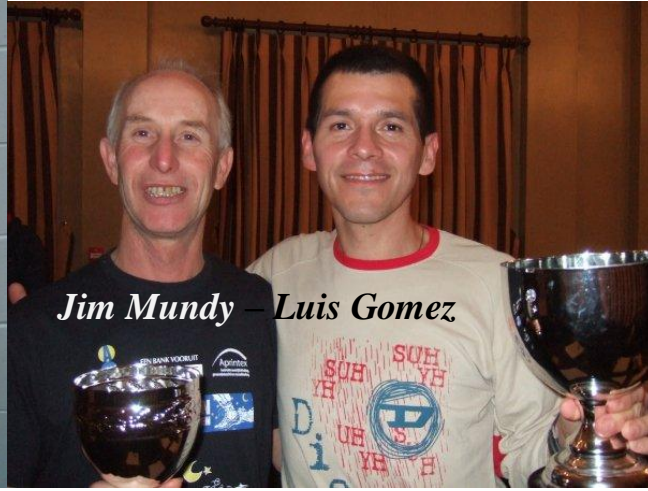


Mens Cross Country

Marion Stanton



Jim Mundy – Luis Gomez



Penny Hubbard



Earl Tulloch



Pauline's last stand!



Unfortunately I couldn't find a picture of Andrea with her award.

FORTHCOMING EVENTS

March		
Sun 7	London Heathside 5	London
Sun 7	Bushy Park 10k	Hampton, Middlesex
Sun 7	Eastbourne Half-marathon	Eastbourne, East Sussex
Sun 7	Thames Riverside 20 mile training run	London
Sun 14	Surrey Spitfire 20	Cranleigh, Surrey
Sun 14	Wimbledon Audi 10k	Wimbledon, London
Sun 14	Surrey Tempest 10	Cranleigh, Surrey
Sat 20	The Orion 15	Chingford, London
Sun 21	Hastings Half-marathon	St Leonards-on-Sea, East Sussex
Sun 21	Kingston 10k	Kingston
Sun 21	Reading Half-marathon	Reading
Sat 27	Bolt Round the Holt – 5k, 10k, 21k	Farnham, Surrey
Sat 27	Military 10k	Redhill, Surrey
Sat 27	Victoria Park Open 5	Hackney, London
Sat 27	The Richmond Spring Riverside 10k	Richmond, Surrey
Sun 28	Cranleigh 15/21	Cranleigh, Surrey
April		
Sat 3	Run Richmond Park, 5k, 10k – Race 2	Richmond, Surrey
Sun 11	Denbies 5k & 10mile	Dorking, Surrey
Sun 11	Frimley Park 10k	Frimley, Surrey
Sun 11	Kingston Breakfast Run 16	Kingston upon Thames
Sun 18	Fullers Thames Towparth Ten	London
Sun 18	The Brighton Marathon	Brighton, East Sussex
Sun 25	Virgin London Marathon	London
May		
Sun 9	Hogsmill Ladies Five	West Ewell, Epsom
Sun 2	Sutton Runners 10k	Wallington
Sun 2	Sister Act – The Nuns Runs	South Bank, London
Sun 3	Shinfield 10k	Reading, Berkshire
Sun 9	Bristol 10k	Bristol, Avon
Sun 16	Woodley 10k	Reading
Sun 23	Edinburgh Marathon	Edinburgh
Mon 31	BUPA London 10,000	London

AGM – Friday 4th December 2009

Minutes

Apologies for Absence: Greg Parker, Nicky Miles, Hannah Goodman, Andrea Francis, Stephen Chamberlain, Chris Catt

Committee 2010

President - Andrew Nippard
Secretary - Graham Miller
Treasurer - Charles Green
Press Secretary - Tony Gallagher
Membership Secretary - Claire Ballhatchet
Social Secretary - Mark Asten
Newsletter Editor - Barbara Burnett
Ladies Captain - Anita Hedges
Ladies Vice Captain - Therese Panetta
Mens Captain - Steve Barber
Mens Vice Captain - Neal Richardson
Race Director - Chris Catt
Webmaster - Stephen Chamberlain

Trophies

Presidents Shield - Marion Stanton
Julie Coles Trophy - Andrea Francis
Handicap Trophy - Penny Hubbard
Grand Prix Trophy - Earl Tulloch
Mundy Marathon Cup - Luis Gomez

Pauline was awarded life membership of Sutton Runners and awarded with a special trophy to thank her for all her hard work over 12 years whilst on the committee.

London Marathon Places

Mark Asten
Tina Russell
John Rawlinson
Reserve - Mark Aldred

Other Business agreed

Notification of who is standing for committee positions to be notified in advance of the AGM

The Handicap will be changed back to a club night and a new route proposed around the open space in front of St Helier Hospital and behind the Arena, this route will be assessed beforehand for suitability.

It was suggested that the website could be rewritten to give it a smarter design, the committee agreed that they would look at that during 2010

PRESIDENT'S REPORT – Pauline Woodman

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

I will start by reporting on the year we have had.

Our first main race of the year was 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 the bus to get the runners there and Pete for driving it to the start. Incidentally, we donated the money raised to travel on the bus 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. Once again we held the race without a sponsor but still managed to make a profit of just under £2000 of which £900 has gone once again to The Royal Marsden Hospital and £100 to London Wildlife who are situated in Beddington Park where the race is held and helped unlock gates on the day. 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 in May so please be available to help out on the day. If anyone can help out with sponsorship please come and talk to the committee.

The Surrey Road League during the summer months was fairly good for us with the men finishing in 10th place out of 27 and the women finishing in 7th out of 25 clubs. Some notable individual performances were in the men's Martin Newton, 4th M40 and Graham Miller 10th and in the ladies Jenny Sinfield 9th senior lady and Vicky Foad 2nd LV35 .Well done to you all and everyone who took part in the league. It would be good to see more of you taking part in the league races next year.

The cross country league has been very well supported so far this season with the ladies currently lying 8th and our men 3rd. 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 with the men getting promotion back into Division 3.

This year our club championships were held at the Cabbage Patch 10 and what a huge success it was holding them there. I remember saying last year how disappointing it was to see so few members taking part in our championships at the Dorking 10, we certainly didn't have that problem this year! We had 57 finishers! Congratulations to everyone who took part with 16 of you attaining club standard awards. Many congratulations to our prize winners, in particular club champions Luis Gomez, Vicky Foad, and Martin Giles, Tim McIntyre, Andrea Francis and Therese Panetta for coming first in their respective age categories and to all the runners up.

The Tuesday night training sessions are going very well, you only have to look at the race results to see that they are working at every level. I would like to thank Andrew, Anita and Steven for coaching the top 2 groups and Claire for training her group. My group has also grown steadily with 17 running in it recently. Also congratulations to Jenny on attaining her level one coaching. Jenny will assist the existing coaches or cover when any of us are away.

The Thursday night runs are very well attended and the club room is well and truly overflowing into the corridor. The parks routes in the summer are popular and who knows one week we might all run the same route around Morden Hall Park! In the winter we have several road routes and the latest one introduced last winter, the Asten Way, has fitted in well. Just a quick reminder, please wear light coloured clothes to run in winter to be seen!

On Sundays the groups arrange their own runs of various distances. On the first Sunday of the month we have the Breakfast Run where we run from Carshalton Ponds and then meet up for breakfast in the local cafe. It is a chance to get together with the other groups and learn running tips and hear about experiences. It is usually Claire and my group who attend this with Martin Giles. It would be nice if more of you could come along.

I would like to thank the committee for all their hard work this year. Graham has done a good job of secretary. Just getting results together for the weekly email is hard, especially if you don't tell him about a race you have done. He also has organised the Summer Handicap Series, calculated the Grand Prix Series and sorted out the club Standard Awards. Charles works hard in the background sorting out our finances and making the books balance. He does a great job as Treasurer and we are grateful to him.

Barbara started the year as our press secretary, which she did really well and has now produced her first excellent Yellow Pages as Editor, well done. Claire has done a good job in organising our social events and next week we have our

Christmas meal. She has also taken over the club kit and has been busy making sure you all look smart to run. Many thanks to you and to Elinor who also did a great job before Claire took over. Steven Barber has done a good job as membership secretary, making sure we are all affiliated to England Athletics and attained his level 2 coaching award. 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 and there are some lovely photos on the website too. Tony Gallagher took over from Barbara to do our press reports, thank you Tony. Andrea stepped down from ladies captain and editor due to work commitments but I would like to thank her for all the hard work she has done over the last few years. Vicky Foad also stepped down as ladies vice captain and she too has worked for the committee for many years, thank you. I would also like to thank Anita Hedges for taking over as captain and Therese Panetta who took over as vice captain for their work. Thank you too to our men's captain Andrew Nippard and his vice captain Neal Richardson for the very good job they are doing. It is never easy trying to get runners to take part in the Surrey Road League and Cross country but our captains have managed that. I would like to thank Gerry for being our Welfare Officer again this year. I hope you didn't have too much to do!

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

Although I am standing down this year after 12 years on the Committee and 2 years as President, I am sure that the Committee will continue to look after us all over the next year and I wish our new President and all the committee good luck.

AWARDS

I would like to start by presenting the President's trophy. This goes to someone who has achieved something a bit special during the past year. This lady's first run as a Sutton Runner was the Cabbage Patch 10 last year. This year she ran it 9 minutes quicker earning a Silver Club Standard award. She attends the training sessions regularly, which is obviously paying off as she has also run PB's at half marathon, 10k and 5 k distances. She has also done both cross country races so far this season. It is my pleasure to award this trophy to **Marion Stanton**.

Next we have the **Julie Coles trophy**. This is awarded to someone who has worked hard for the club throughout the year and is named after Julie Coles, a previous winner who worked hard for the club and has now gone to live in Australia. This goes to someone I mentioned earlier, Andrea Francis for all her hard work as Editor of Yellow Pages and as Ladies Captain. Very well deserved **Andrea**.

The next award is for the Grand Prix series. Graham presented the trophy.

The final trophy is the **Mundy Marathon Cup**. This cup is in honour of Jim Mundy who has now completed over 200 marathons and in doing that twice ran 10 marathons in 10 days. We decided that Jim should award a cup each year to someone who has done something special in the marathon world. He will now present this award.

Secretary's Report AGM 4th December 2009 – Graham Miller

When I delivered my first speech as club secretary, little could I have imagined what a eventful year 2009 was going to be for me personally, to the extent that I did on many occasions seriously considered whether I could remain as club secretary. The fact that I was able to do so is solely down to the support I have received from several good friends, many of you are here tonight.

The club would not enjoy the success it has had without the hard work from all of the committee, so thank you to all of you. By now you will all be aware that Pauline is standing down as President. No one cares more or has done more for this club than Pauline and on behalf of the committee and I am sure everyone here tonight I would like to record my thanks to her for all of her hard work over a long period of time. I would also like to thank Andrea who stepped down from the committee after several years' hard work and welcome newcomers Anita, Tony Gallagher and Therese who have all done an excellent job in their 1st year on the committee.

This has been a great year for Sutton Runners, probably the best in getting numbers out for races and participation in team events, however the year got off to a disappointing start when both the ladies and men's teams were relegated from the cross country leagues they were competing in. This is despite the fact that both teams got record numbers out with many of you experiencing the joys of cross-country for the first time. However in 2008/09, we lost runners of the calibre of Andrew, Martin Giles, Elinor and Vero and no club, particularly a relatively small one like ours can afford to lose such quality. It is reassuring that for the men's team Martin and Andrew are both back running and in great form and I hope that Elinor will be fit enough to run again as well.

The London Marathon again had a great turnout from the club with 26 runners completing the course. Again we had the marathon bus take us all to the start on what was another warm day, so thanks to Peter Sturton for driving the bus and getting us all up to the start in plenty of time. Like a few others that day I recorded a PB which wouldn't have been possible for any of us without the support from so many of you not just on the course that day but from over several training runs over the course of many months.

If London was good, Edinburgh was even better, the hottest weekend in Scotland for two years and 15 of us went and did a marathon with several people running the distance for the 1st and hopefully not the last time. Considering the heat there were fantastic performances from many of you and it was a tribute to everyone who took part that of the 5000+ that didn't finish the race, none of them were from Sutton Runners.

The Sutton Runners 10k was another successful day for the club as Pauline has already mentioned with fine performances from our men's and ladies team and a fantastic turnout from the rest of the club in helping to organise the event led as always by Pauline who worked so hard to make sure the event took place. The race started on time despite the fact that entry to our car park was blocked but thanks to the ingenuity of Elinor and Neal who quickly found alternative parking, disaster was averted.

We did well in the Surrey Road League with the Men's team finishing 9th and the Ladies team 7th and there were fine individual performances from Vicky (who finished 2nd) Martin Newton, Jenny and myself who all finished in the top ten in their age Categories.

The Grand Prix was very well supported this year with several fine performances, notably from some of our newer members. The result was in doubt until the last races of the year whereupon a clear and deserving winner emerged. The same goes for the club handicap where we had one of the tightest finishes ever with another deserving winner who took part in more events than anyone else. The future for the handicap will be discussed later as we will need to change the format as after a promising start attendances were ultimately disappointing. I would like to thank all of the people who turned up to help me organise the events, in particular Pauline, Jenny and Barbara who each helped at nearly every event.

To save the best till the end of the year, I seriously doubt if in the history of this club that so many people have ever turned out for one event, 56 members took part and completed the Cabbage Patch 10 which was our championship race. There were far too many great performances to mention all of them individually, though as well as all the award winners, I would like to pay tribute to the many new members in Pauline's group many of whom were racing for the 1st time ever and I hope were inspired enough to want to try it again soon.

This year we have presented no less than 61 standard awards which is significantly more than the 41 awards presented in 2008 and a great tribute to so many of you for racing so well during the year. No one managed to earn an elite award this year after the 5 that were awarded in 2008 though Tim Mac came mighty close at the Cabbage Patch 10 missing an elite by just 23 seconds. With so many great performances during the year to highlight a few individuals is extremely difficult though Fiona's wonderful run at the Loch Ness Marathon, Earl

on a very tough marathon course in Cornwall and Marion for her consistent improvement over the course of the year are all worthy of a mention.

One of newer awards was initiated this year for which there are no prizes or trophies and is decided each week solely by myself, namely athlete of the week,. However, it has proved to be a surprising success and appears to be well received by the winners as and when they receive them, therefore I plan to continue these next year. Many of you have won at least once either on your own or as part of a larger group and some of you notably Steven Barber and Earl have each won it on several occasions.

Last year I mentioned the fact that Ian Killick was seriously ill and I hoped that one day he would be able to run again, well he did at Banstead Woods in April though is unlikely to be able to do so again. For those of you that know him, one request, please pay him a visit during 2010, he will be very pleased to see you.

Sports Rehabilitation at Sutton Runners

I just wanted to say thank you for allowing me to come to one of your running sessions to offer sports rehab. Hopefully to those who took up the offer for a quick consultation benefited from it. If you need any further free advice or wish to see me you can contact me on 07940365956.

Testimonial from Sutton Runner, Chris Catt who visited the clinic.

“ Returned in one piece after seeing Tasmeen yesterday and really pleased I went. I thought she was great and very professional! Have done one of my glute muscles and basically my lower back is over compensating for it which is why upper back is quite tight. Tasmeen gave me 2 massages which have really helped and some exercises to do to help clear the problem. I'm going to give it a few more days rest and hopefully try running again on Monday. ”

Thanks again.
Tasmeen

Club Social

Wimbledon Dogs on Saturday 27th February.



This is a no-commitment event. You do not have to pay in advance or even say you are coming, just turn up - it's £5 (inc.racecard) on the gate.

Doors open at 6.30pm, first race 7.30pm.