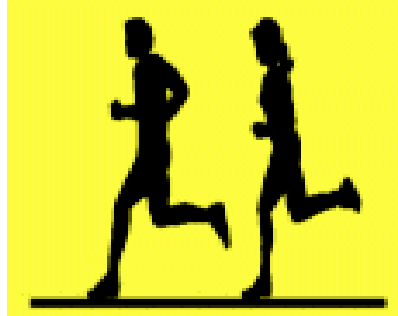


SUTTON RUNNERS

Yellow Pages



November 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

Well it's a been a busy few months at the club, so here goes...

To start off this article, two very pleasing achievements need to be highlighted. The number of runners and volume of teams that the club managed to enter in the Surrey County Road Relays was a sensational achievement. The last time the club entered this event was in 2007 when we fielded one senior men's team – this time we swamped the field with yellow vests with a



huge six teams, which earned praise of the other clubs present. Although primarily more of an 'elite' event, our efforts show that competitions such as this are open to all to try and enjoy. A massive thanks to Jenny who led in organising and inspiring this. The second is the turn out at the first Surrey League Cross Country men's race of the season. 25 members ran with several more turning help for vocal support – this figure, I have been informed is a club record.

Even though an update has been sent around with a notification of the results - I would like to briefly mention the recent Club Questionnaire. The whole process was never going to be an easy one, and the topic of a proposed move was simply too large a decision for the committee to act without consultation. Safety is obviously a serious issue and the questions asked were always going to polarise opinion. I would like to thank all the club members who took the time to fill in and return the questionnaire, which meant we could make a more informed decision. The results mean we will be continuing our residence at Sutton Arena.

Mark Asten has worked his magic and found an excellent venue for our Xmas Party. Sutton Bowling club will provide us with an exclusive space just for the club and with a capacity of 100 people, we should be able to cater for everyone who wants to attend. I also have it on good authority that bowling greens are perfect for a spot of football - Mark are there floodlights at the Bowls Club?

Darrin has continued to lead from the front in developing the new website and I would like to thank the committee for all their feedback and suggestions on the weekly 'offline' updates Darrin has been sending through. It is looking great - launch time is not far off now!

Another excellent turn out for the Club Championship at the Cabbage Patch 10 Mile Race saw Luis and Gina claim the titles of 'Club Champion' for 2010. Well done also to all the other category winners and everyone who ran! For those that missed out on the collection of your trophies due the timing chip problems at the race giving incomplete results at the time of our club presentation, you will be presented with your award at the AGM.

There are a set of rules for the election of committee positions detailing a significant change in procedure for the forthcoming AGM this year. I will not bore you with the details here as they have already been published and are also available to view later on in this Newsletter - but I would urge you all to read them. The reason behind the change is so the whole process is more open and transparent - a need that was highlighted in the AOB section at the 2009 AGM. If anyone is interested in any committee position for 2011 I would encourage you to stand.

I would like to round off by thanking Barbara for her work as Editor of the newsletter. This edition is unfortunately her last in charge and on behalf of the club I would like to express a large volume of collective gratitude for all her work - who else would have edited my pish for a whole year!

Best wishes,

Andrew

SURREY BADGER HALF 2010 - Sunday 5th September 2010

This is my chance to introduce some culture to the club! In order to appreciate this event, you first have to google “youtube badger” You will then



appreciate how excited I was to find huge mushrooms growing in the car park – a good omen? My running style is a bit like the badger dance.

It was a lovely day for running and climbing up steep hills. We started with the National Anthem and a nod of sympathy for those who admitted this was their first (and probably last) half marathon. The brain is a strange thing, it wipes out very bad memories and I had forgotten just how bad some of those hills are, but even worse I’m starting to enjoy the pain. I thought my pace was good until Theresa sprinted past – what does she eat for breakfast?

For those interested in proper reviews, this one starts from Leatherhead Leisure centre (now newly renovated with lots of loos) and is very well organised by Run to Live the great running shop in Ashted. It follows road and track up the hills, round to Bocketts farm and back down again. The goody bag at the end is particularly generous – Badger beer and a proper running shirt. You’ll see the shirts a lot because I wear them all the time. This is the second time I’ve run it, and I believe it is the event’s third year but it is sure to become a long-term event. I’m pleased to report my time was 2 minutes quicker and I managed to sprint at the end, unlike last year when only just made it. Thank you Theresa for waiting at the end and sorry Mary that we missed you – by then it had started to rain heavily. So overall a good morning and I recommend it – but definitely not if you want a PB.



Marion Stanton

Windsor Half Marathon – Sunday 26th September 2010

Surprisingly, I really enjoyed the Windsor half marathon! Having come from a background of hating running at school (because my ears got cold!!) and only starting to run in the past 18 months to help me lose weight I never thought I'd get so into it as I have!!

The course was described as “undulating, but flatter than previous years” as they had been able to re-route the course to run completely within the Great Park. The commentator said over the mic before we set off to take it easy and to be prepared for hilly moments when we'd need to slow, but also great downhill's where we could catch our time back up. He couldn't have been more spot on: within the first three miles we'd climbed and descended three manageable hills. Luckily within each mile there was a good climb but an ever better descent, allowing me to catch back up with my intended pace. With everything going well I was enjoying the race and kept my eyes open for my husband and family at mile 5. Having spotted my mum and aunt this spurred me on to keep going to see them all again at mile 11.

The course was mostly flat, with the occasional hill and the only negatives were



the narrow stretches of path every now and then, when everyone was suddenly grouped together again. Everything was on track and I was completing my miles at my projected 9-10 minute pace. Then we hit mile 8 and the most hellish hill ever! It was steep and long and most of the runners around me slowed to a walk. I was determined not to slow wanting to prove my hill training had paid off, but feeling my calf muscles stretched to bursting point I reasoned it would be more beneficial to speed-walk the hill and be able to continue running, than to pop a muscle and have to pull out of the race. So I slowed to a walk and alongside the other runners I made it to the top of the hill. This had put me back and there didn't seem to be a descent anywhere to catch back up with my

anticipated time, however as it was my first half marathon I wanted to just get round the course, so I carried on not feeling too concerned about times. Approaching mile 11 I kept my eyes open again for my lovely supporters,

although I couldn't see them. However watching for them kept me distracted from the growing pain in my legs and feeling of exhaustion, and I kept pushing on.

Mile 12 came: only one more to go! And then I spotted my husband Jon cheering me on from the side: he ran alongside me for the last mile keeping me going, and when Barbara joined him I was on a high! Having two people running with me for the final mile was amazing: I was really feeling it all now, everywhere, and was determined to finish in a good time. Luckily, the last mile was along "The Long Walk" in the Great Park, a long downhill stretch with the finish line in sight at the end of the stretch, although somehow it didn't seem to be getting any closer!!! But Jon kept me going and when Barbara pointed out I was about to overtake Princess Beatrice I felt suddenly invigorated! I kept up my speed until the finish line and crossed with 2:12:57 showing on my watch. What a feeling!! I had no idea whether I'd be able to complete it in the time I'd set in my head: I wanted to finish closer to 2 hours than 2 hrs 30 and had confidently picked up the 2 hr 10 minute pacer at the start. But only 2 minutes out I was over the moon!

As I changed into my long layers it began to rain: what perfect timing! I had completed my first half marathon in a time I never thought possible and had raised almost £500 for The Karira Trust. The race was well organised and the marshals, water station volunteers and helpers were great: motivating us all the way around. A definitely recommended route for those of you who don't mind hills!

Sarah Hart (Nee Gummett)

Venice Marathon – 24th October 2010

As some of you may remember from the last edition of yellow pages, My Christmas present was the Olympic distance world triathlon. This time my early birthday present is to compete in a marathon, in Venice, in October.

Just as we were going on holiday in August the bombshell was dropped. At first I thought he was joking especially when my first detective attempts failed when I could not find my name on the start list on the website. However eventually the penny dropped & I had to accept that I had 6 weeks to prepare for a marathon.

So back home from holiday & it was straight out for my first training run 10 miles and this was the last week in August.

For the next 4 weeks I managed to cover 16 miles then three 18 miles. Then a half marathon a 20 mile run cabbage patch 10 then the weekend was here (a lot less miles then I would normally do)

Left for Venice on Friday 22nd October at just after 6.30am. Ended up at the hotel at about 2.30pm having enjoyed our first experience of Venice buses. We decided to head straight for the expo



jumped in to a cab to Galliano Park.

Sorted out my number took some photos and looked around at the stalls. Headed for the bus stop After walking for about half an hour (Brian said it must only be round the corner in the next road – several times) The road just didn't seem to end after 90 minutes asked a elderly man where is the train station about 1k just go straight. You can guess we just carried on by this time it was getting dark so asked another couple of men and showed them the map we had and the reply was just go straight down this road for 1k. Any way we got lost ended back at the train station after walking for over 3 hours and still had another 2k back to the hotel.

Saturday 23rd Yes the day before the marathon decided to head for Venice town centre this time we managed to find the bus stop. Lots of bridges lots of water very expensive but a very interesting place but the map we had was useless. We did a lot of walking about 6 hours but we did go on a gondola (I kept on saying it was romantic but Brian just kept counting Euros !!), went in doges palace and paid £1.50 to use the loo. Got back to the hotel and my legs and feet felt like I had already done the marathon.

Sunday 24th up at 5.45 for 6am breakfast then catch a bus to the train station at 6.35 to jump on a marathon bus to the start got there by 7.30 with the marathon starting at 9.30.

Have a cup of tea, go to the loo, put bag on truck, get back in the toilet queue find 2 British specking runners talk about marathons then head to the start with over 7000 runners. The gun goes and we are off 40k from Venice very pretty trees and a stream.

You might think Venice is very flat yes it is except for the 18 bridges all in the second half with the last 16 in the last 2.5k just when you could do without them. Heard Brian say “go Anita” at some point with about 16 bridges to go. Finished in 4 hours and 56 seconds (In my book that converts to a 3:55 without bridges) would have liked a sub 4 hour but loved the experience. So if you like bridges and want a nice weekend away try this one. Of course it means I now hold the Venice ladies PB for Sutton runners & I’m sure I have broken Jims record for most bridges in a marathon !!

Anita Hedges

Barns Green Half - Sunday 31st October 2010 - 11am start

This is the second time I have attempted this race. The most exciting bit this year was that I'm almost certain I helped the winner to win! We were walking up to the starting field when a young Kenyan guy sprinted (and I mean sprinted) past us to register a late entry. In the starting area he brought out a new running shirt and a brand-new pair of shoes. He then began to put laces in the shoes and tried to attach the chip-tag, all with just a few minutes to go. Being the helpful type, I tied the chip-tag on for him and directed him to the start. That is the last I saw of him - the winner was an Edwin Kipyego in 64 minutes with a very late entry number, so it must be him. No wonder I didn't see him again – he finished before I got half-way round!



This is a very well-supported event with crowds and marshalls cheering us on. I was aiming for a particular time and kept to schedule all the way up to 10 miles but then my legs turned to rubber. Managed to recover in the last half mile and was able to sprint to the finish past a few men (well they were very old) and mainly because I could see the clock was on 1 hr 59 mins. No way was I not going to finish in under 2 hrs for the first time. Luckily the chip time came to 1 hr 57 min 44 secs. The seconds are very important because I felt every one of them.

In case anyone fancies trying this next year, it is in a little village near Horsham and well –organised with chip timing from start to finish, which suits me because I'm always at the back of the field and it takes ages to go across the start. The marshalls even helped push my big purple van out of the muddy field at the end, because it had been raining rather heavily at the start.

Marion Stanton

Training Programme – a new approach to marathon training

A few weeks after running the London Marathon, I approached Andrew about getting a training plan for the Abingdon Marathon. I'd had a good run at London, but I felt that I'd been training the same way for the last 3 or 4 marathons that I'd run, and I'd probably got as much out of it as I could. I was also looking to freshen things up as marathon training can be tedious at times!

A few weeks later Andrew gave me the plan. I'd given him my general weekly routine from previous marathon training, when I could fit in runs and when I couldn't, and also dates when I was going on holiday or had other commitments. The plan he came up with was designed to help me build more strength, to find a bit more speed, but mainly to help me to push harder as I get tired.

The weekly programme looked something like this:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Track mile reps or km reps or 2km reps	Club speed session 800m reps or km hills	Rest or pilates	Morning run / gym evening or club run with tempo intervals if no morning run	Rest	Long run	Easy run 7-8 miles

Monday – track – strengthening

I got a lot out of the track sessions, having not particularly enjoyed track before! It helped that other club members were also at the track – although they were running other sessions, just having the odd word of encouragement was a great boost, especially as I usually ended up feeling a bit wobbly at the end! The sessions were all based around mile reps or km reps, so there was enough variety to keep things interesting, but it was also helpful to be able to compare particular sessions to the time before.

Tuesday – club speed session – intervals/hill reps

2 quality sessions in a row wasn't ideal, but was the only way I could fit them in. I tended to not push as hard on Tuesdays, but to still try to do the whole session. Once I knew how my legs were feeling I'd set myself a target pace and focus on maintaining pace to the end, even if I was a few seconds down on how I'd run with fresh legs. I'm not disciplined enough to run intervals on my own so having them scheduled in with the club session was really the only way.

Wednesday – rest or pilates – phew!

Thursday – steady run, or tempo intervals

I was lucky to get support from work to come in a little late 1 day a week for 6 weeks, which meant I could fit in an hour's run on a Thursday morning – a great way to start the day before it got too warm (not that the summer sun fulfilled its early promise!)

The original plan was for me to go to the gym in the evening for some core training, but unfortunately timetables didn't quite work out. I also found I wasn't putting enough into the gym work, either because I was tired, or because I didn't want to be suffering on the weekend long run. So instead, most weeks I came to club for a second run. The first couple of times were tough and my legs pretty much gave out half way, but after that I found I really enjoyed both runs in the day, especially as there was no pressure to run as quickly while I was helping to stack up the miles.

Friday – rest... apart from eating in preparation for the long run the next morning!

Saturday – long run – between 16-21miles

You just can't get away from the long run in marathon training, so I headed to Richmond Park most weekends to enjoy the scenery along the way. This wasn't much different from previous training, except that Andrew threw some intervals into some of the longer runs. Eg on 3 laps round the park the 1st & 3rd lap would include 4x5min intervals, with the 2nd lap just keeping steady. I found the trick was to time the intervals just

right so that I didn't have to do them on the uphill bits! I must admit you'd struggle to spot any difference in pace by the final interval, but the extra effort helped me to focus on maintaining my pace for each lap.

Sunday – easy run – 7-8miles

This was longer than I'd usually run for recovery, and while I struggled the first time I tried 8miles after 21miles the previous day, the following weeks it felt absolutely fine, and I found I was running probably a bit quicker than I should've been. The key was to make sure my legs were loose and not overtired for the Monday session, which always seemed to come round again too soon!

The only bit of the programme that didn't work out for me was the core training – and that was really because I was starting from a pretty low base, and couldn't put as much into it as I needed to while marathon training. But I'm going to try to do more at the gym so that I'm better prepared before I start aiming for anything else.

So... did it work? In a word – yes! I didn't knock as much off of my marathon time as I'd hoped, but I still got a PB, and I felt a lot stronger and more in control of my pace throughout the run. The strength and speed work made a big step change to my steady and tempo pace, bringing down my training times and my 10k PB along the way. I generally feel stronger when I run, and able to push at different times without suffering for it later in a run.

On top of that the programme really freshened up my approach to training. During the winter, in the build up to London my training had felt a bit stale, I was a bit on autopilot, but I'd also found I was tired all the time. Although the new programme increased my weekly mileage, and included tougher sessions, I also had more rest at better times in the week to have an effect, so I could put a lot more into it each time I ran. As well as being re-motivated. I had to think about the sessions more, so I was a lot more focussed when I ran. Whatever the session there was something I could get out of it – whether it was

keeping intervals to a target pace, or feeling good for the last mile of a steady run.

Andrew also helped me sort out my post-run recovery, I used recovery bars and drinks a lot more, which definitely helped, especially after Monday sessions or to help me train twice on Thursdays.

I'd recommend anyone to think about getting a training programme, whatever you're aiming for! I found it great motivation, was designed around how I prefer to train and how much I was prepared to put into it. And even though Andrew designed it so that it would work even if I ended up missing a few sessions, the extra motivation of having a plan meant that I only missed 2 planned sessions, and Andrew was on hand to offer advice on changes and alternatives if I needed them.

Andrea Francis



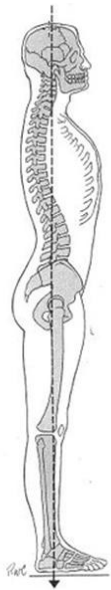
The Core of the Matter.....

Ask any group of runners what they do to safeguard against injury and to improve their running and race technique, and the general answer will be 'nothing'. So many of us simply put on our trainers and log the mileage as a way of getting our times down, when really we should also be looking a little more inwards – towards the core.

Core strengthening and stability does more than simply make our midriff more aesthetically pleasing; it, to put it simply, is one of *the* most effective ways of preventing injury and improving running efficiency.

It doesn't make any difference if you are new to running or a seasoned marathoner, by strengthening your core you are sure to improve your fitness and get faster too, as well as safe-guard against some common running injuries.

Core strengthening will :-



- a) Improve your posture, which will help, above all, towards the end of a race, when you're starting to tire and your technique starts to fail.
- b) Increase stability, which will help reduce stress on individual muscles and avoid unnecessary injury.
- c) Keep you on your feet – it'll help you run better on uneven surfaces - great for cross country and off-roading.
- d) Improve your efficiency which will allow you to run for longer and faster and make hills seem easier
- e) Improve your running style – a strong core will allow your pelvis to remain completely stable and level, giving you a strong base from which to propel your legs.

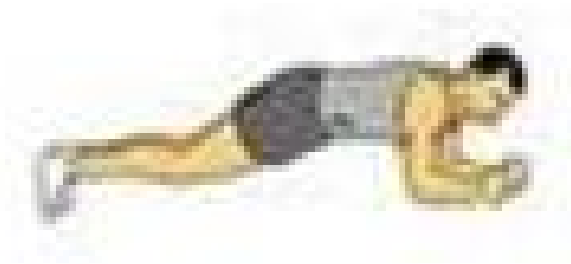
So, as you can see, having a strong core isn't just the gym-bunnies domain – it's hugely beneficial to us runners too!

So, on your rest days, get yourself down to a Pilates class, do some cross training or do some simple floor exercises at home – you really will see and feel the benefits over a matter of time (oh, and you might even get that toned stomach too!).

Exercises to look up on the web are:-

- a) Plank, in all it's various forms and progressions,
- b) 4-point kneeling
- c) Bridge
- d) Leg lowering
- e) Knee raises
- f) Crunches
- g) Spinal extension
- h) Swiss/stability ball exercises

Gina Burbidge



Abingdon Marathon – Sunday 17th October

Sometimes I enter races because they seem a good idea at the time and when I entered the Abingdon Marathon back in the Spring it didn't occur to me that I had left only a three week gap after the Berlin Marathon. I had entered Berlin a few weeks previously and was my main target for the sub 3.15 marathon that I have been striving for over the past two years.

All my summer training was aimed at Berlin (Abingdon was just an afterthought) and to say I was disappointed to just miss out on a sub 3.15 in Berlin was putting it mildly. The fact that Berlin was drenched in torrential rain was no consolation. I had targeted the fastest marathon course in the world, so my thinking was if not there then where. So in the short period of time before Abingdon I entertained the thought of dropping out convinced that a three week gap was nowhere near sufficient time to put my tired limbs through another tortuous 26.2 miles and achieve a PB as well.

On the day of Abingdon, my thoughts were closer to home as it clashed with the Cabbage Patch 10 and the various texts whizzing back and forth wishing various people luck acted as a spur. Mother nature was also kind, having decided to bestow on me the hottest May Day on record when I ran Edinburgh, conditions were clear, cool and dry with no wind, and it was in fact decidedly cold when a group of us from the club gathered on the start line. I had travelled up with Scott, Mark and Jim and we met up with Lauren, Peter and Andrea. Sadly Vicky who had targeted Abingdon for her 1st ever marathon had succumbed to injury a few weeks before and was unable to join us, hopefully she will get her 1st marathon under her belt soon.

Without really knowing if I had recovered from Berlin I had taken every precaution to try and get to the start line fresh even dropping out of Cross Country the week before, so my plan was to go for a fast start and try and build up some time in hand as I fully expected to suffer from fatigue in the last few miles.

Having said I wanted a fast start I was a bit shocked to see that I was running close to 7 minute mile pace after the 1st few miles, well that wasn't in the script but I felt good so I tried to get into a comfortable rhythm and hoped I wouldn't blow up after 16 mile. As I passed the 8 mile mark my thoughts turned to Twickenham and the mass of Sutton Runners waiting to embark on the Cabbage Patch 10, in fact when I went through 10 miles I was thinking well that's it for them yet I've got 16 miles to go, though I consoled myself by observing that my split of 71.45 was already over a minute up on my target time.

My first key milestone was to hit halfway in 1.35 in order to give me some headway in the 2nd half as I was convinced that I was going to fade badly, so the fact that I went through halfway in 1.33.40 was good. However, being a glass half empty type of person I was thinking you bloody idiot you have blown it, way to quick, the fall in the 2nd half is going to be quite spectacular. 1.33.40 would have been a PB for the half marathon two years ago what on earth are you playing at. All these thoughts were playing on my mind as I continued on my merry way as a very cold start had blossomed into a beautiful clear sunny day. It was indeed a lovely course as we ran round the pretty market town and out into the country. There were stretches of the route close to the River Thames which were still covered in layers of mist gradually being burned away by the sun.

As I went through 20 miles I was pretty pleased to note that I was way inside my target time of 2.27, to get to this point in 2.23.30 meant that I had covered the 2nd 10 miles in an identical time to the 1st and still I felt good. I thought



surely I can cover the last 10k in 51.30 in order to go under 3.15 but still there were doubts, marathon fatigue can strike without warning anytime and having blown up completely at Edinburgh albeit in the heat I was taking nothing for granted. For most of the last 10k I was running with a lady from Oxford who was running her 1st ever marathon and had hoped to go under 3.30, she was running without a watch and was just trying to run well in front of her family who had made the short journey down from Oxford, she was definitely stronger than me over the last couple of miles and pushed on as I suffered badly from cramps in the last mile and slowed down as I neared the finish.

However all the work I had done in the 1st 20 miles meant that I crossed the line in the scarcely believable time of 3.10.21, nearly 5 minutes inside what I had previously thought was impossible.. At which the point the cramps that had been plaguing me for the last few miles came back with a vengeance and having run 26.2 miles I could barely walk more than a few steps. At this point Andrea's mum and dad who were supporting her recognising my vest came and introduced themselves and we

were all willing Andrea to come in soon as she had trained so hard for this event. Andrea finished in 3.20.55 her 2nd Marathon PB this year and in my book an absolutely stupendous run, Andrea being the harshest self critic I have ever met was disappointed, I should have gone quicker she said, I am sure in time she will feel happier as she reflects on 2 of the finest marathons ever done by a female runner in the history of Sutton Runners.

Peter Sturton finished in just over 3.30 a great run by someone who had hardly trained for the distance followed by Mark Aldred in 3.35 who knocked another 12 minutes off his PB which now stood almost 30 minutes quicker than he had run prior to Berlin. Shortly after Mark, Lauren finished in 3.38, a PB by 18 minutes and she was clearly delighted as she finished, finally doing some justice to her potential over this distance, sub 3.30 next Lauren? Scott without hardly any training had an excellent run to finish in 3.51 and Jim running whilst still injured finished in 4.09 were the other Sutton Runners who also took part.

The highlight of the day was still to come as Lauren surpassed herself with a Chocolate cake that was as good as anything else she has ever made and yes I do remember the Carrot Cake from Cranleigh last year. At this point we then made our separate ways home, Scott, Jim, Mark myself via a pub in Beaconsfield where we had a late lunch washed down by a few beers, well Scott did..

That evening despite feeling very tired I attended the club presentation awards in the Robin Hood where the trophies were presented from the club championships. We had 48 runners at the Cabbage Patch 10 and many were exchanging stories from the day. I was too tired to stay long but it proved to be an enjoyable climax to a long and very rewarding day.

Graham Miller

I am a Cross Man!

Meaning...I like training off road and racing Cross Country events...and that I am also a man as opposed to a hippo, fraggle or penguin (although if I had a choice I would definitely choose being a penguin any day!) I am occasionally cross, although this is a separate matter entirely.

Having had a prolonged period injury free for the first time in several years (I will ignore the two torn ligaments in the summer – that was just an accident) I decided to focus on having a strong Cross Country season and therefore embark on a wintry muddy mission. I also felt the need to race regularly, which simply had not happened for a while and enjoy participating in some new events that I had not done before.

Slightly derailed by a bout of coughing fits and an inability to breathe quite normally, the mission started at the Switchback 5, a race which starts and finishes in Llyod Park via an undulating ‘rooty’ trip around the woody part of the Addington Hills. Having resisted the temptation to bale a mile in due to breathing difficulties, I kept on going and managed 11th place. A slightly annoying start but it was a start nevertheless, and I will be definitely be back at this race next year as the course was superb.

Second up was the Herne Hill Harriers Open XC race on Streatham Common. Again – things did not go entirely to plan. The published start time of the race on both the Runners World website and also Herne Hill Harriers own website was 11.30, however the race actually started at 11.00. I found this out whilst I was out on the course warming up, when a mass of runners with numbers suddenly appeared! Mostly this was an internal Herne Hill Club event, but several people from other clubs were also caught out. I started over a lap down but the apologetic organisers agreed to time me - my solo time trial effort would have slotted me into 6th position, so although I was deprived of race practice, it was a good strong run out anyway.

Next was the first Surrey League race of the season at Nork Park, with another 24 club members – marking a club record attendance at a Cross Country event. Racing the two previous weekends definitely had a positive impact as I felt strong for much of the race. Although my relative inability at running downhill as opposed to uphill, definitely cost me some time I was pleased with my 2nd



place in Division 4, behind Sutton Runners debutant Will Bussell. The team performed brilliantly and claimed an outstanding score to top the league table by a fine margin. A huge well done to everyone involved, including a big thank you to the support team!

A two week break from racing followed and after some good solid training myself and Elinor travelled to the Burnham Beeches Cross Country 10K. Another beautiful day and challenging course made for a hard race – a 3rd place for me and a strong run from Elinor to finish 4th lady rounded off a very worthwhile trip. At least the race was not as painful as having to hold a ton of liquid in my bladder long enough to find a suitable place for me too pee on the dual carriageway on the way (at least it showed I was well hydrated!)

Following on from Burnham Beeches was the Pine Ridge 10k (actually 10.25K – as the 10K mark was a minute before the finish!) I would definitely recommend this race to all club members next year – a feast of mud, sand, twisty corners, woods and open spaces! Time went out of the window – this is not a quick course, and so you can just enjoy racing and improving your strength for flatter future races. By the time I saw Elinor at the 8K mark I needed to be shouted at, and she duly obliged! Having not lost a position throughout the race and picking people off gradually I was enjoying myself and came home in 5th place out of 870. Clapham Chasers were celebrating an anniversary and had 48 runners at the race, I know their President Neil quite well from races and it was good to see him come in 2nd.

Next up more League races and the County's in January! Get muddy!

Andrew

Sutton Runners Members Profile

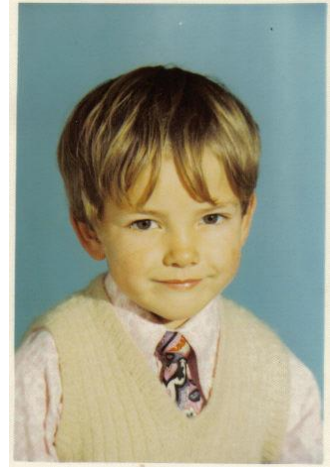
Name *Darrin Ormston*

Age: *45 (yes I look good for my age don't !!)*

Do you do any other sports? *Gym, bodypump, swimming, cycling*

When did you start running?

February 2009 after deciding to run the Great North Run having never done any form of running before. Never expected to carry on running after that. Just planned to tick that off as one of my things to do in life.



When did you join Sutton Runners?

September 2009, after I kept bumping into Claire on one of her interval training groups. I was running on my own at the time and she convinced me to come along to one of the sessions. I was a bit nervous as I thought they were all elite runners all wearing club vests and didn't know what to expect. But have been pleasantly surprised and glad I joined as my running has improved immensely.

Why do you run?

For fitness and mainly to lose weight as I suffer from high blood pressure. Running helps me immensely.

Favourite race distance: *10K*

Favourite event:

Cabbage Patch 10, even though it was my first time at this event, I loved the route, the organisation and seeing so many of my fellow Sutton runners at the event.

What motivates you? (eg when you're having a hard run?)

Food at the end of it all! On a serious note, I always give 100% and hate giving in. I don't let anything get the better of me.

Favourite training session or route?

Session: Hill sprints, especially Rose Hill Park West. I get so much out of these sessions even though its pain!

Winter: That has to be Maggies route, I love the journey back down the A217

Summer: Morden Park, feels like you are in the middle of nowhere when you enter the woods.

Favourite food?

Oooh where do I start? Keema aloo (minced lamb & potato), in fact any type of curry, Thai food, Chinese food, homemade lasagne, burgers, chicken kebab...the list is endless!

Who / what inspires you?

Other runners within the club (you know who you are). I look to better myself and reach their level of fitness and speed...eventually!

Do you have any race rituals / superstitions?

No superstitions but I have to go through a written checklist every time as I have a brain like a sieve.

What do you do for a living?

Software Migration Analyst for Fujitsu Defence on the MoD DIIF project

Best race / proudest achievement?

I think it has to be the O2 Run to the beat. Even though I fell over near the end, I managed to gain a PB (with a little help from my friend Jenny).

Worst race

Probably the Dorking 10 as it is the first (and hopefully the last) race I had to pull out of after only two miles with a calf injury.

Hopes for the future?

To carry on running without injury. Pass my coaching exams and would love to teach.

Five Things people wouldn't know about me:

1. I used to belong to a disco dance team (myself and 5 girls) at the age of 17.
2. I broke my shoulder whilst skiing in 2005 on moguls, never again. The pain was unbelievable.
3. I came down to London for an interview from Newcastle on the morning of the 1987 hurricane. The interviewee was so impressed that I made it (all the way from Newcastle) he offered me the job.
4. I can roll my eyes 360 degrees, continuously!
5. I had blonde hair and blue eyes as a boy.



PBs

10k	46:31	Half marathon	01:45:52
10 mile	01:17:02	Marathon	N/A



A selection of some Forthcoming Events

November		
Sun 28	Beddington Park 10k	Wallington
Sun 28	The Three Molehills	Dorking
December 2010		
Sun 5	SLH Pirie XC 10	Coulsdon
Sun 5	Luton Marathon	Luton
Sun 5	Grim Challenge 8	Aldershot
Sun 12	51 st Hogs Back Road Race 8.2	Guildford
Sun 12	5k Santa Fun Run for Princess Alice Hospice	Richmond
Sun 19	Ronhill Surrey Classic 10k – race 3	Horton Country Park
January 2011		
Sun 2	Tadworth 10 mile	Epsom
Sun 9	Winter Tanners	Leatherhead
Sun 16	The Perch	Nonsuch Park
Sun 30	Kenley Airfield 10k fun run	Kenley Airfield
February 2011		
Sun 13	Valentines 10k	Chessington
Sun 20	Brighton Half Marathon	Brighton
March 2011		
Sun 6	Eastbourne Half Marathon	Eastbourne
Sun 13	Spitfire 20	Dunsfold Aerodrome
Sun 13	Tempeest 10	Dunsfold Aerodrome
Sun 20	Hastings Half Marathon	Hastings
Sun 20	Cranleigh 15/21	Cranleigh
April 2011		
Sun 3	Inaugural Croydon Half Marathon	Sandilands
Sun 10	Brighton Marathon	Brighton
Sun 17	Virgin London Marathon	London
May 2011		
Sun 8	Ranelagh Half Marathon	

Standing for Committee Position's 2010-2011

Dear Members,

There is a new process to electing committee members for the forthcoming year. Please see below for guidance.

- The nominations for all positions will close at 12.00noon on the 30th November. No new nominations are allowed after this date to allow club members time to think about who they would like to vote for on the night of the AGM.
- All nominations must also be 'seconded' in advance of 12.00noon on the 30th November.
- All nominations and 'seconds' must be sent via e-mail or informed verbally to the Club Secretary, Graham Miller or Club President, Andrew Nippard : secretary@suttonrunners.org and 07846971768 or president@suttonrunners.org and 07824825408
- You can nominate yourself but you must be seconded by another club member.
- You can nominate someone you feel suitable and then get this seconded - the nominated person will then be informed they have been put forward. This person must then agree to either stand or not stand before 12.00noon on December 1st 2010.
- All of the final nominees will be sent to club members via e-mail by the 1st December and also placed on the club notice board at Sutton Arena.
- Should more than one person be nominated to stand for a committee position, they will be required to submit a small statement (200 words maximum) to support their nomination, which will be printed and distributed at the AGM for member's consideration.
- In the unlikely event of there being no nominations for a committee position by the closing date, nominations may be accepted on the evening of the AGM. However no new nominations will be accepted if there are already one or more nominations for a committee position.
- Members must attend the AGM in order to vote.

The committee positions available remain the same for 2010-11 with the addition of three positions: Coaching Co-ordinator, and two 'Members Representative' positions.

The committee has decided that holding a coaching license is essential to the Coaching Co-ordinator position as the role involves advising and supporting the other coaches in the club with session planning as well as mentoring new coaches through their initial qualifications. Therefore this is a set pre-requisite. The two Members positions available are designed to encourage additional member representation at committee, without having a specific job. These positions will also act as a good introduction to the committee, which may lead to new people standing for other committee positions in the future.

Committee Positions:

- President
- Secretary
- Treasurer
- Membership Secretary
- Men's Captain
- Men's Vice Captain
- Women's Captain
- Women's Vice Captain
- Social Secretary
- Editor
- Press Secretary
- Webmaster
- Race Director (Committee position up until the conclusion of the Sutton 10K only)
- Coach Co-ordinator (New)
- Member Representative (New)
- Member Representative (New)

It is hoped this process will make elections more open this year and less confused concerning who is or who is not standing on the night of the AGM, giving members sufficient thinking time to make a choice.

If anyone has any questions about the new process or any questions about any of the roles please don't hesitate to contact either Graham or myself.

Best wishes,

Andrew

Sutton Runners Committee Member Role Descriptions

President

- Chair the committee
- Facilitate ideas proposed by club members
- Consult with club members and communicate proposals
- Encourage all members to participate in club activity
- Support the Race Director and help organise the Sutton 10K
- Answer queries from current and potential members via e-mail or telephone
- Act as the Club's Link to the Regional England Athletics Club and Coach Development Officer

Secretary

- Send out a weekly email containing all the latest results and a list of future activities as well as sending out the Weekly Running Diary.
- Ad-hoc communications by email promoting various activities from other clubs enquires from members and promoting our own club events (i.e. Cabbage Patch 10).
- Verbal Communication of activities on club nights.
- Organise the club handicap which requires setting the handicap times, seeking volunteers and allocating jobs and producing the results afterwards.
- Issue an agenda and take minutes at Committee Meetings and AGM and distribute to the club.
- Coordinate club entries for David Denton events; The Dave Clark 5, Tour of Epsom and the Ronhill Series.
- Deal with new membership enquires.
- London Marathon Draw sends off for places and organise ballot.
- Sutton Runners 10k do all the internal comms with club members.

Treasurer

The treasurer is the custodian of the club's money and is the club's bookkeeper and accountant. The duties involve banking club receipts, paying expenses and recording these in the financial records. The treasurer draws up basic accounts annually and presents them to the club members at the AGM for approval.

Membership secretary

- Answer any queries regarding joining/trying the club that come my way.
- Organise the membership form, make sure there are copies at the club and available on the website to download, or be emailed out by Secretary.
- Alter the membership form half way through the year so that membership is discounted (at the moment to £10 from £20) for a 'half year membership' - only available to new members.
- Process all membership forms and monies, including issuing of club t-shirt or upgrade to vest.
- Update membership list database and sending to relevant committee members regularly.
- Issue membership cards (inc printing the cards, cutting and sourcing the card holders).
- Add members details to the England Athletics database.
- Every few months, generate a remittance advice from England Athletics for new members to ensure they are registered and receive their EA card.
- Once the remittance advice is generated, get treasurer to write cheque for amount. Send cheque and form to England Athletics.
- Email new members an introductory welcoming email with their Sutton Runners number, England Athletics number and copy Secretary in to add to email database.
- Encourage people to renew every June.

Men's Captain with assistance from Vice Captain

Role for men's team captain is to get as many members possible out for the Surrey road league and Surrey x country league matches with the assistance of the Vice Captain.

Ladies Captain with assistance from Vice Captain

Role for ladies team captain is to get as many members possible out for the Surrey road league and Surrey x country league matches with the assistance of the Vice Captain.

Yellow Pages Editor

- To produce quarterly Sutton Runners Yellow Pages (February, May, August and November).
- This involves persuading club members to provide articles which can be included in the Pages, then formatting the articles in a presentable fashion that can be reproduced by the printers as well as to be sent via email to all club members.
- Regular articles usually included are the Presidents report, forthcoming events and a profile from a club member.
- Organise printing and payment for final Yellow Pages.

Press Secretary

- The Press Secretary produces and sends out a weekly report and results to the local papers.
- Also included in this role is the production of the club achievement awards for presentation by the chairperson or secretary.

Social Secretary

- To support the aims and goals of Sutton Runners by organising regular social events and activities that are inclusive to all members of the club.
- As part of the Sutton Runners committee, to ensure that all members feel a part of the club and that newcomers are welcomed and encouraged to join.
- To actively seek and receive feedback from club members on existing and new social events and activities.

Key Performance Indicators:

- That all events are inclusive to all members of Sutton Runners
- That events, when deemed appropriate by committee, are inclusive to family and friends of Sutton Runners and other running and sports clubs
- That the club organises a Christmas party each year and post London Marathon celebration
- That the club organises other social events and activities throughout the year, with a minimum expectation of at least one event per quarter
- That the success of each event or activity is monitored and measured through costs, attendance and member feedback
- That previously organised events that are considered successful are continued, that unsuccessful events are not repeated and that new ideas and activities are undertaken
- That the club establishes and regularly reviews a calendar of social events and activities

Person Specification:

- The position is open to any member of Sutton Runners, although it would be advantageous for applicants to have been with the club for at least one year as they will have been able to attend one or more social event or activity them self
- The position would be naturally more suited an individual who is happy to take a lead in developing relationships with all members of the club, venues & supplier organisations, and proactively seeking feedback on existing and new social events and activities.

Webmaster

Ensure the website is maintained and kept up to date. Liaising with other committee members to keep members and public informed of club races, social events and other activities via the website.

Race Director (Committee position up until the conclusion of the Sutton 10K only)

- Lead the race committee
- Co-ordinate the jobs on the 'Sutton 10K jobs list'
- Be the main point of contact for race queries
- Receive race entries through the post
- Ensure volunteers are recruited to support on race day and are allocated jobs
- Co-ordinate activities on race day
- Start the race

The race director will have the support of club members who have been involved with the 2010 with reference to permit applications and other jobs, all of which are detailed in a timeline spreadsheet.

Coach Co-ordinator (New)

The committee has decided that holding a coaching license is essential to the Coaching Co-ordinator position as the role involves advising and supporting the other coaches in the club with session planning as well as mentoring new coaches through their initial qualifications. Therefore this is a set pre-requisite.

Member Representative (New)

The two Members positions available are designed to encourage additional member representation at committee, without having a specific job. These positions will also act as a good introduction to the committee, which may lead to new people standing for other committee positions in the future.

Minutes from 2009 Sutton Runners AGM – Friday 4th December 2009

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.

2010 SUTTON RUNNERS AGM

Friday 3rd December 2010

7.30 pm for 8.00pm Meeting

Robin Hood Pub, Robin Hood Lane, Sutton

All members are welcome.

Awards will be presented on the night.

Winners of the Grand Prix series and the
Club Handicap will be announced.

The draw for the club London Marathon places
will also take place at the AGM



Christmas Party

Saturday 11th December 2010

7.30pm @ Sutton Bowling Club,
Dorset Road, Belmont, Sutton,
Surrey. SM2 6JA

Music until midnight. Large Car Park.
Private Bar. Capacity 100 places.

Cost £20 per person with tickets
allocated on a 'first come, first served' basis.

Final bookings taken at the AGM on Friday 3rd December.

Please dress to impress.

Lounge suits for the gents, party dresses for the ladies.