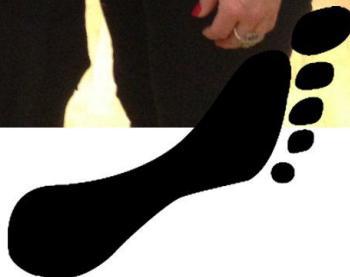


STRAGMAG



Issue 282 - January 2013

*www.stragglers.org
www.stragglers.org/stragchat*



Straggs Diary

	Date Event	Contact / Notes
Feb	9th <u>Surrey League XC 4th Event</u>	Mens: Coulsdon (SLH) Ladies: Denbies (DMV) midday - 8k
	17th Valentine's 10k	Canbury Arms, 19:00, 6 per team
	23rd XC Nationals	This year they're in Sunderland
Mar	31st Richmond Half Marathon	www.perseverance-events.com Enter code 13club1 for a £5 discount
	13th Mob Match v s Ranelagh	Incorporated into Kingston Parkrun
Apr	14th Brighton Marathon	
	21st London Marathon	
	25th Junior Handicap	For more info, see Merran
	5th Ranelagh Half Marathon	
May	11/12th Green Belt Relay	
	30th Junior Handicap	For more info, see Merran
	8th/9th Welsh Castles	
Jun	13th Junior Handicap	For more info, see Merran
	20th Club 10k Champs	
	27th Junior Handicap	For more info, see Merran
Jul	11th AGM	
	18th Junior Handicap	For more info, see Merran
Aug	29th Junior Handicap	For more info, see Merran

Race information given is accurate to the best of our knowledge, but you are strongly advised to check details with the race organisers before travelling or making other arrangements.

Italicised Events form the Surrey League, as I'm sure you know by now, the Surrey League races are all important so if you can only make 4 races this year, please make it these. The underlined races count towards the winter Club Championships, scoring 5 from 8 races. See Roy or Carys for further details. Roy and Carys also maintain email distribution lists and they send out regular updates regarding upcoming races and events. If you'd like to be added to their lists please contact them.

Note, if you enter a race as a Straggler it is important that :

- You are a paid up member of the club. Don't forget, your subs are due every April 1st.
- You enter the club name on the entry form as "The Stragglers".
- You wear club kit.

It has been known for us to miss some team awards because these points were not properly observed.

Ladies teams and GBR and WCR

Hi All,

I will be collecting names soon for The Green Belt Really (11&12 May 2013) and Welsh Castles (8&9 June 2013), if you want to be in the team pls let me know ASAP, as rumour has it on the grapevine that places are in high demand!!!! So book your place now to avoid disappointment. Please see me on a Thursday evening or email me at carys@carysmilsrecruitment.co.uk for more information.

See you soon!

Carys

Club Survey

We are conducting a short survey about our club and membership. This is to provide the committee with a better understanding of how you use your club.

It consists of just 6 questions, so it shouldn't take long, and provides some text boxes to allow you to elaborate or to raise any other concerns.

The survey is anonymous; if you have more specific questions or concerns you can of course raise these any time with anyone on the committee.

We will bring printed versions of this to club nights to fill in, but perhaps the easiest way is to fill it in online at the following address:

<http://www.surveymonkey.com/s/KHK53YB>

Results will be gathered and assessed end of January, but the sooner the better.

Apologies

Apologies to Ray Cockle, the photographs of the Junior handicap in the last issue incorrectly credited, they were in fact taken by Ray.

Front Cover: Roy and Carys present Jess a canvas congratulating her on her Olympic Achievement. The canvas was designed by Evan.

Back Cover: The Giggs Hill team at the Grim Challenge.



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Members and Family

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Request For Running Guides

Dan Wrenn joined us in August and is enjoying his runs with us on Thursday nights. Due to problems with his eyesight, he only has 15% vision in his left eye, Dan needs the assistance of a guide. With the use of a short hand held rope, Dan has gained tremendous confidence and his enthusiasm is boundless.

In November, he ran the Bristol Half Marathon and now regularly competes in the Bushy Park parkrun, which he can run in unaided. He is quite happy to run with anyone at any speed although his preference would be for somewhere between 8:00-8:30 min mile pace.

We have a few members who are willing to lead Dan during the Winter months but we would appreciate more, including someone to take responsibility for choosing his guide each Thursday. I have been doing this for several months whilst trying to find leaders for the other groups and making “one or two brief announcements” and this does lead to us setting off for our runs late some days.

If you would like to offer your help as a guide or to help me find guides, please see Phil before the social or just tag along one Thursday to see what is involved.

Phil/Stragglers Committee

Straggs Results

Dysart Cup
8th Dec

*South of Thames 5
26th Nov*

Time	Name
34:23	Roy Reeder
35:08	Allan Barrie
35:21	Peter Kennedy
36:00	Mark Pattinson
39:08	Nigel Rothwell
39:40	Steve Sandham
42:18	Julie Haworth
44:34	Roland Goldsack

*Surrey League 2 - Ladies
Nonesuch - 1st Dec*

Time	Name
26:12	Sarah Winter
27:37	Juliet Cleghorn
29:20	Carys Mills
29:42	Anna Price
29:42	Julie Haworth
31:20	Marilyn Davies
31:27	Juliet Penrose-Thackwell
34:47	Chris Glew

*Crystal Palace Center 5k
4th Dec*

Time	Name
22.23	Peter Dry

Time

Name

30.05	Julie Haworth 6th
30.11	Liz Gomes 7th
35.59	Lynda Chase

*Elliis Trophy
8th Dec*

Time

Name

30.52	Justin West 3rd
34.46	Kevin Best
34.55	Evan Bond
35.2	Allan Barrie
35.2	Roy Reeder
36.07	Mark Pattinson
38.12	Nick Brown
38.18	Nigel Rothwell
38.39	Gareth Pritchard
39.13	Steve Sandham
39.47	Andrew Lane
42.13	Peter Dry

*South of the Thames 7.5
Ladies - 19th Dec*

Time

Name

57:18	Anna Price
58:19	Julie Howarth
60:03	Carys Mills
64:37	Sian Buckingham
71:56	Lynda Chase
72:00	Chris Glew

The Centurion Running Winter 100 - 24th Nov

The 'Winter 100' is a 100 mile continuous trail race based in the village of Streatley (the event 'hub') on the River Thames and was intended to take runners on a series of 4 different 25 mile out and back spurs using sections of both the Ridgeway and Thames Path National Trails. Runners have 30 hours to complete the course. However, heavy rain in the days leading up to the start meant last minute changes to the route, because flooding made sections of the Thames path impassable.

When we (fellow Straggler Rachel and friend Dean) arrived for registration at 0900 for our first ever race at this distance, a group of runners were already in action. They were undertaking the 'piece of string' event, which was literally running alongside ours. Big difference though, they had been 'invited' to apply, had paid £1.37p to enter and didn't have a clue how far they would have to run, as each stage was only made known to them once they had completed the previous one. Ten started the piece of string at midnight on the 23rd and 2 finished the full distance, completing around 113 miles.

Back to our event – there were 75 of us present for the start briefing where we told the good news about the forced route changes, giving us more hills and increasing the course distance to 102.5 miles. Amongst our fellow runners was an American, competing in his 24th 100 mile race in 2012!. Why?

We set off at 1000 in rain to Wallingford along a mixture of paths, tarmac and soggy fields. We comfortably established ourselves as numbers 71 – 73 in the race and jogged along steadily in the wind and rain, completing the 28 miles of leg 1 in 6 hours and 5 minutes.

After putting on some extra layers (you have to carry mandatory kit and are allowed one 'drop' bag at the hub containing extra stuff) and donning head torches we set out from Streatley onto leg 2. This involved following the path towards Wallingford for 4.5m before turning east onto the Ridgeway into Grimm's Ditch, a narrow muddy path 3.5m long initially set on top of a bank that snakes between trees before dropping into a gully and starting a gradual climb. Morale was still high, we had covered our top 10 films and were onto favourite Christmas songs. On reaching the top we crossed a golf course (not so easy in the dark) and then reached the first of two big sloping fields that had been ploughed and were now just mud. Rachel lost a shoe and the banter stopped, and by the time we had reached CP6 (37.5 m) Dean had gone quiet. CP6 was a cosy tent on top of a hill at Swyncombe with 3 fellow competitors present wrapped in foil blankets having withdrawn. The checkpoint staff (at every one of the CPs) were fantastic – full of encouragement and nothing was too much trouble to them in making sure we had drinks and snacks aplenty before we headed off again. They were also uploading our arrival onto the Centurion website so that friends could follow progress. On the return down

Grimm's Ditch we ran as much as we could, which was tough given how muddy and uneven it was and made worse by the presence of masses of tree roots at toe tripping height, but we needed to make up time.

Dean started to slow down and decided to withdraw because of injured knees, so we bade him farewell and pushed on. Back at CP8/the hub (52m) we had another change of clothes and some fantastic hot soup! We had noticed that our hands had swollen (fat sausage fingers) but were unaware then that the same was happening to our feet.

The non-stop rain with gusting wind was really energy sapping, but much refreshed we headed back out at 2335 onto leg 3 which was a repeat of the previous leg. No more banter now, just gritty determination and talking about how cold our feet were, made worse every time we splashed through a puddle. Through the hellish mud fields again, with a much increased wind howling through the trees and driving horizontal rain into our side. The vision of the snug CP and the thought of hot sweet tea kept us going and we arrived at the top of the hill at Swyncombe to find that the cosy tent had gone! It had literally blown over, so the CP now consisted of a Range Rover containing the now obligatory shivering foil wrapped fellow runner. We had the hot cup of tea, sheltering against the side of the car. The CP staff were still in good cheer and took pity on Rachel, giving her a pair of dry gloves, which she then covered with her spare dry socks (which meant that at every subsequent CP the staff took pity on her and fussed over her, assuming that if she only had socks to wear on her hands she must be in dire straits). Very cold now we headed back, last time over the mud fields, last time down the treacherous Ditch and back towards the hub. Into CP 11 for more tea, where the race numbers of 5 more withdrawals were laid out on the floor like memorial stones. Two miles from CP 12 Rachel informed me that the pain in her calf was so bad she couldn't run anymore, so we walked into Streatley (77m). The rain had stopped at 0400, the sky had cleared and we had even been treated to some stars. The day ahead looked bright and after more soup, dry clothes including shoes and socks, we were ready to go again. Despite trudging along at the back of the field the number of withdrawals was giving us a respectable placing!

With only 25m to go stopping was not an option and when we set out west on the Ridgeway at 0745 we had 8 ¼ hours to complete the course before the cut off. This section of the course was dryer and we only had a head wind to contend with, no rain. I tried to encourage Rachel to run on any downhill bits, but the pain literally outweighed the gain so there was no more of that and walking it had to be. We reached the furthest CP at 1145 and we turned for home with the wind in our backs with only one runner behind us. No matter how we tried we couldn't seem to move faster than about 18mins per mile and so we pushed on in silence, no longer talking to each other. We reached the finish in 29hrs and 42 mins in 30th and 31st places (out of 32 finishers) and were presented with our finishers belt buckle and T shirt.

Our fastest pace had been on leg 1, where we had averaged 12m 09sec miles, compared to the winner who finished in 17 hrs and 14 mins and his slowest section was 10m 22sec miles!

Vicky had arrived to collect us, equipped with pillows and blankets and we both fell asleep within minutes once we got into the car. The after effects didn't really kick in until the next morning – our swollen feet were very painful and walking was really difficult.

And now the bit that might not make sense to all readers – now that I have got my mobility back and the pain has gone – it was a great event! It was a challenging course, very well organised with plenty of fantastic CP staff and marshals.

Would we do another 100m event – oh yes!

Ian Chappell and Rachel Parker

LONDON MARATHON DRAW 2013

There were 8 names in the London Marathon rejects draw and the following were the 'lucky' five who's name came out of the hat:-

Ray Coward
Peter Dry
Trevor Ford
David Worth
Sandra Worth

Congratulations to you all – hope the training goes well and look forward to cheering you on next April.

The Importance of regular sports Massage (especially at times of intense training)

A quote from top triathlete Sian Brice....

"I am a full-time triathlete, having competed for Great Britain at the Sydney 2000 Olympics. I have been having regular sports massage now for seven years and see it as an integral part of my training. I rate sports massage as being as important as all the other parts of my sporting lifestyle - i.e. it is up there with technical, coached training sessions, general fitness sessions and mental preparation. Indeed, I see my sports massage therapist as an important member of my support team along with my coach, my sports physiologist, my team Doctor, my physiotherapist and my husband (and chief supporter!). Each week, I really look forward to my massage; not because it is a totally pleasant experience - in fact, it is often far from it! I look forward to it because I know that I may have a few aches or slight strains that really need working on and will no longer be a worry after the massage. My sports massage therapist is also very helpful in that she points out how I can help myself remain injury free. Often she will send me home with stretches and exercises or just simply point out areas that I should ice. All this is part of a valuable supportive service for me!"

So nearly 13 years on from Sydney 2000 (when, conceivably, sports massage was thought of as only for the professional) sports massage is readily available to all, and yet so few incorporate it into their training schedule..WHY?

Why do people only seek treatment when injured, and not as a way of injury prevention? Why wait for something to get so painful that you have no choice than to seek help?

I am going to list the benefits of regular sports massage, but first I must briefly describe to you what happens in the body when you train....

What most people think of, as a muscle is actually a bundle of cells, also known as fibres, kept together by collagen tissue. A single fibre of skeletal muscle consists of a membrane, many scattered nuclei that contain the genes and lie just under the membrane along the length of the fibre, and thousands of inner strands called myofibrils that constitute the cytoplasm of the cell. The largest and longest human muscle fibres are up to 30 centimetres long and 0.05 to 0.15 millimetres wide and contain several thousand nuclei.

Filling the inside of a muscle fibre, the myofibrils are the same length as the fibre and are the part that causes the cell to contract forcefully in response to nerve impulses. Motor nerve cells, or neurons, extend from the spinal cord to a group of fibres, making up a motor unit. In leg muscles, a motor neuron controls, or innervates, several hundred to 1,000 or more muscle fibres. Where extreme precision is needed, for example, to control a finger, an eyeball or the larynx, one motor neuron controls only one or at most a few muscle fibres.

The actual contraction of a myofibril is accomplished by its tiny component units, which are called sarcomeres and are linked end to end to make up a myofibril. Within each sarcomere are two filamentary proteins, known as myosin and actin, whose interaction causes the contraction. Basically, during contraction a sarcomere shortens like a collapsing telescope, as the actin filaments at each end of a central myosin filament slide toward the myosins centre. During intense training, whether distance or speed, the actin and myosin connections are damaged as your body tries to eke out every last stride of your run.

The body responds to new stresses i.e. exercise by "growing" more muscle, but muscle fibres cannot split themselves to form completely new fibres. (As people age, they lose muscle fibres, but they never gain new ones.) So a muscle can grow only when its individual fibres become thicker.

What causes this thickening is the creation of additional myofibrils. The mechanical stresses that exercise exerts on tendons and other structures connected to the muscle trigger signalling proteins that activate genes that cause the muscle fibres to make more contractile proteins. These proteins, chiefly myosin and actin, are needed as the fibre produces great amounts of additional myofibrils. This process takes time, between 4 and 7 days on average, you then need to stimulate more growth by further intense training; or maintain your gains by slightly less intense training. If this is not done then you will lose these gains as muscle fibres are "high maintenance" and will be broken down if not needed, and the protein used elsewhere.



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Bushy

Ev 437 - 24/11

Richard Barman	20:49
Dan Wren	22:55
Ingrid Wagner	23:30
Mo Williams	26:58

Ev 438 - 01/12

Mark Deane	24:10
Celine M uller	25:47
Sue Bridger	28:18

Ev439 - 08/12

Richard Barman	20:34
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Ev440 - 15/12

Richard Barman	20:25
Glenness Williams	26:54

Ev 444 - 01/01

Dan Wren	22:35
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Ev 445 - 05/01

Ian Peggs	20:23
Gemma Haworth	26:44

Ev 446 - 12/01

Gemma Haworth	26:39
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Desmond (Kingston) Ev 143) and Roy Reeder (Old Deer Ev 105) who all finished first in the detailed Parkruns. Congratulations also to Laura Hruska (Banstead Ev 294), Paul Bowden (Kingston Ev 138), and Sally Boulton (Kingston Ev 139) for their second places and to Adam Villard (Bushy Park Ev 439), Helen Nance (Kingston Ev 139), Julie Garner (Kingston Ev 141 & 146) and John Kipps (Kingston Ev 146) for their thirds.



Richmond

Ev265 - 01/12

Joanna Watson	24:33
Dave Kelly	28:25

Ev266 - 08/12

Rosemarie Clancy	27:25
Dave Kelly	27:48

Ev270 - 29/12

Jack Morgan	26:37
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Ev271 - 05/01

Jack Morgan	24:41
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Ev271 - 12/01

Jack Morgan	24:39
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Kingston

Ev 138 - 24/11

John Kipps	20:43
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Ev 139 - 01/12

Helen Davies	24:26
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Ev 141 - 15/12

David Olsen	22:36
Mike Tivnen	26:20

Ev 145 - 05/01

Tiago Ramos	20:40
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Ev 146 - 12/01

John Kipps	20:16
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It's been a successful couple of months in the local Parkruns for us with the best results as follows. Congratulations to Sarah Winter (Bushy Ev 441 and 445), Justin West (Bushy Park Ev 441), Phyllis Flynn (Banstead Ev 290), Simon Ford (Banstead Ev 292), Clare Graham (Kingston Ev 139, 140 and 141), Jim

Next Stragmag

The next StragMag will be available at the Hawker Centre from Thursday February 28th 2012.

The deadline for submissions will be Thursday February 14th, email me at stragmag@stragglers.org.

Grim Challenge

So Sarah Williams comes along to the Tuesday night group a few months ago and says ‘wouldn’t it be great to have a joint mens and ladies team for the Grim Challenge this year. Its ‘great fun’ she says and no serious obstacles – really tame compared to the ‘Tough Guy’ (which incidentally she and Frances O'Reilly are doing in January). We'll call the ladies the ‘Stragg Chicks’ and the mens the ‘Stragg D****’! The men thought of a more appropriate name and so we became the Stragg Chicks and the Straggling Gents. A quick check of the web site describes the Grim Challenge as the ‘filthiest thing you'll ever do’ and ‘expect it to be interesting’ – so say 6500 nutters who did it last year!

Undeterred she gets herself, Frances O'Reilly and Katy Bere signed up followed by Andrew Allen, Stuart Rising and Steven Iffland. The one in Aldershot takes place on the Army's vehicle testing tracks and so we turned up in sub zero temperatures after a clear, very frosty night. The girls had clearly put a lot of thought in to their outfits as on went the combat tu tu's and the war paint. The gents were much more restrained. But it was great fun. It's over eight miles over rough tracks with a few puddles and one or two lakes with icebergs. But the really interesting bit is where they test the tanks and the mud like thick soup is three foot deep; oh and we also had to crawl under a combat net to get through – does wonders for your hair. We so enjoyed it that we forgot about the ice and the cold – it was pretty sunny which helped though. We all ran together and helped each other round in a time just under 1.29 which gave the ladies team 7th place overall so well done. Thanks to ‘social secretary’ Sarah Williams’ for organising a great day out and we are all looking forward to 2013 – put the date in your diary as its Sunday 1st December

Andrew Allen

Harry Hawkes

It's funny who you meet in life. I've been frequenting my local café in Leatherhead and met many interesting characters. One day I walked in with my little shoulder bag –memento from one of the Harry Hawkes run's and this chap I knew as Dick on seeing the bag said “I'm a Hawkes”. He wanted my bag but I said “Hands off” not really.

Anyway I asked Dick to fill me in with the story of Harry.

Harry's father started a bottling factory business specialising in Mineral waters and Ginger Beer

around the turn of the twentieth century in Thames Ditton close to The George and Dragon Pub-The factory is now a block of offices.

Harry had attended Cranleigh School as did Dick. Later in life he was quite a character strutting around Thames Ditton village in his yellow Jersey greeting people saying things like “hello old boy how are you”. He lived in sin with Molly which was strictly taboo one hundred years ago. He captained the 2nd eleven of the Thames Ditton Cricket club for ten years or so and his picture can be seen on the upper floor of the club.

Dick Kennedy-Hawkes is Harry’s cousin once removed. We have interesting chats of this that and the other.

Peter Dry

Cabbage Patch 4 26th Dec

Time	Name	Time	Name
23:09	Roy Reeder	30:44	Ray Cockle
23:18	Kevin Best	30:47	Helen Hogh
23:34	Crispen Allen	31:40	Peter Wedderburn
25:09	Jack Moran	31:44	Helen Nance
25:40	Ben Thomas	32:10	Mike Bell
25:59	Carl Moran	32:46	Liz Zass
26:41	Steve Daly	33:06	Graham Mortimer
26:43	Andrew Allen	33:27	Alex Mortimer
26:53	Martin Purkiss	35:11	Gail Caruana
27:09	Alan Purkiss	35:34	Franz Werndle
27:38	Mark Thomas	36:40	Richard Steedham
27:42	Carys Mills	37:07	Helen Brett
27:46	Julie Haworth	39:05	Jenny Thomas
27:50	Emma Gray	42:24	Rachel Evans
28:33	Mike Holden	42:24	Kim Evans
28:39	Simon Webb	46:26	Mandy Astill
28:39	David Griffiths	46:51	Sue Olsen
29:49	Rob Allen	46:51	Linda Mortimer
30:43	Dave Olsen	55:30	Mike Bangham

Green Belt Relay – May 11th/12th

We need both runners and helpers to ensure that again we make this one of the best ever running events on the UK calendar.

Peter Kennedy has again committed to help with the organising of the course marking but he needs at least 4 more helpers, so please if you can help, see Peter.

If you can help with marshalling sometime over the weekend please see Pat on any Thursday club night.

Carys and Peter (Wedderburn) are organising the ladies, men's and mixed teams so if you want to run please e-mail: Carys

Mills:carysmillsrecruitment.co.uk or
Peter:kbc@blueyonder.co.uk.

Or see either of them on any Thursday evening.

If you have never done this event before you have missed something special – well must be good as organised by The Stragglers!

The event is teams of 11 runners who complete a 220 mile circuit around the outskirts of London on country roads and trails. Each runner runs twice, once stage each day. Stages vary in length and difficulty, the shortest about 6m and the longest 14m, with an average distance of 10m. Run entry is £25 per person and overnight accommodation (at own cost) in Essex can be organised if required.

Sporting Feet Offer

As a special introductory offer to Stragglers, Sporting Feet are offering a half price pair of sports insoles to all members on their first visit.

They stock Currex Runpro (£30) and Sole heat mouldable insoles (£40) and we believe that there are significant potential injury prevention benefits to these products. They also customise running shoes even more fully to the wearer.

3 Lacy Road, Putney - 9 King Street, Richmond
www.sporting-feet.com

***South of the Thames 7.5
Men - 19th Dec******Surrey League 3 - Ladies
Mitcham - 12th Jan***

Time	Name
43:58	Justin West
51:07	Crispin Allen
51:15	Allan Barrie
52:12	Simon Brazil
52:51	Mark Pattinson
54:38	Neil Browning
55:42	Steve Sandham
56:50	Nigel Rothwell
59:44	Tiago Ramos
64:37	Peter Dry

Time	Name
37.19	Sarah Winter
38.12	Dee Smale
39.00	Juliet Cleghorn
40.43	Carys Mills
41.20	Juliet Haworth
48.38	Linda Chase

Stragglers Club Nights

Little Feet Nights are on Mondays @ 7.30pm. Come find and run with us from:
The Albion Pub, 45 Fairfield Rd, Kingston Upon Thames, Surrey, KT1 2PY
All levels are warmly welcomed and catered for – from walking groups upwards.

Hampton Hill Evening Runs are on Mondays @ 7.30pm. Come find and run with us
from:

Hampton Hill Bushy Park Gate – Opposite United Reformed Church

A pleasant 3-4 mile run – a nice way to spend Monday night amongst friends new and old.

FGC Speed/Hill Sessions are on Tuesdays @ 7.30pm. See StragChat for weekly details:
Ham Common, opposite The Hand in Flower, 24 Upper Ham Rd,
Ham Common, Surrey, TW10 5LA.

Ideal for those wanting to shave minutes off their PB's with the help and pushing of others.

Thames Ditton Group Runs are on Tuesdays @ 7.30pm. Come find and run with us from:
Thames Ditton Cricket Club Giggs Hill Green, Portsmouth Rd, Thames Ditton,
Surrey, KT7 0BT.

*Friendly, social running group doing 5 to 6 mile routes at a variety of paces to suit all runners
Speak to Jim or Merran Sell for more details: msell60@btinternet.com*

The Stragglers Main Club nights are on Thursdays @ 7.30pm. Come find us and run
from:

YMCA Hawker Sports Centre, Lower Ham Rd, Kingston Upon Thames,
Surrey, KT2 5BA

All levels are warmly welcomed and catered for – from walking groups upwards.

