

Stragmag



November 2014

Issue 303

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Editorial

As we approach the final month of the year we enter what for me is one of the most fun times to be a Straggler. We talk a lot about the social side of the club and these next few weeks are where that really comes into its own.

Details of the Mob Match, Pub Crawl and Christmas and New Year runs can all be found in this issue, as can reflections on the previous year in the form of our Junior Handicap report and a recap of the Awards Evening winners.

In this and the December issue I'm keen to list races which we might want to look forward to in 2015. As our new half-marathon training group begins, and is going well judging from the comments sent to the Stragglers Twitter, this issue includes listings of some key local half marathons for those who haven't found a 13.1 to target yet.

Please do get in touch via email (Stragmag@stragglers.org), posting on the club's Facebook page or sending a tweet to @stragglersrc with any race suggestions you think I've missed, and, as ever, please do consider writing a report on anything you take part in. We've had some excellent race reports in the last few issues and I'm very keen to have more.

The turn around between this and the next issue will be shorter than usual so as to have it completed and on the website before Christmas. The deadline for submissions for December's issue is Thursday 18th.

Thanks once again to Dave and Steve for their help with bringing Stragmag to you.



Simon Webb

Strags News in Brief

OK so the bad news is that we're not having that Christmas party at the Cabbage Patch this year, boo!

The good news however is we're having a party in January instead!

Friday January 16th is the date. Tickets cost £15 and this includes a buffet.

Venue is Hampton Hill Cricket Club – for anyone not sure, this is the venue for Wedding Day 7K race HQ.

To reserve a ticket please email -. [Peter Wedderburn](mailto:Peter.Wedderburn)

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The date for the annual Stragglers pub crawl is confirmed!

Come and mark the festive season in the traditional Straggler way on Friday December 12th in Richmond.

First pub White Cross at 6:50 pm, and from there, well, you know, it's the Stragglers pub crawl, what could possibly go wrong?

The other pubs we plan to visit are: **The Swan, The Sun, Triple Crown, Angel and Crown, The Ship.**

Whilst some of us like to visit as many hostelryes as possible during the evening, it's important to stress that is not essential. If you're not the endurance drinking type we'd still very much like to see you at some point during the evening.

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Sunday 7th December is our turn to host the mob match Vs 26.2 (hurray!)

Walkers leave the Hawker Centre at 10:30, runners at 11.00

Then stick around afterwards as you'll probably win a prize in the world's longest raffle. (Stragmag editorial cannot be held responsible if you don't win a prize)

All Stragglers strongly encouraged to attend, to avoid the stuffing!



There will be no Stragglers parkrun tourism social in December.

The next date is January 24 at Old Deer parkrun.

If you feel in need of a long weekend run to burn off the festive season excesses, Phil Davies organises a group run each Sunday.

Meet at Kingston Gate car-park at 8:30 for runs between 10 and 15 miles. Pace is usually between 8 and 8:30 minute mile pace.

This is a good opportunity to start building up some weekend miles to help with Spring marathon training. The distances on Sunday mornings will increase come the New Year.

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Thames Path Ultra

If you'd told me a year ago that by the end of 2014 I'd be able to call myself an ultra-runner, I'd have laughed. Not a chance, I'd have said. And certainly not after a series of misadventures at each of the four previous marathons I'd tried.



But today, I am an ultra-runner and I have to admit, I quite like the title.

In September this year I ran my first 50 kilometre ultra-marathon along the tow path from Putney to Runnymede and it was the best experience of my running career to date.

I stumbled into the event in a way that I'm sure many Stragglers recognise. In May, a close neighbour mentioned to me that she was taking part in something called the Thames Path Challenge and so later that evening after a couple of glasses of wine and a couple of minutes on Google, I convinced myself it was a good idea and I entered the same event.

I had 15 weeks to build up from a long run of 7-8 miles to a long run of 31.1 miles, and I'm glad I didn't realise quite what a feat that might be when I started the training.

But somehow I managed, making up the training program as I went along, but relying on a run/walk pattern I'd seen promoted by running coach Jeff Galloway to try to ensure that I could make the distance without the usual back or knee problems I often experience in the latter stages of my marathon training.



And since I gauged that 50k was a bit like a marathon plus an extra bit, I decided to run/walk a trail marathon five weeks before the ultra. By the time I'd battled the hills, rains, winds, fields, hay bales and extra 0.6 of a mile in that trail run, I figured I was as ready as I was ever going to be.

September 13 dawned without a rain cloud in sight and several hours after leaving our home on the south coast, we arrived at the fabulously well-organised Action Challenge starting camp for the Thames Path Challenge. All competitors taking part were doing so for charity – I was running for the Mines' Advisory Group (MAG) and there was a fantastic buzz as different groups set off for their different walking and running challenges, ranging from 25-100k.

I'd convinced myself that if I could run the first 25k, I'd allow myself to run/walk the second half, and I'd also convinced myself that no matter what happened, I must try not to run faster than 9 minute miling otherwise I'd never go the distance. And so, with more Vaseline on than I'd ever worn before, camelbak tightened and shoe laces checked for the umpteenth time, I was on my way.

The first few miles weren't that much to look at, but soon I came into more familiar territory and the path opened out as Richmond appeared before me. I chatted with a few fellow runners and carried on, hoping that I'd arrive near Teddington Lock at the same time as the Kingston parkrunners. I was in luck. Seeing so many familiar Straggler faces buoyed me immensely and I hit the half marathon distance feeling great.

My spirits were lifted even more when my partner Terry met me at Kingston Bridge on his bike, along with fellow Stragglers Nick Goodchild and Steve Sandham. They cycled along the top part of the tow path all the way to the halfway point at Hurst Park, encouraging and supporting me so much that after a short pit stop to refuel, I decided I didn't need to walk and kept on running.

I'm proud to say I was able to run the whole distance, stopping only for one minute at around the marathon distance where the distance demons tried to convince me it was all too much like hard work.

A fellow runner saw me struggling and ran with me for a kilometre or so before getting distracted by an ice cream van – he was running the 100k after all. I declined his offer of an ice cream, knowing that I was on the home straight, even though by then every step was pretty painful and my strides had reduced to shuffles.

With just over one kilometre to go, Terry was there to see me again and I was so sure by that point that I'd finish that I insisted he go to the end ahead of me, so I didn't beat him on his bike. The finish line came into view just over 5 hours after I started. I was greeted with a glass of fizz, a plate of food and a massage, later finding out that of the 487 people who ran, walked and jogged the 50k, I finished in 12th place. Not bad for a day's work.

I think the fact that I didn't have any time pressures in mind meant I was able to enjoy it immensely, run my own race and finish pretty strongly. The support I received on route was invaluable and I'm really glad that the small field meant that I wasn't forced to start off too quickly.

It was a brilliant experience and I may even have to enter another ultra, just to prove it wasn't beginner's luck!



Hannah Storm UMR

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The Junior Handicap 2014 Season

The season seems to have flown by, once again. The Juniors, Minis, parents and supporters were all very enthusiastic which is what it is all about. On average we had 45+ runners for most events which is an increase on last year of about 10 for each event. Also we were so fortunate to have good weather for each event which certainly makes a difference.

The winners of the awards for 2014 were:

6 EVENTS Medals (Awarded to all Juniors and Minis who participated in every event)

Oliver Beal (Ranelagh)

Hamish Chapple (Sheen Shufflers)

Matthew Beal (Ranelagh)

Luke Maquire (Ranelagh)

Beatrice Andrews (Stragglers)

Nathaniel Bond (Stragglers)

Fredrik Hutchings (Stragglers)

Lucas Hutchings (Stragglers)

MINIS

1st Fredrik Hutchings (Stragglers)

2nd Antoine Lafeuille (Stragglers)

3rd Alfie Lafeuille (Stragglers)

JUNIORS

1st James Rushby (Ranelagh)

2nd Oliver Beal (Ranelagh)

3rd Hamish Chapple (Sheen Shufflers)

TEAM TROPHY

Ranelagh

FASTEST BOY

Edward Andrews (Stragglers)

FASTEST GIRL

Lydia Louw (Ranelagh)

ACHIEVEMENT AWARD

Ferris Chaplet (Sheen Shufflers)

For the Achievement Award there is no set criteria it is just someone, or more than one person, who has/have stood out over the season. Ferris was the only runner who had improved on their time for each event over the season. So we all felt that he was a very deserving winner.

This year, as well as last year, the Stragglers have been very appreciative of the great support that we have received from other clubs, especially Ranelagh. As a result of this support we, the organizers, decided that it was time for the event to evolve and for 2015 we are going to jointly organize the series with Ranelagh. One of the events in June will be hosted by Ranelagh and we will liaise more closely with Ranelagh for the promotion of the series and the organization of the events. There are other ideas in the pipeline so, to use an old cliché, watch this space.

As always a very big thank you to all the people who make these events possible, not least the parents and supporters who bring the children along and come and support their own children but all the other Juniors and Minis as well. The willingness of everyone to volunteer to help out with the various tasks, such as timing, marshalling and funnel control amongst others is truly great and helps to make it all run smoothly. This is one of the biggest achievements for us as there is such a great atmosphere and camaraderie amongst the children, families and supporters which is great to see and be part of.

Merran, Sue, Simon, Paul G, Mike.

The dates for the 2015 Junior Handicap are already confirmed and on the Stragglers website.

They are as follows:

Thursday April 23rd
Thursday May 21st
Thursday June 11th – to be held at Ranelagh
Thursday June 25th
Thursday July 16th
Thursday August 27th

Registration is from 7 pm.

Men's Surrey League Cross Country



Start of race at Newlands Corner, Guildford

Saturday 8th November saw the second of the men's Surrey League Cross Country races for 2014/15. The Stragglers hosted the event at Ham Lands and we had great support from an army of club members who marshalled and helped with the race organisation. Thanks everyone – you know who you are!

The 9 clubs fielded 194 runners in total, with a record 27 runners from Stragglers. Despite the excellent turn out of Stragglers, we only managed to achieve 8th place in the 10 to score team competition. Adding this result to our 5th place in the first race at Newlands Corner, we are currently 7th in the leader-board.

Success in the competition relies heavily on getting our fastest runners out for every race, and only by doing this can we climb back up the table. With 2 more races to go – 10th January at Wimbledon Common and 7th February at Lloyd Park, we can still significantly improve our position in the league.

Steve Sandham

Stragglers Awards Evening 8th Nov 2014

The Stragglers Awards Evening was held at the Canbury Arms in Kingston on Saturday 8th November.

Ladies and Men's Captains Sarah Winter and Steve Sandham presented 18 trophies to the winners and age category winners in the 2013/14 Cross Country Series and the 2014 Road Race Series in the Stragglers Club Championships.

The winner of the Club Handicap races, Pam Whitter, was also presented with her trophy by Club Captain Phil Davies.



See more photos of the winners with their awards [here](#).

Ladies XC Championships

1st: Sarah Kinsella
1st L35: Dee Smale
1st L45: Lynda Chase
1st L55: Julie Haworth
Hero: Carys Mills

Ladies Road Championships

1st: Sarah Kinsella
1st L35: Helen Davies
1st L45: Jacky Balfour
1st L55: No qualifier
Hero: Emma Wingate

Men's XC Championships

1st: Graham Brook
1st M40: Jonathan Davies
1st M50: Mark Pattinson
1st M60: Steve Sandham
Hero: Malcolm Fletcher

Men's Road Championships

1st: Graham Brook
1st M40: Paul Cheetham
1st M50: Noel Hollingsworth
1st M60: No qualifier
Hero: Mark Pattinson

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Committee Member of the Month: Sarah Winter, Ladies Captain

How long have you been a runner and why did you choose running as a sport?

I ran a bit as a student at university mainly to keep fit for other sports and then ran a bit from around 2002 when I was living in London, I had been partying a bit too much and not doing much sport - I had always done some sort of sport! I started running properly in around 2009 when I got a place in the London marathon. I guess I chose running as it seemed cheap and easily available, plus I enjoy mainly doing exercise outdoors! Now I think I run because I enjoy the freedom it gives you, and you can run anytime and anywhere, you just need a pair of trainers. Plus I love the social side to running.

When did you join The Stragglers and how did you first hear about us?

I joined the Stragglers I think around 2010-11. I had run a bit with another club so had seen Stragglers vests at races and around and the Stragglers seemed to have lots of events and different things to take part in.

Do you have a favourite running distance and favourite race?

Hmm ... I enjoy most distances from around 5k up to marathon - but the marathon is I think for me the most satisfying when it goes well. I also love the marathon training and that feeling of achievement when you cross the finish line!

What do you consider your greatest running achievement to date and do you have any unfulfilled ambitions in running?

I think my greatest running achievement to date is my recent run at the Frankfurt marathon - I set off at 2.59 pace feeling really good to just after half way, then the wheels came off and I had a tough 10k but held it together to manage a pb in just over 3 hours 6 minutes, and learnt something out there! An unfulfilled ambition would be a sub 3 marathon which I am working towards. I would also like to get quicker over 5 and 10k and the half marathon. Plus just get out and enjoy other runs such as trail runs. I love the Welsh Castles and taking part in that!

What do you most like about The Stragglers and how would you like to see the club develop?

I like the Stragglers for their all inclusive friendly approach to running - I think it is a running club for everybody. I think we have good strength in the ladies team and would like to continue to develop this - it would be great to keep getting a good turnout at the cross country races, and maybe even improve our position in the league. It would be good to perhaps have monthly or so meet ups at the weekend for any ladies who would like to come along, where we maybe do some hills, or a run - and coffee after. We did one recently and am hoping to organise a second one before the next cross country – it would also be good to get a co-ordinated approach to road races and put people in touch with others who are going along. I would like to see the club keep its friendly approach to running.

Personal bests -

5k - 19.11

10k - 39.46

Half marathon - 1 hour 25 mins 35 secs

Marathon - 3 hours 6 mins 42 secs

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Coaches Needed For Stragglers Triathlon Club

We Urgently Need Swimming Coaches Who Are Stragglers

The Stragglers triathlon group has been going for around three years now. It is aimed at making the triathlon disciplines; swimming, cycling and running, accessible to all Stragglers. All members must first sign up to the Stragglers. After that, the only requirement to join the triathlon section is to fill out the membership form and health questionnaire and forward them to the Head Coach. These forms can be found on the Stragglers website under “Other Straggler Activities, Triathlon”.

We are known as Straggtri and are internationally recognised under Triathlon England and the British Triathlon Federation as “The Stragglers”. We consistently have around 80 members who are served by a super support team including three regular qualified coaches.

The Support Team is:

Michelle Mosley – Head Coach and Chair
Lauren Dawber – Head Swim Coach
Barbara Crow – Head Swim Coach
Chris Sellings – Guest Coach
David Worth, Sandra Worth – IT
Helen Brett – Treasurer
Ann Coward, Keith Haworth – General Invaluable Supporter
Julie Haworth – Ladies Captain
Vaughan Howells – Mens Captain
Cycle Ride Leaders – Steve Brett, Mike Lapworth, Ray Kingdon, Ray Coward, Charlotte Stockley, Helen Brett,

Unlike other triathlon clubs in the area, the Straggtri Coaching Team is made up of qualified unpaid volunteers. This is to ensure that the only cost to members is the annual £10 fee to join the Stragglers. However, it means that we are short of swimming coaches.

We provide coached swimming sessions every Friday 20:00 – 21:00 at the Kingfisher Leisure Centre. We hire three lanes with one exclusively for those new to swimming. The session plans are written by the Head Coach specifically for Straggtri swimmers.

Come and Join us as a Coach

If you are a qualified swimming coach we desperately need you. You would only have to commit to coaching once a month and in return the Head Coach would sit down with you to identify how we could financially assist your continued professional development.

We also need triathlon coaches. Please do get in touch if this is an area that interests you. There is funding available to assist with course fees.

Please contact Michelle michelle_mosley@sky.com, Barbara Crow or Lauren Dawber.

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Straggtri members who had recently completed the May, Thames Turbo Sprint triathlon, some for the first time. Francesca (second from the left) has since won it.

Photo taken at the Kingfisher Pool where we meet every Friday 20:00 - 21:00 for coached swimming.

Half Marathon Training Group.



The first meeting of the Half Marathon Training Group, on 13th November, led by coaches Kevin Best and Mark Pattinson, was graced by twenty participants. Although aimed in concept as a vehicle to attract new members and at the same time give them an achievable target and some camaraderie in their endeavors, there was a good mix of longer standing Stragglers participating too.

The session started with some refreshing basics on breathing and running style before embarking on a short introductory run.

The group was less well attended for the Sunday run, but on the whole there has been welcome and supportive feedback for the initiative which is set to run through the winter.

More information can be found by contacting Kevin Best, Mark Pattinson or Mark Thomas.

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How to activate your glutes, for a more efficient run.

If you are quad dominant, have tight hip flexors or hamstrings then you are not engaging your glutes.....here are 4 of the best exercises for activating your glutes. Make sure to stretch you hip flexors before you start this exercises.

EXERCISE 1 Single Leg Glute Bridge

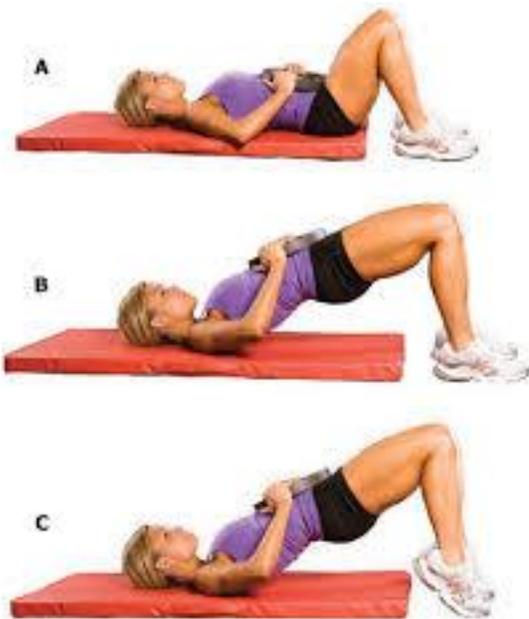
The first step to increased strength and power is the proper reactivation of the gluteal muscles. A single-leg glute bridge using nothing more than your bodyweight will give you the necessary stimulus. Unlike other posterior chain movements that prioritize the hamstring, this focuses far more on the glutes, so you might expect some tenderness once you start doing them. But they're worth the pain, because when you train each leg independently, you encourage muscular symmetry and help build lower body coordination and hip stability.

When bridging up, make sure to drive through your heels to avoid arching your lumbar spine, and open up the chest to hold a good open posture, and squeeze your butt cheek. When done correctly, this exercise can activate more gluteal muscle than squats.



EXERCISE 2 Hip Thrust

Once you have mastered activating your glute, in the single leg glute bridge, try the hip thrust. Start with two feet on the floor or a bench, remember, squeeze butt, and flatten lumbar spine, then open up the chest before lifting hips. You may progress to using a resistance band (or a weight) held in both hands across the front of the hips. Progress to single leg hip thrusts. In picture c she goes up on to her toes, only try this if you are still able to squeeze the glutes whilst on your toes, other wise keep to pushing through your heels.



EXERCISE 3 Prone Hip Extension

Lie face down, flatten lumbar by tilting pelvis under, squeeze your butt hard, and then lift one leg off the floor. Make sure not to arch back or use hamstring. If you are arching back pull your tummy in or try putting a pillow under your tummy. If you are using your hamstring then flex the knee and bring your heel close to your bottom, this shortens the hamstring and forces you to use your glute.



EXERCISE 4 Monster Walks

Tie a resistance band around the legs. I usually start people off with it above the knees, and progress to above the ankles. Align knees over mid foot and side step.



10 Half Marathons Worth Entering

Hands up who has got to half way through January and found their half marathon of choice is already full? Some races fill up even sooner, Brighton for example is now only offering charity places for 2015 and Wokingham, due to 2014 cancellation, has closed their waiting list already. If you want to do Wokingham badly enough you may be able to find a Straggler with a number they don't want to use.

We present a list of some of the 13.1 milers within easy-ish travelling distance of Straggler-land, along with dates and prices. Prices listed are for UKA license runners (if you paid £20 when joining the club you qualify for the cheaper entry fee).

All races are taking entries at time of publication.

Dorney Lake

Date: March 21

Price: £25.50

Description: it claims to be the flattest half in the UK. An ideal race for those who like views of Windsor Castle when running. Capacity for this one is 800 so it may fill up quicker than others.

Fleet

Date: March 22

Price: £21

Description: a two lap course, one lap of 3 miles and a larger lap of 10. Run on a mixture of urban and rural roads, this race is one of the longer running on this list, having begun in 1982. It's a firm favourite pre-marathon event.

Hampton Court

Date: February 22

Price: £27 (£5 Straggler discount when using code HCHSt5)

Description: now in it's second year, the race takes in much of the Harry Hawks 10 course and is "flat, fast and visually interesting". Runners will have a full view of the Palace as they cross over Hampton Court Bridge before passing down Barge Walk, into the historic marketplace of Kingston upon Thames. The return loop will take runners along the opposite bank of the Thames to finish in the picturesque village of Thames Ditton

Paddock Wood

Date: March 29

Price: £20

Description: run through the hop fields and orchard of Kent. Another fast and flat one, regularly voted as a favourite by Runner's World readers.

Richmond

Date: March 22

Price: £30

Description: this scenic course takes runners past local Richmond landmarks including Kew Gardens, St Anne's Church on Kew Green, Richmond Lock, Richmond Bridge and Ham House.

River Thames (formerly Hurst Park)

Date: March 15

Price: £26 (we suggest you wait for the announcement of a Straggler discount code)

Description: The Hurst Park Half is to be renamed River Thames Half, and is a new half marathon over a flat and fast, accurately measured course along roads and towpath in Surrey. It is a perfect preparation event if you are running Brighton, Paris or London marathons or you want the challenge of running a half marathon. Start and finish are in Walton.

Silverstone

Date: March 15

Price: £18

Description: a three lap race around the motor racing circuit. This race is organised by the London Marathon team. Two things worth noting, it has a capacity of 10.000 (so may be larger than some people's taste) and it begins at 12 pm, so later than the average half. Registration deadline is January 9th.

Surrey (Woking)

Date: March 8

Price: £33

Description: the race starts and finishes in Woking and also takes in Guildford.

Tunbridge Wells

Date: February 22

Price: £22

Description: Famed for the scenic and challenging route, the race website thinks that the 300 foot ascent of Spring Hill at Fordcombe is worth highlighting, or warning us about, depending on your viewpoint.

Watford

Date: February 1st

Price: £20

Description: a challenging course through scenic countryside. The organisers say "the course has been adjusted to avoid the point that flooded in 2014" – so the race no longer takes place in the UK then. Watford Half always sells out.

Message on Behalf of Jess Draskau Petersson

We all know what injuries are like and how deeply frustrating they can be – we're runners, it goes with the territory. Your Stragmag editor is carrying an annoying niggle as he writes these words.

For all of us, running is what we do for fun and not something our lives depend on, no matter how seriously we think we take it.

For the professional athlete who relies on earnings from races, an injury is the equivalent of being suspended from your job without pay.

Many of us enjoyed gathering in central London to watch Jess Draskau Petersson compete in the Olympic Marathon for Denmark and for the Stragglers too.

In September's Stragmag you read her account of life training in the US and racing in the European Championships in August, finishing in 8th place. October's issue gave a fans-eye account of that race.

This issue however comes with a request.

Some of you will be more aware of crowdfunding than others. It's where a group or individual appeals for financial support to help give a project the cash it needs to succeed. In Jess's case, this project is 'the road to Rio'.

If you wish to support Jess at a time when she is unable to earn money from competing visit

<https://www.crowdrise.com/GetJessBackOnTheRoadToTheOlympics/fundraiser/jessdraskaupetersson>

New Stragglers

Recently joining the Stragglers are the following:

Timothy	Huggins
Paul	Webb
Emma	Holden
Christian	Collier
Karen	Levene
Bill	Downey
Mack	Downey
Mike	Wheeler
Jonathan	Watson
Daniel	Lill
James Martin	Vivian
James	Allen
Filip	Egierszдорff
Johan	Peck

Welcome to all of you and we hope you find the club gives you the running and social experience you're looking for.

Up Coming Races and Key Straggler Dates



November:

Thu 27: Handicap and London Marathon draw – Hawker Centre

December:

Sat 6: Women's Surrey League XC - Nonsuch Park, Cheam

Sun 7: Mob Match vs 26.2 (hurray!) – Hawker Centre

Fri 12: Stragglers pub crawl in Richmond

Sun 14: Dave Denton 10K, Horton Country Park

Sat 20: South of Thames XC, Farthing Down, Coulsdon

Fri 26: Cabbage Patch 4

Sun 28: Gut Buster 10 miler/10K

January:

Thu 1: Stragglers New Year's Day run – Richmond Park, 12 pm

Sat 3: Surrey County XC Championships – Lloyd Park, Croydon

Sat 3: Middlesex County XC Championships – Alexandra Palace

January

Sun 4: Tadworth Ten

Sat 10: Mens and Womens Surrey League XC – Wimbledon Common

Sun 11: Winter Tanners: 20 mile or 30 mile

Fri 16: Stragglers New Year Party

Sat 17: Hell Runner, Hell Down South

Sat 17: Box Hill Fell Race

Sat 24: Stragglers parkrun social – Old Deer parkrun

Sat 24: SEAA Southern XC Championships – Stanmer Park, Brighton

February:

Sun 1: Watford Half

Sat 7: Women's Surrey League XC - Farthing Downs, Coulsdon

Men's Surrey League XC – Lloyd Park, Croydon

Sun 8: Punchbowl Marathon

Sun 8: Wokingham Half Marathon (race officially full)

Sun 15: Valentine's 10K

Sat 21: English National XC Championships -Parliament Hill Fields, London

Sun 22: Hampton Court Half

Sun 22: Ditton 10K – part of the Hampton Court Half race day

March:

Sun 1: Eastbourne Half

Sat 7: Dysart Cup and Ellis Trophy XC – Richmond Park

Sun 8: Hillingdon 20

Sun 15: River Thames Half (previously listed as Hurst Park Half)

Sun 22: Fleet Half

Sun 22: Hastings Half

Sun 22: Salomon Citytrail Richmond Half and 10K

Sun 29: Cranleigh 15 and 21

Sun 29: Paddock Wood Half

Sun 29: Tempest 10 and Spitfire 20 – Dunsfold, Surrey

Advance notice:

Green Belt Relay: May 16-17

Welsh Castles Relay: June 6-7

Round Norfolk Relay: September 19-20

