



Stragmag



December 2014

Issue 304

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Editorial

Welcome to the December issue of Stragmag.

I confess I hadn't realised this was something unusual, but looking through the archive on the website shows we've certainly not had a December issue in recent times.

In the era of the printed mag this made sense, but with distributing a digital version being easy, and with much going on I didn't want to wait until the end of January for the next one.

This month we bring you three reports on very different races, including the news of a world record breaking Straggler, a guide to which Straggler groups are meeting and when over the Christmas and New Year break, and we focus on Little Feet with their awards and the Committee Member of the Month.

Dave and Steve once again have assisted in putting this issue together.

Your first Stragmag of 2015 will be available during the week beginning 26th January and the deadline for articles will be Thursday 22nd.



Simon Webb

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A message from Carys Mills – Stragglers Chair (from a recent Stragmail).

“I think it's an exciting time for the club with some new initiatives taking place and all of the club runs, as well as our cycling and tri groups, seem to be flourishing despite the cold and wet weather! We had an excellent mob match against 26.2 on the 7th December with 98 Stragglers (human and canine!) turning up on the day! There was great banter at the Hawker and hopefully for those that came along you had a great morning. The ladies team is now in 4th position in the Surrey League Division 1 and the men's team hosted an excellent XC back in November! So I think for sure we are coming to the end of 2014 on a high!”



Strags News in Brief

- The mob match saw 26.2 retain their position as holders of the Paxo – otherwise known as coming second to Stragglers in numbers taking part.

See full results on the club website.

- The Boxing Day Cabbage Patch 4 mile race is back once again. Bring a wrapped present to the value of £3 or pay a £3 entry fee which goes to charity. Race HQ is the Cabbage Patch with the race itself beginning at 11 am from Twickenham riverside. Then spend the afternoon with Stragglers and many from other local clubs in the pub, what's not to like?
- Another run/pub combo comes on New Year's Day. Meet at 12 pm in Kingston Gate car park for a lap of Richmond Park (or perhaps less), before heading to the Wych Elm.
- As we approach the start of a new year, so too are we heading towards spring marathon training time for many club members. Congratulations, or commiserations depending on how you view these things, to the five Stragglers who had their names pulled out of the club's London Marathon draw.

They are: Kathryn Haynes, Nick Rowe, Joe Tong, Peter Wedderburn and Andy Wingate.

We look forward to supporting you and all other Stragglers on April 26th.

- And just when you thought the party season would be behind you (unintentional panto pun), we in the Stragglers are keeping the festive spirit going until at least mid January.

Friday January 16th is the date for our New Year party. 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 - kbc@blueyonder.co.uk



Festive Season Diary Dates

We'd call this your 'cut out and keep' guide to Straggler activity over the Christmas and New Year period, but you'd first have to print this out so probably not worth the bother.

As Christmas Day and New Years Day fall on Thursdays, there will be no Hawker Centre club nights until January 8th.

Club activity on other nights is listed below, along with regular annual events that are firm favourites in the club.

Monday 22nd Hampton Hill Star Runners: Bushy Park Hampton Hill Gate, 7:30 pm
Little Feet: The Albion in Kingston, 7:30 pm

Tuesday 23rd: Hills and Speed: Ham Common, 7:30 pm
Thames Ditton Group: Thames Ditton Cricket Club, 7:20 pm

Thursday 25: Bushy Parkrun: 9 am
Crane parkrun: 9 am
Richmond parkrun: 9 am
Wimbledon Common: 9 am

Friday 26: Cabbage Patch 4: Cabbage Patch in Twickenham, 11 am

Sunday 28: **Sunday long run:** Instead of the usual 8.30 run in Richmond Park, Phil and Fraser have decided upon a 10 mile trail route from Denbies Vineyard, near Dorking. Denbies have allowed us to use their car park and we will set off from there at 9:00am. The route will include some of the North Downs Way, Polesden Lacey, Norbury Park and Mickleham. 10 miles but bear in mind some of it will probably muddy and some of it will definitely be hilly so trail shoes would be beneficial. Coffee and maybe a late breakfast will be taken at the Denbies cafe/restaurant

Monday 29: Hampton Hill Star Runners: Bushy Park Hampton Hill Gate, 7:30 pm
Little Feet: The Albion in Kingston, 7:30 pm

Tuesday 30: Hills and Speed: Ham Common, 7:30 pm
Thames Ditton Group: Thames Ditton Cricket Club, 7:20 pm

Thurs 1 Jan 2015: Banstead Woods parkrun: 10 am
Bushy parkrun: 9 am
Crane parkrun: 10:30 am
Kingston parkrun: 10 am
Nonsuch parkrun: 10 am
Richmond parkrun: 9 am
Wimbledon Common parkrun: 10 am
Stragglers New Year run: Richmond Park Kingston Gate car park,
12pm, followed by drinks at the Wych Elm pub in Kingston

Note, Parkrun will allow you to register up to 2 runs on New Year's Day.

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Story of a Nafflete

The football fixtures fell kindly for me with Liverpool home to Sunderland on Saturday 6th December, with the annual Santa Dash on 7th December. So for me it was football, a visit to the theatre and then a run before home.

This year was the 10th annual Liverpool Santa Dash 5k run and rumours are circulating it could be the last after the organisers got hit with a £17k bill a couple of weeks before the run for road closures.

I woke fairly early on the Sunday having had a very rough night in the world's hottest hotel room and didn't sleep well. The weather forecast for the run was pretty poor and as soon as I stepped out of the hotel, the wind hit (Mother Nature's, not mine!). The gale that was blowing was pretty impressive. Walking through the city, breathing in the stale beer mixed with Dettol, I started to spot more Santa's making their way towards the Mersey where the start of the run was. The gale in the city centre was nothing compared to the blasts that greeted me at the Mersey.

I decided to be brave and leave my shelter to do some of the warm up exercises that I've learnt on the half marathon group nights. It didn't matter how many exercises I did, I wasn't getting warm. I began to suspect that my Santa suit wasn't the highest quality construction. It really was great to see the waterfront slowly fill up with thousands of Santa's, both the red and the blue variety. There were a few elves, a couple of reindeer and even a Christmas turkey!

Every year, there is a big battle with Las Vegas as to which city will take the title of World's Biggest Santa Run. As we were waiting for the run to start, the news came through that Las Vegas had their run the day before and there were more Santa's in

Liverpool which meant that Merseyside took the title of World's Biggest. This also means that yours truly, a Straggler for only a couple of weeks, is a World Champion - get in (along with the other 10,000 Santas!).

The countdown began after the customary non celebrity getting on the microphone to get everyone warmed up prior to the off. And we were off. Thousands of Santas swarming through the streets. It really is a family event with people of all ages taking part. The start involves a long slow climb from the Mersey up to the city centre and you could just see a wall of Santas. It really was a magical sight. As it wasn't a timed event, it gave me a chance to practice my technique, breath and clench, breath and clench. The rough night was catching up with me a bit, that and the lack of any breakfast so it did take me a little while to get into my stride. After a few minutes, I stopped noticing how cold it was and was able to enjoy the sights a bit more.

The course wound around the city streets and undulated a fair bit but it's a great way to see the city. All too soon we came to the finish in front of the town hall with fake snow and plenty of cheering crowds. It really does give you a good buzz to see that finish line and knowing that there's a lump of metal waiting for you just the other side. 31 minutes and I was done. I felt good having finished and then started the walk back to Lime Street station to wait for my train home and the search for some breakfast.

If you would like to see some pictures from the event, please follow the link to the Liverpool Echo website

<http://www.liverpoolecho.co.uk/news/liverpool-news/liverpool-reclaims-title-hosting-worlds-8241911>

And as it's that time of year, may I be the first to wish everyone a Happy Easter! :)

Mike Wheeler



What's the UK's most unusual running club name?

The **Saucepan** Roadrunners & Power Walkers has to be pretty high on the list. The Saucepans or to give them their correct (Welsh) name, Sospans were founded in 1984 and are based at Llanelli (west of Swansea) in South Wales. Your correspondents were in Wales to run one of their races, more of which in a minute.

Why Sospan? Llanelli was at one time one of the biggest producers of saucepans, based on the once thriving tin industry, and in time the town got the nickname of Sospans.

According to their website, when the running club was founded, the members wanted a name that reflected where they came from and what they did (perhaps we should rename the Stragglers, the Kingston Drinkers?) and decided to call themselves Sospan roadrunners rather than the more prosaic, Llanelli runners.

Reflecting the town's nickname the local rugby club Llanelli Scarlets have got little saucepans mounted on the top of their rugby posts and the singing of the song 'Sosban Fach' (Welsh for "Little Saucepan" is an established tradition at matches. For those of you with a bit of time on your hands look up the English translation of the lyrics, they are too long to reproduce here and certainly beats most English football club songs (even Fulham's!).

Sospan Road Runners also claim to be the friendliest running and walking club in Wales. Your correspondents can bear this out having decided to base a holiday in Wales partly around competing in one of their races - the Multi Terrain 10 mile race (or if you prefer, the MT 10) held in November each year.) The MT10 is held in a country park on the South Wales coast and on first glance is off-putting in as much as it has a route map which looks like a particularly complex origami puzzle with marshalling described as 'periodic'.

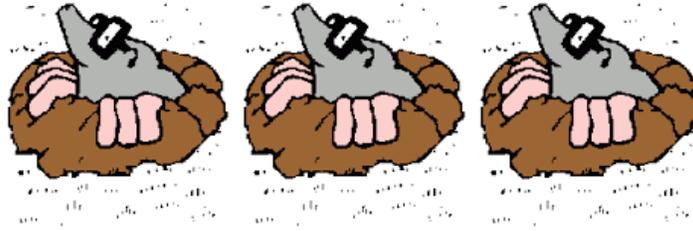
Fortunately on the day in question, there were plenty of other runners to follow. Having safely navigated the registration (there was some concern that being a Davies, the queue might take some time) we lined up at the start. It's safe to say we were the only Stragglers and certainly in the minority having braved the Severn Bridge. For those of you who've run Welsh castles relay, however, there were plenty of familiar club strips, 'Les Croupiers' featuring heavily (another strange name for you), named after a Cardiff Casino. 'Sarn Helen' running club based in Lampeter (Helen's favourite) and my favourite, the St Clear based Taf running and orienteering team, or trots for short. (This doesn't refer to any type of gastric discomfort or lack of toilet facilities in the area).

Anyway, the race when it was under way was a gem. Multi-terrain was a bit of an understatement, after the first mile and a half the route plunges deep into the heart of Pembrey Forest, a large coniferous Plantation sitting on giant Sand dune. Within 4 miles you are hopelessly disorientated already having looped around several times, (mind you I easily get lost, especially in forests). Then there are a couple of points en route where you scramble up a mini Sand Mountain more suited to a Tough Mudder event, with people shouting encouragement from the top.

Just when you are getting really tired the route diverts off, onto a beach, with the possibility of a force nine gale blowing in the opposite direction. Fortunately the running gods were on our side this year and instead we had glorious views of a becalmed Gower peninsula as we scampered towards the finish line.

Would we do the race again? Definitely! Who's on for a trip to Llanelli next year?

Malcolm (and Helen) Davies



3 Molehills 23/11/14

Torrential downpours through the night left many unable to travel due to flooded roads leading to Surrey. 141 sorry souls made it to face a challenging battle to conquer all 3 hills in treacherous conditions.

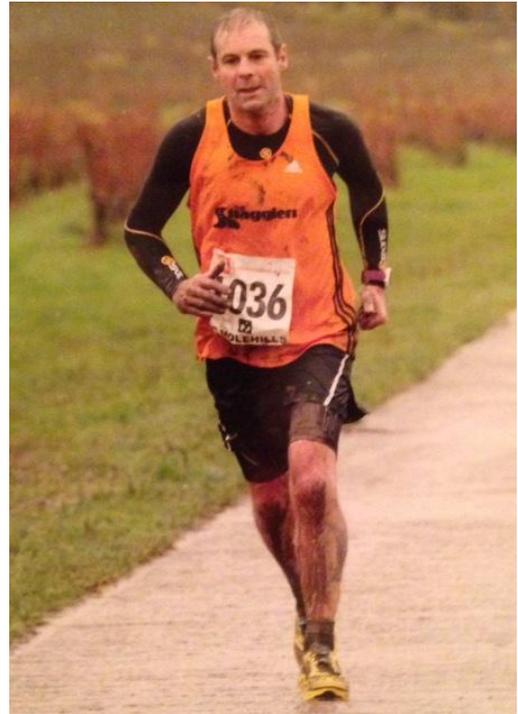
Already closed were the stepping stones, completely underwater leaving only the footbridge our route to the steps. Several of us took an extra soaking as a lorry decided to pass through the flood waters at an incredibly stupid speed sending a wave of icy cold water over a few of us.

As I was running in the V50 category I was looking to see my opposition. A dozen, the dirty dozen and sodden dozen by the finish.

Coming 5th in 2.04.51 felt fantastic. Overall 63rd from 141. Best V50 time only 7mins faster leaves me itching to do better next time.

Great event, well organised and marshalled. Let's see a few more Stragglers next year taking to the hills!!

Peter Colwill



SOUTH OF THAMES CCA CHAMPIONSHIP RACE, Farthing Downs, Coulsdon, 20th December 2014

16 Stragglers entered the South of Thames Championship Cross Country Race at Farthing Down in Coulsdon.

Results:

Overall	M/W		Club	Time
	Race			
1	1	Dean Lacy	Camb	42:45
18	17	Paul Lowe	Strag	46:12
55	54	James Ruskin	Strag	49:49
112	106	Roy Reeder M40	Strag	54:03
119	113	Jonathan Davies M40	Strag	55:01
129	121	Steve Smith M50	Strag	56:24
142	131	Stuart Hambling M40	Strag	57:28
154	140	Tiago Ramos	Strag	58:18
160	146	Malcolm Fletcher M50	Strag	58:42
177	157	Gareth Pritchard M40	Strag	59:41
187	W22	Phyllis Flynn	Strag	60:11
223	W38	Julie Howarth	Strag	65:39
234	191	Timothy Huggins M40	Strag	66:37
261	203	Joby Thomas M40	Strag	71:58
273	W64	Lynda Chase	Strag	78:01
279	W70	Gail Caruana	Strag	86:30
283	208	Edward Clements M60	Rei P	96:38
284	W74	Sarah Walters	Rei P	99:26





Little Feet Awards:

Little Feet takes place every Monday evening. Earlier this month they hosted their third annual awards evening. What follows are extracts from the presentation.

Little Feet is aimed at those new to running or who feel they would benefit from the support of other runners, and is “a club that is inclusive and accepting of everyone, whatever their background or ability.”

Members of Little Feet nominate who they believe deserves to win one of a number of awards.

The Achievers Award: given to someone who has taken part in a number of races or charity events throughout the year.

Winner: Fran Thomas

This year’s award winner was nominated a record 8 times. Fran joined Stragglers just over 3 years ago and could only jog very short distances. However, over the past year She has run 6 half marathons, - Reading, Milan, Richmond Park, Ealing and Wimbledon twice. She also ran the Kingston 16 mile breakfast run followed by the Cabbage patch the following weekend. She has done over 100 parkruns, ran 5 PB’s this year and a record 38 PB’s since her first run in 2011. She plans to go on achieving and hopes to take part in her first triathlon and marathon next year.

Fran has been a great support to many Stragglers including those new to running, always encouraging and happy to run at a slower pace to support someone else. She may be short in height, but she is long in determination and an inspiration to others.

What makes this even more amazing is that she only has sized two feet --A true Little Feet person



Improvers Award: goes to someone who has improved their running by moving into a faster Little Feet group or who has completed their first 10K or half marathon.

Winner: jointly awarded to Donald and Joy Bell

This year we have decided to award this to a lovely couple who joined Stragglers after seeing lots of people wearing funny yellow tops with a big footprint on the back at Bushy parkrun. Their son started doing a couch to 5KM training program in 2011 and first one then reluctantly the other were enticed into doing the parkrun.

Donald set himself a challenge of completing the parkrun in under 2000 seconds (that is 33 minutes and 20 seconds) he has now achieved that and has a PB of 1968 seconds and also gone from walking to running the whole parkrun without stopping. Joy took on the Club 10KM completing this in 1hour 17 (which would have been a lot quicker if she hadn't got lost!)

They hope to have done 100 parkruns by the end of the year and have even done some in Florida and California. In California The cheerleader team was out in force, they whooped and hollered during the communal warm up. Some of them ran with them, others waved their pompoms and cheered as they rounded each bend and the finish line was under a huge arch of balloons. As Donald has now learnt, being over 70 is not a barrier to starting running. You both are exactly what little feet is all about.



The Good Foot Award: to someone who makes the Monday runs happen or helps organize Little Feet events.

Winner: Andrew Ronksley

This award goes to someone who has been a regular at Little Feet for a number of years, leading runs and propping up the bar! Many people enjoy his inventiveness with the 'woodland fantasy' runs through Richmond Park in the summer. This year he has marshalled for amongst others, The Cabbage Patch & the Green Belt relay. He is a team player and ran in our Little Feet relay.

This year he kindly cooked a chilli for us whilst the Pub was doing up the kitchen. Once he had to take nearly a whole year off running because he slipped when he got out of the bath in a hurry to answer the door and fell down the stairs. We shan't ask what happened to the Towel!!

We have already awarded Fran, one of the shortest members of our club this evening so it seems right we should also award one of our taller members.



The Founders Award: given to someone who over the years has contributed to what Little Feet stands for.

Winner: Jan Prince

This year the award goes to one of our most friendly runners. Jan has been a member for years and is always a smiley face to be relied upon and happy to help and advise. For

many years, before we joined the 21st century and became paperless, she produced our own newsletter – Footnotes and was able to encourage budding runners to become budding writers to tell of their experiences. More recently, although she has faced her own challenges, Jan has been incredibly supportive to her friends at the club, helping them through their own challenges.



Recognition awards go to those who receive a number of nominations but don't receive any of the other awards.

Emma Smith who has done three half marathons, and the cabbage patch 10 and did 13 10KM for 2013.

Peter Thompson, he has significantly improved his 5KM has gone from 26 minutes down to 21:40 10KM PB's and half marathon PB's and is always happy to lead a group.

David Hudson who has also improved his times and gone from running 5KM (First parkrun 35 minutes now 25:53) and 10KM to half marathons and Sprint Triathlons.



Committee Member of the Month:



Mary Hyde

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

I've run most of my life, since I was about 11. I was a member of Phanos whilst living in Amsterdam. A club that trained at the 1928 Olympic Stadium, but for me mostly running has been about 'me time' and I have spent many years running alone and non competitively

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

I joined Stragglers about three years ago. A friend of mine persuaded me to join, she came 3 times then left!!!!

Do you have a favourite running distance and favourite race?

I like short distances, from 800M, 5KM to 10KM . The Leatherhead 10KM is always a great day with hunky fireman and numerous cakes at the finish line - what more could a girl want?

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

In February this year, I trained for a half marathon, I was lured into it by people who call themselves 'friends'. I completed it (Thanks Clare Graham for the coaching). Conclusion, long distance running is not for me.

I'd love to do an injury free track season at St. Mary's.

What do you most like about The Stragglers and how would you like to see the club develop? What do you hope to achieve whilst you're a committee member?

Mostly you can find me at Little feet, Monday nights are such an important part of the club. It's inclusive for everyone no matter what your speed or ability. We get some fast runners now so there really is something for everyone.

The people at Little Feet have without a doubt changed my life for the better, it's a place where I feel relaxed, at home and happy.

Whilst I'm on the committee I would like to increase the profile of Little Feet, intergrate it more with the club so we are seen more as one club.

Personal Bests:

5KM 22:54 10KM 49:49

I did have an attempt at the triple jump this year. Whilst it's no great distance, I jumped 5m 82 which just got me into the sand pit.



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 Straggttri 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.



Club Handicap

Many thanks to all who took part in the first event of the 2014-15 Stragglers Handicap Series (November 27th). Special thanks to **Mark Pattinson**, who used the handicap run as part of his *Half Marathon Training Group's* programme, ensuring a good turnout on the night – I hope everyone in this group enjoyed taking part and that many of you will be able to return for the next Handicap event, on 26th February 2015. My grateful thanks

also go to **Trevor Ford** and to **Paul Levene**, without whose assistance the event wouldn't have run as smoothly as it did.

The handicapping system was shown to have worked well by the closeness of the finishing times, with most of the runners crossing the line in a window of about 20-30 seconds. A good turnout of 48 runners resulted in **Gail Caruana** crossing the line first, with a run time of **26m 52s**. Fastest runner on the night was 'chip off the old block' **Tom Haworth** (ask your dad, Tom!) in a time of **18m 14s**, and fastest lady runner on the evening was **Emma Holden**, with a time of **21m 24s**. Complete results are below/on the Stragglers website.

For those unfamiliar with the Stragglers Handicap, it takes place over a measured 5km course, so runners' times are directly comparable to their parkrun times. I look forward to the next staging of the Stragglers Handicap at the **Hawker Centre** on **Thursday 26th February 2015**, and to welcome faces both old and new.

Ian Callander

Handicap results

Finish Pos'n.	Name	Handicap	Elapsed Time	Run Time	Rank
1	Gail Caruana	09:30	36:22	26:52	30
2	Chrissie Glew	09:30	37:04	27:34	33
3	John Caruana	09:30	37:29	27:59	36
4	Ray Cockle	13:15	37:49	24:34	18
5	Tiago Ramos	15:00	37:50	22:50	14
6	Joe Tang	13:15	37:56	24:41	19
7	Seana Haughey	10:00	38:32	28:32	37
8	Ingrid Wagner	13:15	38:41	25:26	24
9	Carolyn Cooper-Burrows	00:00	38:42	38:42	46
10	Stuart Chalmers	12:45	38:54	26:09	27
11	Sylvine Tanner	03:00	38:55	35:55	44
12	Tom Haworth	20:45	38:59	18:14	1
13	Alex Ruffer	11:15	39:00	27:45	35
14	Cathy Davis	17:00	39:01	22:01	12
15	Roy Reeder	19:30	39:02	19:32	4
16	Philip Mear	14:45	39:04	24:19	17
17	Jane Elmslie	13:15	39:05	25:50	25
18	Nuala Donnelly	14:00	39:10	25:10	20
19	Julie Garner	14:00	39:12	25:12	21
20	Claire Begley	11:45	39:17	27:32	32
21	Helen Nance	14:00	39:21	25:21	22
22	Rob Peacock	20:00	39:22	19:22	3
23	Bert Kidwell	14:00	39:26	25:26	23
24	Merran Sell	11:45	39:29	27:44	34
25	Nigel Rothwell	19:30	39:31	20:01	6
26	Peter Colwill	18:30	39:32	21:02	7

27	Jim Sell	13:30	39:35	26:05	26
28	Hubert	13:00	39:40	26:40	29
29	Mike Wheeler	08:00	39:46	31:46	43
30	Verka Lafeuille	16:45	39:50	23:05	15
31	Martin Smith	09:00	39:53	30:53	39
32	Jane McKenna	09:00	39:54	30:54	41
33	Claus Wagner	20:45	39:56	19:11	2
34	Laura Bowden	09:00		30:57	42
35	Andrew Mayall	13:45	39:57	26:12	28
36	Pam Whitter	18:30	39:58	21:28	9
37	Kathy Haynes	11:00	39:59	28:59	38
38	Dave Griiffiths	18:30	40:00	21:30	10
39	Mark Pattinson	17:30	40:02	22:32	13
40	Helen Davies	16:00	40:03	24:03	16
41	Emma Holden	18:45	40:09	21:24	8
42	Simon Brazil	20:30	40:18	19:48	5
43	Johnny Haughley	13:15	40:22	27:07	31
44	Neil Carrington	19:15	40:50	21:35	11
45	Melanie Miller	05:00	41:00	36:00	45
46	Pam Stewart	03:00	43:05	40:05	47
47	Mike Mendelson	15:15	46:08	30:53	40
48	Les Brown	05:00	51:45	46:45	48



Up-Coming Races

December:

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 XC Championships – Lloyd Park, Croydon

Sun 4: Tadworth Ten

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

Sun 11: Winter Tanners: 20 mile or 30 mile

Sat 17: Hell Runner, Hell Down South

Sat 17: Box Hill Fell Race

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



February:

Sun 1: Watford Half
Sat 7: **Women's Surrey League XC** - Farthing Downs, Coulsdon
Sat 7: **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
Thu 26: Stragglers Handicap - Hawker Centre

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) **£4 discount off entry price for Stragglers. Use the code "STGonly4" at the Sport Systems store. www.riverthamesrunning.com**
Sun 22: Fleet Half Marathon
Sun 22: Hastings Half Marathon
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:

May 16-17: Green Belt Relay:
June 6-7: Welsh Castles Relay:
Sept 19-20: Round Norfolk Relay:



A Merry Christmas
and a Prosperous New Year
to all our Readers!