



*November 2016*

*Issue 326*



*Stragglers Snowdonia Marathon team*



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## *Editorial*

It feels to me like there's a real buzz about the club at the moment. Whether it's the excellent work Malcolm and Helen are doing with the cross-country teams, the November handicap being so well attended, or the social side of the club – much to come on that side in the coming weeks. Hopefully this issue of Stragmag reflects this.

Also in this issue are reflections on the recent Stragglers trip to Snowdonia Marathon. Personally, I love a running road trip and this was one of the best.

There will be a December Stragmag but it will be slightly earlier in the month than normal, content deadline TBC.

Thanks to everyone who has sent stuff for this month. As ever please email things to [Stragmag@stragglers.org](mailto:Stragmag@stragglers.org).



*Simon Webb*



# *Stragglers News*

The 2016/2017 cross country season is shaping up to be a memorable one in all categories.

Our men's team raced at Epsom Downs earlier this month and came second on the day, moving up to third in the Surrey League division 3 table. Read on for reports from this month's fixtures in the men's and junior leagues.

Congratulations to Julie Papworth, Penny Demetriou and Peter Thompson who are this year's recipients of club London Marathon places. It's especially thrilling for Julie who will be taking to the streets of London on her birthday (what a way to celebrate being 21).

Little Feet will be holding their awards evening on Monday December 5th.

It's at the regular Little Feet venue of The Swan in Hampton Wick (by Kingston Bridge). A short run will be followed by a buffet, raffle and the awards presentation.

All are welcome, not just LF regulars. Price is £8 which can be paid on the night, but please let Ann Woods know if you plan to come by emailing [annew@unicef.org.uk](mailto:annew@unicef.org.uk) by Friday December 2nd.

Sunday 11th December sees the return of our annual mob match with 26.2 (hurray!).

It's our turn to host and so we need everyone to be at the Hawker Centre for an 11 am start, wearing club kit.

# Stragglers Christmas Pub Crawl

**Stragglers 2016 Xmas Pub Crawl**  
FRIDAY 16TH DEC 7:30PM

This year's route covers both sides of the Thames and starts at The Anglers in Teddington and goes over to Ham and on to Richmond via Teddington Lock. With approximately 30mins in and between each pub we should be getting to final pub, the Roebuck on the top of Richmond Hill, in time to last orders and some carol singing down at Mick J's gaff. If time doesn't allow there are opportunities to join in and drop out along the way.

PUB	DISTANCE FROM PREVIOUS PUB	STREET
1. The Anglers	-	Broom Road
2. Tide End	50yds 25yds if you go in the back door	Wharf Road
3. Ham Brewery Tap	0.7M	Ham Street
4. The New Inn	0.2M	Ham Common
5. Fox and Duck	0.6M	Petersham Road
6. Rose of York	0.4M	Petersham Road
7. Roebuck	0.7M	Richmond Hill

**TRAVEL INFO**

The Anglers is served by buses 285, 281 and R68.

Return from the Roebuck can be by 65 from Petersham Road towards Kingston or 371 from Richmond Hill top. Buses R68 and 33 go from Richmond bus station back towards Twickenham and Teddington.

**NOTE:**  
The 371 goes around the houses so unless one of them is your house it's not ideal after a belly full of beer.

Late starter or party pooper? Pubs 3-7 can all be accessed by the 65 bus

Times are approximate only!

Santa hats and tinsel welcome!

"Come Rest Ye Merry Assembled Ladies and Gentlemen"

Here it is - after extensive research and consultation - the 2016 Xmas Pub Crawl. This year's route covers both sides of the Thames and starts at 7.30 from The Anglers in Teddington and goes over to Ham and on to Richmond via Teddington Lock.

With approximately 30mins in and between each pub we should be getting to final pub, the Roebuck on the top of Richmond Hill, in time to last orders and some carol singing down at Mick J's gaff. If time doesn't allow there are opportunities to join in and drop out along the way. See Travel below

Here's the list.

1. The Anglers (Broom Road)
2. Tied End (50yds 25yds if you go in the back door) (Wharf Road)
3. Ham Brewery Tap (0.7M) (Ham Street)

4. The New Inn (0.2M) (Ham Common)
5. Fox and Duck (0.6M) (Petersham Road)
6. Rose of York (0.4M) (Petersham Road)
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Late starter or party pooper?

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Santa hats and tinsel welcome!

Mark Thomas



## *Stragglers New Year Party*

The New Year Party will be similar to the two previous years:

At Hampton Hill Cricket Club, TW12 1PA

Music courtesy of Peter Kennedy

Ticket price: £15 (tickets available to buy from the mob match on 11 December)

Free raffle

Buffet food

The only differences are:

I've decided to hold it slightly later in the month, Friday 27 January 2017

There will be a dress code: Smart casual, yellow and black, NO running kit

There will be a prize for the best dressed.

Roy Reeder



## *Men's Surrey League Race 2: Epsom Downs – a first timer's view*

*There was some discussion at the beginning of the month about how the club was reporting successes from the cross-country season to the wider membership, in particular who could write reports? As Stragmag editor I was asked for a suggestion and pointed out that, since I don't do them, unfortunately it couldn't be me. 48 hours later, and having not attended the Thursday night run, I discovered my name was down and I was most definitely coming in.*

The largest Straggler men's turn out in the Surrey League for many years saw 35 on the start line at Epsom Downs on Saturday November 12th. Malcolm and Helen's recruitment drive this season is something to behold and this was proof of their hard work paying off.

With a strong team in the scorers we secured 2nd place on the day (304 points) – behind run-away winner Striders of Croydon (160 points) - and a climb from 5th to 3rd in the league table after two fixtures.

On a bracing but dry-ish day, Antony Jackson led the team home with a 6th place finish overall, with the other scorers as follows:

Simon Ford, Rob Wilcox, Ben Osborn, Paul Bowden, Roy Reeder, Oliver Bowers, Crispin Allen, Paul Frayne and Donovan Duffy.

Epsom Downs offered a two lap course, with a fast downhill start before a climb to the highest point on the circuit after which came a drop to the end of the first lap and a fast run into the finish line on lap 2.

This was a strong team effort throughout the 35 competitors, with so many of us in the field there were yellow-battles across the whole team. As a first-timer, I found myself wondering why I'd never done this before? The truth is I've always shied away, thinking that the best people to act as guides would also be potential scorers, and there seemed little point in taking someone away from benefiting the team simply so that I could get myself covered in mud. I also assumed, wrongly as it turned out, that an XC course would be more frustrating than it was worth in terms of ground conditions. Whilst it seems this was by no means the hardest course around, it also absolutely was not a road, and so I was pleased to run it at a decent pace and come away with both ankles still in one piece.

I now also realize that there's more to a Stragglers XC trip than merely points, important though this is. The team spirit was everything you'd expect from this club, the racing was hard and the beer well-earned afterwards. For my part, on this occasion Simon Brazil may not have troubled the top 10 Straggler places even without me slowing him down. We also did wonder how many other visually impaired runners have competed in Surrey League cross country races over the years? So I definitely hope to be back for more and I'd recommend you consider it too, especially if you've never tried it before, or only have bad memories from running round freezing cold fields at school.

After two fixtures Stragglers sit 3rd in the table with 741 points, behind Fulham who have 632. Similarly strong Straggler turn outs in the remaining two fixtures could see a tight battle for 2nd place.

There's also the club XC championships to be contended. After 3 races Roy Reeder leads overall and therefore is also on top in the M50 category. The senior man leader is Tiago Ramos and M40 is Donovan Duffy, but these awards look like they will be hotly contested throughout the winter.

The next fixture in our club championships is the South of Thames 5 miles on Saturday November 26th.

Surrey League race 3 is on Saturday January 14th at Cranford Park.

Simon Webb



## *Stragglers Boys at Surrey League: Saturday November 12th (Fixture 2)*

The Coulsdon Surrey League course is generally regarded as the toughest of them all with steep climbs and descents throughout, and all on an uneven surface that saps the legs. However, this all seemed to play to the strengths of our group as all 4 were tremendously strong contesting the leading positions of their respective age-groups.

The high finishes by Spencer, Ollie and Kieran were amongst the best we've had by Straggler boys, and if they can continue to demonstrate this form through future Surrey League and the Championship races in the New Year then they will attract the attention of the Surrey selectors who pick a team of 8 for the Inter-Counties event.

A special mention to debutant Ben who was unlucky on the course and took a heavy fall, but to his great credit he resumed racing through to finish strong (though in a position further back than he would have had without the incident). I'm sure that we'll see Ben show his true form in the next race as he's running low 18min parkrun which is ranking him highly amongst the local 14 year olds.

Full results [HERE](#) – Stragglers results below

Full results [HERE](#) – Stragglers results below.

U13 Boys 42 finishers

6th Spencer Bateman 17:06

7th Ollie Emmet 17:10

U15 Boys 41 finishers

18th Ben Dibley 17:03

U17 Boys 22 finishers

4th Kieran Desmond 15:47

Jim Desmond



## *Brooks Snowdonia Marathon Eryri – 29 October 2016*



Last Autumn, our club captain Phil Davies sent an email around the Sunday long run group asking who would be interested in joining him on his final marathon. The venue for his last marathon.....Snowdonia! Given the entries open at 00:00 on 1 January (and are generally sold out by 06:00pm) I was spurred on by a few glasses of champagne and duly entered the race.

I was not the only one who entered. Joining Phil and I was Simon Webb, Peter Colwill, Fraser Wigley, Noel Hollingsworth, David Sayers, Tiffany Gibson, Jim Desmond, Neil Browning and former Stragglers Chairman Andrew Lane. We then had ten months to train and wonder why we had just paid to run up a hill in North Wales in the Autumn! The Brooks Snowdonia Marathon Eryri is reckoned by many to be the toughest yet the most beautiful, road marathon in the UK. The equivalent distance on the flat is 29.32 miles.

Snowdonia is a beautiful part of the world. It has wonderful areas of natural beauty including a mountainous region with Snowdon the highest peak forming a magnificent back drop to the marathon. The route takes you through some villages and undulates rising from sea level at times climbing 350 metres to peak before coming down again. These peaks and troughs form an undulating passage using 22 miles of road with four miles of off road. This must be treated with respect as the final section tumbles over 370 metres in a sharp, steep descent on grass, mud and stones. Speed is often hard to control and calves, quads and glutes are all working overtime to brake before crashing. One fall here and your race is finished before reaching the end.

Peter Colwill has written an excellent report on the event from his perspective:

On the Friday before, we set off from Twickenham at 1000hrs and arrived at the Sunnyside hotel in Llangollen at 1700hrs. Close by our hotel we stopped over for a cup of tea at Phil's mum's house. Here we met, and chatted with, Shirley and her partner who just so happened to be in his youth, an athletic superstar who competed at triple jump. He would have made the commonwealth games if a football injury hadn't sidelined him. Tiff Gibson, the sole female straggler on the trip and Simon Webb were the other two in Phil's car.

I was sharing a room with Club Captain, Phil Davies, who had recently turned 60 yrs and would be hoping to do well in his age category. At registration, in the electric mountain visitor centre in Llanberis, we met up with the rest of the Stragglers and for once had the team together for a photo shoot. It was now a short drive onto Pedro's cottage for pasta. Pedro should have been running but an injury forced him to pull out. He decided that he would still rent the cottage and came along to support the team. It was a lovely gesture to invite and cook us all spag-bol followed by plenty of chocolate cake and After-eight mints.

The following morning getting to the start was about a 20-minute drive back to Llanberis. Having parked the car, we made our way to various calling points, bag drop, toilets and eventually to the start line. The route would be a steady climb for 4 miles and then a steep mile to Pen-y-pas which stood approx. 350m higher than the start. Here we'd drop down to Bethany and a steady flat to Beddgelert at the half way point. It had varying flat and slight rise and falls along

the road to Rhyd Ddu at mile 16 and again similar terrain to Betws Garmon at 20 miles. As we approached Waunfawr the road rose and it became a steady, steep climb which eventually went off road and got steeper to mile 24. Here it dropped sharply down to the finish back at Llanberis.

With 10 mins to go we made our way to the start. I was carrying 5 gels and, because there were 12 water stations, carried nothing else. It was about 12 degrees C and a slight drizzle in the descending mist made it perfect running conditions. Last year was wet, windy and about 6 degrees cooler. It was almost a summer's day in comparison.

Setting off about 1000 places back left me needing to pick my way through slower runners. I needed to find space as I began to feel boxed in. I was switching from left to right and back again, up onto the pavement, quick, back through another couple, over to the right again, back to the left. Eventually, 3 miles in I found myself some space. I was doing about 7.50 minutes per mile and knew there was a steep hill after the steady rise we were on at the moment. I felt good, very good. I couldn't slow down. I really wanted to keep this pace and push hard.

I was at Pen-y-pas in 40 minutes. Feeling really comfortable after taking my first gel I carried on through an off-road descent and before long was at Beddgelert in 1.47 hrs. I now felt, for the first time, that I was going well enough to get a sub 4 hr. Another gel and I was storming. A few injured hobbling, some sitting by the side of the road, others trying desperately to keep going.

This was a beautiful course and occasionally I would look up at the mountains, or across the lakes and the Irish Sea. The sun was trying to break through and yet it never became too warm. As I approached 23 miles I had 3.16hrs on the clock. Now was the first time on a steep, off road, ascent that I started to walk. It was a power walk. I knew I had to keep pushing. Over the summit and then down a sharp and steep hill. This tested me. I was bounding down trying to brake but also daring not to fall. Hoping cramp would stay away I kept pulling myself back trying not to lose control and fall. It worked. I was now chasing, running hard to the line, through crowds of onlookers clapping and cheering. Oh yes, across the line in 3.51.33 hrs. Having climbed 2500ft and descended the same over 26 miles I felt I'd put in my best ever marathon performance. It was not a personal best in way of time but would remain a personal best as far as running a marathon.

In the bar afterwards, we all had our marathon stories to tell. It was great listening to the way others had felt. Tiff had crossed the line in 4.14hrs. Her first road marathon. What a fantastic performance from her in a really tough and hilly marathon. Phil, with a cold, managed 4.09hrs, not his best by far but certainly very good under the circumstances, and the rest of the group all finished under 4 hours, and close to within 30 minutes of one another.

Andrew Lane's assessment of the event is as follows:

It was certainly one of the most enjoyable marathons I have run. Of course, weather conditions were better than usual (mild, no wind, dry for the most part) but it had lots of great features: variations in gradient, so it was challenging but not impossible; good support; well organised. And it was the first time I have run a marathon as part of a group larger than just me and Simon! (the Group was Dan, Jim, Simon and Andrew for most of the race, with Fraser and Noel for the first 8 miles). That really helped too.

I felt we paced it as well as we could. The art of the marathon is to avoid slowing down towards the end, with enforced walking or much slower running. A minute "in the bank" during the first half of a marathon often leads to two or more minutes lost late on.

Simon Webb's commented as follows:

This was definitely my favourite of my eight marathons. I'm also going to go as far to say it was my best run over the marathon distance too. I thought the last few miles was a guiding masterclass from Jim. While there are others I can think of who I'd also feel comfortable with in that situation, I was very glad to have Jim at my side at that point as I'd trust him to guide me absolutely anywhere. It was a lot of fun running as a group and in the middle section Dan, Jim, Andrew and I really pushed each other on. I've never felt better at 20 miles, something it turned out I would need come the steep climb and even steeper, off-road descent. I was pleased to be mentally strong in the final couple of miles, so often your mind can go at this point in a marathon and I needed to be totally alert to respond to every instruction which came from Jim. Whilst that last mile and a half was tough, the sense of achievement for me was really exhilarating.

It was also a great social trip. A few of us were still in a bar to see the clocks go back.

Finally, Jim Desmond commented as follows:

A super marathon in beautiful countryside, perfect conditions with a fantastic atmosphere and camaraderie amongst the runners – another great Stragglers adventure. Thanks Phil for putting us onto it.

An awesome run by Simon who was super-strong throughout. This was definitely far from an ideal course for a visually impaired runner, and so tremendous achievement getting through it so effortlessly. Those of you who were not there will be aware I'm sure that it was hilly and we had to tackle three big climbs/descents. What is not so easy to appreciate is that the two big descents were off-road on very tricky paths that were rocky and slippery. The 1st descent was punctuated by drainage channels, and the 2nd was brutally steep (closest analogy would be running down the face of Box Hill, but longer than that), and with it coming in the final two miles of the marathon makes it even more challenging.

Below are the race positions at the four checkpoints on the course for our group which shows how we worked through the field so well over-taking 200 people between the top of the 1st big hill and the finish which I'll admit was a nice feeling.

It was nice that we did it chatting all the way making this perhaps the most enjoyable marathon I've ever done.

How well Andrew ran to get 2nd V60 – a masterful piece of pacing as ever. I had the best seat in the house to watch him power up the final hill and over the top making up 20 places, and in doing so overtake one of his V60 rivals who was 30 places ahead of him at the 23-mile point. This performance needs to be put in context that Andrew did the majority of the guiding for Simon up to around 20miles.

Name	5 miles	Halfway	23miles	Finish
Andrew	497	387	283	264
Dan	486	384	328	294
Simon/Jim	495	386	294	311

From my (Dan) perspective I felt it was my best marathon performance (only my 4th though). The pace was good for me and I am pleased I was able to finish strongly after finding the final hill tough. I also greatly enjoyed running in a group as it kept me going.

Overall this was a tough, scenic course that gives a hilly, testing marathon and most of us were in agreement that this is probably the best marathon in Britain. Well done to everyone and Phil, you can't really retire from marathons yet.....

One other nice part of the event is that there were some excellent junior races contested by local clubs that took place on a town-centre course whilst we were out, and Jim's son Kieran won his race and daughter Sophie was 2nd in hers with both collecting very nice prizes so many congratulations to them both.



Full results of the team are below:

Race Number	Name	Surname	Category	Category Position	Chip Time	Chip Position
292	Neil	Browning	M45	43	03:39:07	264
1154	Andrew	Lane*	M60	2	03:39:35	273
785	Daniel	Greenslade	M40	60	03:42:44	306
1993	Simon	Webb	MSEN	123	03:43:39	322
541	Jim	Desmond**	M45	54	03:43:41	323
2013	Fraser	Wigley	M55	22		

03:52:46 459

417	Peter	Colwill	M55	26***	03:51:33	439
915	Noel	Hollingsworth	M55	23	03:53:15	466
1702	David	Sayers	M40	144	04:09:24	732
512	Philip	Davies	M60	14	04:09:49	743
2565	Tiffany	Gibson	FSEN	63	04:14:15	819

\*Andrew Lane is former chairman of the Stragglers who was a valued member of the club for many years. He ran representing his Norfolk club Wymondham AC.



## *Stragglers Quarterly Handicap*

The first event of the 2016-17 series Stragglers Handicap was held on Thu 24<sup>th</sup> November 2016.

A record entry of 57 starters/57 finishers. Many thanks to Peter T, Richard S, and Alan M, who formed the crew on the night, and without whose assistance the event could not have taken place.

Along with the run times, I have also included an extra column (as I did for the August event) showing the DIFFERENCE between peoples' predicted time and their actual time. Those with a MINUS figure ran faster than their predictions, while those with a PLUS figure ran slower than their predicted time.

Next event is on the final Thursday in February 2017 – Thursday 23rd February 2017. See you then!

Ian.

See full results on the following page



Finish Pos'n.	Name	Handicap	Elapsed Time	Run Time	Predicted/ Actual time	Rank	
1	Nick Goodchild	17:00	38:14	21:14	-01:46	15	Winner M
2	Jon Parry	17:30	38:18	20:48	-01:42	10	
3	Martin Powell	13:15	38:22	25:07	-01:38	32	
4	Alex Galloway	16:00	38:24	22:24	-01:36	23	Winner F
5	Phil Davies	15:00	38:26	23:26	-01:34	26	
6	Tim Chambers	12:00	38:41	26:41	-01:19	42	
7	Ben Laloz	12:30	38:42	26:12	-01:18	41	
8	Dan Chiechi	17:00	38:46	21:46	-01:14	19	
9	Helen Nance	11:00	38:49	27:49	-01:11	46	
10	Joseph Howarth	16:30	38:50	22:20	-00:50	22	
11	Hubert Cibis	11:00	38:57	27:57	-01:03	48	
12	Brigid Hibberd	17:00	39:00	22:00	-01:00	21	
13	Susie Norman	11:00	39:05	28:05	-00:55	49	
14	Julie Papworth	12:00	39:08	27:08	-00:52	43	
15	Sue Howarth	09:30	39:11	29:41	-00:49	51	
16	Stephanie Atkinson	14:00	39:12	25:12	-00:48	33	
17	Gail Caruana	13:45	39:13	25:28	-00:47	37	
18	Roy Reeder	20:30	39:13	18:43	-00:47	4	
19	Julie Garner	13:15	39:14	25:59	-00:46	40	
20	Luis Dionisio	15:00	39:15	24:15	-00:45	28	
21	Jim Desmond	20:45	39:18	18:33	-00:42	3	3rd M
22	Peter Colwill	18:15	39:21	21:06	-00:39	13	
23	Dan Simmonds	14:00	39:22	25:22	-00:38	35	
24	Oliver Garner	22:00	39:25	17:25	-00:35	1	1st M
25	Tiffany Gibson	18:00	39:26	21:26	-00:34	17	3rd F
26	Vera Taylorova	14:00	39:27	25:27	-00:33	36	
27	Jacqui Balfour	19:15	39:29	20:14	-00:31	8	1st F
28	Andrew Ronksley	16:00	39:37	23:37	-00:23	27	
29	Penny Demetriou	12:30	39:40	27:10	-00:20	44	
30	Jill Whitham	10:00	39:42	29:42	-00:18	52	
31	Sue Waters	10:00	39:43	29:43	-00:17	53	
32	William Caruana	20:30	39:43	19:13	-00:17	5	
33	Merran Sell	12:00	39:44	27:44	-00:16	45	
34	Matthew Brady	14:00	39:46	25:46	-00:14	39	
35	Mark Pattinson	18:00	39:46	21:46	-00:14	20	
36	Oli Bowers	22:00	39:48	17:48	-00:12	2	2nd M
37	Dan Lill	20:00	39:48	19:48	-00:12	7	
38	Helen Brett	15:00	39:49	24:49	-00:11	30	
39	Phil Tauwhare	18:15	39:50	21:35	-00:10	18	
40	Andrew Howarth	17:00	39:51	22:51	-00:09	25	
41	Simon Webb	19:00	39:51	20:51	-00:09	11	
42	Simon Brazil	19:00	39:52	20:52	-00:08	12	
43	Mike Lapworth	15:45	40:01	24:16	+00:01	29	
44	Steve Cochrane	19:30	40:03	20:33	+00:03	9	
45	Andrew Allen	17:30	40:08	22:38	+00:08	24	
46	Bert Kidwell	12:00	40:13	28:13	+00:13	50	
47	Tim Wood	15:00	40:14	25:14	+00:14	34	
48	Maddie Garner	19:00	40:18	21:18	+00:18	16	2nd F
49	Helene Hill	12:30	40:20	27:50	+00:20	47	
50	Paul Frayne	21:00	40:21	19:21	+00:21	6	
51	Peter Wedderburn	15:00	40:28	25:28	+00:28	38	
52	Glenda Mortimer	07:00	40:47	33:47	+00:47	56	
53	Mandy Astill	07:00	40:48	33:48	+00:48	57	
54	Gareth Mitchell	08:00	41:12	33:12	+01:12	54	
55	Nigel Clemens	17:00	41:55	24:55	+01:55	31	
56	Chrissie Glew	09:00	42:41	33:41	+02:41	55	
57	Kevin Best	22:00	43:13	21:13	+03:13	14	

# *Future Races*

Club priorities marked in bold

## December

- **Sat 3: Ladies Surrey League XC Race 2 – Mitcham Common, 12pm**
- **Sun 11: Stragglers v 26.2 annual mob match – Hawker Centre**
- **Sat 17: South of Thames 7.5 mile XC – venue TBC**
- **Sun 18: 28th Ron Hill Surrey Classic – race 3 Horton Park**
- **Mon 26: Stragglers Boxing Day 4 miles**

## January

- **Sat 7: Middlesex XC County Championships – Hillingdon (men and ladies)**
- **Sat 7: Surrey XC County Championships – Lloyd Park (men and ladies)**
- **Sun 8: Tadworth 10**
- **Sat 14: Men's XC Surrey League race 3 – Cranford Park**
- **Sat 14: Ladies XC Surrey League race 3 – venue TBC**
- **Sat 28: Southern XC Championships – Parliament Hill**

## February

- **Sun 5: Watford Half Marathon**
- **Sat 11: Ladies XC Surrey League race 4 – Farthing Down, Coulsdon**
- **Sat 11: Men's Surrey League XC Race 4 – Lloyd Park**
- **Sun 12: Wokingham Half Marathon**
- **Sun 19: Hampton Court Half Marathon**
- **Sat 25: National XC Championships – Wollatan Park, Nottingham**
- **Sun 26: Run the Streets Kingston Half Marathon**

# *Social Dates*

## December

- Thu 1: Hawker Centre used as polling station – usual run/showers then food and social at the New Inn
- Mon 5: Little Feet Awards – the Swan Hampton Wick
- Sun 11: Mob Match – Hawker Centre
- Fri 16: Pub Crawl – beginning at the Anglers Teddington at 7:30 pm

## January

- Sun 1: New Year's Day run – in previous years this has been at 12pm followed by a local pub, details tbc
- Fri 27: New Year Party – Hampton Hill Cricket Club

