



*December 2018*

*Issue 351*



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## *Editorial*

Welcome to 2019, a year which sees our ladies' cross-country team well-placed for an immediate return to Division 1 in the Surrey League, and the men looking strong to hold their place in Division 2.

Planning is already underway for both the Green Belt and Welsh Castles Relay, and the mini-mag has all you need to know for being part of both.

January is traditionally the time winter marathon training steps up, so if that's you, we wish you much success over the coming months. Many a Straggler will tell you that getting to the start line is half the challenge, and we look forward to many a tale of great achievement come the spring.

Thank you to Dave Griffiths for his continued help in bringing Stragmag to you each month.

Simon Webb [Stragmag@stragglers.org](mailto:Stragmag@stragglers.org)



# *Little Feet Awards*

Early in December, Little Feet handed out their annual awards. Winners were as follows:

- Achiever: Ian Robertson
- Improver: Patricia Ronksley
- Good Foot: Dave Olson
- Founder: Glynda
- Merit Medals: Joe & Mika



## *Cabbage Patch Boxing Day 4*

The event this year was a great success with an increased number of participants. As we said last year, the event is hopefully an essential and enjoyable part of the Stragglers Christmas tradition. Whilst the lucky dip entry continues to be popular, some competitors who perhaps prefer to do so, very kindly make a cash donation to our chosen charity instead. This year the recipient organisation is the Pancreatic Cancer Charity, which was that nominated to be the major beneficiary from the 2018 Wedding Day 7k Race earlier this year. We are delighted to say that all the monies donated at the CP4 this year totals a sum of £285.00, and we thank everyone firstly for their support for the event and secondly for their amazing generosity.

As always, it is the competitors who create the wonderful and special atmosphere of friendship and fun filled Christmas spirit each year. However we would like to extend our grateful thanks to perennial supporters Simon Brazil, Malcolm Ellis and Frank Dupree, Paul Hutchings and Leo Hutchings and my daughter Gemma who this year was aided by her boyfriend Ben, made the event happen so seamlessly. We are also grateful to our on the day Marshals Dave Papworth, Caitlin Limmer, Duncan Gaskell and Beverly Gow. My sincere apologies to anyone that I may have overlooked. I am afraid that my little grey cells appear to reduce annually and I can therefore be vulnerable in respect of total recall.

Finally, we would like to thank once again the wonderfully generous and charismatic Stuart and his staff at the Cabbage Patch. Stuart is not only a great pub manager but also the events Host and benefactor. Many of you will be aware that nothing ever seems too much for Stuart and he not only provides our winners prizes but willingly creates for us a unique venue with a genuine atmosphere of bonhomie.

We look forward to seeing everyone again at next year's Boxing day Cabbage Patch 4.

The race results are below. For the statisticians out there, we would advise that this year's course reverted to the traditional one following last year's modified finish position which accommodated the effects of the 2017 stage of the Twickenham Station construction

works. Naturally this should be taken into account when comparing performances with previous events.



Finally, the Winner of this year's special Golden shoe award was presented to a well deserving Paul Hutchings for his magnificent and much appreciated year on year support of this event. Paul who was unfortunately in Hospital pre and on Christmas day, but was once again able to be on the Boxing day start line for us. A real star.

Keith Haworth

<b>Cabbage Patch 4 - Boxing Day RESULTS</b>						
<b>Position</b>	<b>Number</b>	<b>Time</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>	<b>Comments</b>
1	4290	21.54	Oliver Garner	The Stragglers	SM	Race Winner
2	4259	22.11	Sam Gentry	North Somerset	JM(16)	First JM
3	4258	22.31	Joe Gentry	North Somerset	SM	
4	4268	22.38	Aiden Aherne	St Mary's	JM(16)	
5	4237	23.24	Tom Haworth	London Heathside	SM	
6	4322	23.40	Kieran Desmond	The Stragglers	JM(17)	
7	4332	23.44	Jonathon Ormerod	The Stragglers	SM	
8	4347	23.53	Sam Hunton	Unattached	SM	
9	4316	24.00	Joe Cowtey	St Mary's	JM(14)	
10	4252	24.05	Paul Graham	The Stragglers	MV40	First MV40
11	4310	24.16	Brian Searle	The Stragglers	MV50	First MV50

12	4309	24.22	Dave Roberts	FRA	MV50	
13	4323	24.37	Jim Desmond	The Stragglers	MV50	
14	4279	24.49	Paul Sinton Hewitt	Ranelagh Harriers	MV50	
15	4270	25.20	Rob Jones	Shaef Shifters	MV40	
16	4254	25.33	Ian Knight	The Stragglers	MV50	
17	4346	26.13	Amelie Hunton	Ranelagh Harriers	SL	First Lady
18	4269	26.18	Richie Thorpe	Thames Turbo	MV40	
19	4334	26.21	Tim Bowden	Unattached	MV40	
20	4340	26.25	Nick Brown	The Stragglers	MV50	
21	4262	26.30	Simon Brazil	The Stragglers	MV50	
22	4338	26.42	Samir Hussain	The Stragglers	MV50	
23	4257	27.18	Danny Norman	26.2 RC	SM	
24	4302	27.30	Stephen Aikin	Ranelagh Harriers	MV50	
25	4246	27.38	Michael Street	26.2 RC	MV40	
26	4275	27.39	Timothy Huggins	The Stragglers	MV40	
27	4274	27.40	David Brewin	The Stragglers	MV60	First MV60
28	4277	27.42	Brigid Hibberd	The Stragglers	FV45	First FV45
29	4286	27.53	Andy Wingate	Unattached	MV40	
30	4273	28.00	Andrew Allen	The Stragglers	MV60	
31	4301	28.50	Matt Aikin	Ranelagh Harriers	SM	
32	4327	29.00	Richard Patient	The Stragglers	MV40	
33	4285	29.01	Emma Gray	The Stragglers	MV40	
34	4245	29.03	Daniel Street	26.2 RC	JM(8)	Youngest Competitor
35	4244	29.04	Daisy Street	26.2 RC	FV35	First FV35
36	4250	29.21	Mike Morris	Unattached	MV60	
37	4293	29.26	Abigail Frame	Unattached	SL	
38	4304	29.30	Andy Howarth	The Stragglers	MV50	
39	4281	29.33	Duncan Scobie	The Stragglers	MV50	
40	4335	29.36	Stephanie Bowden	Unattached	FV45	
41	4240	29.48	Dave Griffiths	The Stragglers	MV60	
42	4261	29.51	Ben Limmer	Unattached	JM(17)	
43	4292	29.52	Patrick Hoy	Unattached	SM	
44	4321	29.58	Dan Mon	Team Bushy	MV40	
45	4291	29.59	Lewis Sampson	Unattached	SM	
46	4297	30.05	Richard Corr	Unattached	SM	
47	4307	30.22	Alistair Goddin	Unattached	SM	
48	4238	30.34	Julie Haworth	The Stragglers	FV55	First FV55
49	4263	30.59	Peter Colwill	The Stragglers	MV60	
50	4276	31.03	Michael Holden	The Stragglers	MV60	
51	4253	31.09	Clare Graham	The Stragglers	FV45	
52	4266	31.19	Melanie Thomas	The Bearcats RC	FV45	
53	4265	31.20	Alun Thomas	The Bearcats RC	MV50	
54	4248	31.48	Laura Howley	The Stragglers	JF(17)	First JF

55	4318	31.59	Andrew Hobday	Pembroke Lodgers	MV60	
56	4300	32.01	Carol Aikin	Ranelagh Harriers	FV45	
57	4319	32.13	George Hobday	Pembroke Lodgers	SM	
58	4282	32.18	Wendy Stokes	The Stragglers	FV45	
59	4239	32.19	Michael Trott	The Stragglers	MV60	
60	4344	32.24	Peter Wedderburn	The Stragglers	MV60	
61	4336	32.26	Ben Zass-Bangham	The Stragglers	MV40	
62	4283	32.30	Carol Dickinson	The Stragglers	FV45	
63	4325	32.35	Micheal Liebbrandt	Unattached	SM	
64	4247	33.00	Mike Foster	The Stragglers	MV60	
65	4288	33.12	Julie Garner	The Stragglers	FV55	
66	4330	33.23	Rod Hewson	Watford Joggers	MV70	First MV70
67	4249	33.28	Vince Howley	The Stragglers	MV50	
68	4256	33.29	Pat McGrath	The Stragglers	MV70	
69	4311	33.38	Ray Cockle	The Stragglers	MV60	
70	4324	33.54	Taryn Liebbrandt	The Stragglers	FV35	
71	4305	34.01	John Greaves	The Stragglers	MV60	
72	4208	34.03	Holly Barrett	Shepperton Runners	FV35	
73	4296	34.04	Lynton Nicholson	The Stragglers	MV60	
74	4312	34.15	Felix Clarke	Unattached	JM(9)	
75	4315	34.17	Hugo Clarke	Unattached	MV50	
76	4345	34.30	Sara Hunton	Unattached	FV55	
77	4341	34.39	Denise Nemtzov	Unattached	FV55	
78	4251	34.40	Stephanie Brooksbank	Unattached	FV45	
79	4284	34.42	Michael Garner	The Stragglers	MV70	
80	4331	34.49	Liz Zass	The Stragglers	FV65	
81	4308	34.52	Rachel Goddin	Unattached	FV35	
82	4329	35.35	Richard Bamforth	Unattached	MV50	
83	4278	35.36	Laura Bowden	The Stragglers	FV35	
84	4271	35.56	Rachel Lonagan	Unattached	FV45	
85	4298	36.45	Chrissie Glew	The Stragglers	FV65	First FV65
86	4333	37.17	Sylvia Gittins	Lytham St.Anne's RR	FV65	
87	4299	37.21	Julie Papworth	The Stragglers	FV45	
88	4314	37.48	Amelia Clarke	Unattached	JF(14)	
89	4313	37.49	Harriet Clarke	Unattached	JF(14)	
90	4317	37.55	Richard Steeden	The Stragglers	MV50	
91	4337	38.03	Louise Zass-Bangham	Unattached	FV45	
92	4260	38.27	Iben Thomson	Unattached	FV45	
93	4267	39.30	Amanda Foley	The Bearcats RC	FV45	

94	4303	39.43	Sue Howarth	The Stragglers	FV55	
95	4242	41.11	Kate Hancock	26.2 RC	FV35	
96	4243	41.12	Lee Hilton	26.2 RC	MV50	
97	4255	42.10	Maxine Kelly	The Stragglers	FV65	
98	4287	42.56	Emma Wingate	Unattached	FV35	
99	4326	43.05	Victoria Fuller	Unattached	FV45	
100	4295	46.07	Neil Frame	Unattached	MV50	
101	4272	46.21	Roy Miller	The Stragglers	MV70	
102	4320	46.39	Kirsty Bangham	Team Bushy	FV35	
103	4294	47.20	Sophie Frame	Unattached	FV55	
104	4306	47.41	Melanie Miller	The Stragglers	FV45	
105	4328	47.43	Franz Werndle	The Stragglers	MV60	
106	4241	47.44	Pierre Venter	The Stragglers	MV50	
107	4343	1.06.00	Les Brown	The Stragglers	MV70	
108	4284	1.06.01	Jonathon Dickinson	Unattached	MV50	Birthday Boy
109	4342	1.09.57	Jackie Brown	The Stragglers	FV65	
110	4339	1.10.07	Debbie Spencer	Unattached	FV45	
111	4264	*****	Sue Holt	Unattached	FV55	DNF

## *Membership Renewal Instructions: Action Required*

The Stragglers membership year runs from 1st April to 31st March and the annual subscription is charged to members accounts on 1st April. Ahead of this we ask all members to re-register on the ClubBuzz system each year:

- To ensure that our membership database is correct
- So that we only charge the next year's subscription to members who want to renew
- To enable us to process England Athletics registrations in time to avoid a break in registration. Note that in the previous two years the Stragglers have received lower than usual places in the London Marathon due to slow England Athletics renewals from Straggler members.

On 8th January 2019, you will receive an email request from ClubBuzz to re-register, please don't ignore it! In the email there will be a link to re-register and, if you do not want to renew, a link to let you flag that your membership is not to be renewed. To re-

register you have to confirm that the information in your profile is correct. The committee have agreed some changes that require you to indicate some additional preferences in your profile when you do this. The changes are:

1. Registration with England Athletics will become the default for all members unless you opt-out - you do this by selecting “No” in the field England Athletics drop-down box. If you don’t opt-out, the England Athletics fee of £15 will be added to your account on 1st April 2019.
2. As part of GDPR good practice, and in response to requests from some members, you can update your profile to show whether you want to receive StragMail, StragMag, and Team Captains’ emails about races (Surrey League, Green Belt, Welsh Castles etc). Unless you say that you don’t want to receive them, then the default will be that you do. If you start by receiving them, you can change your selection at any time by updating your profile.

Once you have re-registered and updated your profile, you don’t have to do anything until the new membership year. The annual subscription will be charged to your account on 1st April 2019 and you will receive an e-statement on 15th April 2019 which includes payments options. It is very important that you pay promptly. Our Treasurer, who is a volunteer, is very busy with his own job and doesn’t have time to keep chasing people over late payments.

Our preference is that members pay by direct debit. This is the simplest and cheapest method for the club and ensures payments are made on time. To do this, login, go to My Account/Account Settings, and click on the blue “Edit Settings” button which allows you to set up a direct debit mandate. Should you wish, you can cancel the mandate at any time just by going to the same screens. If you haven’t set up a direct debit mandate, the other payment options will be shown on your e-statement. One of these will be to pay via GoCardless, however this is only a one-time payment and will not create a direct debit mandate that will be active for future payments.

We hope this is clear but if you have questions or comments, please email [admin@stragglers.org](mailto:admin@stragglers.org) or contact any member of the committee.

The Stragglers Committee

# *2019 Relay Call Outs: GBR and Welsh Castles*

Attention at the Stragglers has already turned to two of our largest events of any year. Read on for how you can be part of what for many are some of the best weekends of Stragglings!

## *Green Belt Relay – 18-19 May 2019*

For those who may not be familiar with this event, it is the cornerstone of the club year, as we not only enter teams, but organise the race too! It's 200-ish miles, circling the outskirts of Greater London, taking in trails, towpaths, forests, fields, villages, towns, hills...everything the fabulous English countryside can offer.

Teams are made up of 11 runners, with each competitor running on both the Saturday and Sunday. Legs range from 6 miles to 14. Explore the course at [www.greenbeltrelay.org](http://www.greenbeltrelay.org)

We have entered the same three teams as in 2018 – men, ladies and vets. Team organisation will be led in 2019 by Simon Webb, supported by Kevin Price and Maddie Garner. We also intend to have the same overnight plan for the Saturday night (for those who would want it) as that has worked well in the past couple of years – staying in Chelmsford. So, in short, in an ideal world we will replicate what was done in 2018, perhaps without someone's wedding getting in the way.

Although it may feel early, it'd be great to hear from you letting me know you'd like to run by emailing [simonwebb79@gmail.com](mailto:simonwebb79@gmail.com).

2018 was a very successful year for the Stragglers in GBR and we're intending to be just as competitive in 2019. We can promise you a weekend to remember, and countryside on your near-doorstep you may never have experienced!

Simon Webb

## *Welsh Castles Relay, 8th-9th June 2019*

This is an invitation to all Stragglers to take part in one of the highlights of the running year, and one in which The Stragglers have featured for over 20 years. The Welsh Castles Relay race is a 2-day, 20-stage, 211-mile relay race mostly on road but with many hills from Caernarfon to Cardiff, and can be described as the equivalent of the Tour de France for runners! It is organised by Les Croupiers Running Club Cardiff. More information about the event is given below, **together with a link to a Google Form to let us know if you would like to be part of WCR 2019**. Further information can also be found on the Welsh Castles Relay site [here](#).

You will get the best "Welsh Castles Experience" if you travel on Friday, run/follow the race through the weekend and return from Cardiff on Sunday after the race. However, if you can't commit that much time, it is possible to be there for a shorter time, including traveling there and back on the same day.

### **Teams:**

A team requires at least 20 runners – one per stage – and reserves in case of any last-minute withdrawals due to injury etc. No-one may run more than one stage. Teams can be single or mixed gender (with the obvious exception of the Ladies teams). We will apply to enter two teams with two captains, Tiago and Karen, who did such a great job in 2018. The aim would be a “fast as possible” open team and a “still within the cut-off” vets team (ladies over 35 and men over 40). The goals would be for the open team to finish as high as possible and for the vets team to not be the last in the vets category! A final decision on the number of teams and the categories would be taken when we know how many people are interested and, of course, the entries are accepted.

### **Runners**

Runners must be able to maintain at least 9-minute miles on hilly terrain. Please note that each stage has a time cut off, which is stringently applied. There is a time check point approximately half way on each stage. No roads are closed so runners must have previous experience of open road races on an unsupported basis. The race includes very exposed hilly sections so runners need to be prepared for adverse weather.

Runners must be "first claim" members, 18+ years and medically fit to take part. A few shorter stages are suitable for 16-17 years+ (in accordance with UK Athletics rules) or other runners for whom 9-minute miles on hilly terrain may prove a challenge.

### **Accommodation**

This year, we've again booked [The Dragon Hotel](#) in Montgomery and so have accommodation for everybody (teams and supporters) in the same place. If you follow the "register interest" link below, you can indicate the type of room you would prefer (minimum cost, own-room etc.) though we can't guarantee that everybody can get what they want! Normal breakfast service starts at 7:00 and we're going to try and improve the breakfast choices at The Dragon for runners who must leave before 7:00.

### **Transport**

If there is enough interest, we will use minibuses. From checking with a couple of hire firms, that would cost around £50 per head which includes fuel and insurance. Drivers would need at least a full category-B licence and we would need 2 drivers for each bus.

### **Additional Points**

Kev Best will arrange a training programme starting early 2019 aimed at the half-marathon distance with extra hills for those on mountain stages. This will also be ideal for anybody planning to run in the Green Belt Relay.

All runners will get a branded "team" shirt (different fittings for ladies and men) and cap.

We will set up a WhatsApp group just before the weekend for communications between all participants during the weekend.

### **Next Steps**

Now for the important bit....please let us know if you would like to be part of WCR 2019! This [link](#) is to a Google Form where you can enter the necessary information. Note that after you enter, we will add the £22.50 entry fee to your Stragglers account but this will be returned if you are injured or not selected. If you have any questions, please email [WCR2019@stragglers.org](mailto:WCR2019@stragglers.org).

The Stragglers WCR organising committee: Tiago Ramos, Karen Levene, Dave Griffiths, Simon Webb, Alan Mawdsley.

# *National XC Championships, Harewood House, Leeds, Saturday February 23rd*

Entries are now open for the National Cross-Country Championships. Please note this race is not part of the Stragglers Winter Grand Prix and points are not available in this competition. As with the London Championships and Southernns, if you are EA-registered and a first claim Straggler you can take part.

**Women:** the race is 8km, start time 1:35pm.

**Men:** race is 12km, race starts 3pm.

Both categories are for runners over the age of 20.

Women – 4 to score, men – 6 to score – so it would be great if we could meet this minimum number, but we can take as many as want to run. I don't have any information on what the course is like.

**Entries:**

The Stragglers will pay the entry fee and I will enter all runners.

**Travel:**

Trains are around 2 hours 15 from King's Cross to Leeds and are every half hour on a Saturday morning (e.g 9:03, 9:33). RAC route planner suggests around 20 minutes from Leeds station to Harewood Estate for taxi share. The number 36 bus runs every 10 minutes from Leeds city centre (bus station) to Harewood village and takes 15 to 20 minutes.

Traffic allowing, it's roughly a 4 hour drive from SW London to Leeds (from KT1 to Harewood House the RAC time calculator says 3 hours 55).

**Staying in Leeds:**

Whilst it is doable to travel there and back in a day, the intention of some of us is to stay overnight and enjoy the delights of Leeds on a Saturday night (I went to university here 15 years ago and I confess memories are hazy). As with other Straggler trips, individuals will pay for their own travel and acomodation, however the club will make a group booking on a hotel.

Want to do this?

Deadline to let me know if you would like to run is Wednesday January 9th (evening). If interested email [simonwebb79@gmail.com](mailto:simonwebb79@gmail.com)

Simon Webb



## *Stragglers New Year's Day Run*



Eight Stragglers (Chrissie, Evan, Fraser, Hubert, Ian, Lindsay, Lynton & Peter) met in Kingston Gate car park at noon on New Year's Day for the traditional run in Richmond Park. The run was followed by a visit to the Park Tavern, where the runners were joined by four Stragglists. This event is a good way of working off excesses of alcohol

and food, and accommodates different distances and paces; it would be great to see more people next year.

Fraser Wigley



## *Etna parkrun/Run and Rioja report*

Back-to-back trips to Sicily and Spain would seem an excellent way to start one's retirement but, in truth, this was the result of serendipity rather than planning.

After a trip with a group of "serious parkrun tourists" to do the parkrun in Leipzig, I readily agreed to join another similar outing to do the same at Etna on Sicily in the autumn. Shortly after deciding on that, I saw the advert in StragMag by Straggler Chris Coates and

his partner Abby, who were planning a week of running and wine-tasting in the Rioja region of Spain. By good fortune, this was scheduled to immediately follow my planned return from Sicily, giving me a two weeks autumn break to look forward to over the summer.

However, it had been clear for some time that all was not well at my work, and matters came to a head in September, culminating in my agreeing to take redundancy, neatly timed to start with the flight to Catania in Sicily.

After the fantastic summer we had enjoyed, it hadn't crossed my mind that the weather in Sicily could be anything other than sunny – sadly, I was very mistaken. When it wasn't pouring with rain, it was cloudy and overcast, so that, while the rain held off for the parkrun itself, our view of Mount Etna was obscured. When some of our party made the ascent the following day, they found the recent rain had turned to snow at the top!



The run itself was very much an affair for the tourists; after our own Roy Reeder in first place, the next four finishers were from UK clubs, and only 7 of the 48 runners were regulars! Our hosts seemed unworried by this, and accustomed to the imbalance in local participation.

One result of the poor weather was that we spent a large part of the remainder of the long weekend in various hostelrys (well, perhaps that would have happened anyway) sampling the delights of Italian cuisine, as well as the occasional beer and glass of wine.



On our return to the UK, I barely had time to put some clothes through a wash before setting off for Spain, where, fortunately, the year's prevailing good weather resumed. I already knew Chris and Abby from the Welsh Castles Relay in 2017, when Chris bravely tackled the Drover's Arms leg, and after our first afternoon run and

evening meal (+wine), I also got to know the rest of the small group taking part in the week.

The focus was very much on running as enjoyment, with the reward of good food, wine and company to follow, and there was no pressure to do more than you wanted to or were capable of, but (in a very gentle way) some general principles emerged:-

- Keep a good split between your harder and easy runs (roughly 20 to 30% of your mileage should be hard, everything else just run nice and easy)
- A good week might include a speed interval session (we did 3 x 7 mins at 10k pace + 2x2mins and 4 x1 mins a minute faster per mile), a Parkrun and 2 easy runs (1 x 40 mins and 1 x 1 hour+) TIP: Try and make your easy runs part of your commute if you can.
- 1 strengthening session per week using the exercises we went through most days.

One other nice feature was the variation in our mobilisation routines, with “duck walks”, walking on tiptoes and other slight changes meaning that, before you knew it, you were ready to set off on the run itself.

During the week, I managed to double my average weekly mileage with some of the most enjoyable running of my life, while also learning about (and sampling) the wines of the Rioja region of Spain.



Abby and Chris worked extremely hard, so that we didn't have to. They provided an all-in experience that combined a structured set of runs in wonderful countryside with relaxing winery visits, as well as ensuring that we were all well fed and looked after.

Recommended for anyone who wants to improve their running and knowledge of wine, in a friendly and relaxed environment.

For anyone interested, Chris and Abby are now offering week-long holidays in Rioja and Bordeaux for £700, covering:

- Airport transfers from local airports
- Daily structured runs and training sessions delivered by an England Athletics certified coach
- Strength and conditioning sessions throughout the week
- 7 nights amazing accommodation
- 3 delicious meals a day (with the exception of two meals out) and daily snacks
- All wine for the week included (we normally also keep the fridge stocked with beer too)
- 2 visits to local wineries
- In-house wine tasting

More info is available on the Trails and Vines [website](#).

Dave Griffiths





**25%**  
discount for Club  
members on first session

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Surbiton Racket & Fitness Club KT5 8JT  
**Tel: 020 8541 5556**

**[www.kingstonphysiotherapy.com](http://www.kingstonphysiotherapy.com)**



## *Future Races*

We're into the second half of the Winter Grand Prix. See below the XC fixtures remaining this season, note, only listed are races where entries are still open.

### **January 2019:**

Saturday 5<sup>th</sup>: Middlesex XC Championships, Perivale – Simon Brazil/Helene Hill

Saturday 5<sup>th</sup>: Surrey XC Championships, Lloyd Park – Simon Brazil/Helene Hill

Saturday 12<sup>th</sup>: Men's Surrey League Fixture 3, Mitcham – Simon Brazil

Saturday 26<sup>th</sup>: Southern XC Championships, venue TBC – Simon Brazil/Helene Hill

### **February:**

Saturday 9<sup>th</sup>: Ladies' Surrey League Fixture 3, Richmond Park – Helene Hill

Saturday 9<sup>th</sup>: Men's Surrey League Fixture 4, Croydon – Simon Brazil

Saturday 23<sup>rd</sup>: National XC, Harewood House Leeds – Simon Webb

### **March:**

Saturday 2<sup>nd</sup>: Ladies Surrey League Fixture 4, Lloyd Park – Helene Hill

Sat 30: Ellis Cup/Dysart Trophy, Richmond Park

### **Team contacts:**

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