

STRAGMAG

Issue 221 • June 2007



www.Stragglers.org

Editors Notes:

Wow another month already, where do they go? Hopefully everybody should have received last months StragMag through the post along with their Membership letter from Nigel. If you haven't received the membership letter then any member of the committee can answer you questions, or by the time this is published the information should be on the website (www.stragglers.org). July sees a couple of important dates in the clubs year. The AGM is on the 19th July, whilst the Club 10 is a week earlier on the 12th July. See the centre pages for details of the Club 10k.

A few people have been asking about how they can get stuff to me if they don't have access to the internet. I am done at the Hawker every Thursday (almost), if you can't find me then any committee member can get it to me. As ever, thanks for all contributions this month.

Bert

Seni 200, 19th - 21st May

Standing at the start line of the Seni 200 with the eleven other competitors I began to wonder the what I had let myself in for. Over the next three days we would cover at least 200 miles (more if we got lost, very likely) covering all types of terrain and travelling from Birmingham to London. Every seemed in a nervous but excited mood. Within a few miles the group had separated into two and later three. By mile thirty my running partner had decided to pull out but stayed on to crew for me.

Running along the canal from Birmingham a few detours as several parts of the towpath was closed. We reached Stratford upon Avon by mile 45 and had to run a loop around the town taking the mileage up to 65. By this stage another runner had dropped out. I had an hours sleep then carried on still feeling fairly fresh.

By mile 90 the lack of sleep was taking its toll and I was starting to feel sorry for myself (a phone call to Suze cheered me up no end). I made it to 100 miles before catching an hours sleep in my crews car. By this stage another 2 runners had had enough and pulled out.

The next official checkpoint was at 119 miles which as the point I wanted to get to as mentally I felt I had broken the back of the mileage so would not pull out after this. One runner got to this stage, carried on for a mile and then dropped out as their feet were too blistered to finish.

The next 54 miles to Brentford consisted of forests and fields. At one point I climbed into one of the fields and had to do a sharp U-turn halfway across as I was being chased by bulls, this was not what I signed up for. Luckily I managed to find an alternative route onto the race route. Before reaching Brentford on Sunday a total of eight runners had pulled out leaving only 4 of us to finish. The final marathon into the Excel Centre in London was the hardest marathon I have ever done as three days sleep deprivation was taking its toll, the pace dropped and everybody was getting extremely irritable. The sight if the finish line was an incredibly welcome one although the fact that I had managed to finish it took a while to sink in. I'm glad I did it but I'm also looking forward to putting my feet up for a couple of weeks.

Jo Kilkenny

Front Page Pic: Kirsty's team at the end of the Green Belt Relay. Photo courtesy of David Rowe.

	Date	Event
July	1st	Harry Hawkes 8
	1st	British 10k
	12th	Club 10k
	15th	Elmbridge 10k
	19th	AGM
	26th	Handicap
	27th	The Wedding Day 10k
Aug	12th	Belgrave 5k
	30th	Handicap
	30th	Final Junior Handicap
Sept	2nd	Hawker 10k
	15/16th	Round Norfolk Relay
	27th	Handicap
	30th	Windsor Half Marathon
Oct	14th	Cabbage Patch 10
	25th	Handicap

The Club 10 is two weeks after publication, see centre pages for details/entry form. Copies will also be displayed on Thursday nights at Straggs and Simon will also arrange and announce for the familiarisation runs - if any one is willing to take a group please see Simon we need a few groups at various speeds to ensure everyone can get to know the course.

If you are unable to run and can help out on the night Simon or Pat would love to hear from you, we need both lead and back bikes and a couple of marshals for the course and help on the finish with water etc.

See Pat Short; Simon Brazil or Phil Davies for details about the 200 mile Round Norfolk Relay.

Wot, no race? Is there a race or event which you believe is missing from this diary or would like promoting, please let me know on stragmag@stragglers.org. The races/events listed are those which have particular interest for club members. Information given here is accurate to the best of our knowledge, but you are strongly advised to check details with race organisers before travelling or making other arrangements.



Stragglers Handicap

May

menzies | chartered accountants for the Guards' Shield

FULL NAME	HANDICAP	TIME	ACTUAL	PACE
Julie Garner	00:09:45	00:32:28	00:22:43	00:07:05
* Darren Robinson	00:08:00	00:32:40	00:24:40	00:07:41
Nick Clapson	00:04:15	00:33:11	00:28:56	00:09:01
Chris Tyrrell	00:10:15	00:33:17	00:23:02	00:07:11
Gail Caruana	00:05:45	00:33:28	00:27:43	00:08:38
* Michael Naylor	00:12:00	00:33:34	00:21:34	00:06:43
Robert Black	00:14:00	00:33:52	00:19:52	00:06:11
Tony Curme	00:08:00	00:33:54	00:25:54	00:08:04
Suzanne Bain	00:06:30	00:33:55	00:27:25	00:08:32
Peter Sleep	00:14:00	00:34:12	00:20:12	00:06:18
Tony Maxwell	00:15:45	00:34:14	00:18:29	00:05:45
* Michael Garner	00:09:00	00:34:19	00:25:19	00:07:53
Mike Tivnen	00:10:45	00:34:28	00:23:43	00:07:23
Ian Doyle	00:13:00	00:34:32	00:21:32	00:06:42
Mike Hamblin	00:12:00	00:34:34	00:22:34	00:07:02
David Rowe	00:14:00	00:34:37	00:20:37	00:06:25
Dermot Kelly	00:12:00	00:34:37	00:22:37	00:07:03
Ray Cockle	00:12:45	00:34:39	00:21:54	00:06:49
Chris Glew	00:08:45	00:34:43	00:25:58	00:08:05
Cecilia Hedberg	00:12:15	00:34:44	00:22:29	00:07:00
* Liz Zass	00:06:45	00:34:46	00:28:01	00:08:44
Chris Marner	00:12:15	00:34:53	00:22:38	00:07:03
Dave Griffiths	00:14:15	00:34:54	00:20:39	00:06:26
Mike Bangham	00:06:45	00:34:57	00:28:12	00:08:47
Matthew Bradley	00:10:15	00:35:00	00:24:45	00:07:43
Geoff Fisher	00:14:45	00:35:01	00:20:16	00:06:19
Tim Wood	00:12:45	00:35:03	00:22:18	00:06:57
Dave Kelly	00:07:00	00:35:09	00:28:09	00:08:46
John Root	00:08:30	00:35:14	00:26:44	00:08:20
Kai-Iho Li	00:12:00	00:35:15	00:23:15	00:07:15
Cathy Davis	00:12:45	00:35:18	00:22:33	00:07:01
Kevin Perez	00:15:15	00:35:19	00:20:04	00:06:15
Wayne Smith	00:18:15	00:35:23	00:17:08	00:05:20
Jo Watson	00:12:15	00:35:30	00:23:15	00:07:15
* Chris Smith	00:12:15	00:35:36	00:23:21	00:07:16
Andrew Sargeant	00:11:15	00:35:37	00:24:22	00:07:35
Nick Brown	00:14:00	00:35:57	00:21:57	00:06:50
Nick Goodchild	00:13:45	00:35:58	00:22:13	00:06:55
* Alen Bazin	00:15:00	00:36:11	00:21:11	00:06:36
Steve Bengé	00:10:15	00:36:23	00:26:08	00:08:08
Kirsty Bangham	00:11:15	00:36:26	00:25:11	00:07:51
Lisa Schebler	00:09:00	00:36:30	00:27:30	00:08:34
Les Brown	00:00:00	00:36:58	00:36:58	00:11:31
Sally Rowe	00:13:45	00:37:24	00:23:39	00:07:22
Paul Frevne	00:09:00	00:37:46	00:28:46	00:08:58
Michael Hutchings	00:00:00	00:42:01	00:42:01	00:13:05
Sonia Bandeira	00:15:15	00:42:40	00:27:25	00:08:32

Race Facts

Course Distance is 3.21 miles (5.17km)

Course Records

All Comers

Simon Kasmili 15:52 Apr 2004

Stragglers

Wayne Smith 16:18 Sept 2003

Louise Watson 18:12 Feb 2003

First time runners are indicated with a

* bullet and are not eligible for prizes.

Are your finances as healthy as you?

Neville House 55 Eden Street, Kingston KT1 1BW
Manor House, 1 The Crescent, Leatherhead, Surrey

- Accounts preparation
- Tax Planning
- Audit and assurance
- Business advice

To get them into shape, call:

Paul Hickson
020 8974 7500
Paul McWhirter
01372 360130



menzies | chartered accountants

MINIS	TIME	H'CAP	ACTUAL	
Holly Morgan	03:17	00:00	03:17	Stragglers
* Edward Habgood	04:38	00:00	04:38	Stragglers
Harry Disley May	05:25	00:00	05:25	Hampton Dragons
James Lewis	05:43	00:00	05:43	Stragglers
Sophie O'Sullivan	05:59	00:00	05:59	Hampton Dragons
* Rudy Allen	06:14	00:00	06:14	Stragglers
Ella Rowe	06:20	00:00	06:20	Thames Turbo
* Katie Hoar	06:26	00:00	06:26	Stragglers
Katie Ashman	06:26	00:00	06:26	Stragglers
* Stanley Smith	08:02	00:00	08:02	Stragglers
* Jack Dillon	08:18	00:00	08:18	Stragglers
* Fred Gillard	09:14	00:00	09:14	Stragglers

JUNIORS	TIME	H'CAP	ACTUAL	
Rory Smith	15:28	05:00	10:28	Ranelagh
Emma Wolfendale	15:58	05:00	10:58	Thames Turbo
Jack Morgan	16:14	08:00	08:14	Stragglers
Finley Braham	16:33	07:45	08:48	Stragglers
Lucy Kennedy	17:02	05:00	12:02	Stragglers
Edward Smith	18:00	10:00	08:00	Ranelagh
* Alexander Sargeant	18:32	08:00	10:32	Stragglers
Oliver Penny	18:42	09:30	09:12	Thames Turbo
Abby Arden	18:43	08:30	10:13	Thames T
* Billy Smith	18:43	05:00	13:43	Stragglers
Rowena Guildford	18:44	05:00	13:44	Thames T
Elizabeth Curme	18:55	06:30	12:25	Stragglers
Peter Gronan	19:05	08:00	11:05	Stragglers
Jordan Allen	19:06	08:00	11:06	Stragglers
Ben Westerby	19:06	07:00	12:06	Stragglers
Luke Penny	19:10	11:00	08:10	Thames T
Ciarra Lewis	19:14	07:00	12:14	Stragglers
Alice Clemens	19:16	09:15	10:01	Thames T
* Jonathan Hammond	19:22	08:00	11:22	Unattached
* Lilly Vie	19:24	05:00	14:24	Stragglers
Jamie Viljoen	19:26	07:00	12:26	Stragglers
* Casper Naylor	19:25	10:00	09:25	ST. Marys
Luke Wilson	19:26	11:00	08:26	Ranelagh
Lydia Arden	19:27	07:15	12:12	Thames T
Alex Rowe	19:29	10:15	09:14	Thames T
Ciara O'Sullivan	19:29	08:00	11:29	Hampton Dragons
* Emily Rochester	19:30	08:00	11:30	Stragglers
William Kennedy	19:33	09:30	10:33	Stragglers
Benedict Chapman	19:36	11:45	07:51	Stragglers
George Roberts	19:37	08:00	11:37	Stragglers
Joanna Guildford	19:38	09:00	10:38	Thames T
Mollie Ashman	19:39	06:00	13:39	Stragglers
Oliver Garner	19:43	11:00	08:43	Kingston and Poly
Poppy Disley May	19:52	10:30	09:22	Hampton Dragons
Laura Howley	19:53	05:00	14:53	Stragglers
Madeleine Garner	19:54	11:15	08:39	Kingston and Poly
Clare Davis	20:01	10:00	10:01	Stragglers
Jake Beard	20:03	10:00	10:03	Hampton Dragons
* Oscar Vie	20:23	05:00	15:23	Stragglers
Christian Disley May	20:26	11:00	09:26	Hampton Dragons
Clare Wolfendale	20:37	08:00	12:37	Thames T
* Lara Sargeant	20:37	08:00	12:37	Stragglers
Carolyn Guildford	20:38	10:45	09:53	Thames T
Katie Simmons	21:10	07:00	14:10	26.2
* Connor McLoughlin	21:33	08:00	13:33	Stragglers
* Arthur Vie	21:40	08:00	13:40	Stragglers
Saskia Prabhavarar	21:41	05:00	16:41	Stragglers
* Ella Oxford	22:08	08:00	14:08	Stragglers
James Doyle	22:11	10:30	11:41	Stragglers
* Hannah Oxford	23:00	05:00	18:00	Stragglers
Gabb Prabhavarar	39:00	04:45	19:54	Stragglers



10K CHAMPIONSHIP 2007

Runners: Stragglers members only

The Membership Secretary will be at the club that evening so you will be able to re-join/join, please bring cheque made payable to The Stragglers.

Date: Thursday July 12th 2007

Venue: Hawker Centre

Time: 19:45 race start (walk to start at 19:30)

Cost: £2 - all money will go to The Prostate Cancer Charity

Entry: Entry on the night only (forms will be available in advance)
Entries from 18:00 to 19:25 in bar

Prizes: Medals across all age groups + spot prizes

Course: The course will NOT be marshaled, so on Thursday nights in the weeks prior the race there will be familiarisation runs over the route.

Food: BBQ from 20:30 to 21:45 (if raining food will be from kitchen)

BBQ Menu	Meat Option	Vegetarian Option
Burger in bun	£2.00	£2.00
Sausage in bun	£2.00	£2.00
Bowl of chips	£1.00	

On the night of the race it will be runner's responsibility to ensure that they know the route and cover the course safely.

If you cannot run and are willing to help or if you do have any question please talk to either Simon Brazil or Pat Short



10k Championship 2007

On Thursday July 12th for Straggler members only

Cost £2.00

All money will go to the The Prostate Cancer Charity

Entries will be taken on the night of July 12th only

First name: _____ Surname: _____
(please write clearly)

Gender: Male / Female Date of birth: / / 19

I confirm I am a paid up member **Yes**

The Membership Secretary will be at the club that evening so you will be able to re-join/join, please bring cheque made payable to The Stragglers.

Declaration: I confirm I am medically fit and enter at my own risk. I understand that the organisers will in no way be held responsible for any injury; illness; accident or loss of property during or as a result of the event

Signed _____

Minimum age for 10K race is 15 years

Administration only

Race number:

Orlagh's Story – From Dysart to Dublin

Orlagh Culliton is a Straggler who most of you won't have met and only took up running in June 2005. Orlagh's father is a former Ireland rugby international and her brother has appeared in at least 2 Paralympics.



So in June 2005 Orlagh decided she would put the female side of the family on the sporting map and, hearing of my involvement in helping some other runners with schedules, announced one night, "I am going to run the Dublin Marathon in October, will you be my coach?"

Before accepting this challenge I questioned Orlagh on her running pedigree, to which she told me she had once done a Race for Life 5k some years before but nothing much since. Having explained to her all the reasons why she should wait and build up her mileage and perhaps think about it next year, Orlagh said "Are you going to help me or not?" Having finally given in I told Orlagh it was only possible if she did what she was told and ran a benchmark 10k in 3 weeks time at the Dysart Dash in Richmond. If she did 3 weeks run-walk/time on your feet training, finished the 10k, and still wanted to do it then I would help get her through the marathon.

This story owes everything to attitude, determination and the will to never give up. Orlagh did the 3 weeks training, (about 3 runs a week initially), walked a lot, ate a lot, got very tired, and turned up on the start line.

Orlagh finished last in the race, yet came over the finish line with a smile on her face. She didn't complain about the fact that most people had gone home, most of the cones etc had been pulled in and the marshals were grumbling away about slow runners.

She gave me a hug, said she'd loved the run and couldn't wait to get her next schedule!! Then started the tough weeks training, I had serious doubts about how she would deal with the long runs and get the time on her feet needed to complete this marathon.

The schedule was one of the hardest I have ever had to write and very gradually increased mileage week by week. I heard nothing from Orlagh for a few weeks, which usually means loss of interest. Then Orlagh phoned up to say she was supposed to have done 12 miles that Sunday, but got lost and didn't know how far she had run, just that it had taken 3 hours and she hadn't been in touch because she was busy sleeping and eating and running.

I think it was at this time I realise she was actually serious. So I booked her into the Cabbage Patch 10 a few weeks before the marathon and waited to see if she would continue with her boundless enthusiasm.

Orlagh never moaned or complained once, and never had an excuse. She had decided she was going to do it, so that was it, it would get done!!

However, I was even more amazed when the day of Orlagh's longest run came and she phoned me ecstatic afterwards to say she had run all morning, didn't have a clue how far, but it had taken four and a half hours and did she need to run for longer?

By this stage I was beginning to feel in awe of this tough lady but still wasn't completely convinced. The day of the Cabbage Patch 10 arrived and the woman who had not run 3 miles for years finished in around 1:40 and at least 50 people were behind her, this was serious progress and now I believed.

2 days later I booked a flight to Dublin. I had to be there for the end of the journey.

It was a fantastic weekend. The race started in torrential rain and it continued raining and blowing a gale for about 3 hours. Orlagh just ran on in her rain jacket and listened to her personal stereo.

Waiting for Orlagh near the finish was nerve wracking.

In typical style she phoned me from the 20 mile mark to tell me she was alright and enjoying it and wouldn't be too long now. Orlagh ran over the finish line in 5:40 and was still smiling. I have to admit a few tears of admiration. The family held a celebratory meal for Orlagh and we had a great time celebrating her achievement.

There have been many great performances by many Stragglers over the years, but I was privileged to have an involvement in this one. Orlagh combined her training with commuting to Paris for her work but never gave up or questioned anything. As Nike would say she just did it!

Orlagh doesn't come down to Stragglers very often, as now at the age of 44 she has decided to do an MBA which will finish in October. She has entered the Cabbage Patch again this year and expects to run a quicker Dublin Marathon next year.

I have admired lots of people who have the ability to run fast, and those who have the ability, consistency and determination to dramatically improve their times in races, all are to be commended. But Stragglers is all about the wide range of ability, effort and achievement throughout the membership, this, in my book, is what makes the club what it is.

I was inspired by her accomplishment and I hope others will be too.

Daylie

Dorking 10

The Stragglers came 3rd men's and women's team (four to score) at the Dorking ten mile road race at the weekend. Louise Watson led from start to finish to win the women's race in a time of 1 hour 1 minute and 17 secs in blazing conditions on a newly designed hilly course. Clare Nicholson, Cathy Davies and Judy McNickle completed the scoring team. The men's team were led home by South African born Wayne Smith who eased his way through the field to finish 8th overall in 57 minutes 59 secs. Danny Norman also finished under the hour in 58 minutes 39 secs to claim 12th position, with Peter Kennedy and Paul Graham 20th and 23rd respectively completing the scoring men's team.

Pg (See Page 11 for Dorking Results)

Have you run a race recently? Would you recommend this event, or worse, criticise it. Let me know your results and/or thoughts. Please fill in your name, time and race details in the Race Diary (available on a Thursday night) or email me at stragmag@stragglers.com. Don't forget to mention if you've run a PB.

Results

Green Belt Relay 19/20th May

<u>time</u>	<u>name</u>
27:06:02	Stragglers - Kirsty
28:04:40	Stragglers - Supervets
33:57:25	Stragglers - Little Feet

Welsh Castles Relay 3/10th June

<u>time</u>	<u>name</u>
00:26:06	Stragglers - 13th overall

EMAIL: stragmag@stragglers.org



In a quiet month for Stragglers Clare Nicholson won event 144. Meanwhile Jimmy Goulis finished third in the same event and followed it up with a second in event 145.

Jim Desmond finished 3rd in Event 20 of the Wimbledon version of this event.

If you find yourself unable to run a Saturday morning then Paul is always looking for volunteers to help organise this great event. If you can help please email BushyHelpers@parkrun.com or WimbledonHelpers@parkrun.com for the Wimbledon version.

All Stragglers results for the Events 142 to 145 are contained in this section however please refer to the website (www.bptt.net) for all results going back to race 1.

Club Records

Mens

15:48 Jimmy Goulis
Event 117

Ladies

17:27 Louise Watson
Event 92

Event 142 19th May

Danny Norman	17:55
Andrew Redington	18:14
Steve Wateridge	18:18
Peter H Roll	19:30
Benidict Chapman	20:01
Stewart Penney	20:04
Alex Bazin	20:13

Event 142 19th May

Steve Daly	20:41
Rob Allen	21:29
Nick Goodchild	21:32
David P Williams	21:43
Derek Blackmore	21:51
Pat McGrath	22:02
Dermot Kelly	22:11
Benjamin Gibbons	23:06
Paul Hutchings	23:12
Neil Chapman	23:15
Mike Tivnen	23:43
Bart Ricketts	23:58
Patricia Gibbons	26:14
Franz Werndle	26:18
Zoe Arden	26:21
James Doyle	26:24
Sandra Worth	26:53
Charlotte Bezzant	27:40
Liz Sutton	29:35
Alex Fraser	32:23

Event 143 26th May

Danny Norman	17:24
Tony Maxwell	18:33
Steve Sandham	19:11
Peter Sleep	19:51
Suze Lidbury	20:02
Stuart Lodge	20:06
Dave Griffiths	20:08
Alan Mawdsley	20:08
Paul Butler	20:10
Rob Allen	21:28
Tim Wood	21:35
Derek Blackmore	21:37
Martin Blenkinsop	21:40
Liz Souness	21:44
Cecilia Hedberg	21:48
Lester Reeves	22:02
Mike Bourne	22:13
Bart Ricketts	22:32
Vanessa Mitchell	22:42
Paul Viveash	22:51
Julie Melotte	23:00
Neil Chapman	23:05
Paul Hutchings	23:07

Event 143 26th May

Benjamin Gibbons	23:14
Ray Birstow	23:28
Julian Jessop	23:48
Matthew Brady	24:17
Kirsty Bangham	24:36
Nicola Whitby	24:59
John Lunt	25:06
Patricia Gibbons	25:45
Liz Collison	26:20
Sheila Fergusson	26:25
Franz Werndle	26:48
Charlotte Bezzant	26:58
Sonia Bandeira	27:09
Lisa Price	27:13
Miranda Urion	30:50

Event 144 2nd June

Jimmy Goulis	16:21
Danny Norman	17:37
Crispin Allen	18:26
Andrew Redington	18:40
Geoff Fisher	19:27
Clare Nicholson	19:29
Alex Bazin	19:48
Steve Daly	19:59
Dave Griffiths	20:09
Alan Mawdsley	20:12
Ted Fraser	21:02
Neil Browning	21:21
Cecilia Hedberg	21:37
Tim Wood	21:37
Emma Dadlani	22:08
Julia Pearce	22:34
David Strange	22:40
Kirsty Bangham	22:45
Duncan Gaskell	22:47
Paul Viveash	22:55
Liz Souness	23:00
Julie Melotte	23:04
Neil Chapman	23:25
Zoe Arden	26:18
Sheila Fergusson	26:40
Sandra Worth	26:53
Richard Patient	28:14
Liz Sutton	28:18
Miranda Urion	32:38
Lionel Brown	39:53



Event 145 9th June

Jimmy Goulis	16:09
Andrew Redington	17:59
Paul Belcher	19:03
Ted Fraser	21:09
Tim Wood	21:28
Duncan Gaskell	21:29
Derek Blackmore	21:40
Rob Allen	21:41
Cecilia Hedberg	22:10
Paul Hutchings	22:10
Mike Tivnen	22:14
Vanessa Mitchell	22:33
Chris Tyrrell	22:40
Julie Melotte	22:46
Bart Ricketts	22:46
David Strange	22:51
Paul Viveash	23:08
Peter Wedderburn	23:32
Theo Ruigrok	23:49
Sandra Worth	26:55
Nicola Whitby	26:58
Sheila Fergusson	27:07
Charlotte Bezzant	27:26
Dave Kelly	27:43
John Root	28:11
Richard Stanhope	30:33



Event 20 19th May

Jim Desmond	18:33
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Event 21 26th May

Matt Holden	18:05
Jim Desmond	18:19
Trevor Ford	18:37
Declan Flynn	18:43
Phil Davies	21:05
Judith McNickle	22:22

Event 22 2nd June

Declan Flynn	18:34
Phyllis Flynn	19:42

Event 23 9th June

Vince Howley	20:17
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Dorking 10 mile 3rd June

time	name
00:57:59	Wayne Smith
00:58:39	Danny Norman
01:00:54	Peter Kennedy
01:01:17	Louise Watson
01:01:49	Paul Graham
01:06:24	Steve Sandham
01:08:19	Alan Purkis
01:09:57	David Griffiths
01:10:09	Noel Hollingsworth
01:12:33	Clare Nicholson
01:15:22	Mathew Jones
01:16:51	Ray Cockle
01:19:35	Mike Tivnen
01:20:34	Judith McNickle
01:22:54	Robert Price
01:25:47	Kirsty Bangham
01:26:37	Jacqui Fry
01:29:49	Christine Glew
01:34:35	Paul Hutchings

New offer for stragglers members

Moore's Cycles

Email Isleworth@moorecycles.co.uk

www.moorecycles.co.uk

3-5 St John's Road,
Isleworth,
TW7 6NA
020 8560 7131

61 London Road,
Twickenham,
TW1 3SZ
020 8744 0175

10% of all bikes and accessories on production of a membership card.

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

Hampton Hill Evening Runs are on Mondays @ 7.30pm. Come find and run with us from:
The Rising Sun Pub, 29 High Street, Hampton Hill High Str, Middlesex TW12 1NB
(Gate into Bushy Park – Opposite United Reformed Church).
A pleasant 3-4 mile run – a nice way to spend Monday night amongst friends new and old.

FGC Speed/Hill Sessions are on Tuesdays @ 7.30pm. Come find and run with us from:
Ham Common, opposite The Hand and Flower Pub, 24 Upper Ham Rd, Ham Common, Surrey, TW10 5LA.

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

Thames Ditton Group Runs are on Tuesdays @ 7.30pm. Come find and run with us from:
Thames Ditton Cricket Club Giggs Hill Green, Portsmouth Rd, Thames Ditton Surrey.
Ideal session for beginners, social runners or if coming back after illness or injury.

The Stragglers Main Club nights are on Thursdays @ 7.30pm. Come find us and run from:
YMCA Hawker Sports Centre, Lower Ham Rd, Kingston Upon Thames, Surrey, KT2 5BA

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



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