

The Chippenham Harrier



Summer Issue 2008

Edited By : Caroline Blake

Please note this newsletter is available on-line at chippenhamharriers.co.uk

Please welcome your new Chairman

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Following the resignation of Charlotte Watkins as the Chairperson of Chippenham Harriers I am pleased to announce that Colin Morris has taken on this role.

Charlotte has been chairperson for the last 2 years and I am sure you will all agree she has done an excellent job. Please read Charlottes article on page 7 where she highlights some of her achievements over the last two years.

So with Charlotte no longer at the helm we were short of a leader. At the last Committee



New Chairman 'Colin

meeting everyone was asked if they wished to be considered for the

role. Although there were no volunteers from within the committee, Colin Morris (a long standing member of Chippenham Harriers) stepped forward for the position.

Colin has also written an article (see page 2) where if you are not familiar with him he introduces himself telling us why he likes to run and about his running achievements.

I am sure you will all join with me in wishing Colin the very best of luck in this challenging and hopefully rewarding role.

How do I get my Club Vest?

For those of you who don't know, in order to earn your club championship points or just to race as a Chippenham Harrier you need to be wearing your 'club vest'.

Haven't got one? Then you need to speak to Ali

Faroppa. She brings in the necessary stock on the first Thursday of each month.

We are hoping to expand our range in the autumn to include fleeces, and NO there won't be any club pants!



New Chairman 'Colin Morris' introduces himself

Some of you have known me for some time as I have been a member of the Harriers for well over 15 years now and possibly as long as 17 years. For those of you who don't I have been asked by Caroline to provide a few words to introduce myself to you since I stepped into the position of Chairman following Lotties resignation.

I guess I have been running for somewhere in the region of 18-20 years now with the whole thing starting as a wake up call when my cousin's wife suddenly exclaiming that my stomach was peering over my belt just like her husbands, my cousin Tony's! That was it, I couldn't believe that I had put on so much weight as I had always been a tall skinny kid through my teenage years and into my twenties. That in mind I decided to go to the gym with some friends from work and soon got into the swing of it but never thought too much about running as I suffered from asthma and thought that I would be unable to run.

So after many weeks of sweating away at the weights and other machines I decided to try a little running on the tread mill and after a week or so a work mate said that I should enter the Chippenham half marathon in 6 weeks time! I thought about this long and hard but after a few try-out runs around the lanes decided I would go for it and duly rolled up on the day. The weather was hot and once entered I set about finding my friend who had suggested I run but he was nowhere to be seen.....In fact it was 10 years until I set eyes on him again! On the day, despite my lack of training and the heat I managed a really respectable 1:35, a time I would struggle to beat in the coming years.

Following the race I continued running and found a friend in my street who was into it as well and we both ran at weekends and odd evenings

when work allowed and it was during the Chippenham 10 that a certain Steve Thomas shouted 'well done Colin, isn't it about time you joined the Chippenham harriers?' Well I met up afterwards and within a couple of weeks I came along to the club and started to run on a Thursday night. At that point the club had just moved from Hardenhuish school to the old Sports & Social Club where the facilities left a lot to be desired not least because of the close proximity of the men's loos to the showers – enough said!

I guess like all newbies it took me a while to get known in the club and I did find myself running in the middle of the pack a few times with no one around me but I persevered both during the run and by staying in the bar after the run. My running went from strength to strength and although I can honestly say I will never be a top runner my personal times started to improve as time went on.

The biggest challenge I ever took on was the London Marathon from my first in 1995 to the second in 1996 and then the last one in 2001 when I achieved my goal of a sub 3.30 time. Most of all though I have some really great memories of Sunday morning runs training for the various races with the likes of Chris Constable, Nick People, Wiggy and JD. After a year or two in the club I put myself up for election to the committee and served under the Chairmanship of Richard Schofield and soon found myself organising social events and races and in particular the creation of the 5K River Run which I still organise to this date.

Over the years there have been some notable events and some really hilarious moments most of which have involved a member of the harriers making a fool of themselves at some event or social occasion. One

particular event that stands out was at a Christmas dinner when a special award known as the 'club drunk award' was due to be passed to Paul Edwards but he was going to be in Barbados with a group of Harriers and so we had to improvise. About a week or two before he was due to leave we set up a video camera in the drama studio of Corsham school and filmed a sequence which saw him answering questions and accepting the award from Tom Smith who was due to be with him. We made them up in sunglasses, fake tan and had a drink with an umbrella and a stuffed parrot to the side. On the night of the dinner Richard Schofield announced the award but said that unfortunately the recipient was unable to accept it in person but by the miracles of modern technology we had arranged a satellite video link. Richard had practised the routine so well that the questions and answers to Paul and Tom were perfect and with the help of a slightly dodgy picture from the VCR some members actually believed that it was a live video link!

Other notable events have been the nights out following the Cotswold relays, the weekends camping at Golden cap on the south coast, various Youth hostel trips and two trips to Ireland that I had organised. All in all I have some really good memories of my times with the harriers and although my running is not what it used to be, I still enjoy being part of what is an extended family.

Now that I am Chairman I hope to help others get enjoyment out of the club by working hard with the rest of the committee and the event organisers and ensure that we continue to provide events to suit everyone. Most off all though it needs you the members to take part and support the club and the events so please do all you can to help.

Colin Morris

Chairman – Chippenham Harriers.

Half Marathon Update - by Ian Wiggins

Plans are well underway for this. The organising committee meets regularly every fortnight to discuss and plan such diverse issues as plastic cups and rubbish collection to advertising and budget projection.

Hopefully you are all playing your part by spreading the word and encouraging anyone you know who is interesting in running 13.1 miles to enter and join the other 800 or so people who have already signed up.

Equally, if you know of anyone who is running for charity or has an interesting story to tell about why they are running the Half we would like to hear about it. The Gazette & Herald are keen to start publicising the event but need 'human interest' stories to write about. So if you know of anyone with a story to tell please let us know, having of course checked with the person that they don't mind having their contact details passed to the newspaper.

Also, if you haven't already been, you soon will be asked to put your name forward to help on the day. We are hoping that every member of the Club will play their part in making sure the day is a great success for all. As we all know, well organised races are a pleasure to attend and participate in, whether running or supporting. Let's make sure the first half marathon organised by Chippenham Harriers is just such an event.

Ed; Thanks Wiggy for this update, lets make sure September 14th is an excellent event (I am sure it will be).

A quick Running Quiz

This quiz has been taken from www.best-running-tips.com so please don't argue with me if you don't agree with the answers! - Ed

1. What is the recommended stride rate for long-distance runners?
 - A. 120-130 strides per minute
 - B. 140-150 strides per minute
 - C. 180-190 strides per minute
 - D. 220-230 strides per minute
2. How fast is tempo running?
 - A. The pace you can run for one hour
 - B. Conversational pace
 - C. VO2 Pace
 - D. All out effort
3. When you have flat feet you are?
 - A. Underpronating
 - B. Overpronating
4. Karvonen and Zoladz are known for?
 - A. Heart Rate Research
 - B. Injury Prevention Methodologies
 - C. Running Shoe Design
 - D. Training books
5. What guidelines should you follow when increasing mileage?
 - A. The 10% Rule
 - B. Listen to your body
 - C. The number of training runs per week = number of miles added

See the back page for the answers.

Chippenham Harriers Youth Update— By Steve Wood

This venture has been up an running for 9 weeks now. At the time of writing our membership stands at 42 strong. Without doubt it's been a phenomenal success and an enormous amount of fun surpassing my personal initial estimates by far. The competitiveness and willingness shown by our members never fails to impress.

Each week we vary the activities which may include running drills, endurance, time trials, relay races, etc. We strive to make the atmosphere as relaxed and informal as possible and the athletes really appear to get a lot out of it. There is a real sense of group spirit with each athlete proudly wearing their Chippenham Harriers Running vest.

On Wednesday 25th June we hosted an inter club tournament with Devizes Moonrakers club who accepted an invitation to take part in a track based outing at Sheldon School playing fields. Events included 1500, 400 & 100mt heats culminating in a final for each. This was followed by a medal ceremony afterwards for 1st, 2nd & 3rd places for each event. The meeting was a terrific success with over 100 people turning out including athletes, helpers and supporters. This is something we hope to repeat in the future with other clubs.

We've also been in touch with Stanley Park Playing fields with a view to hosting one or two youth cross country events later this year. A number of our young athletes are taking part in the annual River Run in July and they'll all be sporting their Chippenham Harriers Youth running vests.

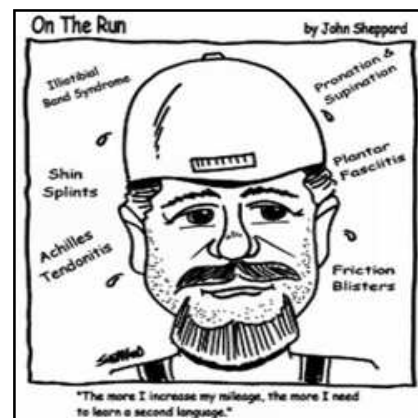
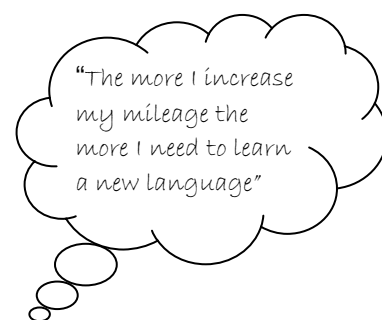
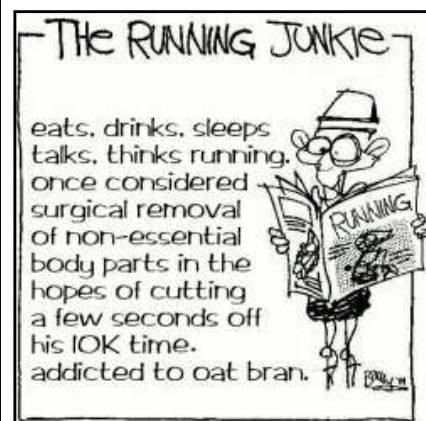
As you may have heard we have recently been awarded a community grant by NWDC to the tune of £2295.00. This has really lifted the pressure from a financial point of view and allows us to plan well into the future.



Chippenham Harriers Youth is organised and run by a sub-committee comprising Nadege Coignard, Kirsty Murphy, Brian Nicholson, recent recruit Jonathan Bennett and myself together with book keeping support from Mandy Peaple. A mention also to former sub-committee members Neil Perry, Paul Gillham and Mike Thomas who all contributed to getting it off the ground. The sub-committee reports in once a month to the main club committee.

A special mention also here for our volunteers, as I keep saying this venture could not work without them. Each week they turn up and without any arguments they are happy to wear any hat that's required of them, anything from placing out cones to making up the numbers for a relay team. A heartfelt thanks to all of you. If anyone reading this fancies helping out one evening a month then please step forward.

Steve Wood.



"Runner of the Month"

Name : Joc Dodd

Age : 54

Running Years : 20 years or so of running but only 4 years of taking part in championship races on a regular basis. Started running to keep fit and get weight down for rock-climbing. Running has kind of taken over!

When and why did you join the 'Chippenham Harriers'?

Joined around 15 years ago when I lived in Grittleton. I couldn't get out in the dark winter nights so thought I'd run around street lit Chippenham. When buying trainers in Woody's shop he mentioned the Harriers meeting on a Tuesday night. Correen was the club matriarch at the time and was very welcoming. Steve Thomas led the sessions - they were great.

What is your favourite race and why?

Anything off-road, hilly, cold and muddy suits me. Rough and Tumble in January is my current favourite. Also love the Karrimor/OMM. Now competed in these for 13 years.

What is your least favourite race and why?

Anything on the road really, particularly Keevil! It's flat, has no mud and is very boring.

To date what has been your best running 'moment'?

Got to be completing the Bob Graham Round in 23 hours 39 mins in 2003. 42 peaks in the Lake district - 8840m of ascent and around 74 miles. If you live in the North this is the running challenge to try. Paul hasn't done it!

Also being on the podium 3 times in the Short-Score class of the Karrimor/OMM.

What are your running aspirations for the future?

To keep injury free and keep going into my 60's and do loads more OMMs.

<u>Personal Best Details :</u>	<u>Distance</u>	<u>Time</u>	<u>Where/When</u>
	10k	44.15	Bromham/1996
	10M	74.20	Chippenham/1990
	½ M	1:30:39	Henbury/1987
	Marathon	N/a	

Race Report—Westonbirt 10k—June 9th 2008—by Caroline Blake

FIRST MAN : Chris Illman
(Cirencester AC) - 32:53

FIRST WOMAN : Stephanie Lance
(Bourton Road Runners) - 38:34

Last Finisher : 1:28:19

No. of Finishers : 603

This race is becoming something of an annual event with Sarah and myself. This is the third year I have raced it (2nd time for her) and I am sure I will be back next year.

Held on a Monday evening in the beautiful Westonbirt Arboretum the 10k event attracts a large field of up to 700 runners. I am always surprised as considering it is so close to Chippenham there never seem to be that many local runners there. However, this year myself, Sarah, Ade and Cheryl Hurren were all on the start line.

It had been a particularly hot day so we were glad of the 7.30pm start and thankfully much of the race went through the shade of the woods.

The course is mainly flat and off road but it starts with a down hill road section which means things get off very quickly. After about half a mile you turn into the welcome shade of the woods. At about 5k there is a short sharp climb out of one wood and into another wood! (cant remember their names!). I must admit as usual I had gone off a bit quick and at the half way mark I was seriously concerned as to whether I would make it round. I was trying to keep Sarah in sight (which was not

easy!).



"The last 1k was awful....."

The second half of the race is a lot more twisty and at 9k you pass those runners in front of you who are just heading for the finishing line. I must admit the last 1k was awful (though it always is!). Melanie had come along to watch and I must admit her supporting cheers did help a bit. It is a great course for spectators who could see the race in about 5 different places with only having to move a couple of hundred metres.



Sarah races home to the finish

Finally (well 47 minutes and 27 seconds later) it was all over. Over 3 minutes slower than last year but never mind it was a lovely way to spend a Monday evening.

The results for the other Chippenham Harriers were :

Ade Hurren : 39:35 (25th)

Sarah Strange : 46:53 (125th)

Cheryl Hurren : 55:14 (319th)

Cirencester AC/Westonbirt arboretum always give out nice mementos at their races. This year everyone got a tree (just a small one and not sure what it is!!!) and a lovely wooden book mark etched with Westonbirt 10k and runners on it.

So if you fancy a local off road (trail) 10k next year I would definitely recommend it, however you do have to get your entries in early as it does get full early. The only draw backs to the race are a slightly congested start, not a pb course and slow publication of the results, however none of this spoilt our evening. There is also a lot of bad press (on the runners world forum) about one of the marshals shouting abusively as you cross the finish line (though I don't remember this at all).

I am sure Sarah and I will be there again next year battling it out against one another. So far Sarah has beaten me twice!

By Caroline Blake

Why don't you write a race report and let others in the club know what they are/are not missing and email it to me at newsletter@chippenhamharriers.co.uk. If possible please include a photo!

Stepping down....by Lottie Watkins

June marked my, two year anniversary taking on as club chairperson. I decided earlier this year that this was a good point to step down from Chair and pursue other challenges! Colin Morris has boldly stepped forward to take on leading this great club forward and I have every confidence that Colin is the right person for the job. With the help of our fantastic committee, I am sure he will drive the club forward to take on new challenges.

Its been a great two years. I have thoroughly enjoyed the challenge of leading the club through an exciting time of change which has hopefully resulted in the club being a stronger network for runners of all types and abilities!

Caroline has asked me to sum up what has been achieved over the last two years. With the help and hard work of the committee and lots of dedicated members I can proudly say the club has been transformed. With the introduction of the beginners group, the 'three mile' Thursday night option, the alternative winter route, the youth section, first aiders and equipment, structured Tuesday

night sessions, new social events like the BBQ, Cram tags, new club kit and vests, triathlon affiliation, lockers (yes see me for more details!), a trophy cabinet, club-mark accreditation, coaches to key races, and annual professional photos I think the club is now more than ever something all members can be proud of!

I must repeat my thanks to the committee and all the active members for their time, hard work and effort which so many of you do quietly behind the scenes! Without you all, the club wouldn't be what it is today. I am a strong believer of the phrase 'you get out what you put in' and there are lots of members who put a lot into the club.

I plan to stay on the committee until the end of the year and to complete another course of beginners in September. After then who knows what new challenges lie ahead!

One last thank you for my flowers and tri-bars which were a lovely surprise! Your messages of thanks since standing down have touched me.....so that's all from me for now folks.....happy running.....

Beginners Take Five

Well done to all the beginners who successfully completed their 8 week training course. We look forward to welcoming you all on a Thursday night when you can graduate to become real Harriers! It was smiles all round last week when they embarked on a practice River Run at Monkton Park.



2008 Championship Update by Paul Dodd

It's still not too late to figure well in this year's championship. Even if you've not done any races this year at all, there are at least 10 opportunities for scoring points left:

Heddington (July)

Pewsey 5

Foxtrot 5

Biddestone 10k

Mendip Muddle

Stroud Half

Over the Hills

Bromham 10k

Best Half Marathon

Best Marathon

(and possibly another nominated race because Sherston 10k is likely to be out, as it probably clashes with Biddestone).

Although you can obviously do as many races as you like, it's getting 10 championship races done in the year that'll optimise your position.

In the men's championships only 8 members have clocked 5 or more races: PaulD, Jeremy, MikeT, NeilP, Bondy, SteveB, PaulO, and DavidJ. Hopefully Schoffers, PaulG, Andrew, PeteM and Baggy (all currently on 4) will also get enough in by the end of the year. It's good to see Jeremy vying for a podium slot in the Open Championship this year and Neil is accumulating a good tally of points too. 'New Boy' Mike is also up there.

In the Lady's championships it's only Joc, Brigid, Debbie, Maraget and Linda that have competed in 4 or more races. There seems to be a bit of a battle developing between Joc and Brigid.

See Page 8 for latest top 10 results in each category. (No Lacock or Heddington).

The 2008 Club Championship Results as at 7th July 2008



Please find listed below current club championship results on each of the 4 competitions. Each table only shows the top ten positions for each category (for complete listings please see the relevant page on the website).



Mens Age Graded Championship

1	Paul Dodd	6	120
2	Jeremy Coward	6	98
3	Neil Perry	6	95
4	Mike Thomas	7	89
5	Steve Bollen	5	82
6	Rich Schofield	4	77
7	Paul Gillham	4	64
8	Jason Roberts	4	61
9	Steve Bond	6	56
10	Andrew Holdsworth	3	56

Mens Open Championship

1	Paul Dodd	6	118
2	Jeremy Coward	6	110
3	Mike Thomas	7	108
4	Neil Perry	6	103
5	Rich Schofield	4	77
6	Steve Bollen	6	72
7	Paul Gillham	4	67
8	Steve Bond	6	63
9	Jason Roberts	4	61
10	Andrew Holdsworth	3	57

Ladies Age Graded Championship

1	Joc Dodd	7	140
2	Brigid Browne	6	114
3	Debbie Jones	4	76
4	Margaret Napier	4	74
5	Linda Opie	4	63
6	Cheryl Hurren	3	52
7	Nadege Coignard	3	49
8	Sarah Strange	3	49
9	Lucy Dawber	3	47
10	Kate Pearce	3	44

Ladies Open Championship

1	Joc Dodd	7	130
2	Brigid Browne	6	116
3	Debbie Jones	4	79
4	Margaret Napier	4	70
5	Linda Opie	4	57
6	Cheryl Hurren	3	53
7	Sarah Strange	3	52
8	Nadege Coignard	3	50
9	Lucy Dawber	3	50
10	Kate Pearce	3	46

Wot no Lycra? By Lottie Watkins

My ambition to complete an Ironman (or should that be Ironlady?), came a step closer to reality last month when I conquered my life long fear of open water swimming.

Having only really mastered swimming in the pool during the last two years, the thought of swimming in a Lake with nothing between me and the fish, filled me with dread! Still, armed with a brand new wetsuit (£99 from Wiggle) I was determined to at least get it wet. Joe came along for moral support and Robbie kindly offered us a lift so we went en mass with Jeremy and Tom P also coming for the laugh! The journey there was the worst bit, Jeremy, Tom and Robbie spent 40 minutes telling me how 'flipping freezing' the water is! When we arrived I was not feeling good.

I managed to compose myself in the ladies changing rooms, and once the suit was on I knew there was no way out. I paid my fiva to the lifeguard and quietly explained that it was my first time and I was very scared!



I dipped my big toe in and squealed, (yes it was cold) at which point Joe dived in, shortly followed by Jeremy and Robbie. I stepped in and froze! I had to then decide whether to do a 'wimps swim' along the edge of the pier or brave the 400metre loop that everyone else had set off on. Tom by this point had also started swimming so there was no one left near the bank. Then off I went, first I kept my head above the water then I gradually dipped it in bit by bit. I eventually rolled over on my back and made sure my head, ears and neck were wet. The rest is history. Like a duck to water (well sort of!) I happily completed one lap and returned to the bank with a huge grin on my face! The others all completed three laps but I was content to have survived one for my first attempt!

I have since made two more visits, increasing the distance I swim each time. Open water swimming is very different to pool swimming, both mentally and physically. It is a great way to put all the endless lane training to the test and have a break!

I would highly recommend you give it a go! You will need to be a fairly confident swimmer, and be armed with a wetsuit, a bottle of baby oil and a fiva! What better way to spend a Saturday morning.

The sessions take place at Lake 12, Cotswold Water Park, South Cerney 8:15am-9:30am on the following dates:

July 5th and 12th, no sessions in August, September 6th, 13th, 20th, and 27th and October 11, 18th, 25th.

I should be going up to most of the sessions so let me know if you want a lift! Happy swimming....

Cotswold Way Relays '08 Club Report by Phil Hayward

Well that's that for another year. The Cotswold Relays are over and the results are known, the Saturday night celebrations are now a distant memory.... for some. All the weeks of training and reccing.... How do you spell that word?.... Are done and I believe that we can be, as a club, very satisfied with the results.

Firstly lets just look at what the teams who were entered this year achieved.

The Mens Vets Team were second in their category, beaten again by a very strong Halesowen Team by 5 minutes and 6 seconds.

The Ladies team were also second in their category with Team Bath AC fielding a very strong team who finished nearly 1hr 18 minutes ahead.

The Senior Mens Team finished 10th in their category and the Odds and Sods Team 13th, 49mins 34secs behind. I bound to say at this juncture, not a bad effort from my little band of runners. Thanks guys!

But now lets have a look at some of the great individual performances.

Top 10 finishes by leg were recorded by Rich Schofield (leg 1), Frank Checchia (leg 2), Ade Hurren (leg 3), Stuart Dunwoodie and Neil Perry (leg 7), Pete Cusick and Chris Hutton (leg 8) and Paul Dodd on leg 9. Well done lads, that was a sterling effort.

However, there were some other excellent performances on the day. In the Odds and Sods team thanks must go to Sergio Mudrak and Tom Perkins who both took part with very short notice due to late injuries of other team members. Tom P only knew he was running leg 6 on the night of the Lacock relays and didn't even have time to recc his leg. Claire Matthews who took part in her first 'Cotswolds' achieved a wonderful result, finishing 4th lady on her leg.... Well done Claire. Finally, two of the Vets team finished their legs in 3rd place overall, those being Stuart Dunwoodie and Paul Dodd.

I could mention a lot more people who all worked hard during reccing, trained hard for the event and helped other runners with their reccing. Its all part of the Cotswold build up and results in the wonder-

ful day we all enjoyed and positions each team achieved. Thanks must go to the Captains of each team who had to assist with reccing, ensure that all members of the team were injury free, arrange transport to and from legs and a host of other things.

So well done to Joc Dodd, Rob Field, Julian Arthurs and little ole' me. For those of you who ran legs 4 and 6 I hope you enjoyed the entertainment at the water stations on those legs. At great expense we employed the Cotswold Way Elvis Presley Appreciation Society singers to serenade the runners at the drinks stations. I know the organisers appreciated their presence as they were awarded a special prize at the presentations.

I'm sure some of you have your own stories to tell, but I hope above all that you enjoyed the day. I certainly did, and the cheers I got as I crossed the finish line at the end of Leg 10 really lifted me, and I have to say I felt quite emotional. Thanks to everybody!

Finally, I believe we, as a club, need to just think about the event for 2009. We must consider what teams we are going to enter and we certainly must look at the depth of talent within the Club to obtain the best results. I realise this will raise all sorts of questions and will be the subject of much debate, but lets build on this years successes and go even better next year.

Phil Hayward

Ed; Thanks Phil for such a prompt article. I can only agree with everything you have said. The day was fantastic. Thanks must go to Phil for taking on the in-enviable task of organising the teams. You must have the patience of a saint! Lets hope you volunteer for the job again next year!!

More thanks from the Chippenham Rotary St Nicholas Appeal for a Pool (SNAP)

Following Jo Pooles letter of thanks in the last issue of the 'Chippenham Harrier' we have received another from the Chairman of SNAP, Eric Sambell OBE;

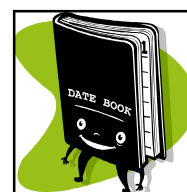
I would like to thank you and all members of Chippenham Harriers for your most generous donation of £400 to SNAP. We were initially a little confused as we knew Jo was raising money for SNAP through sponsorship and assumed that your donation was the result. I hope that this letter now puts the matter straight.

The SNAP charity is relatively small and is run solely by volunteers and we have been delighted with the support that we have received for this most worthy of causes from members and friends of the community. We have so far raised some £150,000 towards our target. Please pass on our thanks to the members of Chippenham Harriers whose generosity has helped to bring the realisation of the project that much closer and we thank you, not just on behalf of the Trustees, but also the pupils and their families who will benefit so much once the pool is built.

Yours sincerely,
Rotarian Eric Sambell OBE
Chairman SNAP



Dates for your Diary



5th Sept—31st Oct—Beginners Club

14th September—Chippenham Harriers Half Marathon— we need you for marshalling!

10th October—Skittles/Quiz night at the Sports and Social Club

7/8/9th November—Youth Hostel, River Dart, Brixham, Dartmouth, see JD for more details

16th Jan 2009—Annual Dinner

22nd Jan 2009—AGM

Answers to the running quiz on page 3 are;

1. C, 2. A, 3. B, 4. A, 5. B