

# ***THE DASHER***

*the newsletter of the*

# **Datchet DASHERS**

## ***NEW DECADE 2010***

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### **WELCOME!**

It's been a fair while since the last newsletter but here's the latest collection of articles that hopefully will entertain and/or inform.

Many thanks to all who have contributed, and please have a go at sending me something, ..., anything!

Cheers,

*Rich Golding*

[newsletter@Datchet-Dashers.com](mailto:newsletter@Datchet-Dashers.com)

## OUR NEW COMMITTEE

To take us into the new decade, we have a new-look Committee:

### David Priddy – Chairman

Being Club Chairman is initially quite scary. You have a lot to pick up and learn from the outgoing Chairman and the thought of having something like The Dorney Dash resting on your shoulders is quite frankly a bit daunting. But I'm pleased to say that I think I'm getting there slowly.

The nerves are certainly recovering, and I'm getting quite good at wiping up the blood after the committee meetings. Seriously though, I am very fortunate that we have an enthusiastic committee with plenty of ideas, and I'm looking forward to working with them as we take the club forward.

### Lucy Buckby – Treasurer

I started running back home in the midlands in 2001 and joined the Dashers in 2005 after moving to Surrey. I found the club by accident; I was running in the Great Park when I met a runner from Windsor Slough and Eton club who suggested I join the Dashers as they were a 'friendly road running club'. There's advertising for you! I remember my first night down was a winter's 5k time trial with Mike May.

This is my first year for me and my husband (the new webmaster) on the Committee although we've enjoyed helping out at with the club in previous years. I'm looking forward to ~~spending~~ looking after all the money ☺



### Tom Jensen – Webmaster

For most of my life I have done my very best to avoid running, however soon after I met my wife-to-be in 2004 (a very keen runner, and incidentally our treasurer) I was dragged out around the streets of Egham attempting to keep up with her.

Soon after she joined the club I was again dragged out albeit with the Dashers around the streets of Windsor. Despite my initial reluctance, the friendly atmosphere, good company and competitive spirit pervading the Dashers has got me completely hooked on running. This is my first year on the committee and as webmaster and I am looking forward to keeping you up-to date with results of races, etc.

### Zoe Smart – Ladies' Captain & Social Secretary

Zoe's been busy already, sorting out the New Year's Party and encouraging the ladies to run the Cross Country races.

It's not all change though: Andrew Ogierman (Secretary), Tom Durance (Men's Captain), Colin Adams (Fixture's Secretary), and Jon Elliott (Publicity Officer) remain in their posts, whilst Claude Autrey moves to General Member and I move to Kit/Membership Secretary.

**Tom Durance – Men's captain**

Hi, I'm Tom, men's captain for the Dashers. One of the most important parts of my job is welcoming new members, so if we haven't yet spoken please ensure you introduce yourself to me.

I also manage the championship spreadsheets which can be found on the website, updated shortly after every championship race.

Look forward to seeing you all soon.

...

Sometimes there is a bit of a tendency to focus on the faster runners at the club. It is key at this time of year particularly, to remember we head out into Windsor in big groups. Can I stress that during fartlec and Thursday sessions particularly we ensure no one is left behind and we regularly regroup, so slower runners are never left behind.

There often seems a bit of a lull in races between the end of the club championship and the start of the cross country league. However it gives us time to reflect on a good season for many. I'll repeat some of the highlights that I spoke about at The AGM but the following people deserve a second mention for their fantastic achievements;

- Tony Curtin = Champion of The joint, age graded 2009 club championship
- Scott Hepburn = Champion of The Men's 2009 club championship
- Michelle Hopkins = Champion of The Women's 2009 club championship
- Simon Black = Senior Male Champion of The Berkshire County Championships
- Andrew Cooney = MV40 runner up of The Berkshire County Championships
- Kathryn Black = Senior Female runner up of The Berkshire County Championships
- Tony Curtin = MV50 third place in The Berkshire County Championships

A couple of more recent recognitions. For 3 gents in the club that have recently completed marathons;

- Craig Sherratt who at last has smashed his 4hr target by completing the Dublin marathon in 3.57.28
- Andrew Cooney who now owns the top 4 marathon times ever run by a Dasher, finishing The Frankfurt marathon in 2.41.19
- Scott Hepburn who completed his first ever marathon, the Abingdon marathon in 2.59.51

And some non marathon achievements;

- Brent getting a PB at The Cabbage Patch 10 mile
- David Priddy finishing 191st out of 13,000 runners in The Great South Run

**WELL DONE ALL!**

As you will have now realised, I usually try and sign off with a poor attempt at humour. Here's an old running joke that also serves as a good few words of wisdom.

Two arctic explorers are trekking across the ice when they come across an angry polar bear who runs at them at full pace. One of the explorers drops his back pack, throws off his boots, and starts lacing up a pair of running shoes. The other explorer says "what are you doing? You will never out run that bear!" The first explorer winks and replies "but I don't have to outrun the bear do I...!?!"

See you at the club...

**Tom Durance**



### Club Training Nights – Group Running

One of the aims of the Datchet Dashers is that all members are included and catered for. This is never going to be easy for a small club with such a range of abilities, but I hope you'll agree that our Tuesday sessions, through a combination of measured distances and timed runs, give all members the opportunity to run a valuable session regardless of ability. It would appear however that in recent times the same cannot be said of the Thursday runs. It has been brought to our attention that a lot of the slower runners have stopped attending because they were finding that they were being left to run on their own at the back, and that by the time they finished most other runners had left. This is of course self-perpetuating because as more stop attending then the less likely it is that there is someone for other slower runners to run with. There have also been instances recently of new runners being left behind on routes they had not run before. This simply should not be the case, especially with our lady members.

What seems to be happening is that whilst we may all start together, within a fairly short distance the run fractures into lots of small groups of 2, 3 or 4 runners, all running at their own pace, and if someone drops off the back then there is no attempt to slow down to let them keep up. Instead there seems to be an assumption that they'll get picked up by the next group when in reality this is not always the case. This has obvious safety implications, and can also have a demoralising on some runners, especially those who are deliberately running hard with slightly faster runners in order to try and improve. This is exactly what club runs should not be about.

There are various methods that can be employed to try and balance this, such as longer routes for the faster runners, starting slower runners earlier or asking people to double-back, but with our limited winter routes this isn't always very practical. A better alternative for us may be that we deliberately put together groups running at certain speeds. This could mean asking people to select a speed group on the night then sending out a group to run at 10 minute miles, then a 9 minute group, an 8 minute group, etc. How many groups go out and at what speeds would depend on how many runners were present, but the expectation would be that they would stay together, moderating their own pace so that nobody gets dropped. This isn't as difficult as it sounds as it often only needs a pace drop of a couple of seconds per mile to keep the group together.

In the New Year we are planning to trial this pace group method to see what people think. Jon Elliott will also be attempting to co-ordinate the slower runners so that they will know in advance that there will be runners of a similar ability at the club each Thursday. In the end however this is not just about what the committee decide to do; a certain responsibility has to fall on the individual club members to remember that they are running as part of a group and that they need to be aware of what is going on with the other runners in the group and react accordingly. I ask all club members to please remember this during your next Thursday run.

**David Priddy, and the rest of the Committee**

## CAPTION COMPETITION

Congratulations to **Mel Golding**, whose caption was selected as the winner by Andy.



**Andy waited patiently for the front half of the pantomime horse to take up position**

Where in the Park is this? All entries to me by **Friday 29<sup>th</sup> January 2010**. The winner can choose any item of new club kit as their prize.



## SECRET DASHER

### Jogging?

What's the difference between a runner and a jogger? Answer, one's from Runnymede and ones from Burnham!!! If only it were that simple. The track only people who think that 400m is a race and not a rep have a lot to learn from the people they call "Joggers". After all, when you look at 100m runners doing some reps, they seem to do 6x150m and then go home and rest. That's not running, that's barely a warm-up in my eyes. The true test of whether you are a runner is turning up on a winters evening, having Chairman Dave stand up on the bench (*which one day must collapse*) and hearing him hand over to Tony who gleefully mentions that this is a 12x3 minute interval session. This is true dedication, not spending half an hour of your life lifting weights, a couple of laps of the track and then home to tea and Cocoa. How many Dashers turned up in the snow last year? Far too many is the answer!!!! it's like an addiction. If running were invented now, much like cigarettes, it would be banned as being bad for you. Thinking about it, don't tell the Government, they might ban it, or worse still, tax it which is probably part of the manifesto as we speak. We need to keep it under the radar of the EU parliament too, we'll all be banned like straight bananas for not complying with the strict rules on what constitutes a runner and be forever consigned to being one of the "fun runners" they talk about at the marathon.

My conclusion is that the only way to resolve the question is to have a competition. To pit track runners vs. road runners using their events (100m, 400m, long jump) and our events, (Tony's 6x3x400m, 5k and 10k) and see who %wise is closest to the other. Of course we'll win with relative ease, it's only 400m, it's not even the length of the drive in Home Park. Imagine a track runner having to be pitted against Chris Bradfield for 3x6x400 reps.... ouch. Of course I'm not having a go at track runners, they do a great job and good luck to them in their training, I just don't like the perception of being a jogger..... I run, I get out of breath and I try bloody hard. I'm never going to be Paula or Bekele, but I give it everything I have...

When I look at the 5k series, I don't see anyone jogging, everyone is flat out with red faces, bursting lungs and a tiger-like desire to beat the person in front. That's not jogging, that's proper running, no matter what my speed. I also see the run for the food table at the end of the race, this is probably more important than the race itself and you see different people at the front of this queue. I'd love to name names, but Richard would edit them out, but check out the New Year Party food queue and you'll soon work it out. Jogging is what you do with headphones on in Central Park, New York: Running is being put through the pain of one of Tony's sessions on a cold December evening, listening to the instructions in freezing conditions and then being paired with one of the "quickies" in a mad 400m reps session and getting no rest. Running is when you turn up to a championship cross country with a stinking cold just to deprive Jean Hayton or Mike May of 2 championship points for the hell of it. Running is Sunday morning in the park with your head bursting due to the bottle of wine you had last night.

Me? I'm a runner, what about you?



SecretDasher

**More Dashers Legends**

[Continuing Secret Dasher's little series...](#)

**12) Rachpal Bath** - Very soon all of the men's V70 records will belong to Rachpal who turns up and runs every event and gives it his heart and soul. The epitome of what the Dashers stand for, give running everything... and a little bit more. By the time this is published, he might also have beaten the 30 min 5k barrier. [[He certainly has – 29:49 at the Black Park Parkrun on 10<sup>th</sup> October](#)]

**13) Paul Turnbull** - Did anyone do so much for recruitment for the Dashers as Paul Turnbull? He single-handedly brought about 10 people into the club and manages to still produce good times whilst looking out for others all of the time.

**14) James Street** - Never before has one man drunk so much and run so fast. The only person to actually fall over at the 25th anniversary party, the only man to run a half marathon after a skinful and still break 1:35 and the only man to give a captains speech without using any words.....

**15) Jo Logie** - Could any of you run a 17:50 5k on very little training.... thought not!! Also holds nearly all of the records for senior ladies.... and turned up to training a few times just so the rest of us who slog our guts out don't feel bad in running at nearly half her pace.

**16) Chris Bradfield** - Never seen to finish the same race as his brother, but just happens to have actually won money in a Dashers vest... Windsor Half marathon finishing 5th!!!! Of course he holds the majority of senior men's club records and still has designs on the Marathon record which is well within his grasp. You know someone's a legend when their warm up pace is quicker than your race pace.... for this, we salute you Chris.

[Feel free to send in your own nominations!](#)

## WHAT'S ON THE WEB?

In this new section, there's an opportunity to highlight internet sites and postings that may interest Dashers. If you're unable to access the links, please let me know and I'll send you the content, or advise you where to buy a new PC or laptop ☺.

**How marathon running is like managing spend ...**

A procurement consultant/blogger made this comparison between marathoners and procurement organizations: "those who keep a regular discipline and continually push themselves and their teams harder and harder - while offering up a few 'rest days' along the way - are those most likely to not only identify significant savings, but realize their implementation."

<http://www.spendmatters.com/index.cfm/2009/7/31/Friday-Rant-Lessons-From-Marathon-Training-Applied-to-Spend-Management>

**Jo Griffiths**

**Train to the beat**

An article in the February 2010 Runners World caught my eye: Tune-up your training (p39).

To summarise (*and not contravene copyright*) it suggests using music at different tempos to match parts of your workout: **Warm Up** (~99~102bpm), **Start** (~110~123bpm), **Halfway** (~125~131bpm), **Peak** (~137~150bpm), **Warm Down** (~114~80bpm), and proposes a 15 track list, lasting 60 minutes, even available on iTunes!

After a quick surf I found <http://www.squidoo.com/greatrunningmusic> so why not have a go at making your own playlist, *and why not share it with us in the next newsletter?*

**Rich Golding**

**A weight off my mind (*Brent's Secret*)**

Brent is probably the most enthusiastic Dasher I know. His dedication to running and the Datchet Dashers is truly inspirational. For example, not only did he just break his 10 mile PB at the Cabbage Patch 10, but he was ecstatic about it "A 10 mile PB at the age of 53! Whoopee", wanting to tell everyone about his secret...

I first joined The Dashers in January 1999 and those that knew me then and in my first few years of membership will remember that I was not the fastest runner in the world and certainly not the slimmest. Starting at around 12 stone my weight increased steadily until by the Autumn of 2003 I was touching 13 stone. Clearly – despite all my running – someone was breaking into the house and feeding me pastries at night. I was the sort of person who would eat a couple of bread baskets before the starter arrived and then complain about being full – but still eat the main course and pudding as well. Something had to happen and I eventually took on my diet and slowly over the years my weight began to fall and I discovered this wonderful running secret:

**If you lose unwanted body weight you run faster and feel fantastic!**

I have always thought that we eat way too much food in the west and had toyed with the idea of fasting one day a week, when I heard that a famous footballer of my Father's generation – Stanley Matthews – did just that. Earlier this year I started not eating on a Monday and drinking juice instead. I started sharing the idea with a few friends and was amazed how many people were interested and how many wanted to join in. (Yes – I know some strange people). So I started a group – FastMonday - as a simple idea back in May 2009 and it has grown from there until we now have a website with about 70 people involved at different levels and having used this practice for six months. I can tell you I have never felt better and never run faster. Now weighing in at around 10 and a half stone I feel light and fresh and it has impacted the rest of my life. You can check it out at [www.fastmonday.com](http://www.fastmonday.com) and before you ask – it's free.

Many of you know my passion for our sport and that I have run the last 12 London Marathons. Keeping my weight down and having a great diet has a big effect on the quality of my running. FastMonday has been wildly successful for me and has allowed me to get to my best running weight and I recently posted my best run for over 5 years coming 4th in my age category in the Windsor Half Marathon as well as a PB at the Cabbage Patch Ten. You couldn't wipe the smile off my face.

I have also been reading a great book recently – Younger Next Year – which is making me realise even more what a crazy world we live in with so many people eating themselves into a wretched, idle and sedentary life. There are two authors – one a guinea pig for the methods of the book and the other a doctor. Both are brilliant but let me quote the doctor.

*"Unique among all the generations of living creatures that have wandered the earth for more than three billion years, we have stepped out of the crucible of evolution. Most of us in the West are not likely to face starvation. We are not hunting or hunted. Life for us is not the razor-thin line between famine and plenty. From the point of view of shaping our species, death by starvation or cold has gone away. It is impossible to overstate the importance of that development or the depth of the change. Almost incomprehensibly, the great problem of our time, in the developed world, is surfeit. And idleness. Our ancestors ran for their lives for hundreds of millions of years, desperately searching for food, storing it up in their bodies against the certainty of drought, ice and starvation. And then, in a twinkling, all that was gone and a fundamental law of creation ceased to apply. This is arguably the most profound shift, ever, in the way that the world works."*

Let's face it guys – if we don't grab hold of our health and well being – no one else will do it for us. Look around you. The western world is going in one direction very quickly and it is very very shocking. I cannot believe how big some people are.

So – there you go. A weight off my mind and thankfully a weight off my body. Remember – if you want to take it on:

**If you lose unwanted body weight you run faster and feel fantastic!**

*Thanks for reading this.*

**Brent Curless**

## DIRECT FROM DASHERS

### Our new Chairman has some encouraging words about ... Cross Country

Cross Country - two little words that spread fear and terror through generations of Britons. Visions of shivering kids in inappropriate clothing and footwear being forced to slog their way in sub-zero temperatures through miles and miles of ploughed fields, streams and barbed wire fences, relentlessly driven on by the PE teacher from hell with a sadistic streak a mile wide. Short cuts were religiously sought and jealously guarded, and many legends created around the lengths that kids went to in order to get out of cross country, along with the counter-legends of the revenge the PE teachers took when they were caught. The heroes were the kids that beat the system, not those that won the race

Now of course we're all grown up and can look back and laugh, yet it would appear that for many their view of cross country is forever linked to those school years. Mention doing a cross country race now and they do that little involuntary shudder and look at you like you're mad. Yet back then they probably weren't regular runners and now they are, so why does cross country still inspire such fear?

The fact is that Cross Country is not just excellent winter strength and endurance training that's easier on the knees and ankles than road running, but in my experience cross country races have an atmosphere all their own. Yes, people come to race, but there is much more of a sense of fun. It's not all about split times and mile markers and trying to beat a PB – it's about all ages and all abilities having a good time, mucking in together, getting a bit wet and muddy, and then going home for a hot bath afterwards (not necessarily together).

So what can people really expect from a modern cross country race?

Well the first thing to say is that most of you have probably already done most of the components that make up cross country, and are perfectly capable of doing it. If you've done the Maidenhead, Handy Cross, Marlow or Datchet summer 5k's, or run the Flood Relief route, or done any of the Tuesday night sessions round the cricket pitches then you've run on grass and tracks. If you done a Tuesday night hill session or climbed the hill on the Dedworth winter route then you won't find much harder than that on most cross country courses. And most of you can run 5 or 6 miles - we do that every Thursday.

The difference is that instead of pounding round the dubious delights of downtown Slough in the dark you can expect a [late] morning run in the beautiful British countryside. Parkland, woodland, farmland, heath, hill, valley – it's all there in the Winter XC Series, but with no cars, no exhaust fumes and no 'humorous' commentary from drunken Chavs. Yes, there's going to be the odd stream and puddle to splash through; yes, there's going to be some mud, and yes, it might get a bit tight and twisty, but the majority of the course is going to be on a perfectly reasonable running surface.

As for equipment, well if you already run in the winter then you won't need any additional clothing – all you need are some shoes that give you more grip. There are plenty of specialist shoes on the market at very reasonable prices – a quick visit to Apex Sports will soon put you right. Or you can even get an old pair of your regular shoes re-soled for just £20 by visiting <http://www.cheshirehoe.co.uk>

And you won't even cost you anything to run this year because the club are going to pay your entrance fees. So now all you have to do is turn up, run and enjoy yourself. What possible reasons for not doing cross country can you still have?

**Dave Priddy**

**Your club needs you**

The cross country races are a team event, the first seven male runners and the first three female runners of each club obtain points for their club. This is not just for the fast runners of the club, all can participate as some clubs do not or can put a team out for every race.

Each club that holds an event provides food and tea after the run, like the summer 5K races

On Sunday 22<sup>nd</sup> November was the Sandhurst XC run.

We might have hoped for sunshine and nice weather, but 20 minutes before the start of the race the heavens opened and we had the usual wet Sandhurst race. Plus it was cold, wet, windy and very muddy. The course was changed to avoid the bottleneck near the end and the large puddle, but now they have a couple more hills and some other puddles to content with and some Dashers made an impact and fell in (I have the scars to prove it). Plus a muddy field that resembled a first world war battlefield, which had to be run twice!

At the moment, after three races, we are in joint 8th place (out of 13 clubs) and just three points behind Marlow Striders.

Hope to see you at a cross country event.

**Colin Adams – Fixtures Secretary**

The Cross Country Series has started but there are still plenty more opportunities to run XC for the club. As the club pays your entrance fee, and there is always tea, cake and sandwiches at the finish, there is such a thing as a free lunch!

Absolutely perfect conditions on Sunday 3<sup>rd</sup> January saw just enough Dashers turn up for the Reading XC at Bearwood College. There were plenty of ladies to make up the 3-women team, but only just enough men to complete the 7-man team.

Strangely, couples abounded! The brand new Mr. & Mrs. McDonnaugh (Ross & Mandy), the new'ish Mr. & Mrs. Elliott (Jon & Mel), the new'ish Mr. & Mrs. Hunt (Chris & Caren), and the not-so-new Mr. & Mrs. Golding (Rich & Mel) and Mr. & Mrs. Mason (Paul & Barbara).

**Trophy History**

With the Annual Awards Evening coming up, we will all get a chance to see the fabulous "silverware" the club has to recognize members' achievements. But did you know that the main trophies are magnificent solid silver racing trophies, greyhound racing trophies!

At the 2000 AGM (November 10<sup>th</sup>) Joyce Clarke introduced her friend Daisy, who had donated four solid silver cups to the club to use as prizes. Daisy's husband, Jack Kinsley, came from Ireland and was quite famous as a greyhound trainer at Wembley Stadium. The four cups relate to races that Jack won in the 1930s. They were in pristine condition, with no engraving, so were ideal replacements for some of the club trophies (*that were apparently showing their age*).

The cups are now used for the Ladies Club Championship winner, Men's Club Championship winner, Jim Banks Handicap race winner and Harry Trigg's Dasher of the Year.

So try to have a look at these great trophies, and maybe try that little bit harder to get a silver trophy from Wembley for your trophy cabinet.

**Rich Golding** *with thanks to Joyce Clarke*

**Dashers New Year and Presentation 'do'**

I am finally able to announce the Dashers New Year and Presentation 'do', on Friday 15th January 2010.

The location this year is the Firestation in Windsor (now an Arts Centre), on St. Leonards Road, Windsor, where we have a private room booked. Kick-off is at 7.30pm, with the buffet served around 8.15pm and this year it's curry :) - mild, hot and veggie to hopefully cover all tastes!

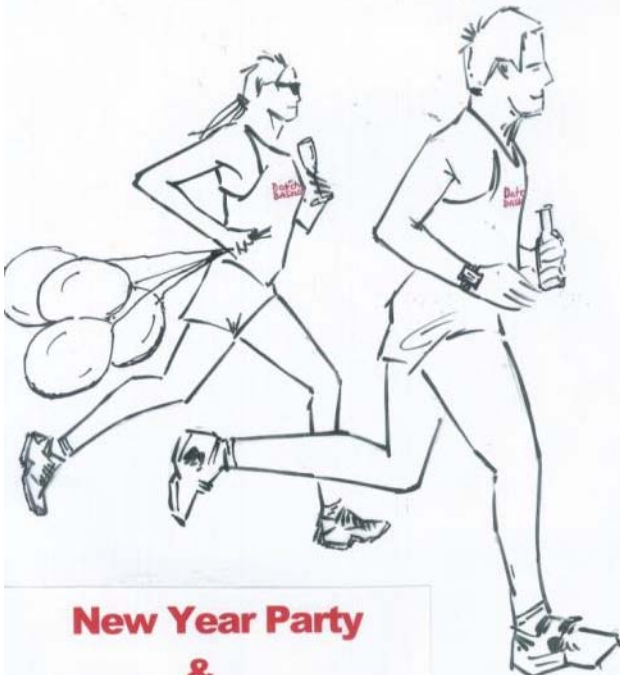

Tickets are £15 each and can be obtained on training nights - they'll be distributed around various committee members, so there should always be someone present who can sell you a ticket. Please try and have the correct money so change isn't an issue :)

If for any reason you are having problems getting one, just drop me a line.

The tickets are limited to 100, so don't let them get snapped-up without bagging one if you want to join in the fun! And remember it's the annual award presentation, so come along to see who the winners are...

Looking forward to seeing you soon!

**Zoe Smart – Social Secretary**



**New Year Party  
&  
Presentations 09/10**

**7.30pm – 12.30am, The Firestation, St Leonards Road, Windsor SL4 3BL**

Tickets £15 each, available to Dashers and partners.  
Saffron curry buffet dinner, 1 x free drink\*, DJ & dancing!

Tickets are limited and on sale at the clubhouse on Tuesday and Thursday nights before training. Tickets will not be available at the door. \*Free drink limited to house beer, wine or soft drink. Under 18's are not permitted due to licensing.

## DATCHET DASHERS DIARY 2010

<b>JAN</b>			
Sun 3 <sup>rd</sup>	Reading XC, <i>Bearwood College</i>	Please Run for your club	2 lap course, a few gentle hills
Sun 10 <sup>th</sup>	Tadley XC	Please Run for your club	15 min walk from the car park. It's the one with the ditches!
Fri 15 <sup>th</sup>	Dashers New Year Party, Old Fire Station, Windsor	<b>PLEASE COME</b>	Awards, Buffet, DJ & Dancing
Sun 24 <sup>th</sup>	Finch Coasters XC	Club Championship	Let's get a great turnout for this XC
<b>FEB</b>			
Sun 7 <sup>th</sup>	Bracknell Forest XC, <i>Lightwater Country Park</i>	Please Run for your club	2 lap course, a few gentle hills
Sun 14 <sup>th</sup>	Bramley 20/10 mile	Good Race	One or two 10 mile laps
Sun 21 <sup>st</sup>	Wokingham Half Marathon	Club Championship	Great for PBs!
Sun 28 <sup>th</sup>	Metros XC Mad Bess Woods	Please Run for your club	2/3 lap course, last of the season
<b>MAR</b>			
Sun 21 <sup>st</sup>	Reading Half Marathon	Good Race	Well supported large event
<b>APR</b>			
Sun	London Marathon	Run / Help	
<b>MAY</b>			
Sat 8 <sup>th</sup>	<b>DORNEY DASH</b>	<b>PLEASE HELP</b>	Our main event – please make yourself available to help
Sun 9 <sup>th</sup> (TBC)	Marlow 5 mile	Club Championship	
25 <sup>th</sup> (TBC)	Burham 5k	Club Championship	
<b>JUN</b>			
12 <sup>th</sup> (TBC)	Wargrave 10k	Club Championship	
23 <sup>rd</sup> (TBC)	Maidenhead 5k	Club Championship	
<b>JUL</b>			
28 <sup>th</sup> (TBC)	Finch 5 (& a bit)	Club Championship	A bit of XC in the summer
<b>AUG</b>			
15 <sup>h</sup> (TBC)	Burnham Half Marathon	Club Championship	
<b>SEP</b>			
12 <sup>h</sup> (TBC)	Wooburn Park 10k	Club Championship	
<b>OCT</b>			
10 <sup>h</sup> (TBC)	Virginia Water Paddle	Club Championship	Our own race, twice round the lake (~8 miles)

### ADDITIONALLY ...

**Mondays 20:30~22:00 - Pilates** with Barbara Mason – Windsor Leisure Centre - meet in the reception area at the pool ~20:25ish or come straight upstairs to the Activity Studio.

**Sunday mornings - Informal run in the park** typically ~9 & 11 miles – usually meeting at the Stag Meadow football ground, off St Leonard's Road in Windsor.