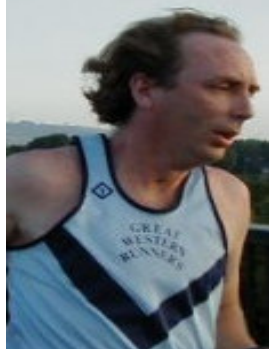
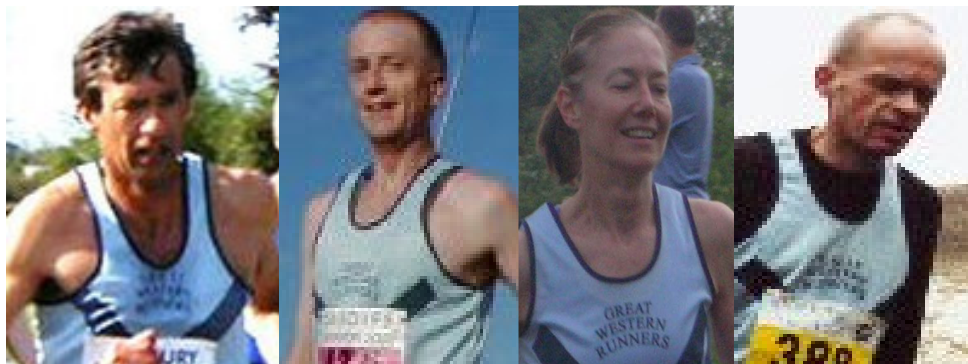




Footnotes

Great Western Runners
Magazine

Oct/Nov 2007
No. 253



GWR AGM

GWR Annual General Meeting

Bristol Lawn Tennis and Squash Club
Wednesday 31st October 2007 at 8:15pm

See page 3 for details



Hello and welcome to issue number 253 of Footnotes!

Footnotes is under a change of editorship and I am sure you will join me in thanking the previous editor, Robert Turner, for all of his sterling work.

It is a real honour to be taking on the editorship of Footnotes and I hope that I will be able to do it justice.

In this issue we have the notice for the forthcoming AGM, race results from August and September, the chairman and treasurers reports along with some notes from recent committee meetings.

If you then turn to the penultimate page there is a discussion on the future of Footnotes in particular whether it should become an electronic publication.

Emma Oughton – Sept 2007

Club Committee 2006 to 2007

Chairman:	Mike Willcox	[See your	Gloucester League Manager etc
Vice Chairman:	Paul Glennie	printed copy of	
Secretary:	Nigel Barker	Footnotes	Webmaster
Treasurer:	Mike Bull	for full	Club kit vests and reflective bibs
		etc.	
		contact	
Non Executive:	Martin Church	details]	
	Moya Church		
	Hilary Coe		Club archives (storage only)
	Arthur Dagger		
	Paul Marshall		
	Emma Oughton		Footnotes editor

Club Training

Bristol Lawn Tennis and Squash Club, Redland Green, Redland, Bristol BS6 7HF
tel: 0117 973 1139. Club mobile (in use on XC race days): 07967 419783

Mondays: 18:45 Choice of informal training runs between 4 and 7 miles or rep speed session – meet at BLTSC, Redland Green

Wednesdays: Main Club Night – meet from 18:30 at BLTSC, Redland Green
Club notices at 19:00 prior to group runs over routes of 4, 6, 8, 10 miles and upwards.
Routes vary from summer to winter.

Sundays: 09:30 Meet near Nova Scotia pub, Cumberland Basin.
Weekly long run, usually about 10 miles. Contact Brian Stramer: _____

Notice of GWR Annual General Meeting

Venue: Bristol Lawn Tennis and Squash Club

Date: Wednesday 31st October 2007

Time: 8.15pm

The 2007 AGM will be held on Wednesday 31st October at Bristol Lawn Tennis and Squash Club, starting at 8.15pm, after independent club runs on the night. Remember, you will need to be back promptly to be there for the 8.15pm start, so if you want to do a long run, please turn up and go out early.

It is essential that a quorum of members attends to enable completion of the business included in the meeting agenda.

To help ensure the smooth and timely running of the meeting, Footnotes includes both the Chairman's Report and summary report from the Treasurer. Full copies of the annual accounts will be made available at the meeting: a Nomination Form is also enclosed which, if used, should be returned to the General Secretary.

Proposed Agenda:

1. Apologies for absence
2. Approval of the minutes of the 2006 AGM (distributed previously to all members with Footnotes earlier this year)
3. Matters arising from the 2006 AGM minutes
4. Treasurer's Report
5. Resignation of the 2006/2007 Committee
6. Election of the 2007/2008 Committee (4 Officers and up to 6 others)
7. Chairman closes meeting

Any items of business which a member wants to be included on the Agenda for discussion must be notified **in writing** to the General Secretary by Wednesday 10th October 2007. Such items will form part of the final Agenda that will be issued at the AGM – no other business will be discussed at the meeting – and should be sent to:

[See printed copy for contact details]

e-mail: [See printed copy for contact details]

Any members who wish receive a copy of the minutes of the 2006 AGM should contact the General Secretary.

Nigel Barker
GWR General Secretary
4th September 2007

Chairman's Report

We have had a rather wet year this year, I think most of us are not sun burnt but a little rusty. Most of the Towpath races this year have been very wet, I have lost count of how many colds I have gone down with this year. Re the Towpath races, we have now been putting these races on for ten years. Time does fly. Race entries now close early on in the year making our club financially stable. We have spent some of the money on a new start and finish gantry which tidies the race up.

Running wise the main two events we do are Welsh Castles and the Cotswold Way Relay in which we are very successful. In the Cotswold relay we came overall third, just like the good old days! Our thanks go to Simon and Veronica for organizing this team event. The inter club Mob match is getting more successful with more clubs entering. Westbury Harriers, fielding a team of forty runners, were the winners again.

At Christmas we did our usual Christmas Lights run there was a very good turnout and food afterwards. The club trip this year was to the Wellington Ten, there were not many on the trip but it was still a good day out, why not join us next year? Last year we missed our 5K handicap but we put it on again this year on the Downs. Thirty one runners took part and it poured down with rain, but everyone seemed to enjoy it. The Bristol Half Marathon this year had perfect weather conditions, a new course and a big turn out from our club with a lot of our runners up front putting in some good times.

Recently Bristol and West AC made a formal approach to the committee for our two clubs to work together. We the committee have said that Bristol and West AC runners can run with us on Wednesdays and our runners to be able to train with Bristol and West on their quality training nights. This should be of benefit to both clubs. If any of our runners want to run at a higher competition level with Bristol and West the committee will have no objection to them joining Bristol and West as first claim.

Towpath Races

Tenth Anniversary

Just a big thank you to everybody who helped to put these races on throughout the year.

Treasurer's Report

The Great Western Runners accounts for the year ending July 31st 2007 show a healthy surplus of income over expenditure. The surplus is more than last year's which itself was rather lower than in 2005.

Membership subscriptions have increased very slightly. The Towpath surplus has increased significantly even after the purchase of our new Start/Finish archway.

Unfortunately expenditure on both road running and cross country have both fallen this year. The committee are keen to reverse this, and are always very pleased for the members to bring forward their suggestions on how we can spend money in these areas.

National Savings and Investment have withdrawn the 'Treasurer's Account' where we had some money on deposit. We have transferred these funds to our newly opened Alliance and Leicester 'Business Bank Account'. Both these accounts pay similar levels of interest.

Mike Bull
Treasurer
19th September 2007

AXA 5

I would like to formally thank everyone from the club who helped me out at the AXA 5 again this year, from the marshals to Audrey and Sue in the sweep up vehicle. Some of the GWR runners even helped out directing the cars before the race started and marshalling the runners at the end.

Particular thanks to Mike Willcox for providing a lot of the equipment, helping out at the finish and agreeing to be the race referee.

All of you were a great help in ensuring its continued success in its 31st year.

We managed to raise around £1000 for The British Heart Foundation

Jonathan Goodland

Committee Jottings: 10 July 2007

Operational reports Secretary's/Webmaster report

Correspondence received:

Avon AA:

- Copy of draft County Development Plan. Noted.

NCB proposed that we again try to book Welshback for use by our Members at the Bristol Half Marathon. It was agreed to try and secure a booking on the same basis as in 2006, although we are later in asking this year.

Treasurer's report – Inflatable Arch Grant request: It will be considered at the Avon AA meeting on 30th July.

Membership report – Jonathan Bamber has applied to rejoin, and two new applications from Camilla Barclay and Mathew Widdup. All Agreed.

Activity reports

Cross-country – Gwent League AGM is now on 10th August at Bridgend. Dates all still provisional and subject to agreement at AGM. No news on Gloucester.

Road running - Events:

- Cotswold Relay - 30th June: A very successful event
- Road Running Trip to Wellington 10M and 10K: Mini bus booked. Leaving 08:15 from BLTSC.
- GWR Handicap Race: 15th August: PG has drafted Handicap times

Towpath Series - Latest position:

3rd August race has been picked for a Permit Standards Scrutiny by uk:Athletics.

Footnotes/Photocopier

Latest position and the future: Copier cannot be fixed (no spare parts for broken Control Panel.) Engineer commented that usage does not warrant service contract cost. Current edition has been printed at local copy shop - costing £33 – and the copier currently costs over £70 a quarter in service charges (plus paper). It was agreed to continue to get future issues done at a copy shop and approach Ikon to offer hardware for parts/enquire about disposal and end Service contract.

Any Other Business:

Mike Willcox raised the subject of the Bristol Half Marathon: The organisers are prepared to provide a donation to Clubs who help and provide marshals. After discussion it was suggested that such a donation be directed towards a local running related fund, rather than to GWR.

Committee Jottings: 14 August 2007

Operational reports: Actions and Secretary's/Webmaster report

Actions:

Running Track and Training: It transpires that the new track identified is a 200m track. It was agreed that booking and arrangements for the group is to be left in the hands of Rita.

Photocopier disposal: It is to be collected Wednesday 14 August, and Ikon will send a final invoice.

Correspondence received:

- Road Running Leadership Group Announcement – New Licence System and Online Running Club for Road Running.
- FAQ Press Release about above announcement – Discussion centred around impacts upon First Claim membership – it is the physical or virtual club (unmentioned in the FAQ) and the money generation aspects, plus impact on Towpath unattached fees and fund generation for GWR. Concern was raised regarding impact upon membership of local Clubs, but it's likely that the majority of our members will have no interest/views on the "political" position.

It was agreed that the Secretary write to confirm situation re. Permits for Series events plus Virtual Club First Claim eligibility before we make any further decisions.

Treasurer's report – Accounts have been trail balanced successfully. Once completed, Mike Bull will contact Keith Bonham for auditing. Grant for Arch was agreed at the Avon AA meeting, it is believed the amount was £500.

Membership report – 1 application from Julie Munro (found us via our Bristol Half Seminar), plus 1 retrospective application from Ken Ballard – Both agreed.

Activity reports

Cross-country – Gwent League: AGM has been held, attended by 8 people (representing 6 clubs.) Some queries over dates and clash with Gloucester League on first race (Swansea). No feedback received re. impact of South West League.

Gloucester League: Dates obtained and put on Noticeboard.

Road running - Events:

-Inter-Club Mob Match: Won again by Westbury harriers.

Good turn out and post race numbers at the Pub.

-Bristol Half Marathon: 9th September: Welshback have confirmed hire, 75p per person.

-Bitton Mob Match: It was agreed to scrap this separate fixture, and include in Inter-Club Mob Match.

-GWR Handicap Race – 15 August: It was agreed to present wine to First Man and First Lady

Towpath Series - Latest position – Race 4: Entries: 379 – Finishers: 183 (52% drop-out, 7% less than in 2006.) There was a poor turnout back at the Pub afterwards. Series Categories MV60,

LV65 and LV70 will not have winners, as no runners will have completed 4 out of 5 races. We have had no feedback yet on our Permits Standards Scrutiny.

There is an Endurance Officials Course – Level 3 being held on Sunday 28 October at Yate. Nigel Barker and Mike Bull are attending.

Footnotes/Photocopier - Latest position and the future – Emma Oughton (assisted by Nic Oughton) has kindly volunteered to take over the position of Editor – she will contact Robert Turner to arrange a handover. Next edition due October, in time for the AGM.

Any Other Business

- AGM Date and Date of October meeting. It was agreed that the AGM will be on Wednesday 31st October

- Mike Hockett wishes to go on a Coaching Course, plus Lucy Ellis. It was agreed to fund fees.

Cross-Country For All Great Western Runners

The Season Ahead

Gloucester League (Manager - Mike Willcox _____)

Known for good courses, all fixtures on Saturday afternoons.

Transport by minibus or shared cars.

Let Mike know that you are running so that he can register you and ensure you are included in the overall results.

Fixtures:	Saturday 13 th October 2007	Blackbridge, Gloucester
	Saturday 17 th November 2007	Leamington
	Saturday 15 th December 2007	Cheltenham
	Saturday 2 nd February 2008	venue to be advised by Severn AC

Gwent League (Manager - John Hargreaves _____)

Good well known courses, although the season's final venue has yet to be identified.

Choice of Saturday afternoon or Sunday afternoon fixtures.

Transport by minibus or shared cars. This is the league with the largest number of runners – men's race circa 300, ladies race circa 125.

You must let John know that you are running so that he can register you in one of our teams no matter what your ability/state of fitness.

Fixtures:	Saturday 13 th October 2007	Singleton Park, Swansea
	Sunday 11 th November 2007	University of Bath
	Sunday 2 nd December 2007	Newbridge Fields, Bridgend
	Sunday 10 th February 2008	Blaise Castle, Bristol
	Sat. or Sun 1 st or 2 nd March 2008	venue required!!

County Championships etc. updates on the website www.greatwesternrunners.org.uk

Runners Profile : Emma Oughton

(No this is not blatant self publicity the questions were posed by Nic!)

How long have you been running and how long have been a member of GWR?

Running for five years and a member of GWR since July 2005

What made you take up running?

Having two children and a job meant that long cycling trips were a thing of the past and running was the most time-efficient way of staying fit – however, I wasn't prepared for the shock of running to start with, I thought I was fit but soon discovered that whereas you can freewheel on a bike, if you try and do it whilst running you just stop!

What's your favourite race and favourite race distance?

That's very hard to decide, it would have either be the Full Monty "Cute" or the Exmoor Stagger – both fantastic cross country races. Anything over ten miles

How many times a week do you run?

Four times a week

Do you do any cross training?

British Military Fitness – getting muddy and possibly bruised on the Downs three times a week

What's the one thing you wish you'd known when you started running?

That Easy Runner existed!

Do you have a race day routine?

Not really, I learned very quickly to get up sufficiently early for a decent breakfast but other than that I tend to get everything sorted out the night before

How do you cope if you can't run?

In a word, badly

Best running moment?

Pretty much the whole of my first Full Monty "Cute" - a beautiful route, a beautiful clear day in December, tinsel clad marshals playing Christmas carols at the top of each hill next to decorated trees and winning a packet of chocolate-covered HobNobs as a spot prize – it doesn't get much better!

Favourite pre-race meal?

If it's breakfast, toast and honey. Pasta with tomato and sausages if it's supper

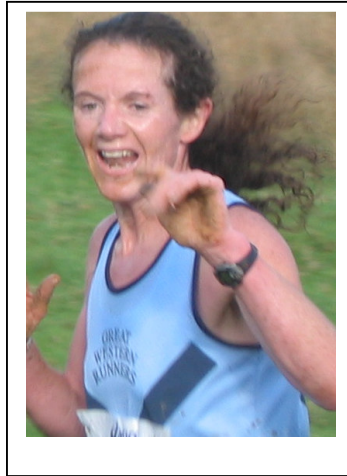
What's your running goal for the next 12 months?

I turn 40 in January and am looking forward to seeing if that makes any difference to my race placings and to stay injury free for a year would be a bonus

What's your favourite training run?

Over the Downs and Suspension Bridge, through Leigh woods and back along the towpath is always a treat.

We plan to feature a runner an issue so why not send your answers to these questions to footnotes@greatwesternrunners.org.uk



Race Results

Blaise Blazer 4ml

6th August 2007

1		22:52
8	Ken Ham	25:45 (1st MV40)
24	John Hargreaves	29:21
46	Nigel Andrews	33:01
53	Peter Tanner	35:26
63 Finishers		

Bitton 5K (Race 4of4)

August 8th 2007

1	00:15:01	
13	Dave Wintle	17:33
14	Jose Vega	17:36
53	John Hargreaves	20:18
81	Nigel Andrews	22:45
84	Peter Tanner	22:53
114 Finishers		

The Compton Dandy

9th August 2007

1		43.15
16	Graham Grew	50.08 (1st M50)
28	Christopher Taylor	54.47
29	John Hargreaves	54.57
30	Emma Oughton	55.02
50	Lucian Campbell-Kemp	58.29
77	Veronica Ford	69.04
91 Finishers		

Frampton-on-Severn 10K

21st August 2007

1		32:44
5	Christopher Newby	34:35
15	Jose Vega	36:12
86	Steve Morgan	42:02
91	Christopher Taylor	42:12
225	Roger Haynes	49:36
380 Finishers		

Vale of Pewsey Half Marathon

26 August 2007

1		01:12:10
4	Christopher Newby	01:17:39

358 Finishers

Battle of Sedgemoor 10K, Langport

26th August 2007

1		32:31
161	Ronald Wootten	48:11
184	Alan Knight	49:40
226	Moya Church	52:19
326	Anne Jenner	59:54

378 Finishers

South West Vets 5K Championship

RNAS Yeovilton Mon 27 August 2007

1		16:21
6	Jonathan Goodland	17:35 2nd Vet 50

AXA 5.5 miles

Tues 4th Sept

1		30:20
2	Jonathan Bamber	32:02 1st V40
3	Jonathan Goodland	32:24
6	Dave Wintle	33:09
12	Nigel Edwards	34:04
18	Aileen Brown	35:10 1st Lady
59	Martin Bennett	39:38
137	Steve Parsons	45:22
145	Malcolm Offer	46:11
165	Ted Atkins	48:26

230 Finishers

Woodchester Park 8 Mile

16th September 2007

1		47.36
23	Keith Harris	57:09

109 Finishers

Bristol Half Marathon

9th September 2007

1		01:03:01
50	Andrew Harrison	01:15:50
77	Chris Ledgard	01:19:07
78	Gavin Watkins	01:19:22
88	Jon Thraves	01:20:17
90	Jose Vega	01:20:22
122	Steve Duddell	01:22:14
175	Mark Gildersleve	01:24:14
225	Andrew Smith	01:25:57
228	Peter Brook	01:26:01
239	Graham Grew	01:26:22
263	Phil Chan	01:27:08
277	Will Hillier	01:27:30
304	Duncan Laurie-Pile	01:28:10
321	David Moss	01:28:41
418	Peter Murphy	01:30:42
531	Andrea Ghirardini	01:32:21
562	Steve Morgan	01:33:02
564	Louise Cronin	01:33:05 (PB)
716	Piers Calascione	01:35:02
723	Daniel Snook	01:35:07
765	Patrick Lee Browne	01:35:39
826	Christopher Newby	01:36:22
976	Martin John Bennett	01:37:44
1214	Jonathan Hurford	01:39:49
1315	Candy Gil	01:40:39
1336	Martin Church	01:40:50
1532	Scott Griffiths	01:42:27
1535	Martin Van Der Merwe	01:42:30
1570	Jen Woolfsow	01:42:43
1586	Gillian Gleed	01:42:49
1665	Peter Foreman	01:43:22
1786	Stephen Barry	01:44:12
1848	Lucien Campbell-Kemp	01:44:34
2113	Simon Frampton	01:46:23
2115	Jonathan Bird	01:46:24
2283	Stephen Morgan	01:47:26
2446	Paul Martin	01:48:20
2592	Andrew Youl	01:49:10
2609	Robert Jenkins	01:49:17
2643	Roger Hemming	01:49:30
2871	Katie Winterborne	01:50:47



Andrew Harrison



Louise Cronin

3007	Ric Harwood	01:51:32
3009	Moya Ann Church	01:51:33
3150	Alison Staples	01:52:12
3331	Laura Porter	01:53:08
3743	Jenni Travers	01:55:23
3765	Terry Kemple	01:55:30
3894	Celia Greenwood	01:56:06
3930	Peter Tanner	01:56:17
4040	Steve Parsons	01:56:54
4041	Malcolm Offer	01:56:54
4176	Adrian Breen	01:57:32
4263	Nicola Bird	01:57:58
4382	Susan Morgan	01:58:37
4611	Ian Shedden	01:59:59
4642	Keith Bonham	02:00:11
5068	Alan Rundle	02:02:37
5156	David Taylor	02:03:15
5170	Sharon Rose Hemming	02:03:19
5182	Stephen Meek	02:03:26
5350	Christopher Sheppard	02:04:33
5410	John Scadding	02:05:00
6057	Alison Arnold	02:09:07
7555	Pauline Thorn	02:22:17
7771	Kate Hampton	02:24:44
9076	Finishers	



Steve Parsons



Malcolm Offer

New Forest Marathon

16th September 2007

1		2:38:30
258	Laura Phibbs	4:09:06
438	Finishers	

Denes Doone Run 10 ml XC

16th September 2007

1		1:04:21
54	John Hargreaves	1:30:30
60	Emma Oughton	1:32:04

Weston Prom 5K (Race 1 of 9)

20th September 2007

1		25:26
10	Goodland J	28:51
23	Wintle D	30:05
24	Hobbs D	30:15
38	Brown A	31:09
39	Ham K	31:13
43	Smith A	31:53
58	Porter B	32:30
83	Wilcox M	33:47
96	Barker N	34:38
127	Bull M	36:37
145	Ambrose C	37:18
153	Fiebig D	38:00
154	Wootten R	38:01
175	Parsons S	39:58
185	Tanner P	40:41
198	Shedden I	41:31
199	Greenwood C	41:44
241	Butler A	50:19
249	Finishers	



John Hargreaves

Portishead Multi-Terrain 8K

23rd September 2007

1	Jonathan Bamber	29.47
14	John Hargreaves	35.4
59	Veronica Ford	43.13
83	Finishers	

Results for the Towpath Races on 3rd and 24th August can be found at our website at www.greatwesternrunners.org.uk

To have any unusual race results, PB's etc published in Footnotes please mail the details to footnotes@greatwesternrunners.org.uk

Future of Footnotes

The future of Footnotes seems to be a discussion topic that keeps coming up and is a debate which I think is well worth having. As a club we need to decide what we want Footnotes to be.

Do we want to continue as an A5 booklet or, for example, change to an A3 folded newsletter or some other format? Do we want to continue with paper publication or should we switch to an electronic version? As many people now have internet access a move to an electronic publication with a few copies being printed for those who don't have access to either a computer or the internet would seem to make most sense. An email could be sent out when a new issue is available and members could then download it from the website.

The current format, whilst being a compact size, takes a reasonable amount of production and since the *death* of the club photocopier will cost approx £60 per issue plus postage. Whilst I quite like this traditional format (it's always nice to get post!) electronic distribution would certainly make more economic sense and also enable Footnotes to be more dynamic.

With an online version we can include full colour photos, hyperlinks to interesting articles, stories, tips etc., the most up to date race results can be linked in. Electronic publication may even mean that we could make Footnotes a monthly magazine as the time from publication to reader can be reduced and therefore the volume of content or time involved need not be so great.

Footnotes has been going for a long time now (I don't actually know how long – maybe someone could enlighten us!) and has served the club well. In this issue of Footnotes I have made only minor changes and have retained the familiar look and feel but going forwards but it would seem that now is time for a revamp, remodel and a change of direction.

As well as format and delivery there is also the question of what kind of things would you like to see in Footnotes I have many ideas myself but ultimately this is your, the members of GWR, magazine. So what do you think? Would you like to try an electronic version, downloaded when you want it or are you happy with the current format and what do you want to see in it?

If you have any ideas or contributions please mail me at footnotes@greatwesternrunners.org.uk

Emma Oughton – September 2007

Forthcoming Races

(more listed and regularly updated at www.greatwesternrunners.org.uk)

10/7	Sun	11.00	Brixham 10k	10km		
10/7	Sun	11.00	Burnham-on-Sea Half Marathon	13.1ml		
10/7	Sun	11.15	North Devon 10k	10km		South Molton
10/7	Sun	10.30	Oldbury 10	10ml		TARGET RACE
10/13	Sat	pm	Gwent League		XC	Singleton Pk, Swansea
10/13	Sat	pm	Gloucester League		XC	Blackbridge, Gloucester
10/14	Sun	09.00	Cardiff Half Marathon	13.1ml		
10/14	Sun	11.00	Mendip Muddle	20km	MT	Charterhouse
10/18	Thu	19.30	Weston Prom 5	5ml	2 of 9	TARGET RACE
10/20	Sat	TBC	Weymouth 10	10ml		
10/21	Sun	10.00	Stroud Half Marathon	13.1ml		TARGET RACE
10/21	Sun	11.00	Exmoor Stagger	16ml	MT	Minehead
10/21	Sun	11.00	Exmoor Stumble	6ml	MT	Minehead
10/28	Sun	11.00	City of Salisbury Half Marathon	13.1ml		
10/30	Tue	19.30	Bridge Inn 5k Winter Series	5km	2 of 5	
11/3	Sat	11.00	Victory Park 4	4ml		Bath
11/4	Sun	pm	Gwent League - DATE TO BE CONFIRMED		XC	University Of Bath
11/4	Sun	10.30	Ilminster Lions 10k	10km		
11/4	Sun	11.00	Over the Hills	12km	MT	Bradford-on-Avon
11/10	Sat	13.30	Cheddar Half Marathon	13.1ml		TARGET RACE
11/11	Sun	11.00	Sodbury Slog	9.5ml	MT	Chipping Sodbury
11/11	Sun	pm	Gwent League - DATE TO BE CONFIRMED		XC	University Of Bath
11/15	Thu	19.30	Weston Prom 5	5ml	3 of 9	TARGET RACE
11/17	Sat	pm	Gloucester League		XC	Leamington
11/27	Tue	19.30	Bridge Inn 5k Winter Series	5km	3 of 5	
12/2	Sun	10.30	The Full Monty'Cute'	10ml	MT	Montacute, near Yeovil
12/2	Sun	pm	Gwent League		XC	Bridgend
12/9	Sun	11.00	Wyvern Christmas Cracker	10km		
12/15	Sat	pm	Gloucester League		XC	Cheltenham
12/20	Thu	19.30	Weston Prom 5	5ml	4 of 9	TARGET RACE
12/26	Wed	TBC	Clevedon Boxing Day 4	4ml		
1/1	Tue	11.00	Hangover 10k	10km		Kewstoke, Weston
1/17	Thu	19.30	Weston Prom 5	5ml	5 of 9	TARGET RACE
1/29	Tue	19.30	Bridge Inn 5k Winter Series	5km	4 of 5	
2/2	Sat	pm	Gloucester League			Venue TBC
2/10	Sun	pm	Gwent League			Blaise Castle, Bristol
2/17	Sun	10.30	Tough Ten Challenge	10ml	MT	Weston-super-Mare
2/21	Thu	19.30	Weston Prom 5	5ml	6 of 9	TARGET RACE
2/23	Sun	pm	National Cross Country Championships			Alton Towers
2/26	Tue	19.30	Bridge Inn 5k Winter Series	5km	5 of 5	

Further details and entry forms available in the race folders at BLTSC on Wednesday evenings.

If you know of any other races, which may be of interest to club members please contact Pete Hawkins on _____.

Always wanted: Race entry forms for future races.
Please pass copies to Steve Parsons or Audrey Butler.Thanks!