

RFRC Christmas Party

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Almost 80 club members, partners and friends turned out for the fantastic 2010 Running Forever Running Club Christmas party at the Police Social Club in Taunton on Saturday 4th December. We all scrubbed up pretty well, a DJ entertained us, the beer was flowing and the food was excellent. A huge thanks to El Palfreman for her organisational skills which I understand are so impressive, we're already booked in for next year - Saturday 3 December 2011! Well done El and thanks to everyone for making it, I think, our biggest social event so far? I hope you enjoy the pictures of the general debauchery! Extra congratulations should go to those who turned up to run, either the Fully Monty, the Wyvern Christmas Cracker, or the club run, the following morning - good going guys.





Druids multi stage ultra 12 to 14 November by Richard Staunton

The Druids multi stage ultra (Druids) is an 82 mile race along the Ridgeway long distance footpath. The race starts at Ivinghoe Beacon, near Tring and ends just over 6 miles from the official end at Barbary Castle near Swindon. The race is split into three days.



Day 1 was 29.5 miles long. The day started dry, but very windy, with the wind blowing into our faces. We had to walk about a mile to the start, and were glad to be off and running. The first few miles were across open downs and some muddy woodlands, with quite a few low hills. At about 8 miles we hit a road, and being runners we all followed the person ahead. Unfortunately the person ahead was lost, and after flagging a car we found out that we had missed a turn. This added a mile to the day, which was not a good start!

No further wrong turns were made, and the terrain for the first day stayed similar – very muddy underfoot and hilly, with mainly muddy footpaths weaving between open countryside and woods.

Later on in the afternoon it started raining, and continued to get heavy up to the finish. The last 6 miles or so was on a fairly flat muddy and wet footpath, but it was pitch black, and a head torch was essential!

The friend I was running with, Bruce, is a faster runner than me having clocked an impressive 3.20 at Abingdon Marathon to my 3.37. He pushed the pace during the day, and while I kept up, day 2 looked a bit daunting.

We all slept in a hall with our overnight bags being transported separately. After a shower we hung our wet clothes etc where we could and dressed our feet. Mine had a few small blisters from being wet all day, and (bad planning) a few sores from toenails a little too long. These were attended to, and an early and nervous night was spent.

Before the start of day 2 we agreed that we would stick together as much as possible but if we had to we would part company later in the day – I was worried that by slowing Bruce down I would be just increasing time on his feet putting his race in jeopardy. I also knew I was more used to distance, albeit at a slower pace.

Day 2 started sunny, and we tried to make a few wrong turns early on, but were with other runners and we were put right! For those of you who have run a marathon, a second day would seem impossible – well that's what it felt like for the first few minutes, but its amazing how when the muscles have warmed up you can feel fresh again. The terrain was less exposed than day 1 as well as being less muddy, but still mainly footpaths.

My friend Bruce, fast the day before, started developing a very sore knee and at 14 miles had to walk. At that point I was worried he would drop out, so for the next few miles we walked and ran the down hills. He had actually only ran his first marathon 5 weeks before, and was now paying the price! The terrain was much flatter than day 1, and the distance not as far either – 27 miles. After running 30 the day before, 27 did not seem so bad!

The race itself is very friendly, and we met other runners in a bad way later on. At 23 miles I was sufficiently convinced that Bruce would make it to the end, and we agreed I would abandon him and I ran the last 4 miles to the finish.

The evening of day 2 started earlier because of the earlier start and a few deserved beers were consumed, but not too many. Again we all slept in a hall and I had to get up a few times as it was!

My blisters had got worse, and I was glad to have taken a sharp pin!

Day 3, and the end was in sight. We started strongly, and ran the first 16 miles at a 11.30 minute mile pace. My legs felt better than day 2, but apparently this is common, the more days you do the easier it gets! 11.30 sounds slow, but on open undulating tracks it feels fast!! I felt great, and felt I could run forever. Bruce also felt better than the day before. At 18 miles it started raining and Bruce's knee started to play up. All day he had taken strong pain killers and floated along. He also took Ibuprofen gel to put on his knee. He was clearly in pain, but just kept running, determined to finish well. At 20 miles we agreed we would part company as I wanted a quick finish and I pushed hard. For three days I had conserved energy and it was a liberating feeling to just let go and run hard. Day 3, was the shortest day at exactly 26.2 miles, and easily the fastest. 5 hours 25 minutes will not go down among my fastest marathon times, but it was one of the best!

It was great to get a medal, and the technical tee shirt is a bit hard core.

Bruce came in 15 minute or so later, a fantastic effort with painful knees on top of everything else over the three days. I did let him know that RFRC runners are clearly tougher than Teignbridge Trotters though – 1 – 0 to us!

Few people run, and fewer still run half marathons and marathons. For many, even experienced marathon runners, a multi day event may seem impossible, much like a half marathon would be to a non runner. It isn't and I am the proof. There were marvellous runners at the event, including Comrades and Marathon Des Sables veterans but there were slower runners like me. I didn't know I could do what I did, but I can, and if the above appeals then give it a go; it was a fantastic three days and is an event I would do again. These events can be enjoyed by runners of all abilities; if you can run a marathon you can run a multi stage ultra.



Street 5k by John Ward

It's a cold and freshly dark evening for a 7:30 start in the first Street 5k race this season. I'm very excited as I can see a pb in my reach (first time at 5k).

The registration is all on the night and held in a thankfully warm and cheery back hall in the United Reform church on the High Street.

Best get warmed up, so back to the car to reluctantly get rid of my jumper—brrrr!

At the start line there are 2 starts, one for younger school kids, and one for seniors. There's maybe about 50-100 runners and it's quite informal. The course itself is around a 1k loop on the side roads of Street. It's a matter of running round the block - 5 times. Each time you pass the start/ finish line the timer calls out your overall time. There are marshals on each corner so you don't get lost.

All is ok and I'm pacing things until lap 4, when I can feel the slowdown. Luckily for me, so can the other competitors around me. Sheer grind gets me through lap 5 and into the finish funnel.

Results are posted on the Wells City Harriers website later, so I head straight for a strangely appealing kebab house to kid myself that the salad in the kebab somehow makes it healthy!

All in all I enjoyed it and would do it again as a base tune up. My time 23:03.



Wyvern Christmas Cracker by Claire Salter

With my highly honed organisational skills, I somehow managed to enter the Weston Christmas Cracker 10k which took place the morning after the RFRC Christmas Do. After a highly enjoyable evening (see other article for more gossip from the night!), a few hardy souls (or fools) headed off to Weston-Super-Mare in the freezing cold and ice. After meeting my fellow runners – another Elf, a couple of fairies, a purple bauble, Santa and a Christmas tree, I headed to the start line. It was here I bid farewell to Dave who apparently intended to run a "race"...silly man!

As my merry bunch of Christmassy decorated friends went across the start line, our feet promptly entered wet cold sand!! Still, after the stretch of sand was done, we had some tarmac, then some more sand, then tarmac, then sand! The bright sunny day meant the air temperature was perfect for running, but where the tarmac stretches were hidden from the sun, it was at times like ice skating (quite handy actually for my ice skating is better than my running!!)

My fellow Elf, fairy and tree 'purposely' let people pass us so we could see their outfits – Santas, Reindeer, many fairies and a couple of Christmas puddings and some Daleks overtook us looking lovely. Still, we set our sights, and Lainey's steeling eye, on Santa at about 8k and took him at 9k...when he informed us he was 82. Not amused!

This is a fantastic race which I completed last year along with Snow White, Prince Charming, Evil Queen and 6 other Dwarfs. The flat course is lovely, though the sand is a tad tiring and generally well marshalled. As usual, I had no time I wanted to get, enjoying my day out at the seaside with my friends and taking in the lovely atmosphere. Some however did enter it for the 'race' aspect, see below:

Mark Latchford 44.09
 Dave Loader 44.29
 Holly Ashford 44.59
 Andrew Ashford 49.47
 Dale Ingram 56.41
 Helen Phillips 55.47
 Gemma Court 1.03.22
 Marina Tomsett (Angel) 1.09.20
 Liz Greenaway (purple bauble) 1.23.12
 Laura Harris (Santa) 1.23.13
 Lainey Symons (Angel) 1.35.24
 Nicky Cooksley (Elf) 1.35.24
 Nicky Hopwood (Christmas Tree) 1.35.26
 Claire Salter (Elf) 1.35.26

I would recommend this race to anyone and would love to win the team fancy dress prize...so get in touch if this appeals to you!!!





Exmoor Stagger (not the happy stuff) - by Martin Kemp

The Stagger is a 15 mile hilly and yet more hilly, stony, tree roots, grassy, boggy, off road run from Minehead College to Dunkery Beacon and back – 0 to 1,676 feet or metres, what's the difference, still bloody high.

Starting from the Britannia Inn (closed!) for the first 30 minutes you just climb and climb. Then the race splits, the Stumble (6 miles) goes left, whilst the Stagger goes right, very steep, knowing you will be climbing it on the way back.

A few minutes on tarmac, right turn, here we go, onwards and upwards. The stiles have gone, replaced with swing gates, no difference, still knackered!

Quick look to the right, ah yes, the Beacon, why are we going left? First water stop, what, no jelly babies? Round the bend, at last, the Beacon, just a line of people as far as the eye can see, spots on the landscape, and I thought I was doing well.

Stones everywhere, dips everywhere, nearing the top? No, yet another mile or so. The top at last, over we go, the cold wind hits your face, eyes watering, jumping from stone to stone, it's the only way down. At the bottom, thighs burning, quick rub, 5 minutes up on last year – feeling good.

Round another bend, through another bog, water station, bananas, jelly babies (at last) but too tired to eat. 30 minutes to go, here's that hill, makes the Humdinger look like an average slope. At the top now, legs and lungs tiring.

Long downhill run home, 20 minutes to go, oh no, left calf hurting, no problem, got a spare one on my right leg. Heels getting sore, knees hurting, back pain – otherwise feeling great!

Nearing the end, runners passing me, lost time, finished 2 hours 48 minutes, 1 minute up on last year, never mind, will have to do it all over again next year.

Maybe some members would like to give it a go next year. One thing missing, Running Forever's own knitters, gone very quiet since the Black Death. Rumour has it sale on in Edinburgh! Come on Val, you're a vet (oops), get them ready for next year.

Thanks Sandra (secretary and a knitter), for your advice, it worked and did I need it.



Castle Drogo 10 by Clare Pineda-Langford

Not wanting to miss out on a leafleting opportunity for the Humdinger, and on the promise of a pub lunch a few of us from the club entered the Drogo 10 on Sunday 21 November. For the uninitiated (which included me until the day itself) it is a 10 mile off road race departing from and returning to Castle Drogo near Exeter. The course has two monster hills; the first at around 3 miles and the second at 8 miles. Expect to get muddy and wet! The terrain is pretty rough and uneven under foot and we were all grateful for our trail shoes and the off road training we'd done up on the Quantocks.

The early part of the route was a narrow single track with a sheer drop down into the ravine. There was not much scope for over-taking and very little margin for error! We headed down the path to the bottom of the ravine, crossed the river and ran along the path through the woods running parallel to the river. After the first couple of miles pretty much everyone had given up all thoughts of avoiding the puddles and/or mud and were consigned to the prospect of getting wet and muddy and feeling pleased that we had clean dry socks back at the car. After the first three miles we hit the first major hill which from my recollection was long, windy and painful. It felt like it was at least 2 miles long, but apparently it is just a half. Having finally staggered over the top we then wound around on the forest floor splashing our way through mud and water for the next few miles until the real sting in the tail at 8 miles when the course takes a sharp left up through the forest climbing back up and out of the ravine back to the castle. I for one used the stunning views across the Teign Valley as an excuse to catch breath.

The climbs were tough and I take my hat off to anyone who can run the entire course but it is a great experience, fabulous scenery and a really well organised race. We concluded our day with a well earned and very good pub lunch at Cheriton Bishop.

The club line up included Kirsty McMakin (1.41.39) Scott Weetch (1.41.39), Mike Nicholls (1.43.03), John Ward (1.46.44), Malcolm Boon (1.50.30), Jon Sparks (1.53.11), and myself (2.01.16). Not a course for any PBs but I think we'd all recommend it.





Runner's ID by Phil Wilson

As sports go running is not inherently dangerous. We are not climbing a cliff face or base jumping but we do run along country lanes and through parks after dark. There are always dangers running along any surface be it from fellow road users or just the road surface. If a runner goes out alone or even in a group it is the individual's responsibility to make sure that they have adequate ID with them for no other reason than that this allows the emergency services to inform loved ones. But for anyone with an allergy or who is on any medication, ID also gives the emergency services vital extra information that could just save your life.

All very dramatic perhaps but as someone who has been running for a few years now it has always concerned me that I often go out running alone for hours on end. I've had a few near misses in my time though thankfully I've never actually had an accident.

There are various ways of carrying ID. You can take your name and address on a piece of paper and put it in a pocket or pin it to your running shirt. You can take a mobile phone with you – not a bad idea anyway. I'm assuming that the emergency services would be able to trace you from your mobile phone records.

There are also companies who produce ID specifically for runners and other outdoor athletes. Here are two such examples.

Polar Tags. These are a very neat way to carry ID. There are three types. A band which attaches through your shoe lace; a wrist band; and for cyclists, an adhesive sticker that attaches to your cycle helmet. All three come with a simple waterproof label on which you write your details. All three come with a spare ID label as well, which is useful. The shoe tag and wristbands are made from reflective Velcro material which is weather proof. The cycle helmet stickers are highly reflective and all three types have the words **ID Inside** written on the outside. Hitch Hiker Guide to the Galaxy Fans might like to have the words "Don't Panic" on the outside as well but unfortunately this isn't an option!



Details and ordering are at www.polartags.co.uk. We have negotiated a club discount of 15% with the supplier. To claim the discount quote the code rffc2010 at checkout though I'm told that the Google checkout only shows a single discount if you make a multiple order. The full discount will be applied when payment is taken.

I've started using the shoe tag and so far it's excellent. It fits very neatly onto my shoelaces and is completely unobtrusive.

Clubtags. I haven't had a sample of these yet but from the website they appear to be a plastic tag that attaches to your shoelace using a standard key ring. Obviously you don't have to attach the tag to your shoe. It could be attached to your clothing or even carried in a pocket in your running shorts (if you have one). I would imagine that the tag attached to your shoelace would bounce around quite a lot and may be annoying though obviously this is only something that you'd know once you've tried it.

These tags have your details printed onto the plastic surface which you give at the time of ordering. They are available from www.clubtags.co.uk/bagkeyshoe-personal-safety-tag-16-p.asp and cost £2.50 each.

As a club we recommend that every member carries some sort of ID every time you go running. It doesn't matter what sort of ID you take with you as long as you take it!

Wednesday evening club run

Staying with the safety theme:

Since more and more people turn up on Wednesday and the car park is inevitably very busy it would be useful if, on arrival, we all immediately move up to the top car park. It really does make sense to everyone, if you've ever arrived at the last minute you'll know how tricky it is to find a car parking space whilst dodging 70 or more runners chatting and milling around the car park. This is something that has come up at committee meetings from time to time and was also brought up at the group leaders meeting. It's an obvious one really but if you could all try to remember to get out of the main car park it would be great;

Also, when whoever is standing out the front doing any announcements is talking it would be good if everyone could stop their own conversations and listen. It's not for very long, it will get the groups together faster and prevent the announcer getting a sore throat from having to shout over everyone else.

Thanks





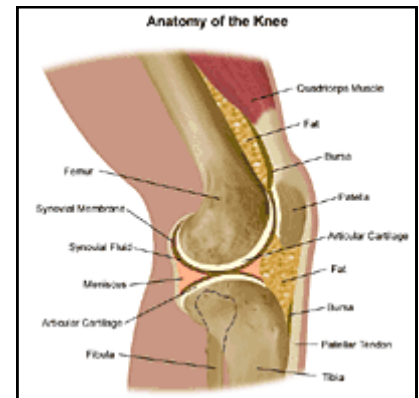
Iliotibial Band Syndrome

I always believe that you should write about what you know. Sadly for me (and just about anybody who I could get to listen) running injuries have been what I've known most about for the last couple of months.

I had had a tough 5k season following on from a successful London marathon campaign, but the Battle of Sedgemoor 10k proved harder than expected and times were down. I should have known better, rested up, run slower and maybe even less, but the signs were there and I failed to heed the warnings. At first it was a moderate pain in the (neck) quads that would go away when stretched, but as soon as it hit the outside of the knee on the right side, I knew the gig was up and the IT was in trouble. Iliotibial Band Syndrome (ITBS) is defined on Wikipedia as a "superficial thickening of the tissue on the outside of the thigh. The continual rubbing of the band over the lateral femoral epicondyle combined with the repeated flexion and extension of the knee when running may cause this to become inflamed."

This is the third time that I have suffered with this, the first two when I started running kept me on the bench for several months at least, swapping from one leg to the other almost overnight, my legs have form and I needed to get this sorted once and for all.

A trip to the osteo found that a couple of my vertebrae were out of align causing my pelvis to be on the skew, irritating IT band and even worse pulling my knee cap to one side and generally causing mayhem with the ham strings. So, it's not one thing, but a collection of irritants, and it all begins with the pronation of the feet (see last newsletter), and even though I have resisted for years it looks like I'll have to go down the orthotics route. Essentially, I have, to my own disappointment, flat feet. Not enough that I would have to give up running, but enough that I am more than likely to suffer this type of injury again and again if nothing was done to correct the gait. I've decided not to have the expensive custom made ones, but the DIY type, heat them up and mold them to your own feet kind, I'm not entirely sure how this is done, as of time of writing I've not received them, but it could possibly involve a bath of hot water, a heat gun, hair dryer, or possibly a combination of all three. Orthotics fit into the runners shoe with the insole removed, and are designed to correct any bio - mechanical issues that some runners have. So, I'll let you all know how I get on with the things, hopefully I'll be back with the club very soon.



The author would like to thank Huw Hurlly at thehurllyclinic.com for his assistance.

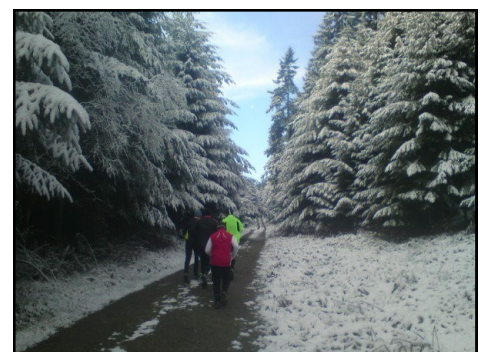
Cold Weather Running

Snowed in for the third time in as many years, it looks as though the marathon training will be getting off to a slow start, but it's not only the recent snow fall which has kept me on the sofa. I was hoping to get in a few extra miles before the formal marathon training plan kicks in, just to give me a small head start, plus recovering from an injury I needed it, but with the recent air temperatures dropping towards the minus side of zero I was having trouble keeping warm and keeping colds at bay. I've never carried out a straw poll of club members but anecdotal evidence suggests that runners are more likely to suffer from illnesses like colds and flu. So, do we really know if there are any disadvantages of running in cold weather?

There seems to be little or no evidence to suggest that running in cold weather is actually bad for you, but people with asthma could be more prone to an attack, and many more people might suffer chest pain during and after exertion. Also, injuries are more common if you're not warmed up properly, and keeping warm during a longer slower paced training run may prove difficult, especially if you are like me and resemble a stick insect on a diet.

An important aspect of winter training is having the correct gear. Hypothermia can set in quickly if you're a long way from home on a marathon training run and for some reason you are unable to keep going. The sweat will condense and any wind chill will be uncomfortable at best (always good to carry I.D, see Phil's article above). Use a base layer, a short sleeve T with perhaps a long sleeve on top and most important, a waterproof shell. Hat, gloves and leggings are, to me at least, de rigueur.

I have never seen any benefits to my levels of fitness when it gets cold, I can't run as fast, the session always ends early and I ache and sniff. I'm not going to tell anyone what he or she should or shouldn't do when it comes down to it, but I find that I have optimal temperature range that is conducive to good training, and for the last three years, I've had to play catch up, so from me comes the call, ROLL ON THE SPRING!!





Somerset Athletics Network TRAINING MORNING for MARATHON RUNNERS

The Somerset Athletics Network are hosting a training morning for marathon runners in Yeovil on Sunday 13th February.

Marathon expert and coach Adrian Marriott will be leading the morning's activities which will include:

- A race day marathon warm up
- A marathon pace judgement session with water stations
- Post session stretching
- Training progressions and Q & A session

For those runners who may be anxious that they will miss their long Sunday morning run Adrian is keen to assure you that you will get plenty of running in during the morning! Runners in the range of 2hr30 – 4hr30 pace all welcome.

Exact times and venues to be confirmed but the aim is for a 9.30am start and a 12.30-1pm closure.

There is a limit on the number of places so book early if you would like to attend. There is a small charge of £5 per runner, but the day is being subsidised by the Somerset Athletics Network.

Poster and full details to follow, but in the meantime if you would like to register your interest please contact Charlotte Fisher at cfisher1@somerset.gov.uk or phone 07919 540489



Upcoming Races

January 2011

9 January - The January Jaunt 10k - www.plymouth.roundtable.co.uk/table-pages/10k-races/

16 January - Rough 'n' Tumble 10 - www.grassrootsevents.co.uk

23 January - Braunton 10 - michael.turner42@tiscali.co.uk

30 January - Slaughterford 9 - www.chippenhamharriers.co.uk/organised_races/slaughterford/index.php

February 2011

6 February - Blackmore Vale Half Marathon - www.bvlions.co.uk/marathon2011.html

13 February - Easy Runner Tough Ten Challenge - www.toughten.co.uk/

20 February - Hestercombe Humdinger - www.thehestercombehumdinger.co.uk/

27 February - The Terminator (11 mile) - www.pewseyvalerunningclub.org/races_theterminator.aspx

March 2011

3 March (Thursday) - Burnham on Sea Winter 5k series (race 5 of 6) - www.bospool.com

13 March - City of Salisbury 10 mile road race - www.salisbury-acr.org

20 March - Exmoor Horner Water 11 - www.mineheadrunningclub.co.uk/horner_water.html

26 March (Saturday) - The Nightrunner 7 - www.axevalleyrunners.org.uk/

SOCIAL - NEWS

Quiz Night

Another successful Running Forever Running Club Quiz Night took place on Thursday 28 October. The venue was the Allerford Inn near Norton Fitzwarren and we were made fantastically welcome by the owners. Those of us who arrived early to eat were handed a menu personalised to Running Forever Running Club - a lovely touch and the food was pretty good too!

Anyway, the winning team was 'The Also Rans, consisting of Martin Matthais, Rachel Matthais, John Cronk, April Cronk and Avril Hooley. It was decided that the money raised on the night (members were charged £1 and non-members £2 to enter) would be sent to a charity and the winning team would choose where it would go. On this occasion the winning team chose Children's Hospice South West as the recipient and they have received a cheque for £60. Well done 'The Also Rans'.



Thanks again to Dr John for the questions and to Elena and El for their work in organising the evening.

London Marathon

We had 21 members chasing our 3 London Marathon 2011 club places and the lucky runners wearing the RFRC club logo in the capital on 17 April will be:

James Lowe - Jon Sparks - Dave Loader

I understand that it's James' birthday on the day too - what a fantastic way to celebrate!

Happy training, good luck and have a fantastic time!

The reserve places went to (1st) Louise Bicknell, (2nd) Mike Nicholls and (3rd) John Weeks. You never know, you might get to go so start training. If you don't get to go to London you'll be very well supported and cheered at the Taunton Marathon which is on Sunday 3 April.



Sale of RFRC Kit!

We have a few bits of old-style club kit that we'd like to sell off to make way for the new-style kit. The following are available to members only for the bargain basement price of £7!!!!

- Small men's vests;
- Extra-large men's vests;
- Extra-large unisex t-shirts.

If you are interested please see Phil Wilson or Tammy Mears.

Tammy has recently kindly volunteered to be the committee member responsible for club kit so have a think about what you would sort of kit and club branded items you might like because a questionnaire will be coming your way sometime soon.



SOCIAL - NEWS

Hestercombe Humdinger—your club needs you!

The club organised race will be held on Sunday Feb 20th 2011. As per previous years, the club will need your help leading up to the event but in particular on the day for marshalling and various other roles where we need around 80 people.

Can members therefore please refrain from entering the race for the time being until we have filled all of these positions. If you are desperate to run then you will have time to enter in the last few weeks leading up to the event. If you have marshalled in previous years but want to run then maybe get a family member or friend to take your role.

If you are going to any races over the next couple of months then it would be great if you could take some race entry forms with you to help promote our club race. Just put them in a pile by an information desk or if you are feeling really adventurous then putting them under car windscreen wipers always seems like a good ploy.

Please contact the race organiser Richard Palmer if you would like to get some forms or if you have any queries regarding the race: rpalmersurf@hotmail.com



Member of the Year 2010-11

The AGM is due in April and once again, in honour of George Hudson, we will be asking you to select a club member to be our 'Club Member of the Year'. You probably know that the current holder is Claire Salter - if you don't know who Claire is, the photo on the last page of this newsletter should help - although I will be in trouble because of it!

So have a think about who you believe should hold this prestigious title for the year starting April 2011 and details of how to vote will be sent to you shortly.



Group Leaders

We had an informal meeting of group leaders at the beginning of December and the updated list is on the back page of the newsletter. Below is a table of roughly how we think the groups are running at the moment:

GROUP	APPROX MINUTE MILING	APPROX DISTANCE (1hr)
Group 1	6 min mile	7.5 miles
Group 2	7.5 min mile	7 miles
Group 3	8 - 9 min mile	6.5 miles
Group 3.5	9.5 - 10 min mile	6 miles
Group 4	10 - 10.5 min mile	5.5 miles
Group 5	10.5 - 11 min mile	5 miles
Group 6	13 - 14 min mile	4 miles

Thanks to all group leaders for all their hard work during 2010 - it is very much appreciated by your fellow runners and the committee.



The end bit by Val Perigo

Happy New Year everyone! Let's hope for a good year of running for us all.

As you are aware The Hestercombe Humdinger will run on Sunday 20 February. This is a very important event for Running Forever and I know any help you can give Richard will be gratefully received. It's quite a stressful time for him and proves to be even more so this year since Elena is due to give birth to their first child a few weeks before! Congratulations both.

Once again I'd like to thank all of the contributors to this quarter's newsletter. It really is appreciated, especially the speed that some of the articles arrive. You've had a whole year of newsletters now and all the previous editions are on the website. I may do another Taunton Marathon and Half Marathon Special so if anyone would like to contribute something to this please let me know. And don't forget that the next standard newsletter will go out on 1 April 2011 so please let me know if you'd like write something for this instead - or as well!

When I get the race articles I always want to race them next year. I think the Druids is quite a long way from my capabilities though! Maybe I'll try the Exmoor Stagger again next year. To my shame I haven't run a race (or at all really) since October and I intend to put a bit more effort into my running next year! Maybe.



www.runningforeverrunningclub.org.uk

Committee Members

- Mike Nicholls—President**
- Malcolm Boon—Chairman**
- Rich Palmer—Vice-Chairman**
- Darren Webb—Treasurer**
- Sandra Williams—Secretary/Membership Secretary**
- Elena Minelli—Social**
- Phil Wilson—Website**
- Graham Strang**
- Steve Hudson**
- Val Perigo—Newsletter**
- El Palfreman - Social**
- Tamara Mears - Club Kit**

Group Leaders

- Group 1**
Rich Palmer / Alex Abrams
- Group 2**
Graham Strang / Steve Hudson / Martin Kemp
- Group 3**
Rich Metcalf / Clare Pineda-Langford
- Group 3.5**
Pete Williams
- Group 4**
Jan Burton / Tammy Mears / Jo Toogood
- Group 5**
Geoff Eggleston / John Scanlon
- Group 6**
Martin Axon / Gerald Symons
- Beginners**
Sandra Williams

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Sub-Editor: Alex Abrams