

# FROME FLYER

Autumn 2008

Membership is £15 per annum for individuals, £25 per annum for families and £5 per annum for Associate Members. Payment renewals are due in April. Resignation from the Club is by letter. Cheques should be made payable to Frome Running Club and handed to the Membership Secretary, Susan White. Club racing vests are necessary for all first claim members who enter open races and can be purchased from Chris Parker (tel: 451732). General Club enquiries to: Karen Evans (Club Captain, tel: 471489), or Jo Fordham (Vice Captain tel: 472922). For Grand Prix/Sunday training queries, contact Tony Blatchford (Vice Captain): [tony.blatchford@yeovalley.co.uk](mailto:tony.blatchford@yeovalley.co.uk). The Club's email contact is [j.d.coles@talk21.com](mailto:j.d.coles@talk21.com). Correspondence to: Ted Sprules (Secretary) at 23 Stourton View, Frome, BA11 4DZ. Further details are also available on the Club website at [www.fromerunningclub.org.uk](http://www.fromerunningclub.org.uk). We meet at Frome Rugby Club on Wednesdays at 6.45pm for a prompt 7pm start. Sunday runs also available.

NEXT COMMITTEE MEETING: FRIDAY 12TH SEPT  
2008 AT 7.30PM, FROME RUGBY CLUB.  
ALL WELCOME TO ATTEND.

A warm welcome to all new members and welcome back to those who have returned from their summer holidays.

This issue has turned out to be something of a bumper off-road special, with plenty to interest those who like to get their running shoes very muddy! A big thank you to all those who have contributed with articles, including Jon, Alistair, Karen and Georgie.

*Sue, Editor*

## MELLS TRAIL RACE

The second Mells Trail Race is almost upon us! A number of race meetings have already been held and it has been great so many people keen to get involved.

The race itself will be held on Sunday 28th Sunday at 11am. If you haven't already offered to help and would like to, then please get in touch with Jon Coles or Susan White as soon as possible. If you've already put your name down to help, then you will shortly be contacted with details of where, when, etc. In the meantime, if you are heading off to races in the area, or even further afield, then let Susan know and she'll let you have some race entry forms

to spread around! Last year, we had over 130 entrants. It would be great if we could exceed this figure this time round.

## NEW CLUB GEAR!

We've come a long way since the days of just being able to offer the club vest or... the club vest. The kit list has been steadily growing in recent years. There are still club vests to be had, of course, and these are priced at a reasonable £16.00. We also have long-sleeved tops, which are proving very popular. The latest addition are club technical short-sleeved t-shirts. They are about the same general fit as the long-sleeved top. All kit is available at Wednesday training. See Susan or Chris.

Club colours must be worn if you're racing under the club's name. If it's too chilly for a racing vest, then why not sport a long- or short-sleeved t-shirt instead! In future, it's hoped that hoodies will also be on offer. These will sport the club's logo (a new logo is also being designed as we speak) and these should be useful after races to keep warm and allow the Frome team to stand out from the crowd. More about this in the next issue...

## Club News

### Winter training

Over the next few months, we'll be waving goodbye to Frome's rural lanes and reverting to our usual town routes during Wednesday night training. However, this doesn't mean that you have to forgo your weekly 'fix' of the countryside. The Sunday morning social runs will still be held, taking in such delights as Stourhead, Longleat and the canal at Bradford. Details are usually available on the website or see Tony to ask him to add you to his email list.

### Grand Prix

It's heading for the time of year when some of us start to count up how many Grand Prix races we still need to do to qualify for a possible prize (and then panic!). The minimum is eight and if you're still a bit short, then here's what is left to choose from...



Bristol Half Marathon... King Alfred's Torment....Shepton Mallet 10k, Cheddar Half Marathon... Sodbury Slog... Over the Hills... Bromham 10k... Jingle Bell Jog... Best 5k Club TT result from July to December

### Want to help?

Interested in helping to lead the SAS group of runners? We always need people to help out (especially when some of us are injured!). See Sue if its sounds like your thing.

### Club Time Trial

This is held on the first Wednesday of the month. If you can help with the timing/have a query about the route, please see Karen.



## “TAKING ON TURBO X”

by Alistair Dove

When I was first looking for mad, muddy, fun events, I came across the 209 website and was intrigued. Initially, there was very little information about the Turbo X challenges (this has since been updated to give runners more of a clue about what they're letting themselves in for). It rang all the right bells - mud (check), water (check) good distance (um, well 12 miles of MT ... ok check) and fitted in nicely with my course and exam dates. So I knew to expect a cross country, multi terrain, "mudfest" type of event. I didn't have the first clue, though, about what the Turbo zone entailed.

The race itself started off with a nice easy run through fields, the only worry being "finding" a 'wasscally wabbit' burrow or even a mole's tunnel (which probably would have put an end to the hole race - geddit 'hole' (!) - oh never mind). After about two miles, we entered the wood for the start of the trails. Switchbacks, short sharp hills, long descents: if you were on a mountain bike, they would be highly entertaining. On foot, though, it started getting tough quite quick. The end of the woods saw the military vehicle testing ground, which is basically hard-packed sand, sloping down to standing water. You'll note I said standing water and not puddles, although anything that can make you valiantly wade through waist deep water at best or at worst swim cannot, in my book at least, be called a puddle. One lass "advised" me very nicely where not to step. Unfortunately, she hit the wrong spot and was swimming. Of course, if it had been me first I would have laid down to allow the fair maiden access to the other side without getting more than her ankles wet, being the decent bloke that I am of course! The water whilst cool and refreshing was a killer for pace, especially coming out of water and back onto hard packed sand. The fun was only just round the corner, though, in the form of the Turbo X zone...

The Turbo zone is an unfortunate choice of words - perhaps a more apt description would be a 'go-slow zone', although it doesn't have quite the same ring to it I admit. The website now says "a unique challenge - how quickly can you run through the toughest, wettest, muddiest 1 mile section of the race - a challenge-within-a-challenge." Fair enough, more wet and mud - bring it on!

They lie! Yes it's got mud, and water, but a mile? I don't think so! It went on forever, and I'd say the race organisers have a mean streak, one which I'll admit to loving. So what did the Turbo X zone really entail? Woodland trails (the type that only deer use), mud, short sharp hills, water, and oh yeah, a lot of swamp water (not to mention stingers, brambles and switchbacks).

Don't get me wrong, the Turbo Zone was the best part of the whole event! One particularly great bit was coming across a stream that was a little too wide to jump, so naturally one would think to put a foot into it and across you go. Unfortunately the clear water hid a particularly deep mud - the lass (mentioned earlier) and I did just that. Stepped in and promptly sank, to just above me knees (the water certainly took one's breath away). The next minute (if not longer) was spent trying not to cry with laughter whilst trying to extract each other from the clinging/sucking mud (it didn't help that the opposite bank within reach had stingers along it, so we had to go further through knee deep mud). The two blokes who saw us and managed to clear the water took the easy option as far as I was concerned!

Careful steps or at least forethought was then the main requirement of the day. A helpful hint for those interested in doing these events in the future is to stick as close to the tape marking the path as possible! Whilst you'll still find the odd rough patch, you're not likely to sink (well not too deep anyway).

Once through the Turbo zone it was back through the woods (briefly) before hitting the rolling open fields again, and a pleasant surprise that it was still Sunday and still sunny. Here the lass legged it, which quite surprised me as a quick glance at my new Garmin showed we were just coming up on 9.5 miles. Surely she had to realise that the finish line would not be for another couple of miles, far too early to go for broke. So it had to be that she was so disheartened by my presence she needed to make a bid for freedom, not that I could blame her. I probably reeked, looked and sounded like a swamp thing reborn. If I'd have seen me I would have thought zombie or something.

Imagine my surprise when just after the mile beep I turned a corner and there was the finish line! Even more of a surprise was that there was no evil switchback taking us deliriously close to the finish line just to take us out again for another mile of running.

To be honest, there was a sense of relief at being able to finish. It wasn't till I stopped that I realised how creamed I actually was, not to mention dirty, wet, dirty, bleeding (yep bleeding - when taking a dodgy step in another swamp area I did vaguely feel something scrape up my leg but didn't pay any attention being too busy extracting myself without wallowing too much) and strangely somewhat filthy.

Getting the goody bag with a tech T, a shoe bag (handy considering the state of my cross trainers), milkshake and a few other useful things made the race that much more special. I was on a high despite impending exams! Even now, I can't help but smile when reminiscing about a great and amazingly fun event.

It is possible not to get dirty on this, as proven by a few finishers who were jokingly "questioned" by the race commentator. Did they have the same amount of fun as those swamp things (me included)? Who knows, but I would say they didn't enter the spirit of the event, which was their loss really.

Oh, one last thing, there were no showers. If I can impart one last helpful hint, don't do a two-hour drive back (I had to go to my course so it wouldn't have been this long normally) without trying to get 90% of the mud off. Bring your own water or use the drinking stuff provided. By the time I got to my destination and into the shower I ended up scrubbing for the better part of 40 minutes.

I'm in already for the next two events this year. Will you be? "C'mon!" How often are you given the chance to be a child again with the whole mud and water thing?

*Alistair completed the Turbo X in Martinique, Hants. More info on the SAAB Salomon Turbo X races can be found on the website: <http://www.209events.com/category.php?category=5>). July's Runners World did a review of the Turbo X, too.*



## LATEST RACE RESULTS

Please report your race finish times to **Karen Evans on (01373) 471489**, or drop her an email at: [4karen@sky.com](mailto:4karen@sky.com) for inclusion in the local press. Your race result will count for the Grand Prix competition and will be posted on the club's website. Results for August to November will be published in the December issue of this newsletter.

**Keynsham 10k, 18th May 2008**

Tom Stokes 40:42

**Edgon Easy, 24th May 2008**

Tom Stokes 40:

**Edinburgh Marathon, 25th May 2008**

Georgie Starkie 3:53:42, Joanne Fordham FV35 3:56:51 and Sue Watts FV40 4:56:18

**Poole 10k, 1st June 2008**

Tom Stokes 40:12

**Club Time Trial, June 2008**

Brett Sadler 19:09; Rob Walker 19:51; Tom Stokes 19:55; Nick Best 19:58; Ian Doyle 20:59; Alistair Dove 21:16; Chris Steele 23:25; Dave Lowes 25:16; Andrew Eastwood 25:43; Marcus Gaffney 25:45; Mike Burr 25:48; Nick Marriage 26:59; Andy Wright 28:19; Sarah Davies 26:02; Liz Dowling 26:21; Caroline 26:26; Emma Evans 26:34; Jan Wright 28:19; Suzanne Bain 29:49; Nicola Player 29:57; Liz Jackson 30:02; Jo Milkins 30:10

**Miners Half, 15th June 2008**

Ted Sprules 1st MV50 1:25:20, Ray Walker MV40 1:31:47, Chris Steele MV40 1:48:55, Mandy Aston FV40 2:14:20 and Mark Aston MV50 2:15:03

**Miners 10k, 15th June 2008**

Jeremy Player 2nd Senior Male [4th overall] 40:13, Georgie Starkie 2nd Senior Female 43:55, Rob Walker MV40 43:56, Sarah Wallace 47:08, Joanne Fordham 47:20, Margaret Plummer 1st FV50 53:30, Karen Evans 3rd FV40 54:10, Nicola Player 3rd FV50 58:57, James Sherwin 59:49, Karla March 1:00:39. Winning ladies team prize: Joanne Fordham, Georgie Starkie and Sarah Wallace

**Yeovilton 5k, June 2008**

Brett Sadler 2nd V50 18:37, Jeremy Player 18:52 and Nick Best 19:33

**Warminster Forest 10 mile, 22nd June 2008**

Jim Plunkett-Cole 1:03:47, Ted Sprules 3rd MV50 1:06:50, Jeremy Player 1:08:06, Brett Sadler MV50 1:08:18, Nick Best 1:13:37, Alistair Dove 1:15:29, James Farrow MV50 1:23:01, Chris Steele MV40 1:24:38, Marcus Gaffney 1:30:46, Margaret Plummer FV45 1:30:54, Sue Watts FV35 1:35:35, Nicola Player FV45 1:41:53 and James Sherwin MV40 1:44:29

**Wincanton 10k, 29th June 2008**

Georgie Starkie 1st female, 45:03, Jo Fordham 47:35, Margaret Plummer 1st FV50 54:38

**Club 5km Time Trial, July 2008**

Brett Sadler 19:15 ; Nick Best 20:32; Tom Stokes 20:36; Tim 20:47; Rob Walker 20:52; Georgie Starkie 20:53; Alistair Dove 21:18; Chris Steele 23:05; Mike Burr 25:50; Sue Watts 25:55; Caroline 26:09; Nick Marriage 27:52; Mandy Aston 27:54; Liz Jackson 27:56; Nicola Player 28:02; Nigel Sears 29:34; Susan White 29:39; Chris Parker 29:39; Alan Berry 32:45

**Yeovilton 5k, 9th July 2008**

Brett Sadler 3rd MV50 18:45, Tom Stokes MV40 20:04, Nick Best 20:07, Georgie Starkie 20:19, Mandy Aston FV45 26:53, Mark Aston MV50 27:13 and Margaret Plummer FV45 27:22

**Magnificent 7, 20th July 2008**

Jon Coles 44:32

**Great Wales Run, 27th July 2008**

Mandy Aston FV45 58:25, Mark Aston MV50 63:29, Alan Berry MV60 65:37

**“RUNNING WITH THE LIZARD”****By Jon Coles**

A last-minute holiday decision resulted in a week's stay at Gwendreath Farm, on South-West Cornwall's Lizard Peninsular. The peninsular itself is largely rugged, heather moorland and spectacular cliffs, along with a few sandy coves and beaches. To some it is a desolate, eerie place, but to most people (me included), it is a place of tranquil beauty.

It didn't take long to figure out that a run from our caravan park, through the village of Kugarr, and down to Kennack Sands, was likely to be my stock run. My first run was on Sunday afternoon. I set off through the park, lanes and roads, and eventually dropped down the steep hill to the beach at Kennack. Of course, the climb out was hard work, but it drew bemused glances from the “grockles”, who seemed to think that people only came to the beach to go in the water!

I finished the run at the caravan park and found out that it was exactly 10K, a surprise as I thought it was nearer to 5 miles.

I did this run twice more, before deciding to tackle a different course for the last two runs. This time I turned right at Kugarr and travelled on an undulating, minor road, towards Mullion. GPS, to me, is an essential device, as you can decide how far you want to run, and naturally, you can

turn-back when you've got exactly halfway!

On the Wednesday evening I met up with the local-ish running club, “Carn Runners”, who are based in Camborne, some 15 miles away. I had already asked to come along and, like most running clubs, they were most keen for me to come and train with them. The fact that I had already previously run with one of the Club's runners made me feel more relaxed about meeting a bunch of strangers.

Kensa, who is one of Cornwall's quickest lady runners, visited Frome some 18 months ago, and her and her husband came out with me on the “Rudge-Beckington 9-miler”, which they enjoyed immensely. At that time, Kensa was staying with her aunt, who just happens to be our very own Club Captain, Karen!

After arriving at the Club, Kensa introduced me to some of the Club “top-dogs”, and then it was off on an 8-mile-ish run. The “fast group” of the evening comprised of 2 men and 4 ladies, a welcome, if not unusual, state of affairs!

The evening was lovely and warm and we made our way around the villages and lanes of West Cornwall.

Eventually we made our way back to the clubhouse, and found that we had, in fact, run 9.4 miles! The Club times its runs so that the various speed groups are supposed to arrive back at the Clubhouse at the same time. This certainly worked, as we passed various runners in the last half mile or so.

After a bit of stretching, we had a cuppa, a slice of cake, and a chat. Carn are fortunate to have the use of a kitchen, so they take it in turns to man the tea-bar, bringing in homemade cakes to boot! Then, it was back to the caravan for a pasty supper.

My last run was on the Friday afternoon, and it was back to Frome, via Plymouth, on the Saturday.

Somehow, running around Packsaddle didn't quite have the same impact as the Lizard, but it was somewhat like a reality check to be back in familiar surroundings.

Although I may be biased to the South-west, I can thoroughly recommend a holiday in the Lizard area. There is plenty for adults and kids, to do, and the quiet, laid-back approach of the area leads to relaxing, and scenic running.

Carn Runners are very friendly and welcoming and would, no doubt, be glad to see another “Frome” runner in their midsts. that one in my Race Diary!”

As for me, I'm already looking forward to going back next year. The Club stages it's own race, the "Blaythorne 10", in January, so I'm putting



## MEMBER'S PROFILE

Over the past year, senior runner **Georgie Starkie** seems to have notched up more PBs than I've had hot dinners. Here's how ...

**When did you start running?** I started running in 2001 when I was a student, but I only started going out regularly when I joined the club in early 2007.

**What/who inspired you to start running?**

I used to watch the London Marathon on TV and think, "I want to do that one day". When I started running my aim was to complete a marathon, no matter how long it took me to get round. When I started racing I decided to enter a 10k and a half marathon and see how they went (not very well, but I kept at it!

**When did you start racing?**

My first race was the Liverpool Women's 10k in 2005. I finished in around 58 mins. After that I did the Great North Run, which took me 2hr31. It took me nearly a week to start walking properly again, so it's a miracle I carried on running!

**What are your best/worst memories of those arly races?**

The best was crossing the finish line! I don't really have any bad memories of racing. I guess I've been lucky!

**What's your favourite race distance now?**

Probably half marathons, although I enjoy all races really!

**What are your best race times?**

5km: 20:14, Yeovilton 5k, 2008  
10km: 43:55, Miners 10k, 2008  
Half Marathon: 1:40:10 in Bath, 2008  
Marathon: 3:53:41, Edinburgh, 2008

**Do you have any running goals?**

I'm so close to 20 mins for 5k, I would like to beat it soon! Ultimately, I would like to do sub-40 min for 10k and sub-1hr30 for a half. A 3hr30 marathon would be good too.

**Do you have a training pattern?**

I run 4 times most weeks, mostly with Jo. We a hill rep session and a long run every week and are trying to fit in some more speed work.

**What's your favourite training run?**

Anywhere with nice scenery! We're so lucky having so many beautiful places to go running around Frome.

**Have you suffered from any sports injuries?**

No, unless you count the time I ran into a bollard, but I only needed a week for the bruises to go down, so I don't count that!

**Do you have any anti-injury tips you'd like to share?**

Look out for bollards...! I am trying to be better at stretching, which seems to help reduce niggles.

**Any diet tips?**

I don't watch what I eat particularly carefully, although I think my diet is pretty well balanced. I found it almost impossible to eat enough when I was training for the marathon earlier this year. I have a very fast metabolism and need to eat every few hours to stop getting grouchy!

**Favourite running gear?**

I've been using the same style shoe for a while now (Brook Radius 6), but these are being phased out, so I'll have to find a new model...

**Any general running tips you'd like to share?**

If you want to improve your running, run with someone else. It means you can't wimp out when it's raining or you don't feel like it won't hurt to miss a day or two if you're tired. Go at your own pace. Drink plenty of fluid and you'll feel better for it. Join a running club!



## THE SODBURY SLOG

**By Karen Evans**

I had my first introduction to cross-country 'racing' on a very wet day in Spring last year at the Cow Pat Canter. I didn't wear a watch and basically had a good laugh with fellow club members getting wet and muddy around the course. After this I decided that I would quite like to try something a little longer and perhaps a bit muddier.

I had read about the Sodbury Slog on the Runners World website, and decided it sounded like good fun. I duly put in my entry and waited for the day to arrive.

On November I set off in good time and felt that it couldn't be that muddy as it hadn't rained for ages. (How wrong can you be?) When we arrived, I felt slightly apprehensive when I saw most of the competitors had their

trainers bound to their feet with duct tape! So I retied my laces with a triple knot and hoped for the best. At 11 am, after a 2-minute silence, we were off. I trotted along chatting to people along the road for a mile or so until we turned off onto softer ground. So far so good! Our first boggy bit saw at least two people lose their shoes and one that I saw fall flat on her face. I felt quite smug as I waded through the bog unscathed. Not to make it too easy for us, the organizers had put bales of hay across gateways to make it more interesting, but as least it gave us a bit of a breather!

The terrain became more hilly and strenuous as we went on and after about 6 miles as I came to the top of yet another hill I could hear screaming in the distance. The marshals just smiled knowingly at us. The screams got louder and louder as we slid down the other side of the hill on our bums, and before I knew it there I was, at the river, but you don't just go across it, you go up it. Unfortunately I choose the wrong route and ended up waist deep in interestingly smelling bog water, next to somebody dressed as a banana. By this time quite a lot of people were down to one or no shoes so I felt lucky to still have both firmly attached to my feet. I then slogged across fields dripping and squelching all the way until we got to the dyke! If you were at the front, this probably wouldn't have been that bad, but by the time I got there it was like a mud bath with many people unintentionally bathing in it! Needless to say I joined their ranks and managed to pull somebody over who was trying to help me! One more water obstacle to go and then we were into the final mile of the race. This mile seemed awfully long, although we were still smiling as we crossed the finish line. Ten and a bit miles of mud, sweat and laughter, but no tears.

This was the most friendly, well-marshaled race I've ever been to but don't take my word for it as it's one of our Grand Prix races for 2008 and I would thoroughly recommend it to all. At I won't be the only Frome vest there in 2008.

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*If you fancy including something you've written in the next issue, then email your pieces to me at:*

*s.b.watts@blueyonder.co.uk by mid-November (ish). Or have a chat on a Weds night. Thanks!*



## ...AUTUMN DIARY...AUTUMN DIARY...

**Autumn Training:** Normal group training runs are available every Wednesday The Club holds its monthly time trials on the FIRST WEDS of each month. A hill training session will also be held once a month.

**Race Calendar:** Autumn sees the return of some good local 10k and half marathon races. Entry forms are available on the notice board in the Rugby Club foyer. As always, if you need any info, ask Karen, Jo or Tony on a Wednesday.

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**Weds 10th Sept: Yeovil 5k.** 7.15pm, Yeovilton.

**Sun 14th Sept: Bristol Half.** 9.30am, Bristol. Grand Prix event.

**Sat 20th Sept: Great Wishford 10k.** 10am, Great Wishford, nr Salisbury. A 3k fun run is also on offer.

**Sun 21st Sept: Sherston 10k.** 10am, Sherston nr Malmesbury.

**Sun 21st Sept: King Alfred's Torment.** 11am, Stourhead. 7-mile MT race around the Stourhead estate. A local race that is part of our Grand Prix and very close to home, so no excuse!

**Sun 21st Sept: Bowood House 10k.** 10am, Calne. A Cancer Research UK event that takes place over an MT course in the Bowood estate.

**Sun 28th Sept: Mells Trail Race (of course!!).** 11am, Mells. Come and help!!

**Sun 28th Sept: Saab Salomon Turbo X, Poppyhill.** 10am, Camberley, Surrey. Tough MT challenge (see article in newsletter).

**Sun 28th Sept: Chalke Valley Challenge.** 10.30am, Broadchalke, Salisbury. Look out for a couple of sharp and short climbs. Otherwise, this race is advertised as rolling and flat.

**Weds 8th Oct: Street 5k.** 7.30pm, Street. This is the first of this year's winter 5k series. (Also Weds 12th Nov)

**Sun 23rd Nov: Saab Salomon Turbo X, Martinique.** 10am, Martinique, Bordon, Hants. Another tough trail run in the Turbo X series.

**Sun 12th Oct: Gold Hill 10k.** 11am, Shaftesbury. Hilly course.

**Sun 12 Oct: Swindon Half Marathon.** 11am, Swindon. Hilly course over the Wiltshire Downs.

**Sun 12th Oct: Mendip Muddle.** 11am, Charterhouse-on-Mendip, Blagdon. A 20km-long MT race. Tough climb involved!

**Sun 19th Oct: Shepton Mallet 10k.** 10.30am, Shepton. Grand Prix race. A bargain at £4.50 for pre-entry! Plenty of family fun runs too.

**Sun 26th Oct: The Stickler.** 10.30am, Shillingstone. A tad over 10 miles, this MT hill involves running up the 3 peaks of Dorset, Okeford Hill Beacon, Hod Hill and Hambledon Hill.

**Sat 1st November: 35th Bath Victoria Park 4M.** 11am, Bath. The downside? Well, you have to do 5 laps of the park. The plus side is the ice cream van at the end and kiddy play area to keep the family entertained.

**Sun 2nd Nov: Gillingham Hilly 7.5.** 11am, Gillingham. Hilly, rural road race.

**Sun 2nd Nov: Over the Hills 12k.** 11am, Bradford-on-Avon. Tough MT race that's part of our Grand Prix series. Mud, road, woods, fields... in fact, pretty much a bit of everything.

**Sun 2nd Nov: Ilminster Lions 10k.** 10.30am, Ilminster. Road race that starts off by going uphill for the first 5k.

**Sat 8th Nov: Cheddar Half.** Now full.

**Sun 9th Nov: Sodbury Slog.** Main entries now sold out but some charity entries still available.

**Sun 23rd Nov: Castle Combe 10k.** 10.30am, nr Chippenham.

**Sun 30th Nov: Brent Knoll 5.5M.** 11.30am, BASC Ground. X-country to the top of Brent Knoll (and back!).

**Looking ahead...** Enter early for the Wyvern Christmas Cracker (14th Dec) as it can fill up quickly.