



Inside this issue:

Frostbite	2
Diary Dates	2
Great Eastern Run	3
Tough Tracks	3
Where did our money go?	4
Triathlon Section	4
Hell up North	5
Monday Group Questionnaire	6
Round Norfolk Relay	6
Snowdonia Marathon	7

Notes from the chair....

At the EGM held on 22nd September the members present voted unanimously for a tri section. Andy Matson is now working to set this up and is keen to hear from any members that would like to get involved and help him with this. There does remain the question of whether to change the name of the club to reflect the change and this will be discussed at the next committee meeting in early December. If anyone has any suggestions please let me or any of the committee members know.

The club continues to be well represented in various running events around the country and abroad with runners participating in the Amsterdam and Dublin

Marathons as well as the Loch Ness Marathon in the last few months. We had a team in the Round Norfolk relay race with the BRJ team finishing 27th out of 54 teams. Once again the organisation of our team both with the actual run and logistics in actually getting people to the start of their sections and collecting when finished was flawless and thanks to all of those involved with this. The BRJ club also had an excellent turnout in the Great Eastern run with the “bees” out collecting for Kick4Life. Tragically there were two fatalities at this year’s event and our thoughts are with the families and friends of the two runners involved. St Neots half marathon now beckons in

which the BRJ club is putting out a large team. Good luck to everyone in this event, also for the remaining frostbites in this season.

Finally I would like to say that the club has high enthusiasm with training runs aimed at all levels. The Monday night training run has become particularly popular initially with people having recently started running; however this is now going from strength to strength highlighted by the number of runners from that group representing the club in organised runs at all levels including the frostbite series of runs. Good running...!

Nigel Maggs – Chairman.

Fundraising

Wow! Fantastic fundraising by the Club. Charity bucket collections and online donations for the GNR/GER Half Marathons totalled more than £1000 of the £2000+ that Club members have raised so far this year for Kick4Life and we are now at 85% of our target. The money raised from the GER alone will enable Kick4Life to provide health education and HIV testing for 50 orphans and vulnerable children in the developing world. That’s fantastic, well done everybody.

Our fundraising events this year to date:

- London/Brighton Marathons Sweepstake
- Sales of Tough Guy DVDs
- BRJ Quiz Night Raffle
- Grafham Pub Run Raffle
- Pathfinder March
- Hadrian’s Wall Challenge
- Norwich 50/100 mile bike ride
- World Cup Fantasy Football

Competition

We would be very grateful to hear from Club members who have any suggestions for further fundraising events.

Xmas Cards

Yes, it’s that time of year again! Lucy has very kindly agreed to donate 10% from the sale of any online card orders received via her website (www.phoenix-trading.co.uk/web/lucymoore) to Kick4Life. Please specify in the contact details that the order is fundraising for Kick4Life. Alternatively, if anybody is interested in hosting a card party for Lucy and inviting along their family, friends and colleagues she will donate 10% of the total sales to Kick4Life. Contact Lucy on 01480 384245 or email lucy-locket@btconnect.com

Many thanks to everyone who has helped with the fundraising so far this year, whether by taking part in frontline events or the behind the scenes organisation, it is very much appreciated. Keep up the good work; you never know we may very well exceed our target at this rate.

Sponsorship forms for any Club Members wishing to raise money offline at any other events they may be taking part in this year can be downloaded from the BRJ Website. Alternatively, please direct your sponsors to our BRJ Just Giving Page: www.justgiving.com/brjclubcharity

Stay Safe

Now we are running in the dark, make sure you are wearing a hi-viz top and/or a flashing LED light eg armband or hat clip. Armbands are available from Tesco's or the 99p stores. Clip on hat lights are available from Tri Sports Plus



Sue Yendley at the Loch Ness Marathon

Congratulations!**Amsterdam Marathon**

Darren Preston PB

2:50:16

Mike Wenn debut marathon 3:21:41

Dublin Marahon

Alex Tindall 3.19.24

Bren Vaughan 3.22.52

Frostbite Friendly League

Frostbite Presentation Evening - Although BRJ members invariably form the majority of attendees, the trend towards a significantly decreased participation from the other clubs over the last few years, has forced the Frostbite Committee to consider whether there was an appetite to support a presentation event in 2011. After much debate, and spurned on by the success of the Ramsey event, the Committee decided that if a club could be found to host the function, then it would be staged.

Yaxley Runners have kindly agreed to host the Frostbite Presentation on 14th May 2011 and this will be run in conjunction with Yaxley's 25th Anniversary celebration. However, this will be the last Frostbite Presentation if clubs do not support it! Details of the precise venue will be released nearer the time.

Bourne Woods

Traditionally, attendance of BRJ runners at the Bourne Woods venue is slightly lower than the other races, but there was a marked decrease last year with only 21 runners in total, against

an average of 35 in the other races across the year (see table below). As a result, we finished 13th on the day, our lowest finish position of the year.

Clearly with family and other commitments it is appreciated that it is difficult to be able to attend all 6 Frostbite events, but I know your Club Captain would very much appreciate your efforts if you could bolster the BRJ presence at the Bourne Woods event in 2011.

Mike Gullis

Frostbite Series 2009/10—Number of BRJ competitors

EVENT	TOTAL BRJ	LADIES	MEN	POSITION
St Neots	38	13	25	7th
Bushfield	34	18	16	11th
Hinchingbrooke Park	37	14	23	9th
Ramsey	39	18	21	7th
Bourne Woods	21	10	11	13th
BRJ	39	16	23	8 th
TOTALS	208	89	119	8 th
Averages per event	35	15	20	

Diary Dates**NOVEMBER**

07 Frostbite #2 Bushfield^c
07 Rutland Water Marathon^c
07 Hellrunner
07 Stevenage Half Marathon
21 St Neots Half Marathon^c
28 Hereward Relay (38M)
28 Norwich Half Marathon

DECEMBER

05 Luton Marathon^c
05 Nene Valley 10M^c
12 Bedford Harriers Half Marathon

12 Frostbite #3 Hinchinbrooke^c
28 Buntingford 10M
31 Ely 10k^c

JANUARY

01 Wymondham New Years Day 10k
16 Frostbite #4 (Ramsey)^c
23 Folksworth 15m^c

FEBRUARY

06 Frostbite #5 Bourne Woods^c
13 Stamford 30k^c
20 Sleaford Half Marathon

MARCH

06 Frostbite #6 (BRJ)^c
06 Silverstone Half Marathon^c
13 Milton Keynes Half Marathon
13 Ashby 20m^c
20 Brentwood Half Marathon
27 Oakley 20m^c
27 Thorney 10k

^c—club championship race

For more information on all these events please see the race diary pages on the BRJ website www.brjroadrunners.org.uk/

Great Eastern Run

It was seeing the BRJ Ballerinas at the 2009 GER that made me think it might be fun to join the running club. At the time the furthest I had run was three miles and I never imagined that in just 12 months I would be back at the Great Eastern taking part, not to mention the bumble bee outfit! BRJ certainly don't do things by halves! Except on 10.10.10 at ten past ten that's exactly what we did!

In the weeks preceding the run we conscientiously followed our training plan yet on the day I felt unusually overwhelmed with nerves. We were not aiming at achieving a particular time but

hoped to complete the run without stopping if we could. As the sun began to shine we met our fellow runners for a few last minute costume adjustments. Ironically our wings it turns out were not as aero-dynamic as one would like! Once the run was underway we tried to focus on getting through three miles at a time although as we passed the 9-10 mile mark I felt impossibly tired. Giving up was never an option and the spectators on the day were amazing in their support of the bumble bees. We got lots of attention from the crowds and it was great fun giving all the children en route a wave! The last few

miles were a challenge but it was the greatest feeling once the finish was in sight. With one last burst of energy we gave it our all and sprinted across the line.

Thanks to the Monday runners, Alice and especially Amy for training with me and keeping me company on the day. Thanks to BRJ as without a doubt it is because of the club that my first half marathon was a fantastic experience. I will definitely do it again; my overwhelming memory of the day is that I smiled for 13 miles!

Mel Fowler



Mel Fowler completing her first half marathon, with Sue and Amy just behind, and below, Ant completing GER



Men's Fitness Magazine Tough Tracks and GER

Having joined the BRJ in March, I was delighted to be running in great company and found it much easier to run with other people rather than on my own. The Monday runners will testify that I tend to chat all the way round the course (not to myself, by the way - that would be weird!).

Well, I had entered the *Men's Fitness Magazine Tough Tracks* 'sprint' triathlon on the 18th September and, as it was my third year, was really looking forward to the new course. Unfortunately, when me and my triathlon pals arrived at Pippingford Park in Ashdown Forest, East Sussex, we were told that the marshalls who had been putting out the buoys in the lake the previous evening, had all come down with sickness and diarrhoea, due to the level of bacteria in the water. One had even been hospitalised. So unfortunately the swim was off, to be replaced with an extreme three mile hill run. And extreme it was. The bike section was even harder, with ridiculously steep climbs (where practically everyone I saw had to get off their bikes and push) and extremely dangerous, almost vertical, descents where body armour and full-face helmets would have been more appropriate rather than the thin nylon tri-tops / suits that most competitors were wearing. Needless to say, there

were quite a few casualties, mainly cuts, grazes and a couple of dislocated shoulders, but for those who survived, it was the extreme three mile hill run again to complete the three events. I vowed that this was my last triathlon and I would now concentrate on flat runs!

Anyway, to celebrate surviving that particular event, I joined the fantastic BRJ celebrations at the Samuel Pepys pub on the following Friday. An excellent evening was had by all and after several beverages, towards the end of the evening, I was talked into running my first half-marathon in a fortnight's time. I stumbled through my door, not actually completely sure how I got home, and signed-up for the GER that night, online.

It was only as I came to, the following morning, I realised what I had done. Never having run more than 6-7 miles since my Army days (20+ years ago) I spotted immediately that this might possibly be a mistake. However, I immediately set about organising a strict training regime and decided the best option was to do ...er.... precisely nothing for the two weeks leading up to the event. My twisted logic told me that this would help all my little annoying injuries to heal-up and I would be at full fitness for 10.10.10.

The GER was an absolutely amazing day and I loved every minute - but particularly 'minute 136' which was when it finished for me. Someone had told me to relax, take everything in and really enjoy the day and I did just that. And it was surprisingly good fun - not at all the pain ridden slog that I was afraid of. The atmosphere was amazing and there were smiling faces, costumes and runners of all abilities so I didn't feel too out of place. My only tiny regret was that I didn't have the foresight to pack some gels or jelly beans for the last few miles. I ran out of calories at around mile 10 and could have done with a boost for the last three miles. It's a strange feeling having 'nothing left in the tank.' It was an extremely hot day and the water stations were a very welcome sight.

So to celebrate finishing this particular event, I joined a couple of friends at the Samuel Pepys that same night ... and was talked into doing the *Men's Fitness Magazine* triathlon in 2011! Damn that real ale.

Ant Richardson

STOP PRESS

As from May 2011 BRJ has got special permission to swim in Hinchbrook Park Lake.

The swim sessions will start in May once a week in the evening to the end of summer.

We need to sort out the health and safety issues.

Please note that swimming will not be allowed at any other time in the lake. We will keep everyone posted with all the details once finalised in the new year.

Tri BRJ—Triathlon Section

The sport of Triathlon is increasing in popularity every year and is one of the fastest growing sports in the world. It's a sport most people can take part in regardless of age, gender or shape. There are a wide variety of race distances and types of events, from sprint to Ironman, from pool based to open water events and now the ever growing woman only events; together this is what make triathlons so popular.

For some years now there have been a large number of BRJ members participating in triathlons and duathlons and the number just carries on growing and growing. With so many members out training every

day/night it made sense to try and keep all of this energy and hard work within BRJ.

BRJ are in an excellent position to have a successful triathlon section within the running club. Well over twenty members take part in triathlons regularly now and all have a wealth of knowledge and experience to bring to the club.

This is a fantastic time and opportunity for all members who have maybe thought of the idea of triathlons but have not got round to it, or don't know how to start to give it a go.

In Huntingdon, we benefit from being placed in an area where so many people enjoy the

sport, together with our very own tri/run shop and in 2011 St Neots Riverside Runners will be organising several triathlons.

Over the coming months we will be working on an action plan to get the wheels rolling on our very own triathlon section. In the near future we hope to have in place triathlon specific training sessions ready for next year's season. If you are interested in triathlons, or want to help with establishing BRJ on the ever growing triathlon map please contact me by email.

Andy Matson

info@optimumfitness.co

Pidley Mountain Rescue Club

I would just like to say a big thank-you to all the runners, families and friends who raised money for BRJ's chosen charity

Gullis, and voted for by the running club members at the 2009 AGM.



Steve with Natalie and her mother Julie

The money raised has made a huge difference to the lives of a close family friend of mine by enabling the purchase of a mobile hoist for Natalie Proud, who suffers severely from Cerebral Palsy.

Natalie, now sixteen, needs constant round the clock care. The hoist will make

her parents lives that bit easier which will be wonderful.

for 2009/2010—The Pidley Mountain Rescue Club.

The Pidley Mountain Rescue Charity was nominated by Mike

The hoist will help Andy and Julie on a daily basis around the

home. As important, it will also make trips out easier for the whole family to enjoy quality time together. The hoist can lift Natalie from the floor to her chair. Lifting Natalie is a dead weight and was becoming more and more difficult for her parents.

It makes me very proud and humble to see what the club has achieved in making Natalie and her family's life that little bit easier.

I would like to take this opportunity, on behalf of the family, to pass on their thanks to the club, for their fantastic efforts in fund raising for Pidley Mountain Rescue.

Steve Dockerill

Hell Up North

Sunday 7th November and Team BRJ (+ special guests) are in Chester preparing for Hellrunner 2010. This is a multi-terrain trail race run in three locations in England. We are due at Hell Up North, run in Cheshire's Delamere Forest each November. Advance Information has been sparse but clearly the event involves mud, more mud, water, hills, and the "Bog of Doom", whatever that is!

The team is: Alison, Sarah, Keith, Mel, and friends Darina, Matt, Richard and me. Sandra and Karl are providing support.

It's 8am and I'm scraping ice off the car, which is not good since I have spent the last six months telling "the team" that early November is usually mild, so not to worry. I even told them that the relative air-water temperature would make the bogs seem "like stepping into a bath". I think I started believing my own propaganda...

On the way to the start the sat nav takes us to a locked gate. A considerable amount of stress follows – but after course correction and much relief we enthusiastically enter the Hellrunner car park only to find it is for the afternoon event only and no-one can leave because everyone is making the same mistake and the exit is shut. It's like a jam jar filling up with bees. The one-and-only marshall stops each car and tells us off. Very helpful. A more sensible person opens the exit gate. We go to the correct car park.

At the start it's cold and bright. There are explosions and smoke, and the Devil. Sarah doesn't like the Devil and we have to run past him at the start. I worry she might punch him out of fear but we get past him without incident. Off we go straight uphill. We are deliberately at the back, intending to run as a team. This first hill causes much puffing around us, but then it's a glide back down into the

trees. Before we know it we have looped back to the start and hurl hats, gloves, extra tops etc at Karl and Sandra.

There then follows a few miles of wooded track running, with some muddy puddles. Everything is fine, this is a cinch! A water station appears so we stop for a bottle. At this point the lead runners are doubling back on the other side of a fence, opposite us. They are completely brown from the waist down and they laugh at us. Where they've been, we're going...

We run back into the trees and a sound begins to rise – a mixture of laughing, shrieking and wailing. After a few ups and downs, there at the bottom of a steep incline is a pond of brown soup. There seems to be a main route through it although some people are exploring alternatives. They are brown from the neck down, so it seems the main way is the best way, and in we slither. It's cold. Legs go numb. Other bits go numb. It stinks. Submerged logs and holes trip us up. Oddly though we are all laughing. Hands tug us out and on we go, boggy from the waist down.

The terrain gets more and more up and down. Hands are needed on the ups, and gloves help on the slippery root and branch handholds. Our off-road shoes give us gecko stickiness which is not the case for those who opted for old trainers, and those people tend to go backwards. We know now that wailing-shrieking-laughing indicates obstacles, and brace ourselves.

After an hour and a half the novelty's worn off. We're getting tired and more than one of us goes over. Nothing damaged and we're still together as a team. It's almost a relief to hear music. This indicates that the Bog of Doom approaches. We'd passed it on the way in – it has its own DJ, and an hour and a half ago spectators were already getting in position.



Hell Up North—wading through the streams

The Bog of Doom is a little river that's been churned into liquid mud, and we have to wade our way along it. It's cold and smelly and slippery. It merges into a set of bog-pools and it's hard to get out of one and into the next. An official photographer causes a queue as participants pose in the gloop. It's a relief to eventually climb out. A few little hills and fences and we cross the finish line as a team. We are muddy and wet and it's been over 2 hours. No hot showers await but we're smiling.

Hellrunner is a great event. It brought out the very best in the BRJ – everyone stayed with the team and helped each other. It might have taken half an hour to scrub the mud out of my legs with a nail brush, but I'd do it again.

Stuart Hill



Mel, Keith, Sarah, Alison and Stuart at the finish. Definitely need the Persil!

Monday group, what they really think



Some Monday group runners at Race for Life in July and right, Sarah, Alice, Nicky and Mel joining in the bee theme for GER

Mondays continue to be popular, averaging 20 runners each week. This is great and we're obviously doing something right. Not wanting to be complacent, we thought we'd check and asked runners to complete a questionnaire. There was a great response and 19 returned. Everyone is happy with the group, the format and the encouragement they gain from it. All runners have had their reasons for joining met, for most these were to meet other people to run with and improve their running.

Great comments include, "thanks to Claire and Alice for all

your support and hard work. The group grows from strength to strength, thanks to you!", "I am glad I joined the BRJ it is so easy to give up if you're struggling on your own", "keep the format going, it works! Thank you" and "the club is good for running and social fun!" The main areas for improvement include reminding people to loop back!

Half sees 12 running!

The Monday group meets at 7pm from the Fun Zone at One Leisure. Monday runners also meet informally on a Wednesday. Please see the club website for details of routes and training.

Happy running
Claire Ashton and Alice Noyes

Recently more and more Monday runners are representing the club at races, several competed in the Great Eastern Half Marathon, Melanie Fowler and Sarah Hall competed in Hell Runner, several attend the Frost-bites and the St Neots



Round Norfolk Relay

Just over 25 and half hours of running saw Team BRJ complete the 195 mile race in 27th place overall and 12th in our class. The baton started off with Lee Brooks at 8am on Saturday and passed through the hands of Keith Douglas, Alison Winterton, Andy Barber, Nigel Maggs, Sarah Hall, Phil Pearsons, Maureen Wickson, Anita Girvan, Bren Vaughan, Steve Dockerill, Michael Wenn,

Alex Tindall, John Wright, Dan Avondoglio and Laura Green, before being brought home by Lucy Moore. Some sections of the course proved particularly challenging being run over shingle and sand dunes, but a good time was had by all, despite some late night partying disturbing what precious few hours of sleep we were hoping to get! Special praise for Mike Gullis who drove the support bus around the route without sleep and for Keith, who coordinated

the whole effort.

Next year is the 25th anniversary of the Round Norfolk Relay and possibly the last time it will be staged. It would be good for BRJ to be represented but we need someone to take over organising the event from Keith, and support from members to take part. We need 20 runners plus support vehicle drivers. The cost per runner is about £25 and the event will be held over the weekend of 17/18th September 2011.

Cross Training

Now that the BRJ has incorporated a tri section, we will be providing training sessions in cycling and swimming. Some people have already taken part in swim classes on a Monday night. Even if you do not plan to take part in a triathlon there are many benefits in cross training.

Since running tends to neglect some muscle groups while

strengthening others, certain cross-training routines can correct muscle imbalances that might otherwise result in injury. While running exercises the muscles in the back of your legs, for example, biking does the exact opposite, and can keep your legs from getting out of whack and promote total fitness from the waist down. Swimming is an excellent no-impact way to improve your overall fitness. It will build muscles in your upper body while taking much of the stress off the legs. It stretches the hamstrings and increases ankle flexibility.

The other benefits of cross training are reduced injuries and psychologically it provides variety—keeping training sessions interesting and ensuring your body doesn't slip into a routine.

Alex Tindall



Part of the BRJ RNR team

Snowdonia Marathon

The Snowdonia Marathon makes a strong claim to be the hardest marathon race in the UK, and who am I to dispute that! It's worth saying that it doesn't go over the top of Snowdon and instead takes the road route around the base.

That's the good news. The first bit of bad news is that there's a thousand feet of climbing to do in 2 miles just after the start. To put that into context, it's equivalent to climbing up Pennington Road 20 times. Not even John inflicts that on us in the Tuesday effort sessions! The second bit of bad news is that there's another 500ft hill to climb just after half way. And the flat bits in between? Well flat isn't a description that would immediately spring to mind for somebody from East Anglia. But there's worse to come.

You know in a marathon where it begins to get hard at about 18 miles and by 22 miles you're in a fight for survival just to get to the finish? Well at 22 miles you pass through Waunfawr, make a sharp right turn, and are faced with the third and steepest climb of the race. Another 800ft of uphill toil in a little over a mile and a half, followed by an equally steep descent down to the finish (the quads are complaining just at the thought of it). And then there's the weather!

Saturday morning, in the comfort of the B&B in Betws-y-Coed I'm eating porridge and chatting to a fellow competitor who's on his fourth attempt at getting under 4 hours. The weather outside looks good, but we've forgotten that we're in the shadow of the mountains of Snowdonia. Off we set on the 15 mile drive to Llanberis for the start. As we head over Pen-y-Pass (which I will visit at about mile 4) the mountains are in heavy cloud, the wind's blowing over the pass and the heavy showers start, setting the tone for the day.

We park up in the Snowdonia

Mountain Railway car park, and the rain gets worse. After getting ready in the car it's a case of hanging on as long as I dare to see if the weather's going to relent. About 20 minutes before we're due to start it does, and I meet up with my friends from Haslingfield to make our way to the start, 10 minutes away. It's such a relaxed atmosphere that it's only 2 minutes before we're due to go that I realise that it's time to get rid of the excess clothing (thank you Sandra) and push my way into the group of midfield runners.

We're off – a relatively easy intro with 2 miles of undulations, until we reach the foot of the 2 mile, 1000ft climb to Pen-y-Pass. This early in the race it's not too much of a problem – shift down a gear, head down and get on with it – we'll pay for it later. I reach the top of Pen-y-Pass in good shape, but about a minute behind my schedule, and about to make my first mistake. There's about 3 miles of downhill on road and track, and there's a huge temptation to use it to catch up lost time. By the time I got to the bottom I was a minute up, having put in a couple of 7:15 minute miles. But on the relatively flat section to Beddgelert I paid for it and was struggling to keep my pace anywhere near 8 minute miles, which was my target pace.

Beddgelert is at half way, and there was the added boost of the families from Haslingfield cheering us on, just as we were about to tackle the next long climb. Again I felt pretty good, and pressed on, overtaking other runners, some who were already walking. My second mistake – should have taken it much easier on that climb. It was about here that my camera packed up – it didn't like the rain!

Miles 15 to 21 were my real low point. The earlier hills had taken their toll, the weather had taken its toll and the up and down was relentless. Sub 4 hours was begin-

ning to look very challenging.

At mile 22, and on to the final hill, I was running/walking. It actually didn't feel too bad – perhaps I had expected it to be hard anyway. On the climb up the sun was out, but there were ominous black clouds around. As we approached the top it started again – first the wind and the rain, and then the hail, but at least the end was in sight. Other runners were struggling with cramp and worse, but were carrying on as best they could. The descent was unpleasant to say the least – tired legs on steep, muddy, gravel tracks with water running down in streams, and only a pair of road trainers for grip. And all the time I could see Llanberis and the finish far below, never appearing to get any nearer. About 5 miles from home there was a huge flash of lightning and thunder that seemed to echo around the valley for an eternity. Soon after, I was back on tarmac and running into the finish in Llanberis High Street in a time of 4h 2m 28s. The weather just got worse and worse as I collected my slate coaster and goody bag at the finish and headed back to the car to get changed. Anybody who was still out in that weather deserves extra praise. One of those was Jez Bottley, the only other BRJ runner to take part, finishing in 5h 22m 38s after very wisely leaving his Bumble Bee outfit back at the hotel! The others were my friends from Haslingfield who put in some superb runs and all finished in excellent times.

Would I do it again – you bet! It's by far the most scenic marathon I've done, and offers unique challenges in terms of terrain and weather. I've learnt a lot from running it once, and I'm sure that with that experience I could knock off that 2m 29s to get under 4 hours! Who else is up for it in 2011?

Keith Douglas



Runners descending to Llyn Gwynant



Keith coming into the finish of the Snowdonia Marathon

**BRJ Huntingdon Road
Running Club**

One Leisure
St Peter's Road
Huntingdon
Cambridgeshire
PE29 7DA

Tel: 01480 388600
Fax: 01480 388602

BRJ—Running for over 20 years.

Many thanks to all the contributors to this Summer 2010 edition of our newsletter: Nigel Maggs, Sue Yendley, Lynn O'Callaghan, Mike Gullis, Mel Fowler, Stuart Hill, Ant Richardson, Claire Ashton, Keith Douglas, Alex Tindall

If you would like to tell the club about your recent exploits whether it is running, cycling, mud wrestling or triathlon please contact me
alice.noyes@redhouseservices.com or
email:info@brjroadrunners.org.uk

Happy running,
Alice Noyes

Those cheeky bees raised over £500 round the GER course! Congratulations!

