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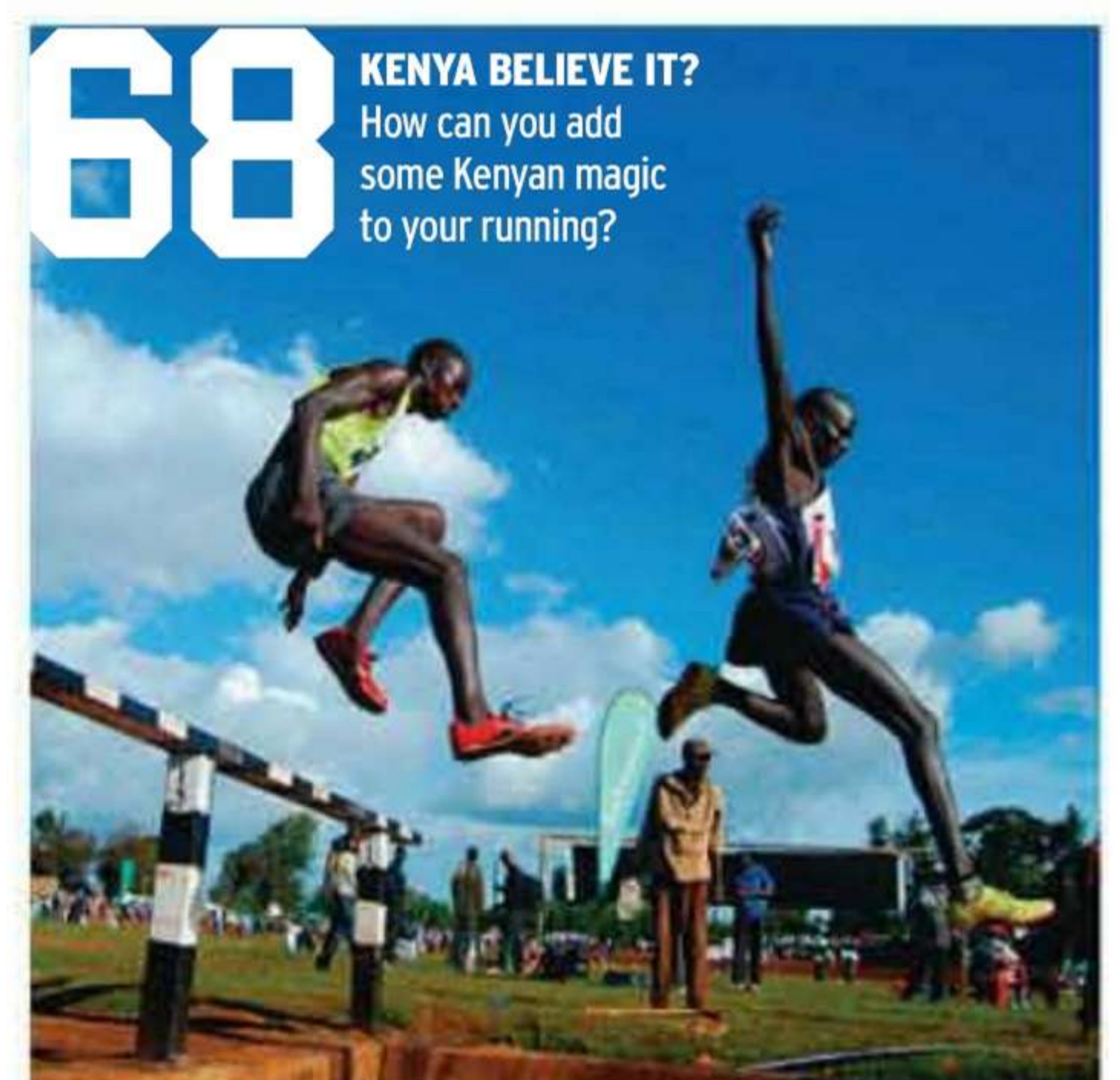
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EMBRY RUCKER

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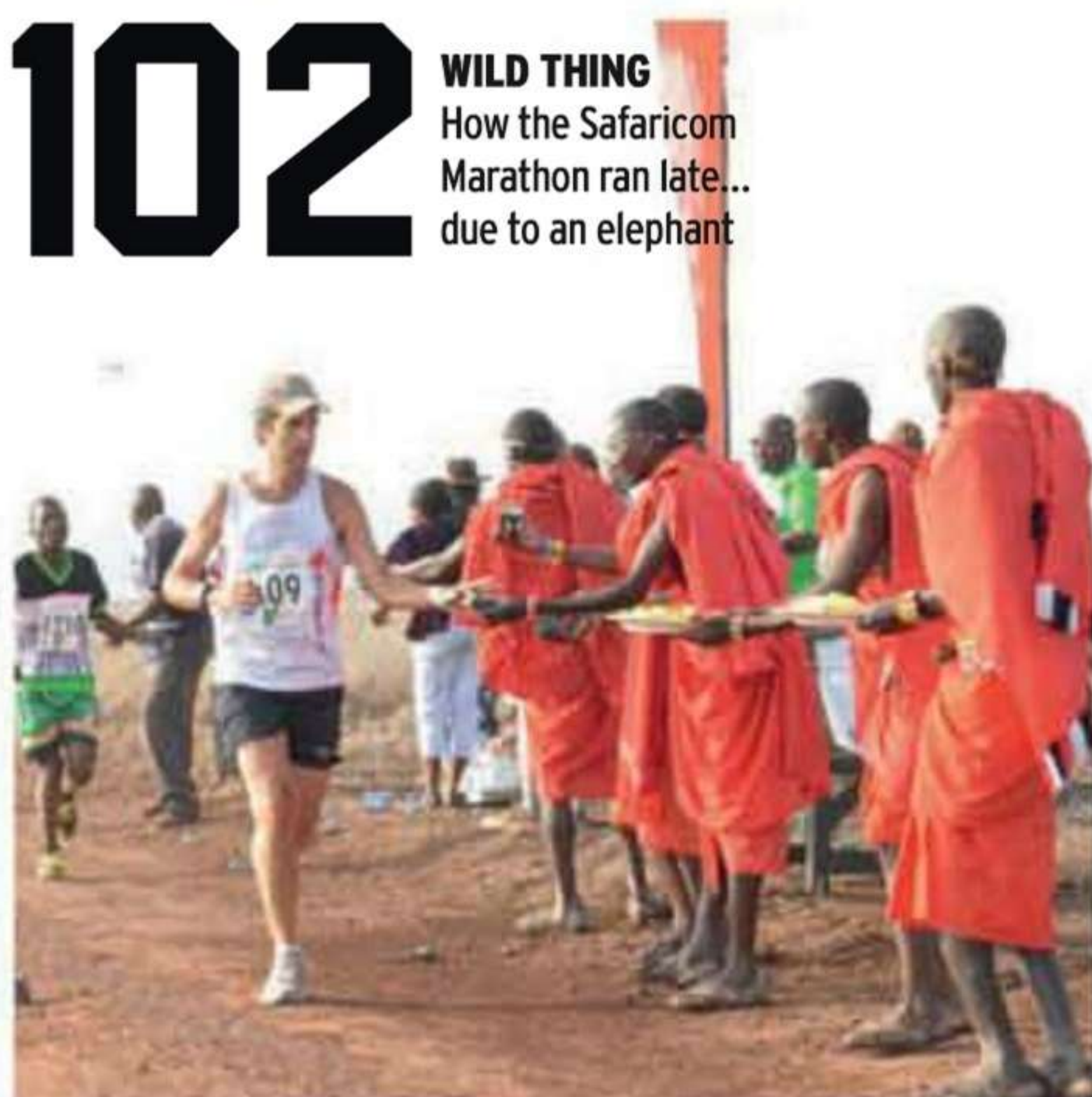
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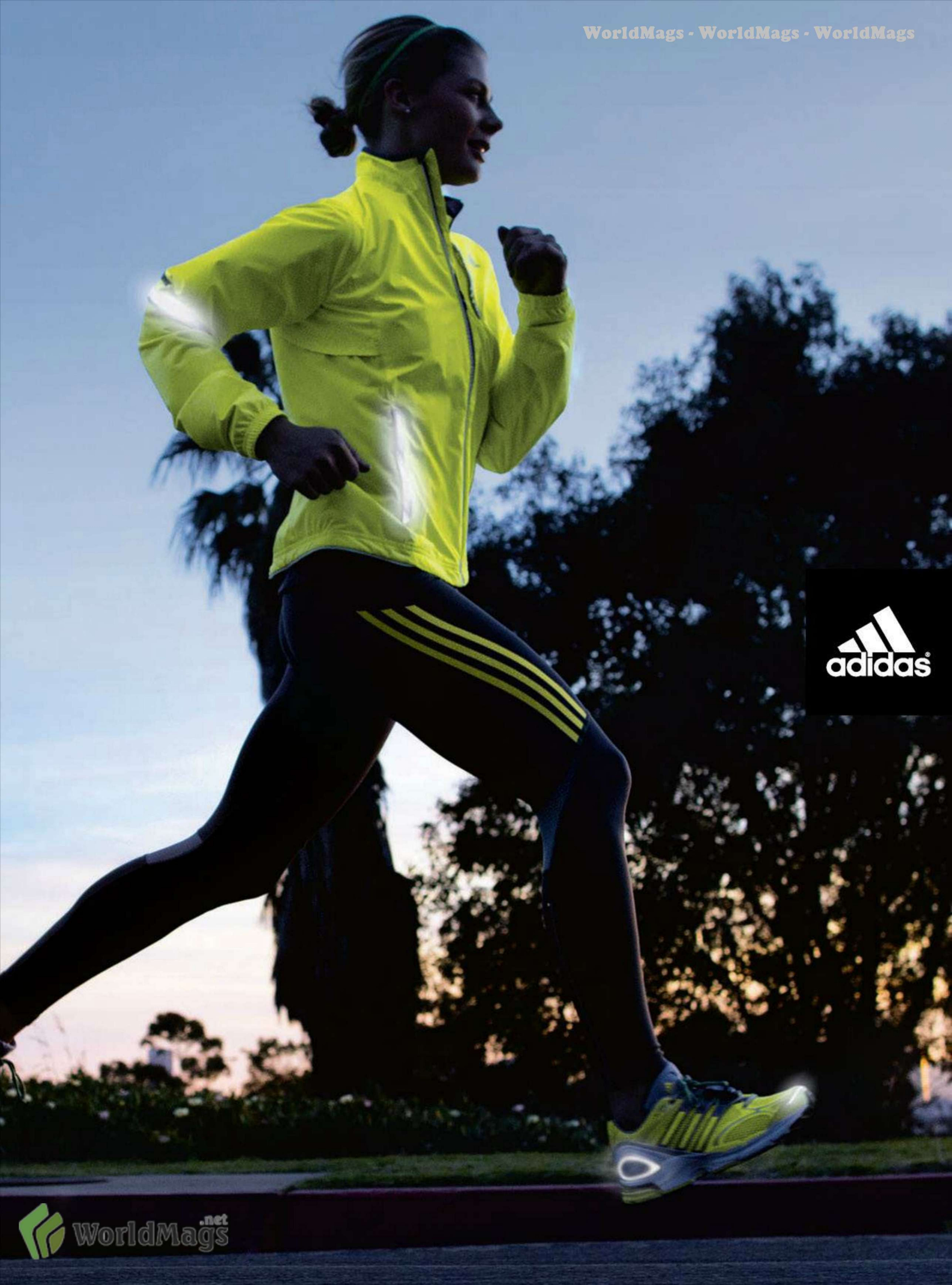
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# RAVE RUN

**LOCATION** The Chevin, Yorkshire

**PHOTO** Finlay Mackay

**RUNNERS** Alistair and Jonathan Brownlee

**THE EXPERIENCE** Alistair and Jonathan Brownlee are 2012 Olympic gold contender triathletes who live on the edge of the Chevin ridge on the Yorkshire Moors. "The landscape inspires them," says their coach Malcolm Brown (right). "It's fundamental in keeping them going, day after day, week after week."

*The photo is part of the National Portrait Gallery/BT Road To 2012 project. Visit [roadto2012.npg.org.uk](http://roadto2012.npg.org.uk).*

 **FOR FURTHER INFORMATION, VISIT [RUNNERSWORLD.CO.UK/RAVERUN](http://RUNNERSWORLD.CO.UK/RAVERUN)**





## Moving stories

**Sometimes it can be hard to explain the power of running to someone who doesn't run.** Describing the physical and mental benefits is the easy part; it's when I try to convey the sport's potential to transform lives that I'm sometimes met with incomprehension. But as editor of this magazine, I've read many examples of how putting one foot in front of the other helps people move forward in a wider sense. And I don't think I've seen a more inspiring or powerful example of this than the *10 Years Running* feature on page 47.

It's been a decade since the September 11 terrorist attacks in the US resulted in the loss of thousands of lives and the destruction of the twin towers of the World Trade Center in New York City. That horrifying day will never be forgotten, but for five people linked to the events in different ways, running has played a big role in repairing the emotional devastation they caused. When you read their inspiring stories – whether it's the man who ran the New York marathon with thousands of others just weeks after the tragedy as a show of redemptive togetherness, the firefighters who ascend a skyscraper in full equipment each year as a tribute to their fallen comrades, or the 9/11 widow for whom running has become a way to cope with grief – you realise that this seemingly simple activity has the ability to unite, heal and help people to rebuild their lives. And that makes me proud to call myself a runner.

Elsewhere, there's a fascinating feature on what really makes Kenyan runners so good (page 68), written by our man who lived among them for six months. And turn to our 16-page Shoe Guide (page 77) to find your perfect pavement pounders – they might not quite turn you into a Kenyan, but they could put a spring in your step this autumn.

### Andy Dixon Editor

twitter.com/runnersworlduk, twitter.com/RW\_ed\_Andy

## CONTRIBUTORS



### Adharanand Finn

Adharanand has just returned from a six-month trip to Kenya, where he trained with some of the best runners in the world – read what he learned on page 68. A book about his experiences, *Running With The Kenyans*, will be published in April 2012.



### Lexie Williamson

Lexie is a sports coach specialising in yoga for runners, cyclists and triathletes. As a regular runner, she's fully in tune with its demands, and her chest-opening sequence, to help you improve your running posture and breathe deeper, is on page 36.



### Ian Taylor

*Men's Health's* commissioning editor likes to think of himself as a man of science. He brings together the brightest minds for our RQ – or Running Quotient – test on page 60. Do you have the smarts to match your speed? Find out and become a genius of the road.

# RUNNER'S WORLD

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We welcome your letters on any topic related to running.

Please address them to: Letters, RUNNER'S WORLD, 33 Broadwick St, London W1F 0DQ, or email us at letters@runnersworld.co.uk with the subject line 'Letters'. Don't forget to supply us with your address, telephone number and shoe size\*.



THE WRITER OF EACH MONTH'S LETTER OF THE MONTH WILL RECEIVE A PAIR OF SAUCONY PROGRID HURRICANE 13 RUNNING SHOES, WORTH £110

#### DOG TIRED

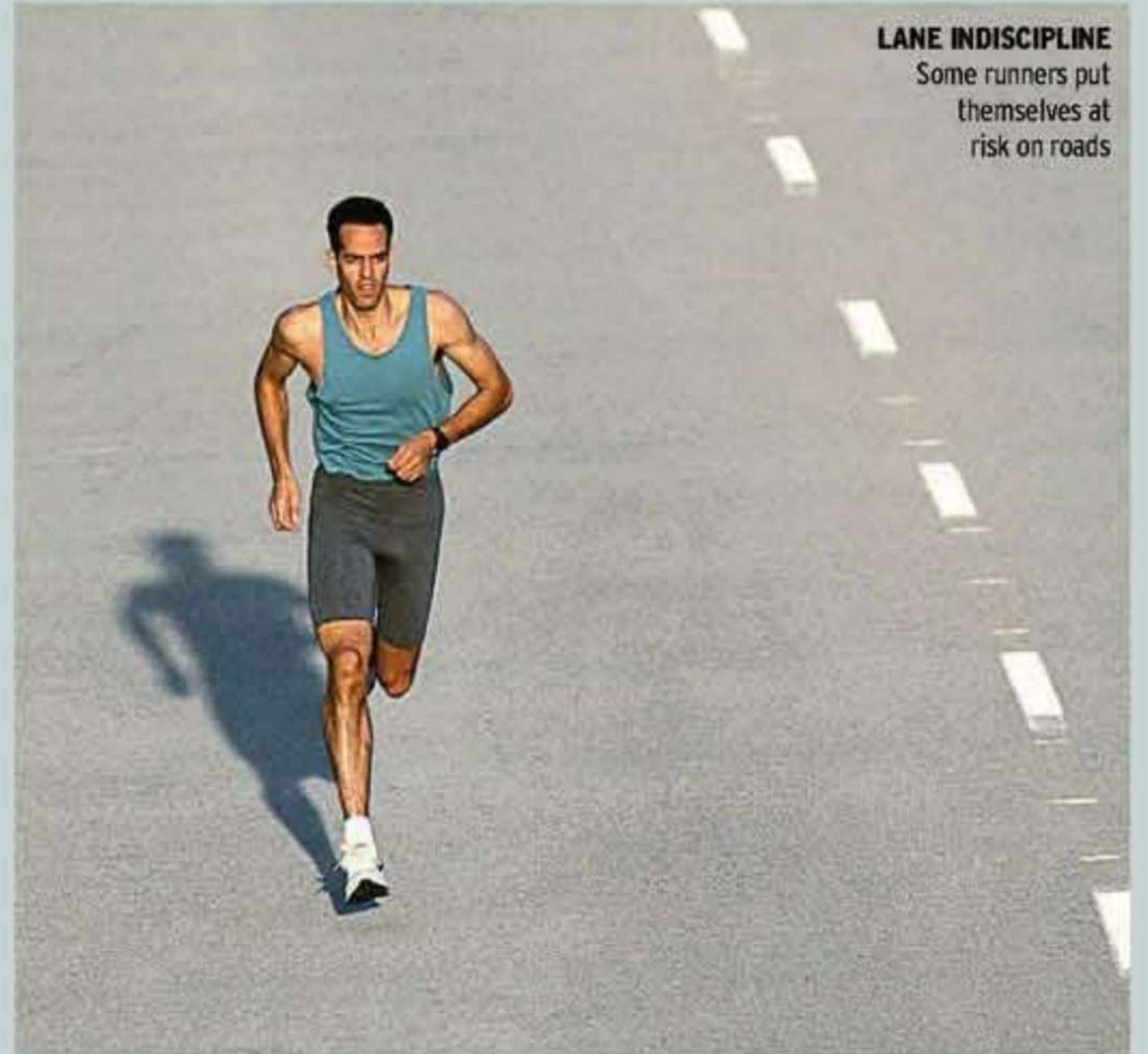
I was recently running through my local park, and going quite fast as it was near the end of my session. All of a sudden, I heard a growl and before I could move out of the way two dogs locked together in a fight had barrelled into me, sending me flying. This was obviously unpleasant, but what added insult to injury was the fact that neither of the offending dogs' owners apologised. They simply separated their dogs, swapped a couple of jovial comments and didn't even bother to check if I was OK, even though I was standing there dusting myself down. Dog owners always seem to be very friendly to one another; why can't they extend that courtesy to all other pavement and park users?  
*Annie Prendergast, Chipping Norton*



## LETTER OF THE MONTH

#### ROAD WORRIER

It's well known that runners and drivers often regard the other as a nuisance on the streets. As someone who belongs to both camps, I feel it's important to highlight an issue which I think is becoming out of control: runners dodging across roads in between moving traffic. Every time I go out for a run, I see runners in too much of a hurry to stop and wait for cars to pass before carefully crossing the road. Instead, they dart out into the street and dash between the traffic, often forcing drivers to slow down or to stop to let them cross safely. This endangers not only themselves but the person driving the car who has to make sure they don't hit them. To all the car dodgers out there: your life is your own to do with as you wish, but please consider the guilt a driver is



**LANE INDISCIPLINE**  
Some runners put themselves at risk on roads

going to have to live with if you jump in front of them and get knocked down. Knocking a few

seconds off your usual training route is simply not worth it.  
*Karl McHugh, Wilmslow, Cheshire*

#### RUNNING HAPPY

After having my son four years ago, I tipped the scales at over 17st. It's taken me this time to get down to 12st 7lb, but in March of this year I started to run. I'm not a natural runner - I have G-cup boobs and more to wobble than is healthy in a 32-year-old. When I started, I could only run for 15 seconds but I've kept at it. Now I'm running for three minutes and walking for 30 seconds. My aim is to run a 5K. Running has totally changed me - everything I eat now is about helping me improve; a shopping trip is no longer an hour in a department store but an hour looking at technical gear. I know that running is now a part of me, whatever else is going on in my life. Thanks to RW for helping me along the way and for all the advice. If I have a question, I know where to find the answer.  
*Amy Clifton, Sittingbourne*

#### RUBBISH BEHAVIOUR

Almost every time I go out running, I pick up some sort of rubbish and stick it in a bin. My clean-up operation hit new heights (or depths) recently.

A bunch of kids had been out boozing and had dumped wrappers, bottles and beer cans. I cleared it up, and struggled to run home with two bags full of rubbish - as well as a few crumpled cardboard boxes. The rubbish not only poses a



hazard to runners, but also spoils our beautiful countryside. And it shouldn't be up to people like me to get rid of it. It's high time we cracked down on this increasing problem.  
*Red Williams, Market Harborough*

### HOT THREAD on [www.runnersworld.co.uk](http://www.runnersworld.co.uk)

#### > FROM: HIGHWAY CODE

> I've recently started running, and last night I went out on country roads. I met some other runners coming the other way. I was following the Highway Code, and was running on the right-hand side of the road, facing the oncoming traffic. However, all of the other runners were running with the traffic. Is running code different from the Highway Code? **Sazza J**

> I run on country roads and run facing the oncoming traffic, with the exception being where an oncoming vehicle may not be able to see me - such as sharp corners, blind bends or roads that curve to the right with large hedges. **Parky**

> Having recently joined a running club myself, I have come across this as well! Perhaps the group running is large enough to be seen by vehicles coming from behind, whereas a singleton needs the extra protection of seeing the oncoming traffic for themselves? Would a group running towards the traffic be more hazardous than a singleton or a group running with the traffic? **Womble**

> Organised road races are obliged to follow the flow of traffic - ie run on the left. As an individual runner, you are effectively a pedestrian, and the Highway Code states that where there is no pavement you should run on the right. **Scotty**





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# WARM-UPS

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## THE WARM-UP: Running etiquette

### 4 ways not to annoy

#### 1 WARN BEFORE PASSING

If you're approaching someone from behind, alert them with a cough or a verbal heads-up, something like 'Morning!' or 'Coming through!'

#### 2 DON'T RUN MORE THAN TWO ABEAST

Taking up the width of the path is annoying to others - and dangerous when traffic is about. Play follow the leader instead.

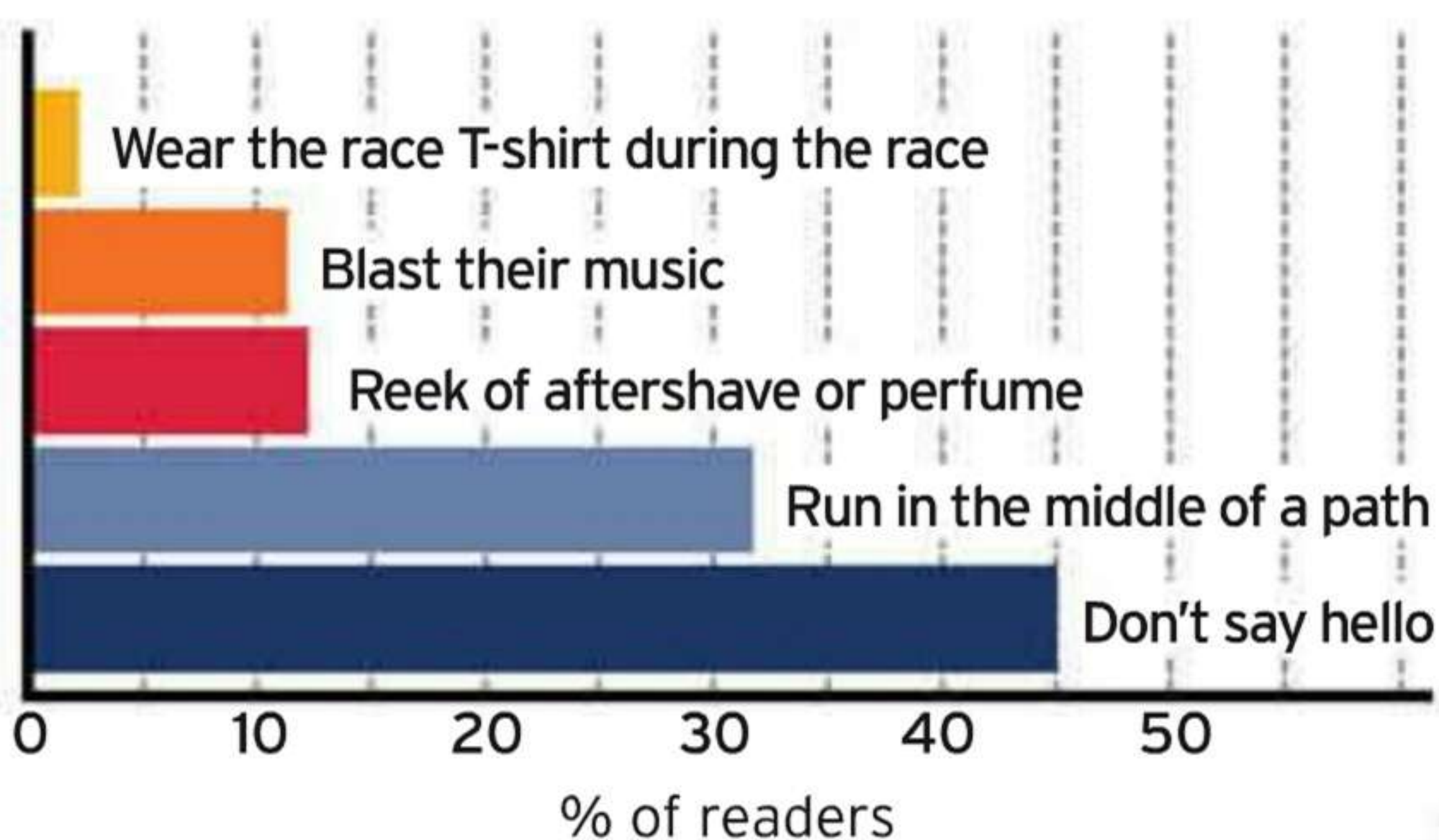
#### 3 LOOK BEFORE YOU EXPEL

If you absolutely have to spit, make sure the area is clear so you don't redecorate someone's running T-shirt by mistake.

#### 4 MOVE OVER, THEN STOP

To avoid race day collisions, move to the side before stopping at a water station, tying your shoe or taking a walk break.

### The pulse My biggest pet peeve is when other runners...



Based on 496 RW poll respondents\*

### FACT OR FICTION

*"You must always stick with your running mate in a race"*

#### FICTION

If one of you feels great during a race, it's acceptable to wish the other luck and run ahead. Before the event, decide what you'll do if that situation crops up. As for easy runs, it's rude to leave your partner behind unless they say they're OK with it - and mean it.

### Every litter helps

During races, challenge yourself to lob your old water cups squarely into the bin bags along the course - you might get two points for a perfect shot, one if you hit the rim and minus 10 for hitting a fellow runner on the head. In training, carry empty gel packets or wrappers to the next litter bin or tuck them in a pocket.

### Running the numbers

# 29%

Percentage of RW survey respondents who think it's OK for a male runner to go shirtless on a hot day. Seventy-one per cent said no, and one added that it was only acceptable after being caught by your mistress's husband. Discuss on Twitter: #RunningEtiquetteuk

**"There are tons of rules for running. There's a code - largely unspoken - that governs behaviour in situations that every runner will encounter."**

Mark Remy, author of *The Runner's Rule Book* (£11.99, Rodale Press)



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**SMILES AHEAD**  
5K training is great for motivation and fitness

## Short and sweet

Revisit the 5K distance to reboot your running routine, rev up your fitness and have a little fun

Not run a 5K since you were a nervous newbie? The chances are you could still benefit from cutting it short every now and then. “For seasoned runners, the 5K stokes competitive spirit, breaks up the monotony of high-mileage training and serves as a solid test of speed,” says exercise physiologist Luke Humphrey (hansonscoachingservices.com). Here’s what keeping it short and sweet can do for you:

### RUN IT... FOR MOTIVATION

The short event serves as an ideal opportunity to hit the refresh button on your training routine and to rekindle your racing spirit. It can help to inspire you to greater things. “Lining up against other runners instantly gets your adrenaline going,” says Humphrey.

**TRAIN FOR IT** “If you’re a fit runner, you could knock out a 5K in two weeks, and feed into your training for almost any other race,” says coach Blake Boldon (runnersconnect.net). Beginners who are currently running twice a week for around 20-30 minutes can aim for a 5K that’s five to six weeks away.


### RUN IT... TO BOOST FITNESS

“The anaerobic component of a short, fast workout leaves you out of breath, teaching your body how to function at a harder effort, building strength, and speeding up weight loss,” says Boldon. “Your workout is going to be exponentially better in a race than on your own.”

**TRAIN FOR IT** Once a week, run two to eight 200-800m repeats at goal race pace, or a speed where it’s uncomfortable to talk. Between repeats, walk or jog for 50-100 per cent of the time it took for the run. Do a weekly tempo run of two to six miles at 25 seconds slower per mile than your goal race pace. Every two weeks, replace your tempo with a strength workout.

### RUN IT... TO NAIL A TIME GOAL

If your goal is to set a good time at a longer distance, use the 5K to gauge your speed. “You’ll get instant feedback on your training, so you can make adjustments to meet your goal,” says RW Running Coach Nick Anderson (runningwithus.com).


**TRAIN FOR IT** In pursuing a fast-for-now time, plot races strategically to allow sufficient recovery. After an event, run easy for a few days, then begin another three- to four-week training block before your next 5K. If you’re training for a speedy half or full marathon, schedule a 5K at the start of your plan, then run another in the middle to see if you’re on track, says Boldon. 

### GO THE EXTRA MILE

“Training for the mile will help improve your stride frequency, stride length and running efficiency to bring down your 5K times,” says coach Blake Boldon, who has a 3:59.18 mile PB. Here’s a primer on racing really short.

 **GET READY** Twice a week after easy runs, beginners can do eight 100-metre strides at 30-60 seconds per mile faster than 5K race pace. Once a week, established runners can do Roger Bannister’s favourite workout - 10x400m repeats at goal mile pace with two minutes’ rest between each.

 **GET SET** Try wearing performance trainers or lightweight racing flats.

 **GO!** Warm up well on race day. “The mile is hard from the beginning. If you don’t ease into it, you might plunge into oxygen deprivation more quickly,” says Boldon. Jog for 15 minutes, then do 10 strides. Run steady for the first half, then throw it into high gear.



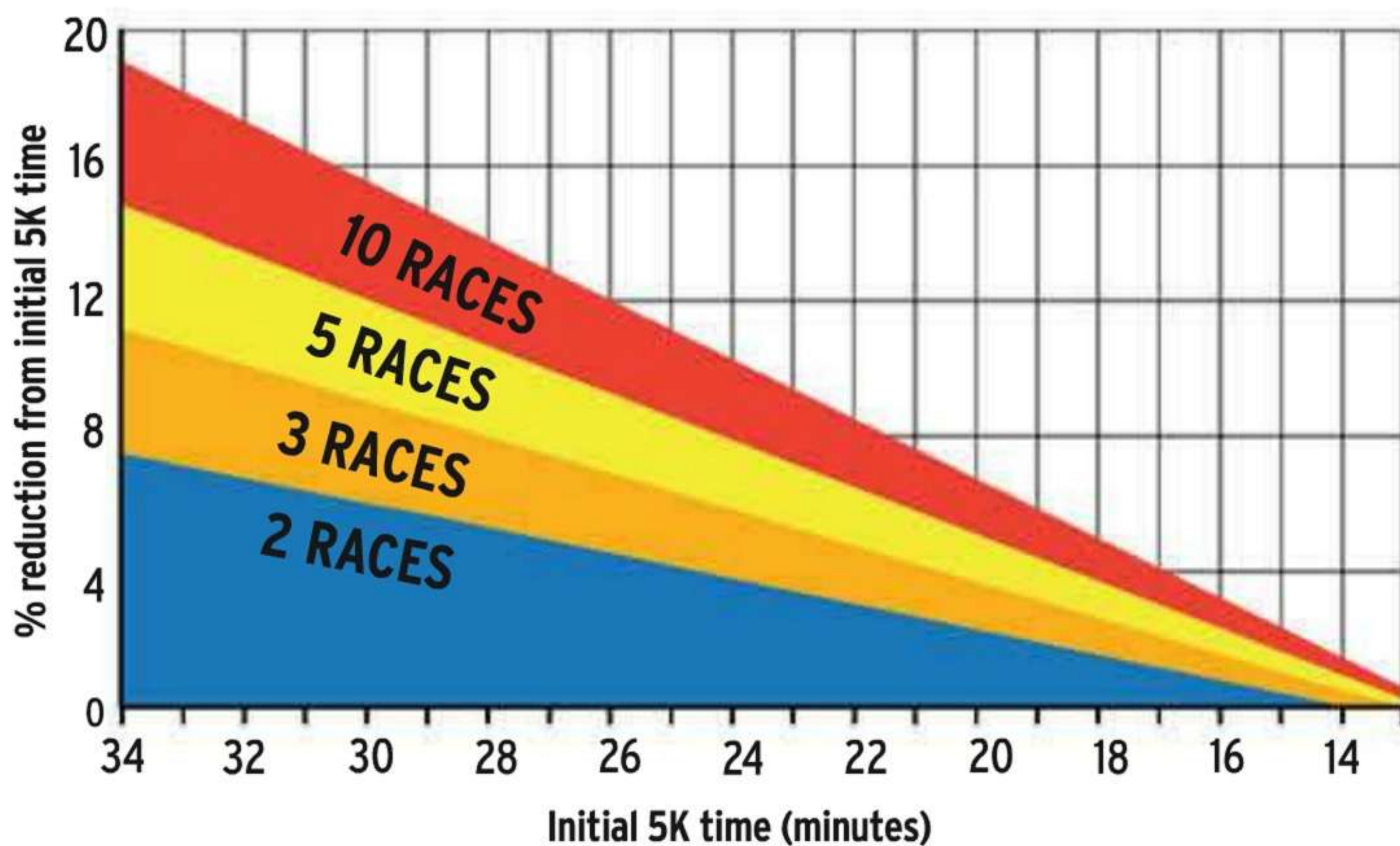
► WARM-UPS TRAINING

# Go figure

We crunch the numbers to reveal the best way to approach your next 5K

Fetcheveryone.com is a friendly online community of runners - and a brilliant tool for analysing training tips. Its 50,000 members share millions of bits of data each week, enabling editor Ian Williams to work out exactly what works and what doesn't when it comes to race prep. Here's the Fetch take on training for the perfect 5K.

## CAN I EXPECT TO GET MUCH FASTER?

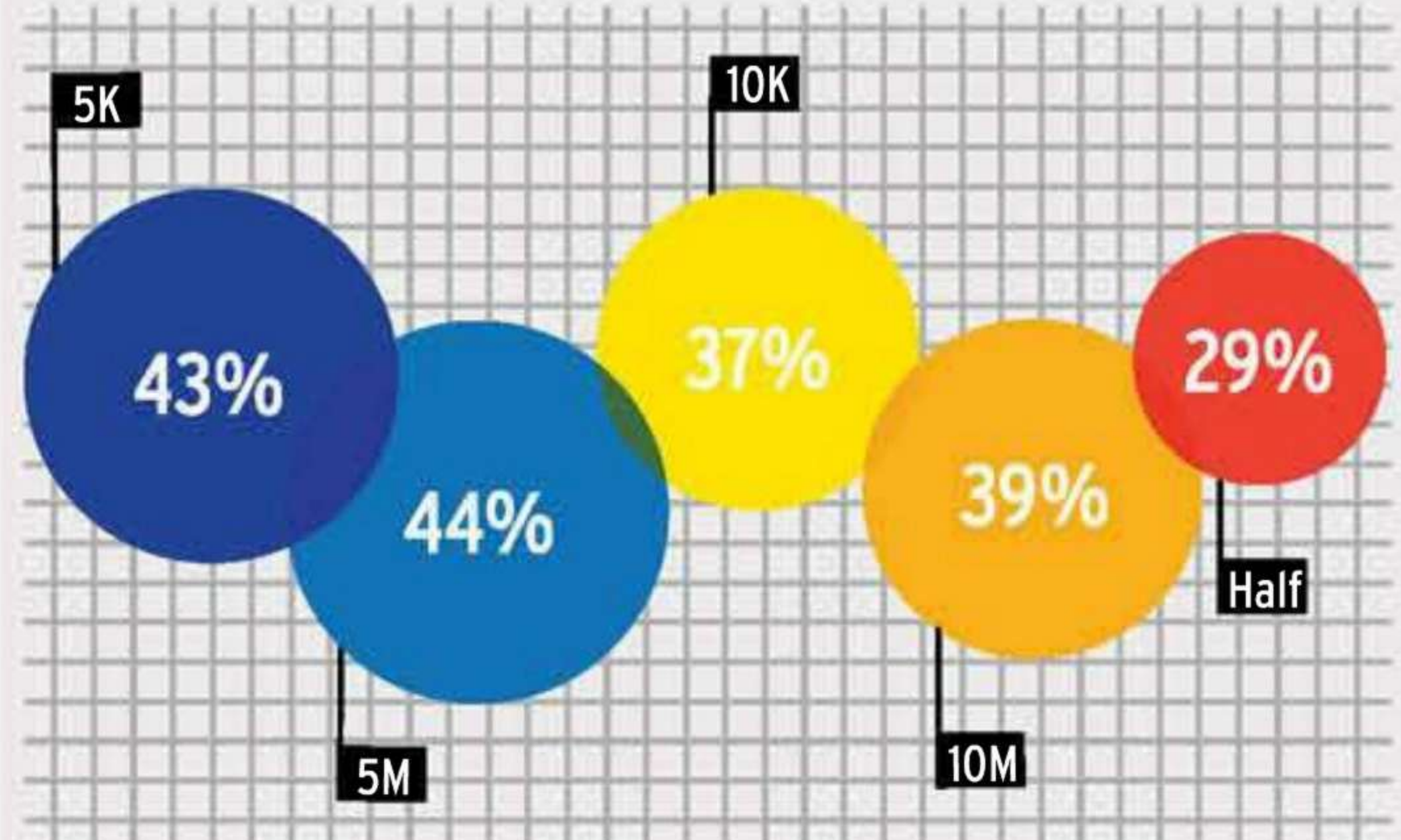


**When you're starting out, absolutely.** Fetch aggregated the PBs of 5K runners to give a sense of how much you'll be able to knock off your time after your second, third, fifth and 10th races. For example, if you ran 33:00 in your first 5K, you can expect to knock off just over 10 per cent after three races, cutting your time to around 29:40.

**THE TAKEAWAY** Enjoy the good times while you can, as the improvement gets smaller the more races you do. Also, it's far harder to get a PB at the upper end of the scale, so, if you're a faster runner, you'll have to work that much harder to secure a PB.

## WILL RUNNING 26.2 MILES HELP ME CUT MY PB?

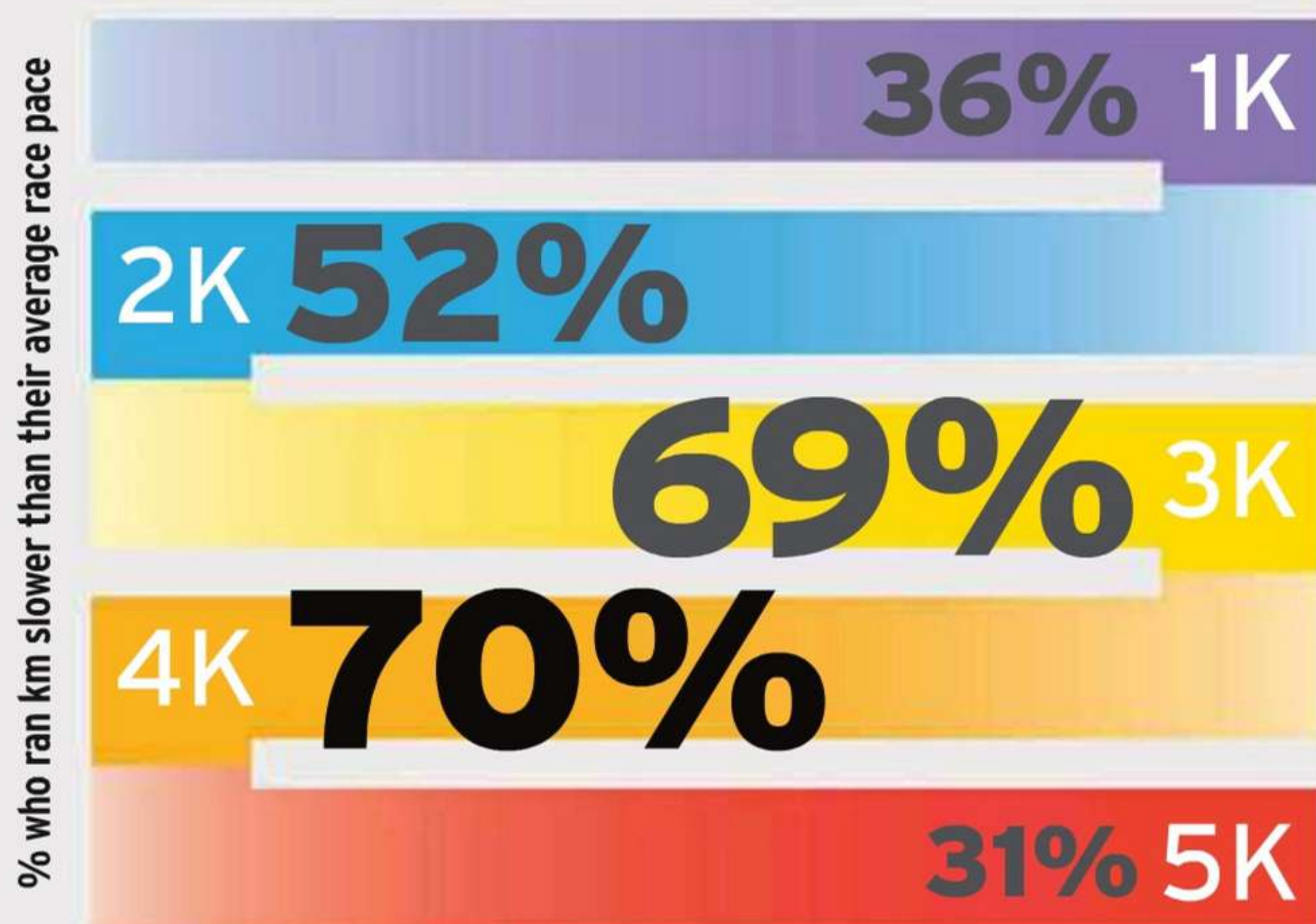
% of runners who recorded a PB within three months of running a marathon



**Yes, especially in shorter races.** Fetch looked at 7,153 marathon runners who went on to complete another race in the three months after running 26.2 miles. The shortest races clearly produced the best yields: 43 per cent of runners bettered their times in the 5K after doing a marathon compared with just 29 per cent for the half.

**THE TAKEAWAY** You should be safe to run a 5K within four or five weeks of a marathon - but don't do anything for the first seven days after the race and rebuild your mileage gradually.

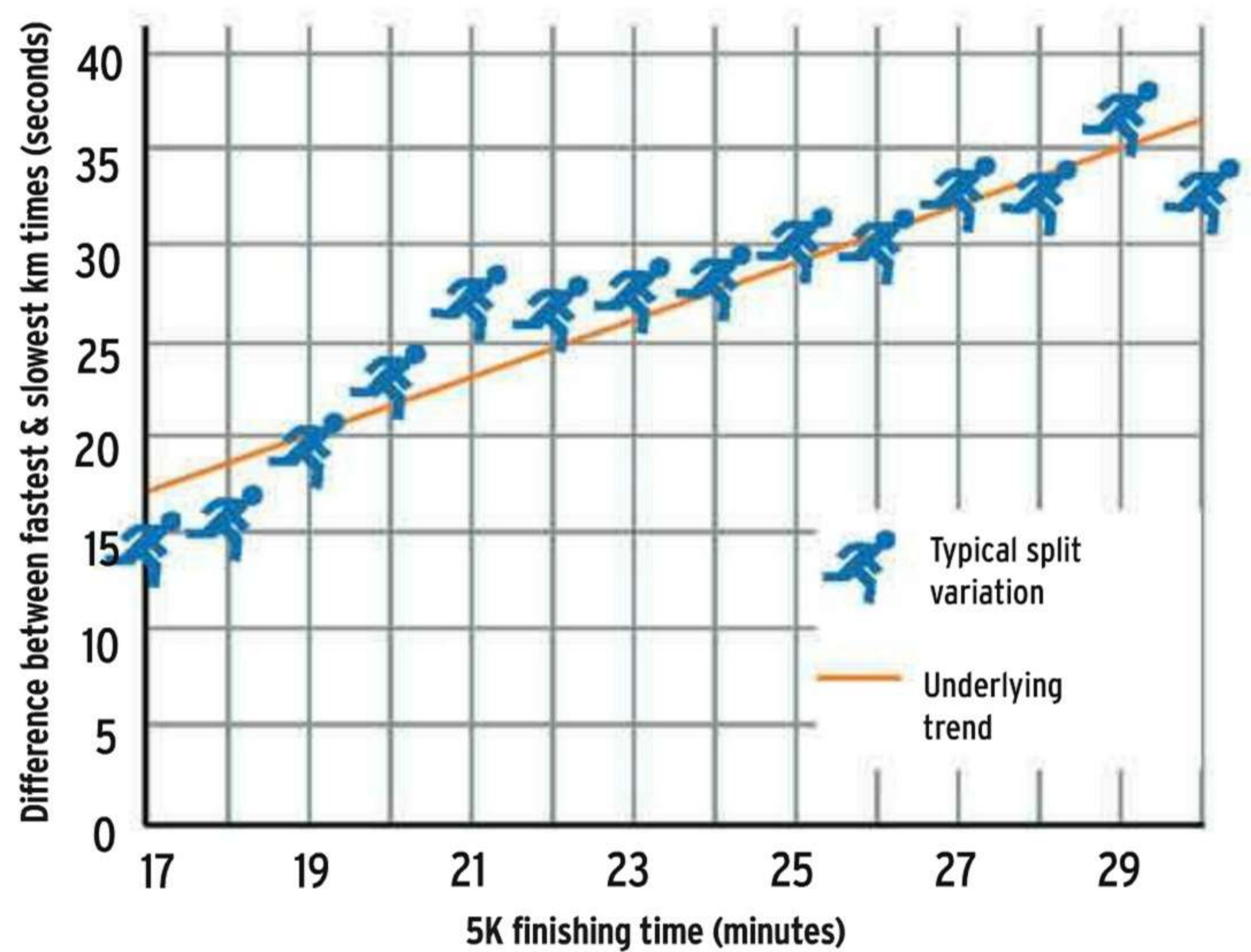
## WHERE AM I MOST LIKELY TO FLAG?



**At 4K.** There was a clear trend of racers gradually slowing throughout the first four-fifths of the race, then getting a second wind in the final kilometre as the finish line got closer. Interestingly, the fastest runners fared worse in the fourth kilometre compared with the slowest runners, who struggled more with the second and third.

**THE TAKEAWAY** It's inevitable that you'll flag at some point in the race. Get used to keeping your pace even when you're tired with a weekly five-mile progression run, starting at half-marathon pace and steadily speeding up so you hit 5K pace over the last mile.

## HOW DO I GET FASTER?



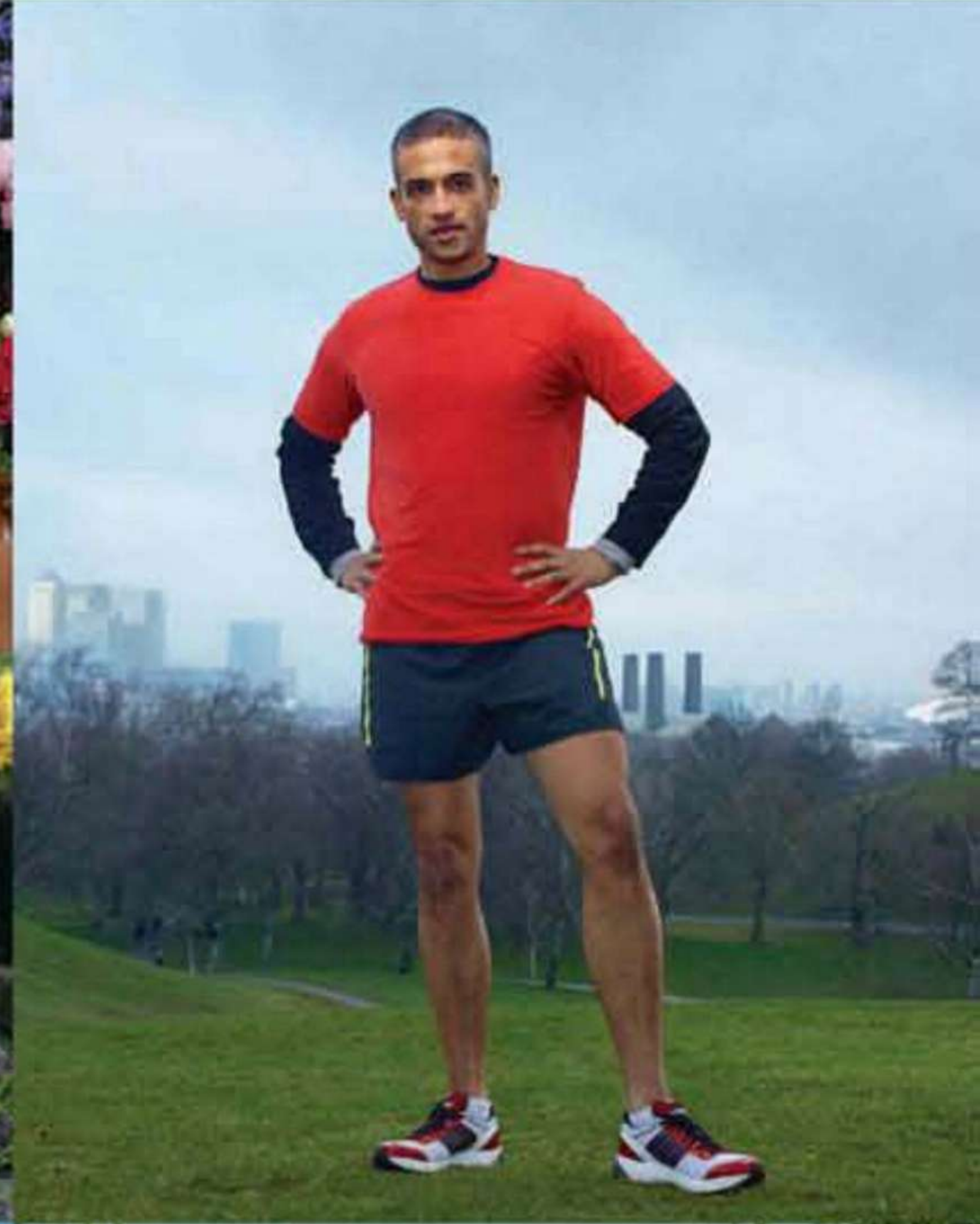
**Train for consistency.** Looking at the kilometre split times from 2,000 5K races, it turns out faster runners clock a far smaller difference between their slowest and fastest kilometres, managing to maintain a more consistent pace throughout the race.

**THE TAKEAWAY** The difference is 14 seconds for sub-17:00 runners, compared with 37 seconds for runners who took almost half an hour. To get faster, tighten up your splits with intervals - try five 1K intervals at goal race pace with two-minute jog recoveries once a week.





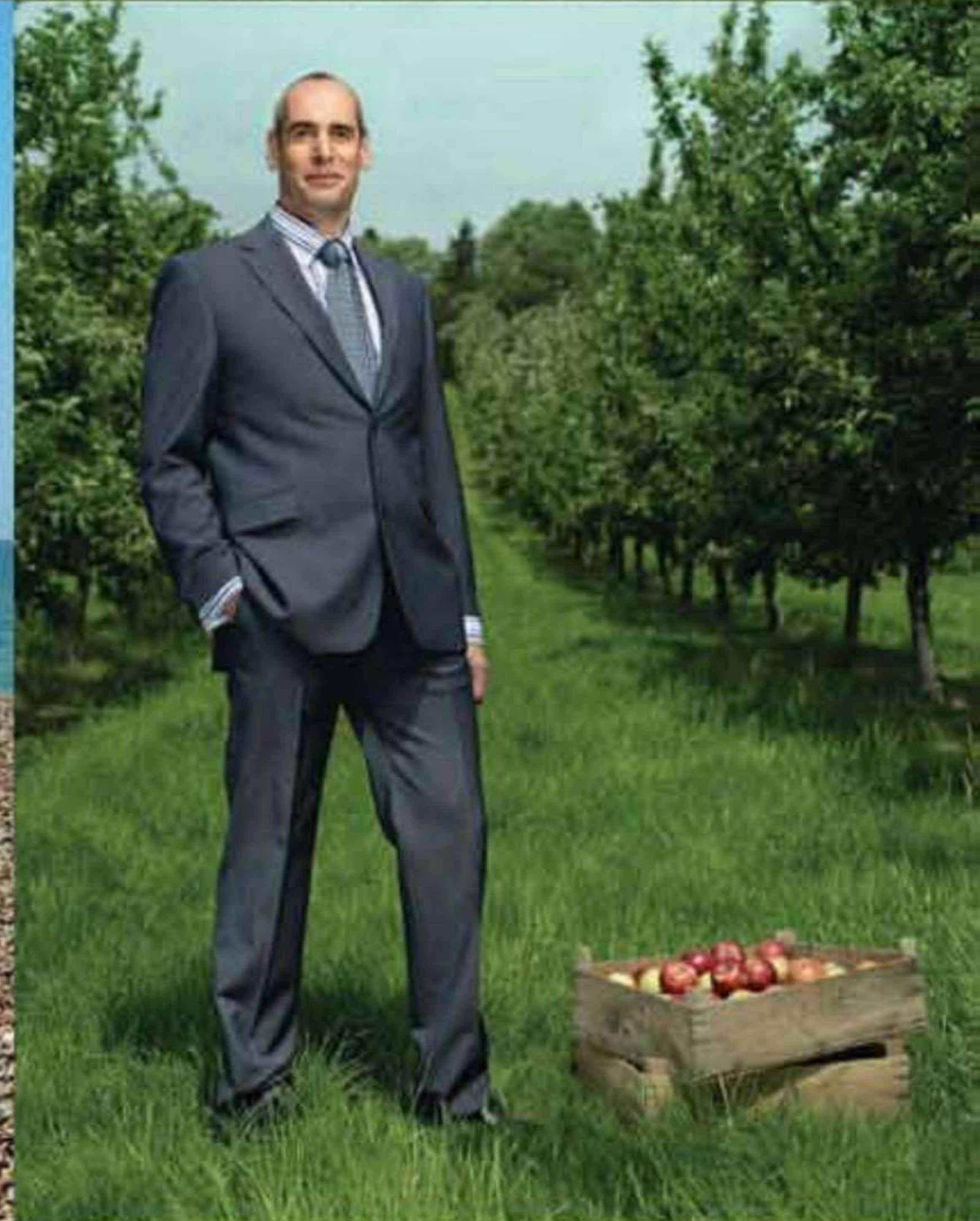
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## WARM-UPS TRAINING

THE FAST LANE QUICKFIRE ADVICE FOR PEAK PERFORMERS

by Ed Eyestone



**FAST FORWARD**  
Up your stride rate to run better

# Stride right

A quicker stride rate will reduce impact – and race times

For both slow and fast runners, the frequency of our steps – our stride rate – tends to stay constant. It's wired into our biomechanics. But as we fatigue, our stride rate can decrease. The goal, then, is to train yourself to run at, and sustain, a higher stride rate, to run faster and finish stronger.

Exercise physiologist and coach Jack Daniels tallied the stride rate of every runner in every distance event at the 1984 Los Angeles Olympics. In events longer than 3,000 metres, every runner except one had a stride rate of 180. The lowest? A paltry 178.

While not easy to overcome biology, you can move closer to the optimum 180 strides per minute – with practice.

### ASSESS YOURSELF

On your next easy run, count your steps for 30 seconds, doubling to get your stride rate. Repeat every day for a week.

### CHECK YOUR FORM

Your arms lead your legs, so pump them faster and your legs will follow. Focus on gliding – not bouncing – over the ground. Take quick, light steps: this leads to a quicker stride rate and reduces impact stress.

### THINK STRIDE, NOT SPEED

You are working initially to increase stride rate, not speed. That comes with time. Avoid the tendency to pick up the pace as you increase stride rate. Eventually, you want to go from an easy run to race pace, keeping the same frequency.

### FIND A BUDDY – OR A BEAT

Run with a partner who clocks close to 180 and work on syncing with his or her rhythm. If you're on your own, run to songs with a tempo of 180 beats per minute.

### FAST RATE

Do these workouts once a week to raise your stride rate

#### ASCENDING 1-2-3-4-5 FARTLEK

Instead of picking up the pace, run at a quicker rate. Run one minute at 180 strides per minute, then one minute at a slower rate. Increase each fartlek by one minute until you hit five.

#### DOWNHILL STRIDES

Find a grass slope. Run down for 150 to 200 metres, focusing on a controlled acceleration. Take short, quick steps so you don't overstride. Jog back to the top. Repeat four to six times.

### DIARY DOCTOR

Ed Eyestone gives your training a checkup. Send a typical week's training, plus your age and current goals, to [rwedit@runnersworld.co.uk](mailto:rwedit@runnersworld.co.uk)

Development officer Andrew Harris, 28, Ibstock. Current PBs: 5K: 20:15; 10K: 44:15; Half: 1:51:45. PB goals: 5K: sub-20; 10K: sub-42; Half: sub-1:45.

Monday Easy recovery run, 4-5 miles @ 9:00-9:30 min/mile	Tuesday Speedwork, 400m x 10 or 800m x 5 reps (reps @ 5:00-6:00 min/mile)
Wednesday Club run, 7-8 miles Tempo @ 7:30-8:00 min/mile	Thursday Easy recovery run, 5-6 miles @ 9:00-9:30 min/mile
Friday Rest	Friday Rest
Saturday Rest	Saturday Rest
Sunday Long run, 8-12 miles easy @ 8:30-9:00 min/mile	Sunday Long run, 8-12 miles easy @ 8:30-9:00 min/mile

**Ed says:** Your 5K and 10K PBs are faster than your longer races. Work on your endurance to pull that half marathon into line and your shorter events will improve.

#### 1 Push the tempo

Shorten and speed-up tempo runs: a man with your 5K speed can do four to five miles at 6:50-6:55 min/mile. If too intense, take a 60-second mini-break halfway through.

#### 2 Mix it up

Vary your intervals: do speedwork on Friday, and run easy the day before. Every week, cycle between 5-6 x 800 at 3:00-3:06 per repeat, 4-5 x 1000 at 3:45-3:50 or 3-4 x 1200 at 4:30-4:38. Take a 1:1 recovery between repeats.

#### 3 Increase mileage

Bring your base pace in line with your faster long run pace. Aim to do both at around 8:30 min/mile. Add one mile to each workout for a week, then go back down to half the added amount for a week, before moving back to the new high: so if you do 40 miles this week, it's 45 next, then 43, then 45, before adding another five miles.





# Fly Enigma

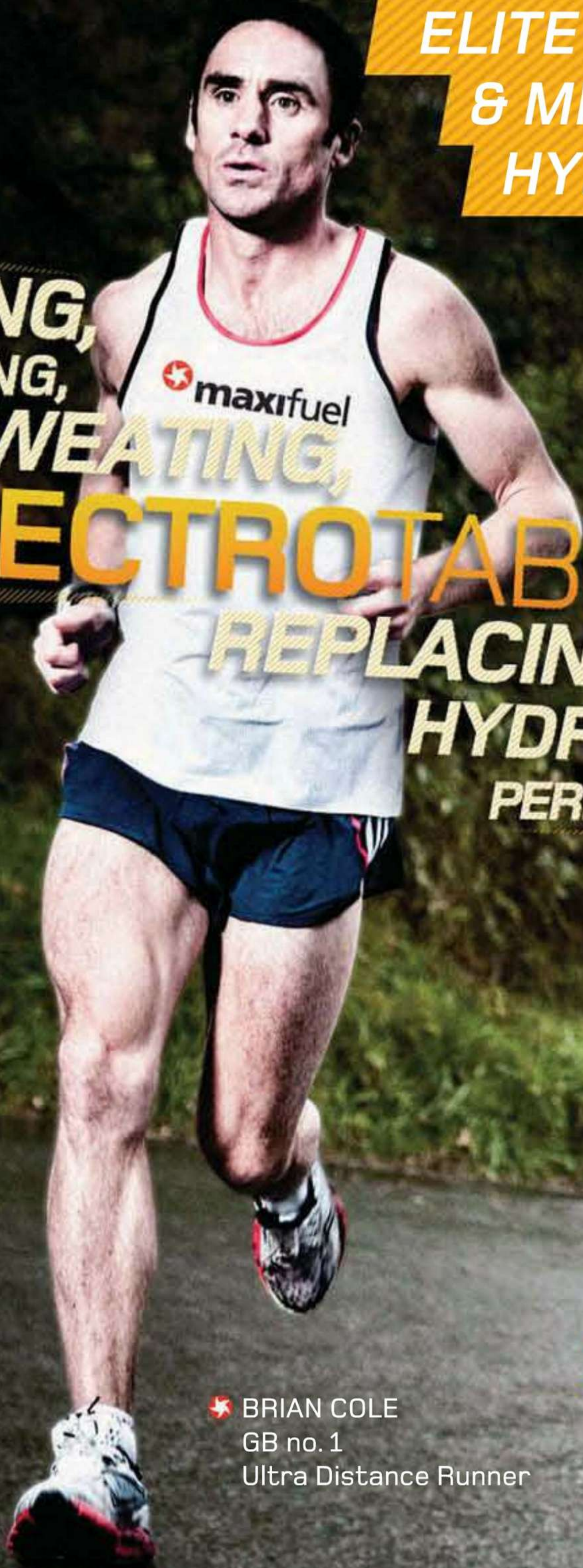
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## Aim to please

For greater confidence, pick a target you can actually reach

As every child knows, the promise of a gold star is a great motivator – and a way to turn often-dull chores into something much more fun. Apply the same principle to your training by setting yourself a clear target and rewarding yourself when you get there. But be realistic: too ambitious a target sets you up for frustration, burnout and injury. If you currently run two or three times per week, take aim at one of these goals to become a stronger, more confident runner.

**GOAL DOUBLE YOUR LONG RUN**  
**ACHIEVE IT** Long runs boost endurance, burn fat and make shorter runs feel easier. Every other weekend, slow your normal short-distance pace by three minutes per mile, and increase the distance of your run by one to two miles. On alternate weekends, run half the distance of your current long run.

**GOAL RUN YOUR FIRST RACE**  
**ACHIEVE IT** An upcoming race brings a sense of purpose to every workout. Prepare by increasing the length of your long run until you can comfortably cover the race distance. On one of your shorter weekly sessions, research your course and run part of it – especially the more challenging segments.

**GOAL FIT INTO THOSE JEANS**  
**ACHIEVE IT** It's a simple formula: the longer you're on your feet, the more calories you'll burn. If you normally run continuously for 20 minutes, add several one-minute running/one-minute walking segments and gradually increase your time to 45-60 minutes. Walk for 10 minutes to cool down. On non-running days, walk for up to 60 minutes.

**GOAL A MONTH OF CONSISTENCY**  
**ACHIEVE IT** Schedule four runs per week. Run for 30-45 minutes on Monday and Wednesday, a short 20-30-minute run on Friday and a long run (or race) on Sunday. If you miss a workout, don't beat yourself up – just make sure you run the next one.

### Say What?

#### RUNNING TERMS EXPLAINED

WorldMags.net

**Repeats** These are the fast segments of a speed workout, often done on a track. They are followed by recovery intervals – short periods of jogging that give you a chance to get your breath back.



## TROUBLE SHOOTER

Quickfire advice from those in the know

**THE PROBLEM**  
 I want to start using my local track. Is there etiquette I should follow?

**THE SOLUTION**  
 Start by running in the right direction – typically anticlockwise, says coach Jeff Galloway. "But some tracks alternate direction daily, so check for posted rules. And use the two outside lanes – the inner lanes are often reserved for runners doing speedwork."

**THE PROBLEM**  
 Can I get away with just running and doing nothing else?

**THE SOLUTION**  
 Coach Rachel Schey advises against it. "Even light resistance training builds stronger muscles, joints and connective tissue, which better absorb the impact of running and help ward off injuries. Start with a weekly routine of lunges and squats."

**THE PROBLEM**  
 Is it best to run in the morning or evening?

**THE SOLUTION**  
 Run when your energy levels are highest – for many of us, that means the morning. "Running elevates your heart rate, so if you're tired after work, your body will have to work harder to regulate this and you'll fatigue faster," says coach Brian Darr.



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RUNNER'S RECIPE

# Fat-fighting muffins

Filled with juicy apple and topped with crumble, these muffins can help cut your cholesterol and beat the bulge

What do you get if you cross a crumble with a cake? A new way to get your sugar fix without feeling guilty. The average coffee shop muffin has around 400kcal and 20g of fat, but these fruity creations are far healthier. And you can freeze any spares for when your next craving strikes.

Makes: 12  
Preparation time: 40 minutes

- 1 Pink Lady apple, cored
- 200g self raising flour, sieved
- 50g oatbran
- ½ tsp baking powder
- 175g (+ 1 tbsp) caster sugar
- zest and juice of 1 orange
- 3 medium eggs
- 100ml sunflower oil
- 75ml buttermilk
- 25g butter
- 50g plain flour
- 25g rolled porridge oats

- 1 Preheat the oven to 190C. Line a 12-hole muffin tin with paper muffin cases.
- 2 Grate half the apple and dice the other half, then mix with the self raising flour, oatbran, baking powder, sugar and orange zest. Lightly beat together the orange juice, eggs, oil and buttermilk. Pour the egg mixture into the flour and stir until just combined. Divide between the paper cases.
- 3 For the crumble, rub together the plain flour, oats, sugar and butter in a bowl until the mix resembles breadcrumbs. Sprinkle over the top of the cakes and bake in the oven for 20 minutes until golden and risen.



**Buttermilk** is made by adding bacteria to milk. Luckily, these bacteria are the friendly sort: researchers found the most commonly used strain, lactococcus lactis, helped improve digestive health.

In a recent study, ursolic acid - which gives **apples** their waxy shine - cut body fat by a third. Plus, people who ate two apples a day for six weeks boosted their cholesterol oxidation by 20 per cent in another study.

Full of soluble fibre, **oatbran** helps decrease your body's absorption of bad cholesterol. In an American review of 10 studies, each one linked a high intake of oatbran to lower levels of blood fats.

THE SKINNY

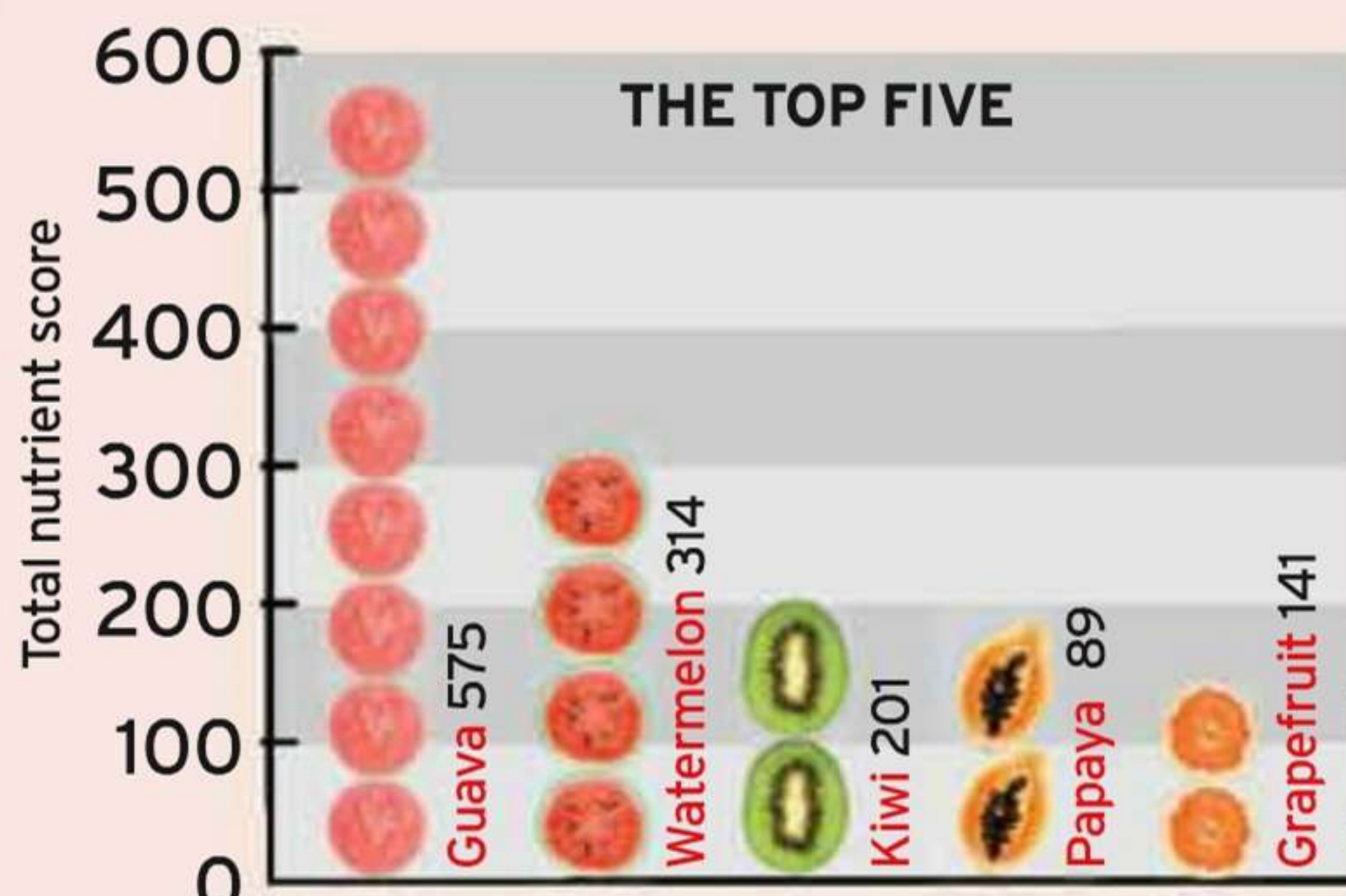
CALORIES	268
FAT	12.1g
CARBS	30g
PROTEIN	4g

PER SERVING

WORDS: RUTH EMMETT, CHLOE BROXUP; IMAGES: PINKLADYAPPLES.CO.UK, RW IMAGES; SOURCES: UNIVERSITY OF IOWA, HARVARD SCHOOL OF PUBLIC HEALTH, UNIVERSITY OF CALIFORNIA

## FRUIT FILES

Next time you whip up a bowl of fruit salad, get a little exotic to really reap the rewards. US researchers ranked 50 fruits by how well they matched the RDA of key nutrients like potassium and folate. Here are the results





## ▶ WARM-UPS FUEL

# Canned goods

Four super-nutritious, convenient meals you can whip up in under 20 minutes

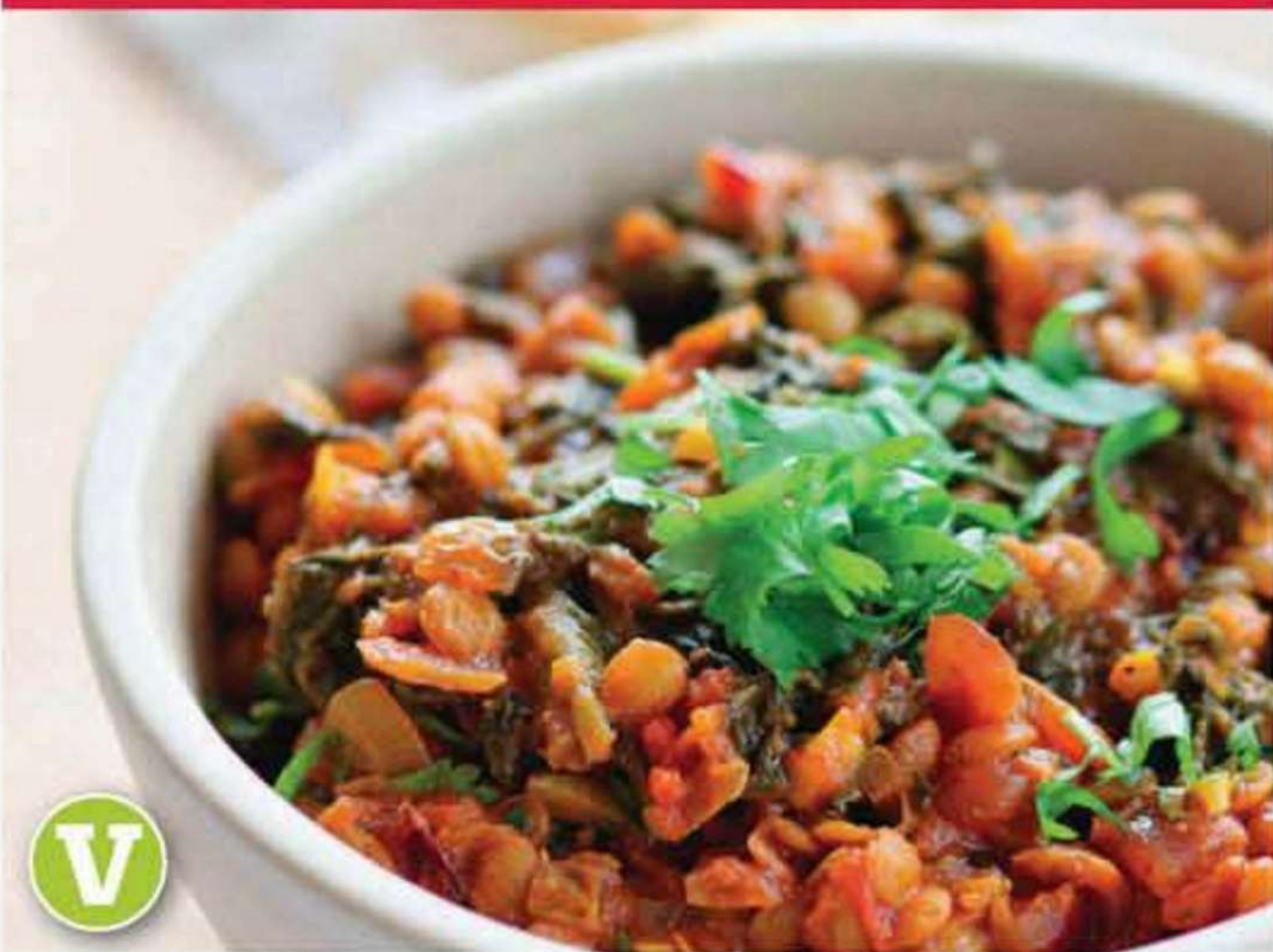
### FISHCAKES FOR A HEALTHY HEART



**ASSEMBLE** Boil 500g of tinned **potatoes** until soft, drain, mash and season. Mix in 418g of canned **salmon** (minus large bones and skin) and 300g of tinned marrowfat **peas**. Divide into eight, shape into patties, brush with oil and bake for 20 minutes, flipping once.

- **Potatoes** are one of nature's few sources of the blood pressure-lowering compound kukoamine, according to the UK Institute for Food Research.
- **Salmon's** omega-3 fatty acids can improve your ratio of lean muscle to fat, keeping your heart ticking along nicely.
- Four weekly servings of **peas** and other legumes cuts heart disease risk by up to 22 per cent, reports the *Archives of Internal Medicine*.

### MUSCLE-MAKING LENTIL CURRY



**ASSEMBLE** Fry a chopped red onion in oil until soft, add two crushed garlic cloves and fry for another minute. Stir in two tablespoons of Balti curry paste and fry for one minute. Add one 400g tin of **tomatoes**, 150ml of stock and a 410g can of green **lentils**; simmer for 10 minutes. Stir in 400g of canned **spinach** and heat through.

- Lycopene, which gives **tomatoes** their colour, reduces oxidative muscle damage in runners.
- Swedish researchers found that nitrates in leafy greens such as **spinach** improve how efficiently muscle cells use oxygen during exercise.
- **Lentils** have 19 per cent of your iron RDA per 100g, "a mineral needed to carry oxygen to muscles", says sports dietitian Tara Gidus.

### TUNA WITH FAT-BUSTING SALSA

**ASSEMBLE** Marinate four **tuna steaks** in soy sauce while you mix 400g of canned **black beans**, 400g of tinned **mango slices** (chopped), two chopped chillies, six chopped spring onions and the juice of a **lime**. Dry the tuna and cook for about two minutes on each side. Serve with the salsa.

- One **lime** provides 30 per cent of your recommended daily allowance (RDA) of vitamin C: researchers say that meeting the RDA helps to burn 30 per cent more body fat during exercise.

- A yellowfin **tuna steak** delivers 71 per cent of a male runner's niacin needs and a huge 92 per cent for women. Also known as vitamin B3, the nutrient helps regulate metabolism.
- The protein and insoluble fibre combo makes **black beans** great for both digestive health and blood sugar regulation.



### BONE-BUILDING TORTILLA

**ASSEMBLE** Fry a chopped **onion** until soft, add a diced **red pepper** and 300g of sliced tinned potatoes. Add 200g of canned **peas**. Preheat the grill. Beat six **eggs**, pour over the potatoes, sprinkle with grated cheddar and cook on the hob for five minutes. Put under the grill and cook until firm. Cut into wedges.

- Eat **onions** every day for five per cent better bone mineral density in later life, says a study carried out at the University of South Carolina, US.

- **Eggs** are one of the few food sources of bone-boosting vitamin D; researchers say it can also boost your ratio of fast-twitch to slow-twitch muscle fibres.

- **Red peppers** contain nine times the carotene of green peppers: the pigment bolsters bones and could reduce your risk of stress fractures, says Gidus.





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**JOINING FORCES**  
Running with a club has had a powerful effect on Christopher's social life and self-esteem



## FIRST PERSON

# A good fit

Joining a running club helped **Christopher Tollet, 18**, overcome his social difficulties

**A**t times I can be in my own world because I have Asperger's syndrome. But I like a new challenge and when I left school this year, I wanted to do something active.

So I tried cycling, but I was too worried I might get a puncture. I thought about swimming, but you have to have very good coordination and that's a problem for me.

Then I had the idea of joining a running club. The first time I ran too fast and I was out of breath. But I decided to stick with it.

I ended up in the top seven for the county, so I ran for Hampshire at the Inter-counties Cross-Country Championships this year. I kept going even after I lost my shoe, which probably slowed me down by about two and a half minutes.

I had better luck at the

Mencap Open National Championships this year: I won two gold medals (1500m and long jump) and a silver (400m). I stood on one of those boxes athletes stand on as someone put the medals around my neck. I'd like to get three golds next time.

After that, the Special Olympics adviser asked me to

## Running keeps me out of trouble, and it's helped me make five or six friends

come to the regionals. It's a lot of hard work to get to that standard; I need to train hard and eat more healthily first, but I'd love to do it.

Running keeps me occupied and out of trouble, and it gives me a good feeling. It also makes it easier to socialise. I have made about five or six new friends at the City of

Portsmouth Athletics Club. We don't go around to each other's houses, but we see each other at training and we compete at open meetings.

I run four days a week now – three times at the club and one day running at home. I plan this out carefully by thinking about distance and speed, and using a watch to stick to my plan. Sometimes, I still start off way too fast: when I'm running, I only think about speed.

I am very competitive, and I like to push myself. I like doing a five-mile run for fun,

but my favourite session is 400m on the track. Everyone seems to find it hard but I like the very quick pace.

I don't like the 800m though. The problem there is that some people start too quickly and others start really slowly. Everyone is doing something different and I find it hard to pace myself.

### Christopher's mother Rachel Galpin says:

*Running has been a lifeline for Chris. Asperger's syndrome (AS) is an autistic spectrum disorder that makes it difficult to socialise, so people with AS often feel isolated and this can lead to depression. But Portsmouth Athletics Club warmly welcomed Chris and didn't judge him. He realised very quickly that exercise can make you feel great, improve self-esteem and help you feel you fit in. I am immensely proud of him and I hope he inspires others.*

I take every challenge as it comes, really. I know I can't try to get a PB if I don't feel good on a particular day but I learn from every race I do. For example, I used to move my head around a lot, backwards and forwards, and this used up too much energy as I ran. Now I try to keep my head and shoulders still, and my strides are much more relaxed.

I definitely plan to keep up the running in the future. I want to improve on my 5K PB of 18:12, but also I know that every time I run, I feel better. It's a way of feeling proud of yourself.



## WARM-UPS HUMAN RACE

# BACKSTORY

MIMI ANDERSON, 49, KENT

In July, Mimi ran the 135-mile Badwater Ultra through the Death Valley...and then ran it again

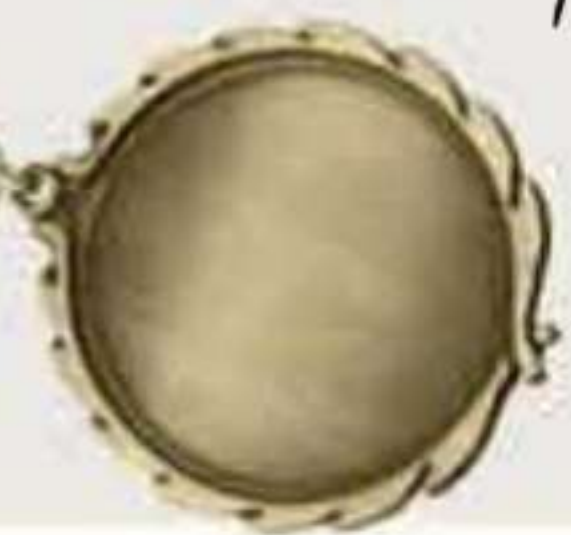


**1] Body issues** I started running at 36. I used to have anorexia; now I eat to fuel my runs.

**2] Training** 60-120 miles a week, including a 30-mile long run.

### 3] Achievements

Two world records: fastest John O'Groats to Land's End run



and furthest distance on a treadmill (403 miles) in seven days.

### 4] Race fuel

Wraps, soups, nuts and raisins. My treat is Twiglets.



### 5] Best memory...

The 6633 Extreme Ultra - 352 miles through the Arctic. The Northern Lights made me smile each night.

**6] ...and worst** My father died during the 6633 Ultra. I thought my tears would freeze. I won it in his memory.

**7] Reaching high** I'm asthmatic, so I was lucky not to suffer from the altitude at Badwater.

### 8] Post-race celebration

A (very) large glass of wine!



**9] Next up** The Glenmore 24 Trail Race, the Spartathlon and the Beacons Ultra. I like to keep myself busy!



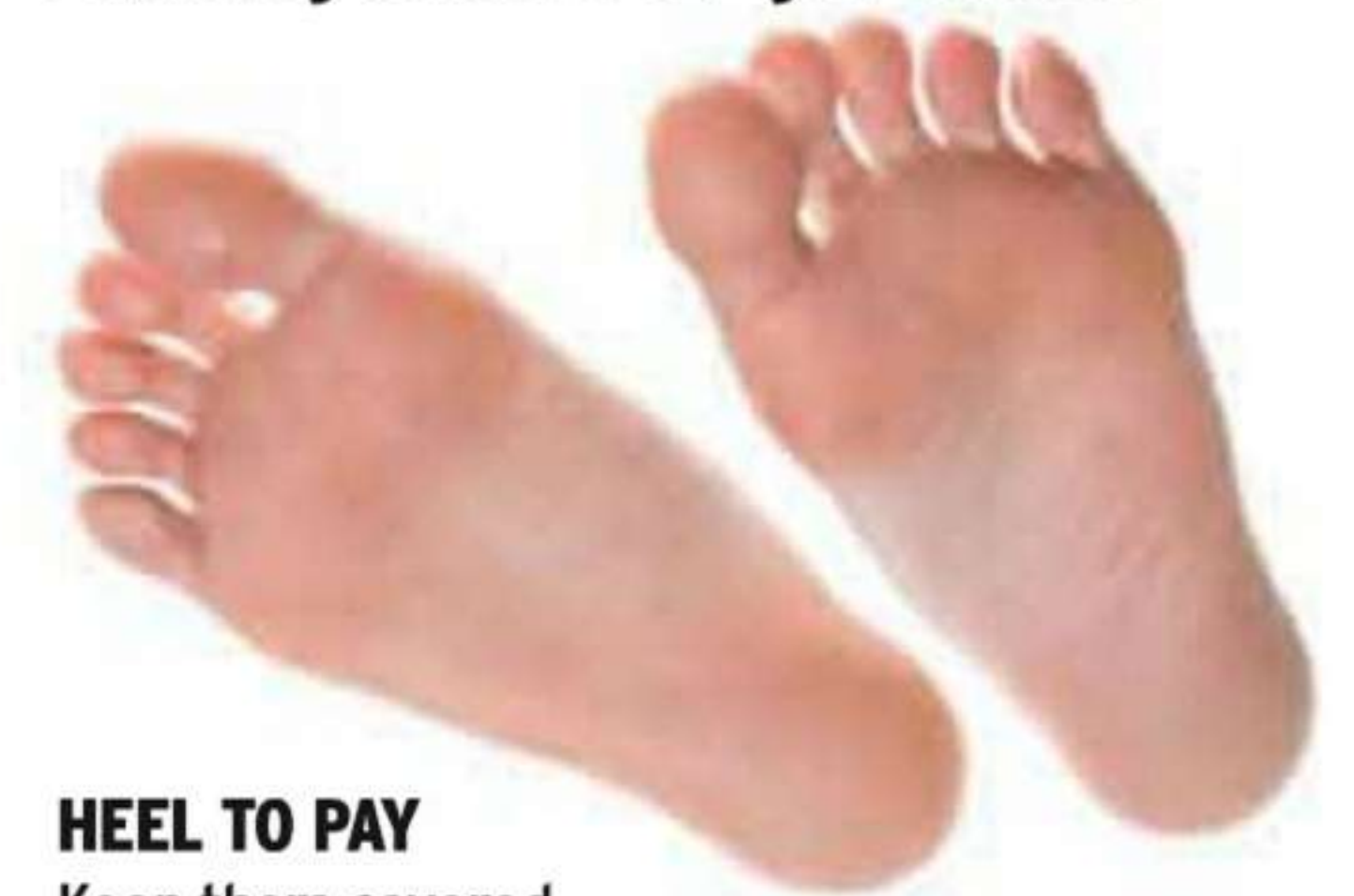
## ASK MILES

He's been around the block a few times - and he's got answers...

### Dear Miles

Can I run with bare feet on the treadmill at the gym?

Well, you could. But remember to say sorry when the staff promptly escort you back to the changing rooms to finish getting dressed. Even if your gym doesn't have an official 'no shirt, no shoes, no service' policy, the staff are going to frown at someone slapping their tread with bare skin and toe sweat. And the other gym-goers are unlikely to be pleased, so that's a lot of frowning all round. If you really want to test the barefoot waters at the gym, wear a pair of minimalist running shoes. Or get socks.



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## REAL RUNNERS

ORDINARY PEOPLE DOING INSPIRING THINGS

Send nominations to [rwedit@runnersworld.co.uk](mailto:rwedit@runnersworld.co.uk), putting 'Real Runners' in the subject field



### GINA LITTLE LARGE ACHIEVEMENT

Most marathon spectators half-heartedly vow to race it themselves one day, but Gina Little actually kept her promise - then ran 399 marathons more. Gina, 66, ran her first 26.2-miler in London

in 1983, and celebrated her 400th at the Hertfordshire Hobble in June. "I live in Plumstead and saw the marathon go right past my house, so I had to give it a go," she says. "I loved the people I met." Reaching pension age certainly hasn't stopped Gina: she's raced in Tokyo, LA and New York, and she's run Berlin 21 times.



### 'BLIND DAVE' HEELEY BLIND AMBITION

Best known for running seven marathons on seven continents in seven days, 'Blind Dave' Heeley is at it again: he ran Land's End to John O'Groats in August. Dave, 52, ran 10 marathons in 10 days tethered to

various guides along the way. The route took in beautiful scenery around Loch Ness and Loch Lomond in particular, but as Dave likes to joke, "I don't do much sightseeing." He gets through his challenges by thinking of some advice he once got from Arctic explorer and fellow marathoner Mike Stroud: "Basically, eat what you can, sleep when you can. It's gonna hurt."



### JOHN DWYER HOME FROM ROME

Fitness holidays may be all the rage, but John Dwyer put a new spin on things when he ran from the Colosseum in Rome back to Trafalgar Square. John, 34, tackled the equivalent of 50

marathons in 50 days between July and September. Having previously scaled Mount Kilimanjaro and cycled across Canada, John knew he was fit enough for the challenge, but he was also spurred on by the memory of friend Rob Gauntlett, who was 21 when he fell to his death in the French Alps in January 2009. Read more at [runhomefromrome.weebly.com](http://runhomefromrome.weebly.com).





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The New Balance logo, a stylized 'NB' with three horizontal lines extending from the 'B', is positioned below the main headline. It is set against a dark, textured background that resembles a running shoe's mesh or a similar material.



# Breathe easy

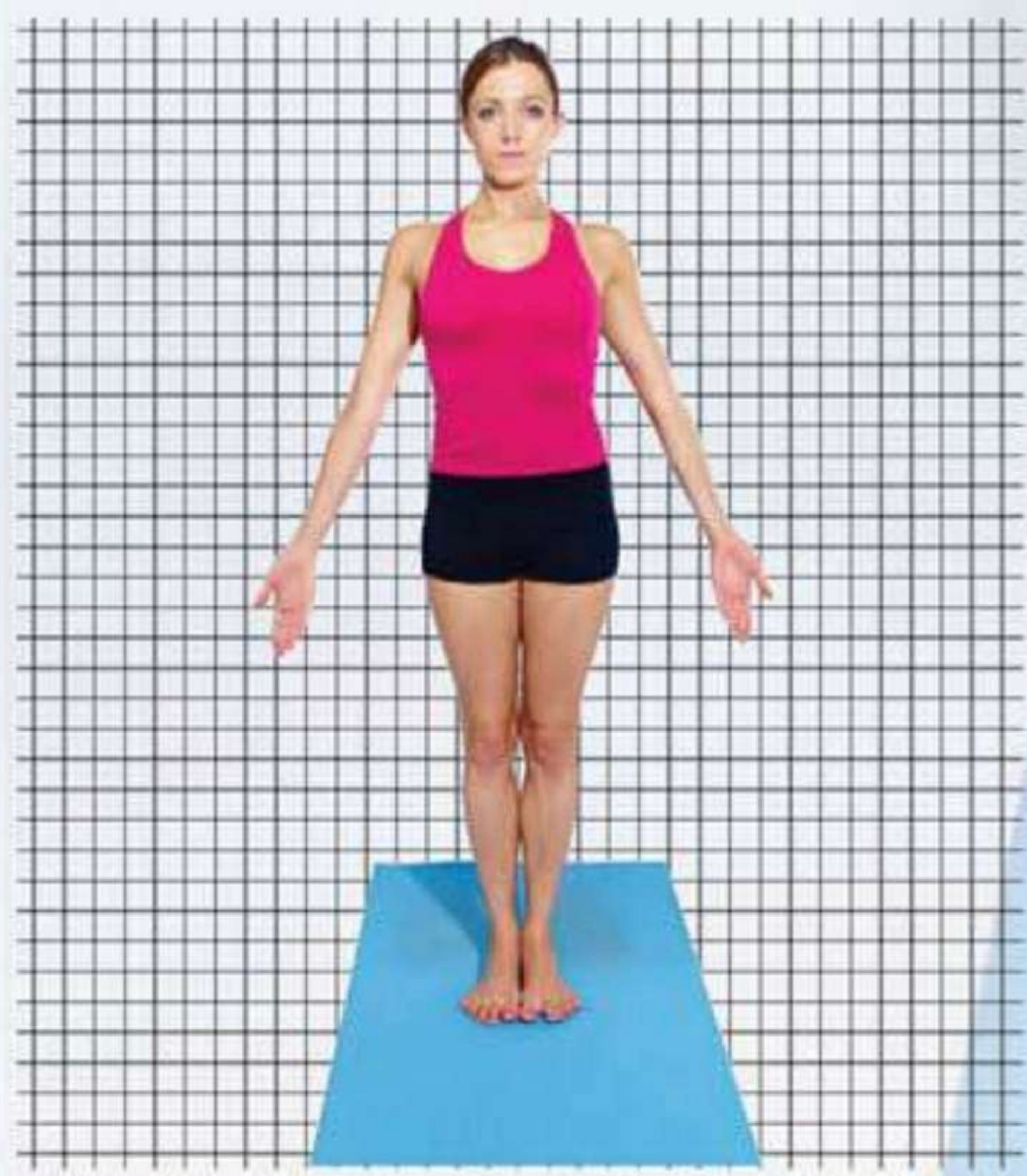
Open up your upper body to make running easier with this lung-boosting yoga routine



**R**ounded shoulders and a Quasimodo-style hunched back doesn't just make a runner look ragged. "Poor posture restricts breathing, causes backache and displaces your weight in a way that can eventually lead to injuries such as shin splints," says yoga sports coach Lexie Williamson ([pulse yoga.co.uk](http://pulse yoga.co.uk)). She put together this twice-weekly, post-run routine to open the chest, improve your posture and help you run more efficiently. Hold each pose for 30 seconds to a minute, or as long as it takes to complete four breaths (both inhaling and exhaling).

## 1 MOUNTAIN POSE

Improves posture by encouraging runners to look ahead rather than down at the ground, as well as relaxing your shoulders to encourage fluid arm motion. Roll your shoulders forwards before drawing them back. Push your hips slightly forward and open your palms to face the front. Looking ahead, imagine a straight line pulling you up from the crown of your head.



## 2 STANDING BACKBEND

Stretches the pectoralis muscles, facilitating deeper breathing.

Inhale. Raise your arms away from your sides and draw them back a little. Move into a gentle backbend. Keep your abdomen engaged and your tailbone tucked under to protect your lower back, and raise your chin slightly.

Wheeziness, coughing and a tight chest on the run can be early signs of exercise-induced asthma, even in non-asthmatic runners. A new website from the American College of Allergy, Asthma & Immunology ([eibjournal.acaai.org](http://eibjournal.acaai.org)) lets you track and review symptoms using a variety of graphs and charts.



### 3 STANDING FORWARD BEND

**Releases the lower back after the backbend (2) and stretches your hamstrings.**

As you exhale, bend your knees and fold your upper body over your legs, aiming to line up your fingertips at the side of your toes. Keep as much of a bend in the knees as you need to feel a stretch in your thighs - this will depend on how tight your hamstrings are.



### 4 ACHILLES STRETCH SQUAT

**Stretches the feet and ankle muscles, and the achilles tendon.**

Bend your knees deeper and lower into a squat with your feet hip-width apart. Balance on the balls of your feet with your fingertips touching the floor. After finishing the squat, take your weight on to your hands, sit back and straighten your legs ready for the next move.



### 5 CORE ROLL DOWN

**Strengthens the rectus abdominis, which aids your posture on the run.**

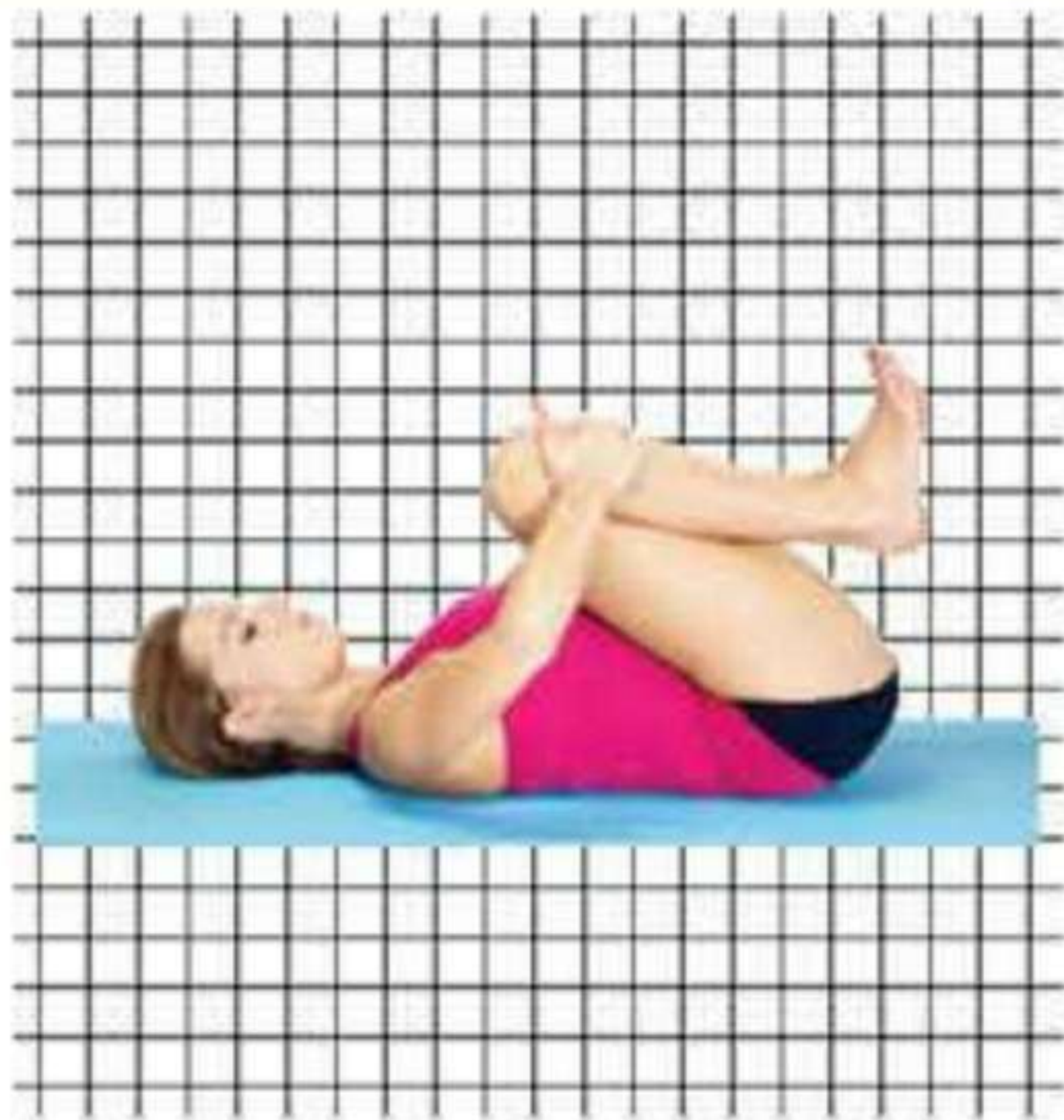
Tuck your chin into your neck. Raise your arms to shoulder height and parallel in front of your with palms facing in. Take four breaths while rolling your back down to the floor, keeping your abdomen pulled in.



### 6 KNEES TO CHEST

**Releases the lower back.**

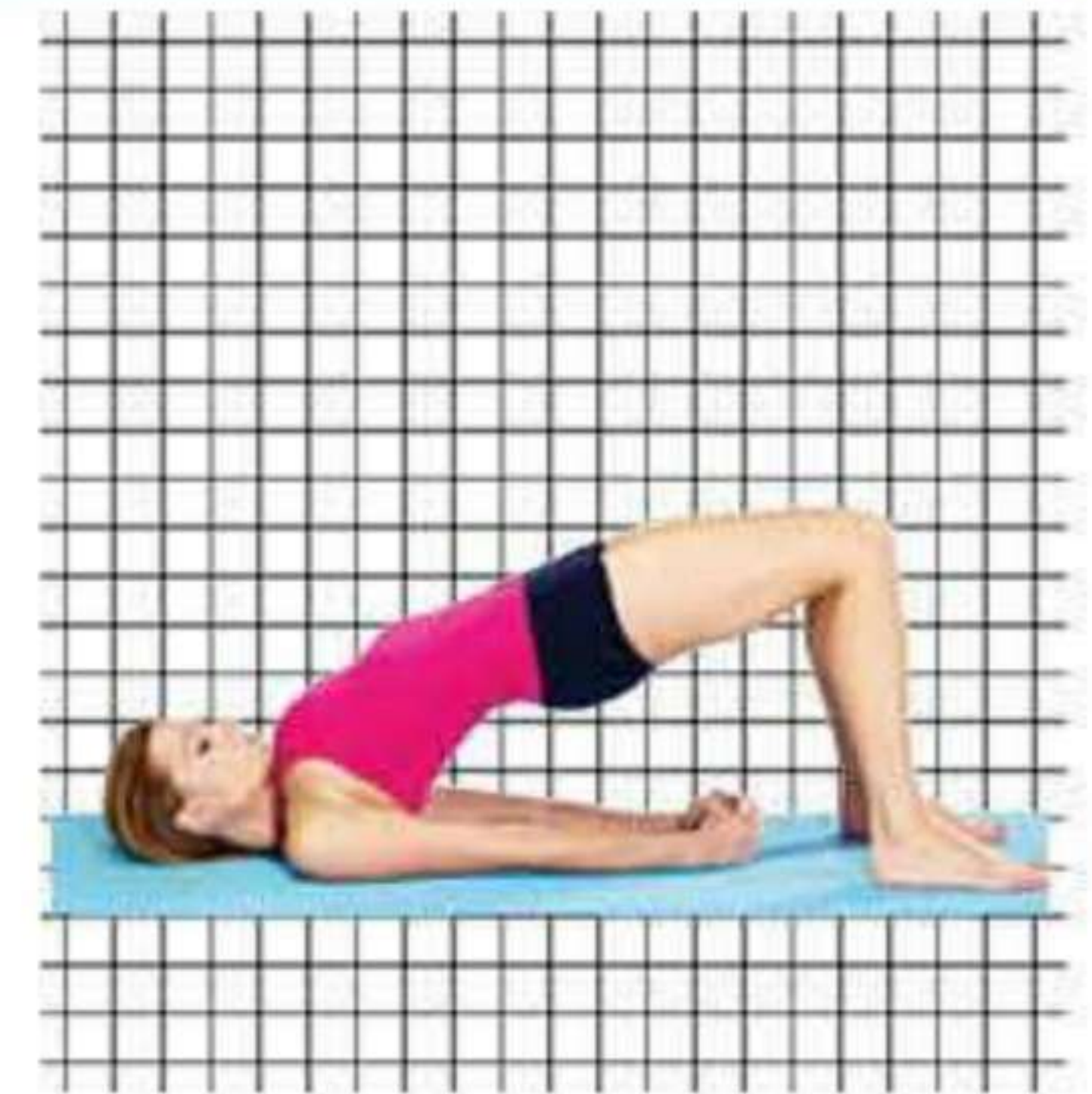
From a supine position (that's lying on your back, to non-yoga-speakers), bend your legs at the knee and bring your thighs up against your belly. Hold them just below the knees and then rock gently from side to side.



### 7 BRIDGE WITH INTERLACED FINGERS

**Strengthens the glutes, back and quads, and facilitates deeper breathing.**

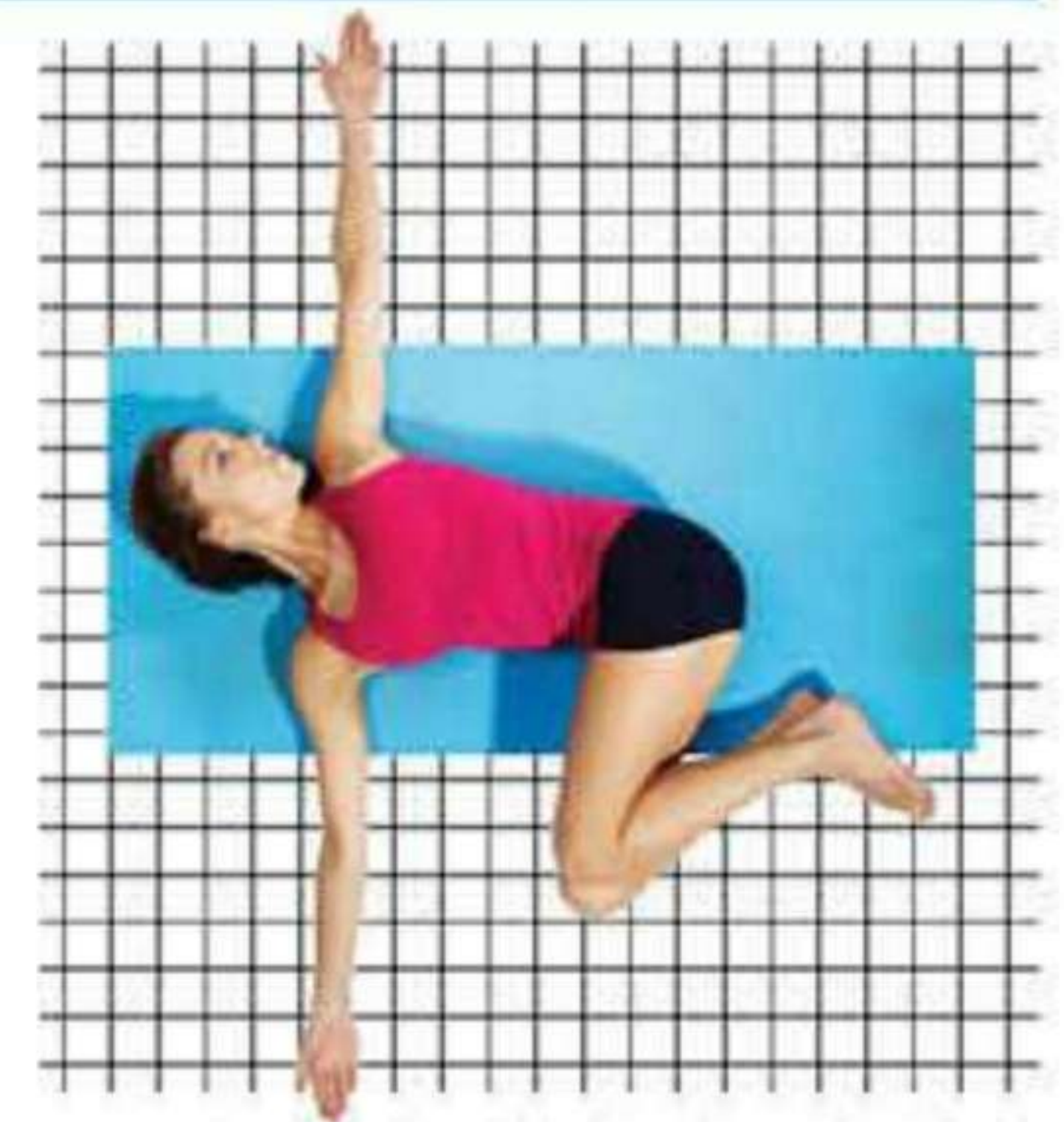
Bend your legs and place your feet hip width on the mat. Take your arms by your sides, palms face down, and lift your hips up. To further open up your chest, interlace your fingers underneath your hips and press your hands into the floor. Keep your chin tucked in throughout.



### 8 SUPINE TWIST

**Stretches the often neglected intercostal muscles between the ribs and the obliques at the sides of the waist to aid deep breathing.**

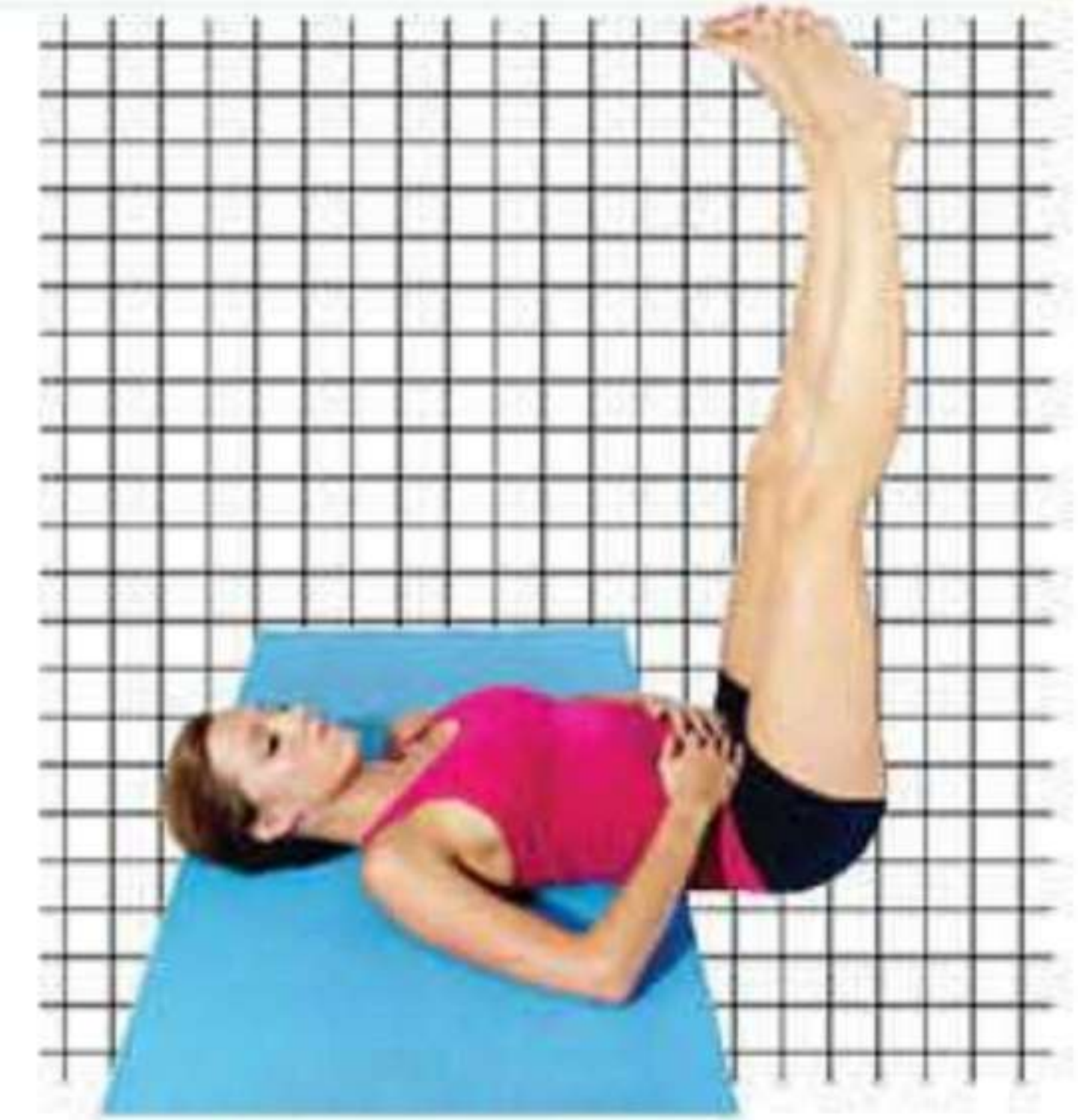
Lie on your back. Bring your arms level with your shoulders, with your palms facing up. Drop your knees to the right and roll your head to the left. Do this on both sides. Follow with another knees to chest pose (6).



### 9 LEGS UP THE WALL

**Speeds removal of lactic acid while abdominal breathing encourages the use of the diaphragm to prevent stitches.**

Sit with your legs up against a wall, keeping them together or slightly apart to stretch your inner thighs. Rest your palms on your abs, fingertips touching. As you inhale, your belly should rise and fingertips part; exhale and your fingertips touch again.



### BREATH-O-METER

**Fit runners can use their breathing rate to measure a run's intensity - no gadgets required!**

**3 to 3** Three strides for each inhalation and three per exhalation indicates an easy jog. You may want to speed up to reach 3 to 2: three strides per inhalation, two per exhalation.

**2 to 2** This is a decent long run or marathon race pace for most people.

**2 to 1** Two strides breathing in, one breathing out, or vice versa. 10K race pace or slightly slower. Suitable for tempo runs.

**1 to 1** A surge or kick towards the finish line. If a rival is breathing 1 to 1 while you're doing 2 to 1, it might be an ideal opportunity to overtake.

**Oranges** are a key part of a rounded approach to boosting your lung capacity. Researchers from the University of Nottingham found that as vitamin C intake rises, so does forced expiratory volume - a recognised measure of lung power. One fruit has at least 100 per cent of your 40mg recommended daily allowance.







# Think ahead

To perform at your best on race day, practise these key mental strategies throughout your training

## PRACTISE NO EXCUSES

A key aspect of mental toughness is teaching the mind to do what it doesn't want to do - such as pushing through discomfort in a race. "I tell my athletes to give me their best even on their bad days," says Hebert. "This trains the mind to handle adversity and teaches you to hang in there." Plus, you can use the workout as a mid-race reminder that if you can do it in training, you can do it on race day.

## LOG YOUR STATE OF MIND

"What we measure is what we improve upon," says Dr JoAnn Dahlkoetter, author of *Your Performing Edge* (£14.50, Stackpole Books). Along with your workouts, write in your training log how motivated, focused, energised or confident you felt on a scale of one to 10. "Maybe you scribble a three next to 'focused' a few days in row," she says. "So you ask yourself, 'What am I thinking about instead?'" The answer can encourage you to address the problem. Be sure to also write down the mental tools that worked so that you can use them in the future.

## GET CREATIVE

Make your mental tools work harder by using them in unexpected ways. Schedule a reminder to yourself so that your power words pop up on your mobile phone or computer 10 minutes before your run, for example. Or record yourself describing a workout when you felt strong, then listen to or watch the file just before you start your warm-up. "You'll bring the positive emotions to your workout," says Dahlkoetter.

## ELIMINATE NEGATIVITY

I can't. It's too hard. I'm too slow. "Negative chatter wastes energy and can manifest as physical tension," says Hebert. Practise different methods of countering worry to find what works best for you. Effective tools include repeating power words (try 'calm' and 'strong'), visualisation (seeing yourself getting through the tough patch), and centring (focusing on your breathing or footfalls).





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# The traveller's rest

For most, the start line marks the peak of pre-race nerves. Not for this destination racer

It was 6am, still an hour before sunrise, when my preparations for that morning's 8K went from routine to stressful in an instant. The electricity had just gone out in my Philadelphia hotel and my room was darker than a marathoner's toenails.

Fumbling blindly to pin a bib on my singlet, I kept thinking that – ouch! – if I'd wanted my navel pierced, I'd have gone to a tattoo parlour. Even more annoying than negotiating a minefield of suitcases on the floor was having to apply petroleum jelly to my nether regions by the light of my mobile phone. And, of course, no working lifts meant descending 33 floors to the street via the stairs. My quads were not amused.

A destination race can be a fun adventure. It's an opportunity to meet new people, experience a different course or combine an

## IF PASTA ISN'T SERVED IN MY HOTEL, IT'S CAUSE FOR CONCERN. WILL I HAVE TO PLAY RAVIOLI ROULETTE IN A DODGY DINER?

assault on a half marathon PB with a summer holiday. But running road trips can also be nerve-racking because so much can go wrong. These are things we don't think about when we peruse a brochure and envision running through a picturesque canyon or past a breathtaking skyline.

Take pre-race fuelling, for instance. Whenever the pasta isn't being served in my hotel, it's a cause for concern. What if there's no chain restaurant nearby and I have to play ravioli roulette in a dodgy diner? Will an unfamiliar sauce give me the runner's trots? Heaven forbid that airline security confiscates my favourite sports drink and it's not available elsewhere. Or that I forget to pick up the banana that gives me both potassium and peace of mind on race morning. These are not just inconveniences; these are *major crises*.

On the road, there's simply too much to remember. It's said that all anyone needs on race day is a good pair of shoes and plenty of desire. Yeah, that and sunglasses, sunblock, aspirin, an energy bar, nipple guards, an iPod, plasters, petroleum jelly, the hotel room key, safety



pins, a bib, a timing chip and often the luck of the guy who manages to bag Pippa Middleton's phone number.

Consider this: at a half marathon last spring in Washington, DC, getting to the start was expected to be a major challenge. So with the Subway not yet open and taxis in short supply that early in the morning, it was a relief to learn that my hotel was supplying a 'special shuttle' for the 20-minute trip. What pulled up, though, wasn't the large bus everyone expected, but a single 10-seat van. Thankfully, mine was the first group to board. The last group is probably arriving at the starting corrals right about now.

Hotels are particularly adept at creating angst, even when the power doesn't cut out. Forget your alarm clock and you might be at the mercy of a wake-up call. On one occasion, it consisted of a single ring. And that's *if* you fall asleep at all. You'd think an event's host hotel would have the good sense to put all of the runners together on the same floors. So why then do we often end up sprinkled amid the stag parties, screaming toddlers

and amorous couples who overestimate the thickness of the walls?

Even leaving hotels can be a hassle. Some happily offer a complimentary late checkout. Others react to such a request as though you informed them Led Zeppelin were reuniting for the sole purpose of trashing one of their suites. One runner told me of an inn that charged her an extra £50 to take a five-minute shower after checkout time. For that price, you'd think David Beckham would have popped in to shampoo her hair.

For those of us who are more road worriers than road warriors, it's easy to forget why we bother to put ourselves through all of this. Our reminder comes at that very moment when so many runners are their most nervous, but we weary travellers are, strangely, finally relaxed for the first time. It's the moment when all the pre-race headaches are over and we get to hear those three comforting words: "Runners, get ready." **RW**

*When he's not collecting hotel shampoo minis, marathoner Jeff Ryan lives in New York City*





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"WHEN YOU TRAIN YEAR-ROUND, IT'S THE  
DRAMATIC WEATHER AND CHANGING  
SEASONS THAT KEEP THINGS INTERESTING."  
- JONATHAN WYATT, TWO-TIME OLYMPIAN

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# Trials and transformations

Why running through hail, heckling and hostile cows helps you handle life's stresses with a smile

**B**efore I set off, I remember surveying the sky and deciding I would be fine in a T-shirt. But as I jogged towards the long, grassy stretch of riverbank where I like to do intervals, the cotton-wool clouds had darkened to the colour of lead. They pitched along like celestial tumbleweeds, gathering in size and number, seemingly keeping pace with me as I ran. By the time I'd begun the first four-minute effort, they'd obscured every inch of blue. Rain began to fall, quietly and steadily at first, but soon it was ricocheting off the path, churning the surface into slick mud.

I continued, believing a shower of such intensity wouldn't last. By the third rep, hailstones were pelting down on me with theatrical force, stinging my skin and blinding my vision. I finished the set. And as I made my way home, chuckling at the absurdity of the situation, I realised how

alive I felt. Every cell was buzzing.

The occupational hazards runners face in the great outdoors are many and varied – extreme weather, treacherous terrain, hostile livestock and dogs, unpleasant heckling, getting lost...and while we may not welcome them, they serve an important purpose: they force us to live in the moment.

Jump on an exercise bike or swim laps in a chlorinated pool, and the safe predictability of the task means you'll soon be leaping through your catalogue of worries or wondering what to have for tea. But run through a thunderstorm or flee from a barking dog, and the insistent drone of anxiety will be temporarily silenced while your body and mind get on with the more important business of survival.

Sport psychologists proffer the 'distraction hypothesis' as one mechanism by which exercise makes us feel better. It's not, they say, the act of exercise itself that has a

positive effect on mood but the respite it gives us from daily stresses. According to research, rhythmic activities like running are the best choice because they don't require much thinking; they enable us to switch off. I guess the scientists who did that research haven't ever wound up lost in the woods at dusk or clambered over a barbed wire fence to escape a herd of charging cattle in the course of clocking up their training miles.

OK, so running *can* lead us into a near-meditative state – and very pleasant it is, too. But sometimes, running is such a visceral experience that the distraction is achieved via a totally different pathway. Far from lulling me into a state of serenity, running forces me to use my wits – to think on my feet, not least when I'm in fight (battling the elements) or flight (dogs and cows) mode. It is as if the unpredictable, challenging situations that running puts us in help us tap into the very essence of why we evolved to

## RUN THROUGH A STORM, AND YOUR ANXIETY IS SILENCED WHILE YOUR BODY GETS ON WITH THAT BUSINESS OF SURVIVAL

run in the first place. To stay alive.

The latest research indicates that the fitter we get, the better able we become to not just survive, but thrive, in a changing world. In an experiment at the University of Houston, US, two groups of rats were given chemicals to raise their levels of oxidative stress (which occurs when health-harming free radicals accumulate in the body). When faced with unfamiliar terrain, the rats deprived of exercise were extremely anxious. But those that had run regularly simply explored their new territory with casual curiosity. The researchers believe that the new brain cells created as a result of exercise – which is a form of stress – are better geared towards coping with other taxing situations.

But the change doesn't happen overnight. So next time you're being pursued by an over-zealous guard dog or you're lost and miles from home, remember, it's character building. Quite literally. **RW**

Sam Murphy is a running coach and author ([sam-murphy.co.uk](http://sam-murphy.co.uk)).



ILLUSTRATION: JAKOB HINRICHS





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BY PAUL TONKINSON

TONKY TALK

# Rule of three

No more booze. No more sausage rolls. No more slacking off on 20 miles a week

**T**he only thing that kept me going the last time I ran a marathon was the absolute certainty that I would never do another one.

Undertrained and foolish, I had set off at sub-3:00 pace, then crashed and burned horrendously at mile 16. I had not just hit the wall, the wall had fallen on me. I'd buckled under its weight. My mouth was full of its dust...well, you get the wall metaphor. I was weaving in and out of my fellow sufferers, caught in that dizzy, intoxicating blend of noise, exhaustion and pain. My time predictions were rapidly expanding in my mind - 3:10, 3:20 and then finally, dreadfully, 3:30.

But then I became delirious with the realisation that I would never have to do this again. The sub-3:00 dream was finished. Who cares? Congratulations, Marathon, you are the victor. That's it. Over. No more.

So why now am I contemplating another go at sub-3:00? Well, for some reason it irks me. Whenever I mention the marathon to non-runners and the talk turns to times, they are mightily impressed at the digits I offer (3:07, 2005). "Wow," they exclaim. "That's amazing! Isn't that what professionals do? Could you, like, run for England?"

But it's not enough.

I ran 3:07 off an average of 24 miles a week. I assumed that sub-three was my rightful destiny. But I respect it

now. After 2010, it has my attention. It feels like unfinished business. The question is, what must I do to achieve it? What must a sub-3:00 Tonks be like?

Three key things come to mind. Firstly, and most importantly, I need to run more. It's going to take a good six months or so of training. I have always ticked over at about

**ODDBINS IS JUST ROUND THE CORNER, AND IT OFTEN FEELS I'M ON A PERSONAL QUEST TO KEEP IT IN BUSINESS**

20 miles a week and then started training seriously in January. I need to double that.

Secondly, no more sausage rolls. I have yet to master the art of walking past the local bakery with its delicious aroma of pork and pastry. But sub-3:00 Tonks demands it. Sub-3:00 Tonks eats apples.

Thirdly, bypass the offy. By an unfortunate coincidence my Oddbins is just round the corner from the bakery and it sometimes seems like

I'm on a personal quest to keep the company in business. I often walk in scoffing a sausage roll and peruse the wines as if I'm in some sophisticated viticultural library. It's not; I'm eating fatty food and about to get hammered. Sub-3:00 Tonks does not get totalled on a Tuesday. He drinks water fresh from a mountain spring. Or, failing that, the fridge.

Yes, sub-3:00 will cost. Other things will have to go: late night movies, egg sandwiches after midnight and the perverse pleasure of eating an entire pack of Maryland cookies in a one-sitting dunkathon while my kids watch on, open-mouthed. The race starts here. No pies. No booze. Miles in the bank.

The reward, of course, is knowing how it feels to be able to run sub-3:00.

Now for the hard part: telling the wife. **RW**

*Paul Tonkinson is a standup comedian who spends his time running and philosophising.*



ILLUSTRATION: KEVIN FEBRUARY





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REMEMBERING 9/11

# 10 YEARS RUNNING

One side effect of the Twin Towers tragedy was that it moved people to run. To honour a hero, to remember a loved one, to show the defiance to carry on, to find solace or regain a sense of control. On the 10th anniversary of 9/11, here are just a few of those inspiring stories



| THE EYEWITNESS: ANN SOMMERLATH PIZZI |

# Escape from Ground Zero

**On the night of September 10, 2001, I watched the North Tower of the World Trade Center gleam majestically in the setting sun** from my apartment's living room window, 250 yards away. With darkness descending, I noticed that a band of lights would illuminate a floor then, 15 minutes later, be extinguished. I realised I was watching a crew methodically cleaning the remains of the day. For some reason, it was mesmerising.

Then next morning I headed out for a six-mile run. It was sunny and warm, and as I turned for home at 42nd Street the sun's bright rays were glinting off the World Trade Center towers, nearly blinding me. I showered, dressed and left for my job in the World Financial Center, a two-minute walk away. But as I waited for the elevator, a neighbour flung open her door and yelled, "Did you see? A helicopter just hit the World Trade Center!" I dashed back to my window, where I saw what looked like a small hole in the North Tower. Smoke was billowing out and flames curled around the jagged opening.

I called my parents to tell them what I was seeing and as we spoke, I noticed the hole becoming larger and the flames growing, now licking far above and below the initial impact. Moments later, I could see little glints of what appeared to be glass showering down, looking like sparkling crystals. I soon noticed larger forms, some horizontal, some upright, exiting the site at uneven intervals. Slowly it dawned on me – these were people. And as I watched, the sun shone on.

I heard a knock at the door. It was a friend who had been on his way to work when he saw the impact. We watched the scene from my window, him urging me to leave, saying I could stay with his family in New Jersey. But I refused, preferring to be surrounded by the comfort of my own things as the increasingly surreal day unfolded.

Then the second plane hit. At that point it truly sunk in that we were at the epicentre of something unfathomably terrible. Then we heard an awful sound – like an enormous dump truck dispensing thousands of tons of gravel – as the first of the towers collapsed. We saw a gathering ball of dust roll towards us, and barely closed the window before pieces of the unimaginable flew against the glass.

Once the sound gave way to eerie silence, we knew it was time to leave. I gathered a few things – my wallet, phone and a set of running clothes. I thought I would only be gone one night. We ran down the stairs and across the lawn, but as we ran, the ground began to shake. Looking up, we could see the spire of the North Tower listing, and we stopped, shocked by the image. A fireman jolted us out of our daze. "Run for your f\*\*\*ing lives!" So we did. Then I heard that noise again – louder this time – as the second tower collapsed. We arrived at the ferry, and someone threw me on to the waiting boat. My friend tossed my bag on, then he jumped the fence and we pulled away.

I'll never forget the scene inside the boat. People who, hours earlier, had headed to work in their business attire were now covered in dust and blood. Some cried quietly, some spoke animatedly. Strangely, no one was hysterical. That night I stayed with my friend and slept fitfully.

The next morning, I went for a run in the clothes I had managed to stuff in my bag. It became clear that before my eyes, and close enough for me to touch, see and smell, the world had drastically changed. And so had my own

little world. I found myself out of work as my company was forced to close in the aftermath. Without the daily structure of a job, I often found myself alone, trying to process the enormity of what I had witnessed, but not easily able to. The only thing that kept me sane was running. It was my one constant. One afternoon I went to Kmart and bought clothes, but I refused to buy new running clothes. I just washed them over and over again. I couldn't let go.

When I was able to finally return to my apartment, weeks later, I would wake before dawn and go running. I'd head up the West Side Highway, carrying only my driver's licence (I needed ID to come and go) and a \$5 bill. I'd turn at 42nd Street then go home, shower, and dress for the day. Most days, I remained in my apartment watching out of my window, lost in thought.

Today, I still live in Manhattan, but a good distance from Ground Zero. I have a job I love and I don't live alone. I now have a husband, a daughter and a baby on the way. In many respects I have moved on from that tragic time. But, honestly, the memories of what was taken from us on September 11 never fade completely.

"We could see the North Tower listing, and we stopped, shocked. A fireman jolted us out of our daze. 'Run for your f\*\*\*ing lives!' So we did"





**SOLENN SIGHT**

Ten years after running from a collapsing tower, Ann Sommerlath Pizzi looks over at a rising one from a nearby hotel



| THE BEST FRIEND: PAUL DENNY |

# Always with him

**We were cousins, but Larry Bauguess and I grew up like brothers.** We played in the same local youth baseball league, went to church and school together, and from the time we were nine years old until we graduated high school, we lived next door to each other in the tiny North Carolina town of Moravian Falls. We spent our summers catching crawfish in the creek that ran behind our house, or packing a couple of sandwiches in a backpack and heading up into the woods for the day. We were kids, being kids.

Eventually, as a young adult, Larry decided to join the US Army. In early 2007, he was stationed in Afghanistan. One day, after working with NATO mediators to settle border conflicts between Pakistani and Afghan factions, Larry was killed by enemy fire. Although he didn't lose his life in the World Trade Center or the Pentagon, his death warrant was signed on September 11, 2001.

Larry's death put me into a state of depression; I turned to

"I run with Larry's name tattooed on my arm, his memorial bracelet on my wrist. Every day I run, I run with my cousin"

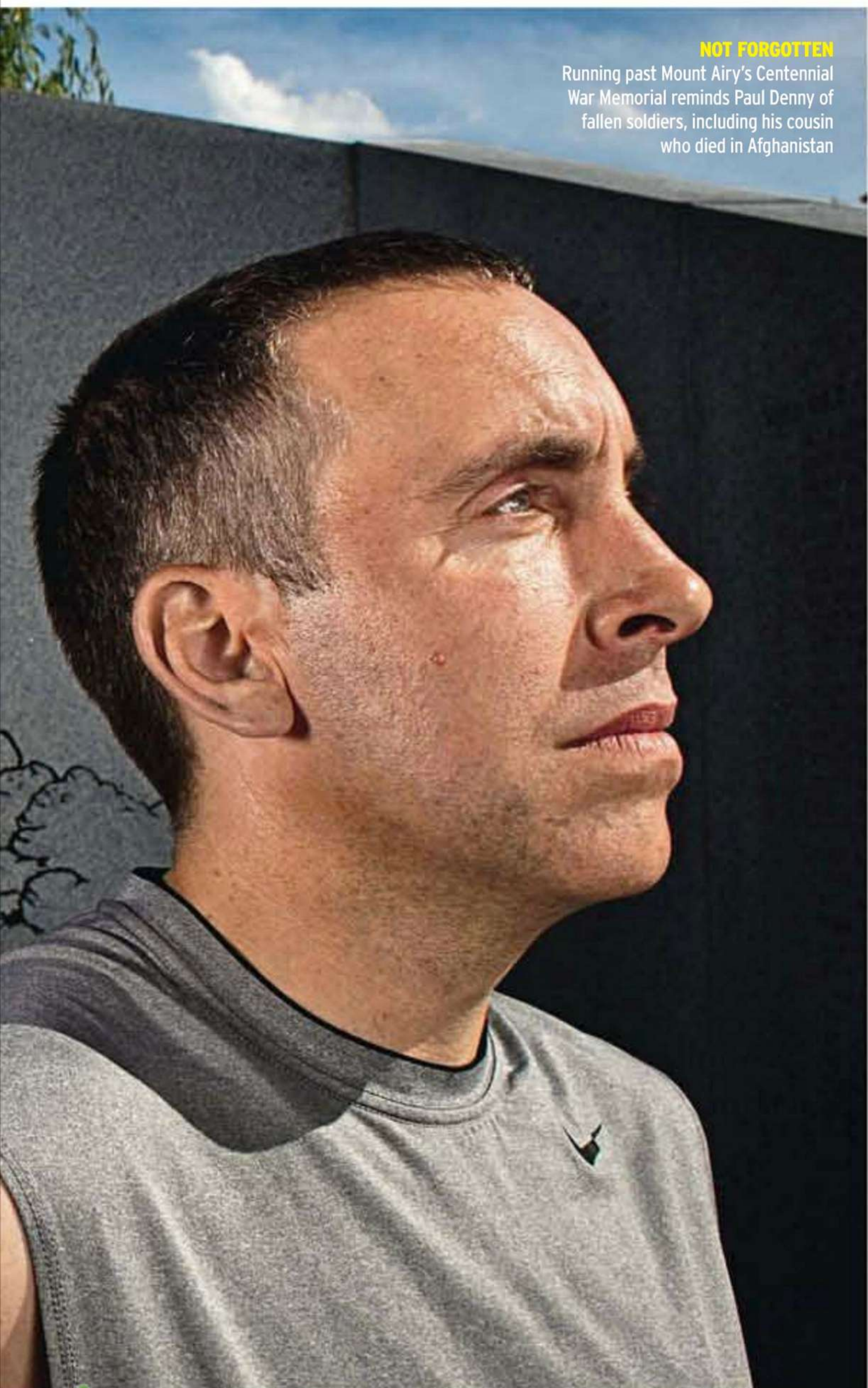




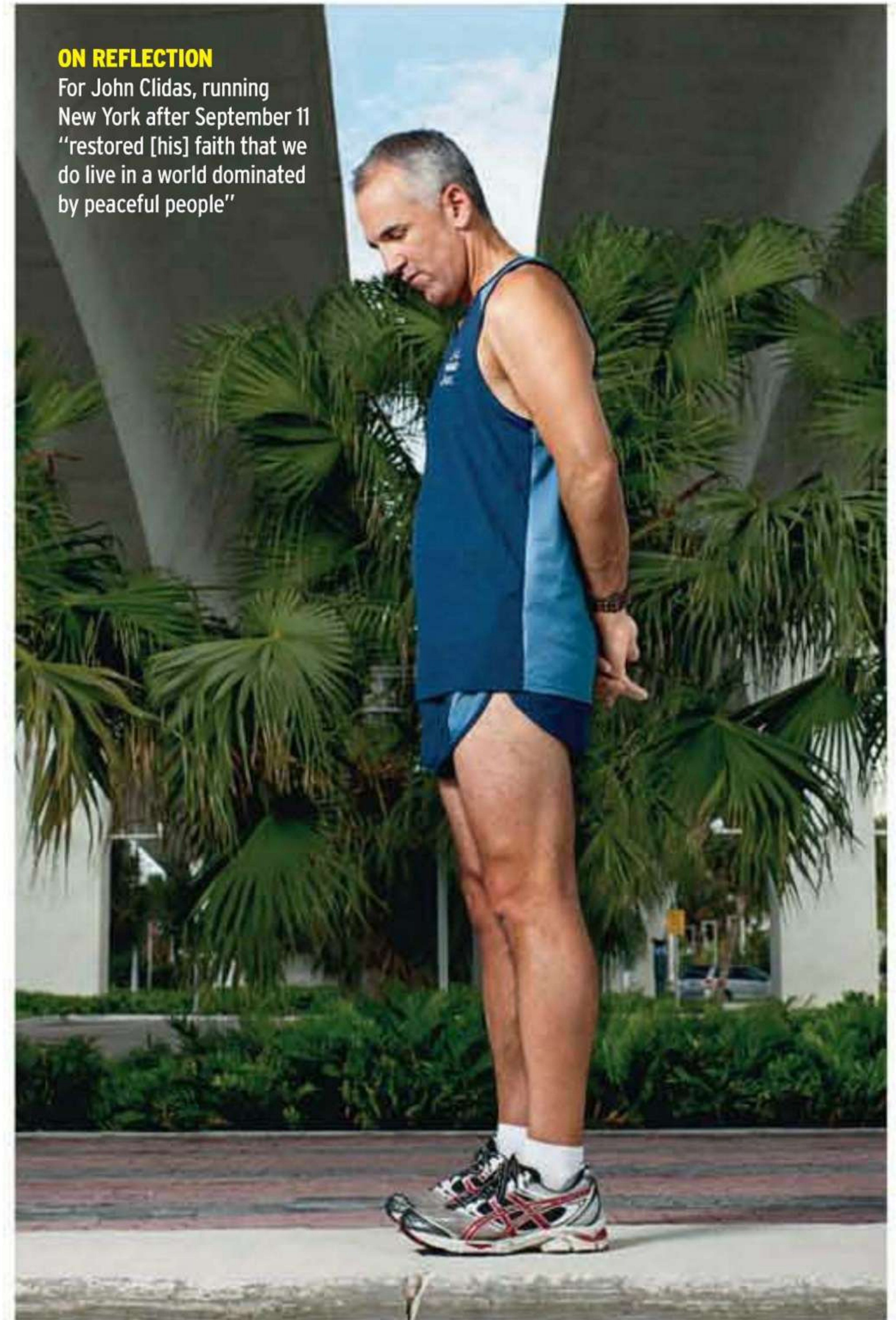
food for comfort. At night, with everyone else in bed, I'd sit alone watching TV and eat a sandwich or ice cream and then wash it down with soft drinks. I was trying to fill the hole Larry's death put inside me, and it would just never fill up.

In the months after his death, I put on nearly 50 pounds and soon realised it was affecting my health; I was risking not being around for my family - just as Larry wouldn't be for his. About that time my wife, Katy, mentioned an ad she saw for a running club in Mount Airy, the town where I now live. I agreed to give running a try. Quickly I was hooked. Most mornings I ran down Main Street, where I would smell bacon cooking at the Snappy Lunch diner. I ignored the temptation. I found that by putting on my iPod, I could turn off the world and be at peace. Whenever I hit a rough spot in my routine, I thought about Larry and what he'd say if I were to quit.

Those 50 pounds have since disappeared, and I've even done a couple of marathons. I run with Larry's name tattooed on my arm, his memorial bracelet on my wrist. Every day I run, I run with my cousin. Just like old times.



**NOT FORGOTTEN**  
 Running past Mount Airy's Centennial War Memorial reminds Paul Denny of fallen soldiers, including his cousin who died in Afghanistan



**ON REFLECTION**  
 For John Clidas, running New York after September 11 "restored [his] faith that we do live in a world dominated by peaceful people"

**THE NYC MARATHONER: JOHN CLIDAS**

# Rising again

**It was an absolutely beautiful Tuesday morning in Ft Lauderdale - warm, but not too hot; crystal-clear blue sky.** I made my way across the 17th Street Causeway Bridge, enjoying the view of the intracoastal waterway. I was doing a six-miler as part of my training for the New York City Marathon, which was quickly approaching on my race calendar. Once I made it over the bridge, I turned back around and headed back home.

I would soon realise that my run on this morning would be the last of its kind for a while.

In the days immediately following the terrorist attacks of September 11, I used my runs not for training, but for relief from the tragedy and the continuous news coverage of it. Running gave my mind a rest and allowed me to realise that while the world had been changed for ever on that Tuesday morning, life would eventually return to normal - albeit a 'new' normal.



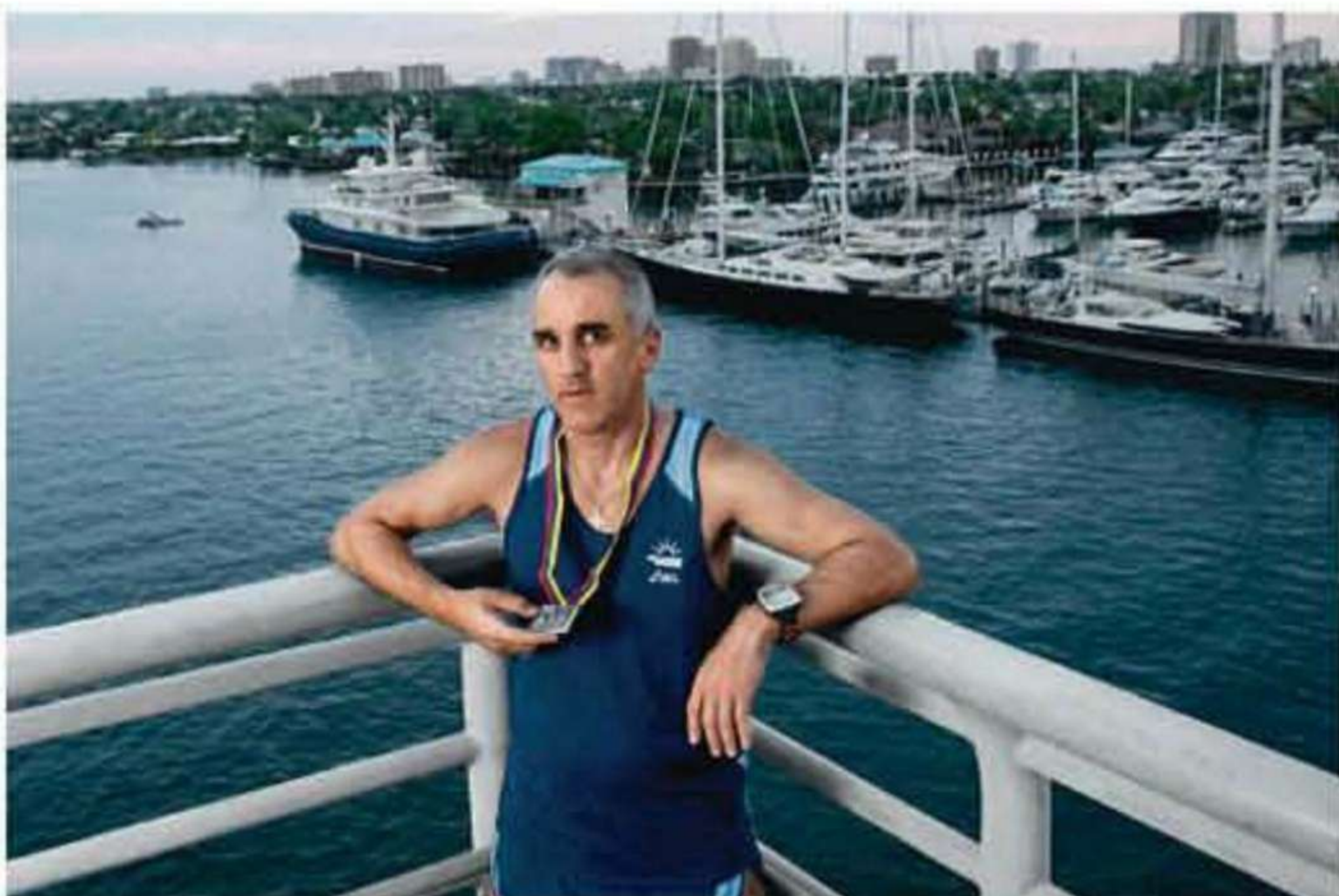
Fast forward to November 2, 2001, the Friday before the New York City Marathon. I arrived in the city, picked up my race packet at the marathon expo, and then took the Subway downtown to Ground Zero. To this day, I can still remember the strong ammonia-like smell that permeated the air all around the site. From the barricades, I stood still and quietly reflected on the horror that had occurred in the buildings where I had worked before moving to Florida. I prayed for those who had lost their lives, and for those who mourned loved ones taken from them.

Two days later, early on Sunday morning, I waited in the starting corrals for the marathon. It was another beautiful morning, just like the one on September 11, with one exception: the security measures in place made it clear that we now lived in a new world. There were sharpshooters in towers, and

“By the time I crossed the finish line, I sensed the beginning of a new mood. A mood of positive things to come. A mood of healing”

helicopters, far beyond the usual number, hovering above New York Harbour. Policemen, uniformed and plain-clothed, seemed equal to the number of runners. And yet, even with all these security measures in place, Mayor Rudy Giuliani offered a calming and reassuring tone when he spoke to the marathoners shortly before the race start. As we made our way across the Verrazano-Narrows Bridge, he told us that it was OK to look over to the site where the World Trade Center towers once stood. He also suggested that we take a good long look at the Statue of Liberty and note that it was still standing.

The next 26.2 miles were as memorable as the start. In many ways, they restored my faith that we really do live in a world that is dominated by peaceful and loving people. I watched everyday runners like myself stop in the middle of major intersections so they could kiss the ground. I saw many of them look up to and thank the New York City Police Department officers for being out on the course ready to protect us. And by the time I crossed the finish line with a marathon personal best (3:44:30), I sensed the beginning of a new mood. A mood of positive things to come. A mood of healing. A mood of ‘We’re going to be OK’.



## THE FIREFIGHTER: KEITH HAUGRUD

# A higher purpose

**Evergreen, Colorado, is a small town in the foothills of the Rockies, about 30 miles west of Denver. It's even further from the sites of the 9/11 tragedies.** In the months following that day, I saw a recruiting banner hanging on one of the Evergreen fire stations looking for volunteers. I filled out an application and began my training the following January.

I was never a runner growing up. Never had a passion for it. But after joining the Evergreen Fire/Rescue, I started to do some treadmill running at the local sports centre. To this day, I'm not sure why. But I found that I enjoyed the running and began to extend my mileage. I signed up for my first 5K race that spring, and in recent years I've been a regular at the Bolder Boulder 10K. I've also run two marathons, including Fargo in May, where I hit a PB of 3:35:28. All that said, one event stands out from all others.

For the last few years, on the anniversary of 9/11, I've done the Denver Metro Firefighter's 9/11 Memorial Stair Climb. A total of 343 firefighters from around Colorado gather at the CenturyLink Tower in downtown Denver to climb its 55 storeys twice. There's plenty of symbolism: the number of participants represents how many New York City firefighters died on 9/11; the 110 storeys equals the number of floors in each World Trade Center tower. We wear the protective gear used when going into a burning building. It can weigh as much as 60 pounds and

“I enjoy it, but I also run to make sure I stay fit so that I can serve my community, and so that I am ready to climb a 55-storey building”

it can be very hot. But on this day no one complains.

The climb is physically demanding – most of us need at least 90 minutes to finish – and it's also very emotional. Just as we're about to start, each firefighter receives a lanyard with a black and white photo of a New York Fire Department firefighter who died on 9/11. In the past I've made the climb with the images of firefighters Scott Larsen, Michael Cammarata, Robert Parro and Thomas Schoales hanging close to my chest. And usually a few new recruits join us. You see the magnitude of the event reflected in their faces when they witness how many firefighters take part. Only then do they truly appreciate the volume of death that occurred on 9/11.

I am now a captain in my department, and I run as much as I can. Yes, I enjoy it, and I enjoy competing. But I also run to make sure I stay fit enough to serve my community; so that I am ready to climb a 55-storey building. That's why, whenever I'm out for a run, September 11 is always in the back of my mind. ▶





**BURNING IMAGE**

On September 11, 2011, Keith Haugrud will again climb Denver's CenturyLink Tower carrying photos of fallen New York firefighters



| THE WIDOW: LYZ BEST |

# The call from Flight 93

**It is true that there's a story behind every runner.** My story is that I am a Flight 93 widow. My husband was Jeremy Glick. He was my high school sweetheart, my husband of five years and a doting father to our daughter, Emmy, who was 11 weeks old when her father died on a day that is burned numbingly into my memory.

On the morning of September 11, Jeremy boarded United Airlines Flight 93 from Newark, New Jersey, for a quick business trip to California. Less than an hour into the flight, he called to tell me his flight had been hijacked. We spoke for nearly 30 minutes, and during that time he and the other passengers put together a plan to try to take back the plane from the hijackers. Jeremy told me that he was going to attack the hijacker who was guarding the passengers in the rear of the plane. As I had been watching the events unfold on television that morning, I told him he had no choice but to do it and to be strong and that I loved him. He told me he loved me too, and to stay on the line because he would be right back. I waited and waited, but he never did. Only later that morning did I learn that the plane had crashed in rural, western Pennsylvania. All 40 passengers and crew aboard were dead.

Before that day, I had been an occasional runner. I ran a few days a week, when I could fit it into my schedule. I ran for fun. I ran for fitness. I would even say I ran for vanity, often starting an intense running regime before swimsuit season. I have always been athletic, but nothing compared with my Jeremy, the superathlete. He was a nationally ranked collegiate judo champion, a bit over six feet tall and 220 pounds of muscle. Yet, when we ran together, he always went at my pace. When we lived in Manhattan, we would run the Central Park loop together. When we moved to the suburbs, we would run the hiking trails behind our house. I loved

running with him. I loved how free and invincible we felt. And I loved how much fun we had. Four or five miles would breeze by, and by the end we would be laughing so hard that we'd collapse in a field, having forgotten why we started laughing in the first place. Then he would get his training face on and say, "OK, get up. Now we're doing sprints."

In the days after my husband died, my reasons for running changed. Running became cathartic. It was the time when I found what little inner peace I could in the chaos that September 11 left behind. It was a time where I connected with Jeremy spiritually. Simply put, it made me feel good when nothing else did. Now, 10 years later, running still keeps me balanced. I suffer from anxiety and depression as a result of losing my husband in such a horrific way. On days that begin with a run, I feel better. But still, tears often accompany the sweat that streams down my face.

Emotions will be bubbling on November 6 when I run the New York City Marathon in honour of Jeremy. I will be one of 21 marathoners who lost a family member on Flight 93. As a group - the Families of Flight 93 - we hope to raise awareness for our efforts and those of our partners to complete a lasting memorial where the plane went down, outside the town of Shanksville, Pennsylvania.

This will be my first marathon, and I expect it to be quite a challenge. My belief that I can complete it comes from the strength Jeremy showed when he called from the plane. Knowing that his life was in danger, he whispered into the phone, "Lyzy, I need you to be happy, and whatever decisions you make for you and Emmy, I will support them. Just be happy." I imagine the 26.2 miles that await me will be filled with memories, smiles, tears and happiness. I also imagine that with each step I'll hear Jeremy's loving voice filled with pride, encouraging me to push a little harder. I love you, Jeremy. This one's for you. **RW**

"Running became cathartic. It was the time when I found what inner peace I could in the chaos 9/11 left behind. It made me feel good when nothing else did"

**LASTING TRIBUTE**  
Lyz Best on the New Jersey trail, named after her late husband



IMAGE: MICHAEL LEWIS





**IN MEMORY**

Lyz Best is running her first marathon with 21 others who lost a family member on Flight 93. "I imagine that with each step, I'll hear Jeremy's loving voice," she says



# Here's the rub

Forget whale song and aromatic oils, elite runners swear by massage to speed recovery, dodge injury and boost performance. So how can you get your hands on these hands-on benefits? **Sam Murphy**, RUNNER'S WORLD columnist, running coach and author of *Running Well*, guides you through the massage maze

**L**ast April, a 21-miler left a band of exquisite tenderness along my inner calf. I rested and iced for five days, but the pain lingered until my next sports massage. Agonising as it was, the treatment eliminated the problem completely and I ran a half marathon PB a week later. So it won't surprise you to hear that I'm a keen proponent. And I'm not alone. Look to the elites and you'll struggle to find anyone who doesn't consider massage crucial. "Massage is an essential part of my training programme," says RW's triple Olympian contributing editor Jo Pavey. "It's important for both

performance and recovery." Mo Farah also gets rubbed the right way: "I get massaged by the physio all the time, it's so important when you've put your body through hard work." But massage has had some - excuse the pun - bad press recently. Last year, a study published in the *Journal of Strength and Conditioning Research* found that pre-event massage had no effect on running performance, while research from Queens University in Canada found massage actually *slowed* lactic acid removal from muscles post-exercise. Which leaves a few questions to be answered if you're going to get the results you're after.

## Q FIRST THINGS FIRST: DOES IT ACTUALLY WORK?

### A Yes, but...

It depends on many factors: the type, frequency and quality of the massage, if you have a specific problem and what you hope to gain from the treatment. Will a massage knock three minutes off your 10K PB next Sunday? Probably not. But neither will a single set of 800m reps. "In most cases, sports massage has a cumulative effect," says sports massage therapist Peta McSharry (sportsmassagezone.co.uk). "One treatment may have a short-term benefit, but correcting long-term problems takes longer."

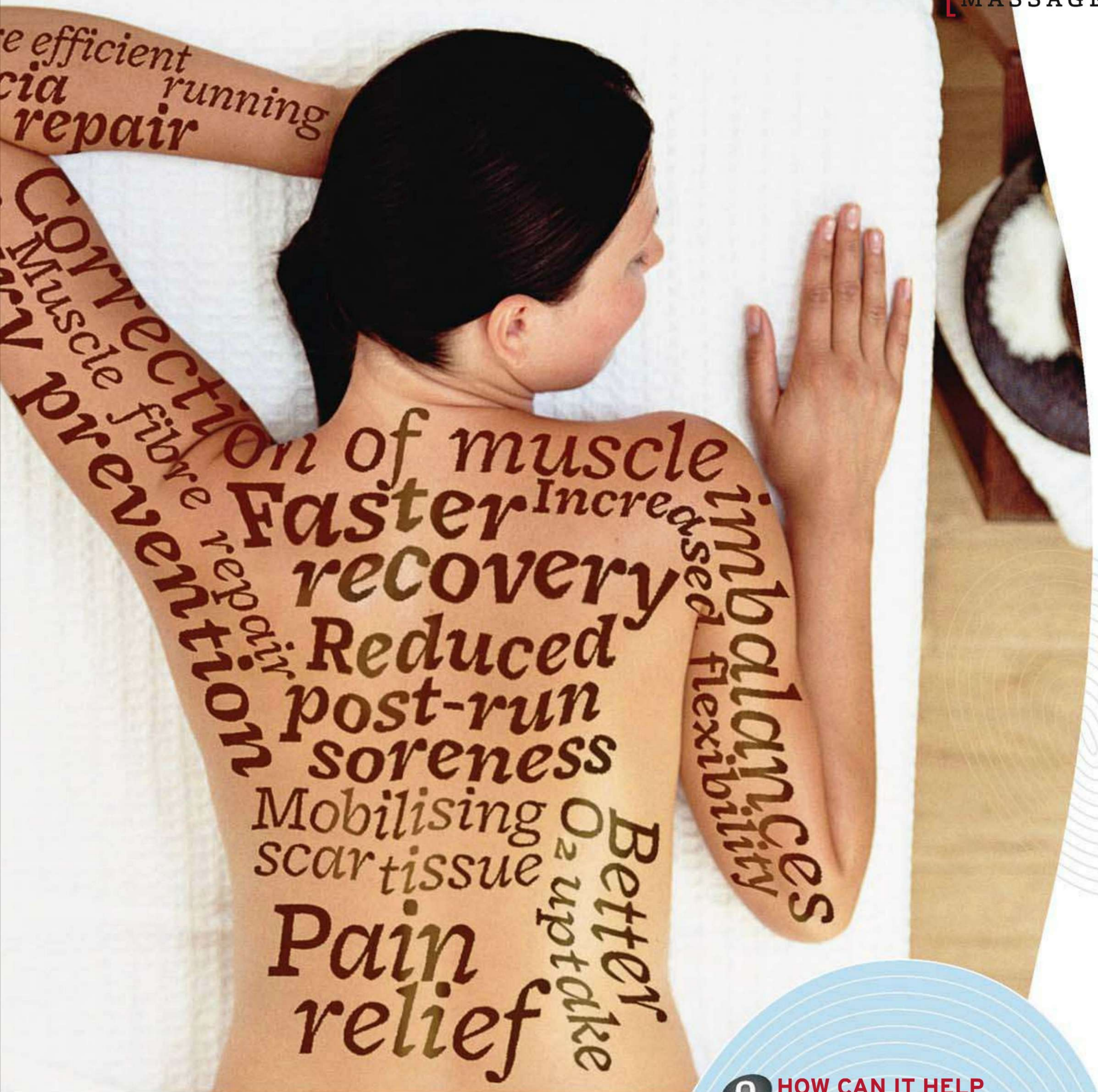
Which explains some of the negative research. A study published in the journal *Physical Therapy in Sport* found no beneficial effects on hamstring length, but subjects were given just a single eight-minute treatment. "There are difficulties studying massage," says Lorraine Western, a sports massage practitioner with a master's degree in sports injury management (stayfitsportsmassage.com). "Quality research depends on using a repeatable method, but as every massage treatment is unique to the individual at that moment, it's difficult to compare like with like." Another study, published in *Medicine & Science in Sports & Exercise*, which used a more 'real life' scenario

of three massages a week for 10 weeks on one leg of study subjects and no treatment on the other leg, found that massaged legs gained four degrees of flexibility and 13 per cent strength.

There's more backing from the boffins, too: research in the *Journal of Athletic Training* noted a 30 per cent reduction in post-exercise muscle soreness; more in the *Clinical Journal of Sport Medicine* found improved recovery; and satisfied run-and-rub testers in the *British Journal of Sports Medicine* enjoyed decreased fatigue. These results keep elite athletes - including Haile Gebrselassie, who has daily treatments - coming back. And they're right there at someone else's fingertips for you, too.

**MIND OVER MASSAGE?**  
If the benefits are purely psychological, isn't this a good thing too?





**Q COULD IT ALL BE IN THE MIND?**

**A Probably not - and does it really matter?**

Sceptics argue that the benefits are more psychological than physical, and a study published in the *British Journal of Sports Medicine* found that having a massage in between fights led boxers to feel they'd recovered more, while physiological testing in the second bout didn't support this. However another study - though admittedly on

rabbits - found that massaged muscles regained more strength, had fewer damaged fibres and showed less swelling than non-massaged muscles. The bunnies were unavailable for comment, but it's unlikely that such benefits existed solely between their floppy ears. You may also consider how much it really matters if the benefits are, in part, mental. "The psychological aspect of running can make a real difference to performance," says Western.

**Q HOW CAN IT HELP MY RUNNING?**

**A Think of the holy trinity of more efficient running, faster recovery and fewer injuries.**

"Sports massage can improve flexibility of tight muscles and correct imbalances," explains Western. "Some techniques improve circulation, enabling muscles to use oxygen and nutrients more effectively, which can boost performance. Techniques to promote venous return [the rate of blood flow back to the heart] and lymphatic drainage can help you recover by relieving congestion in the muscles and removing waste products." Pavey cites another benefit: "Massage can identify areas of tightness you weren't aware of, nipping potential problems in the bud and preventing injury." Which, all in all, isn't too bad for a 30-minute lie down.



Efficiency Recovery Balance  
Injury prevention Flexibility

**Q IS MASSAGE MORE USEFUL AT PARTICULAR TIMES?**

**A Book in if you up your training.**

"Muscular tightness can cause discomfort and injury if untreated," says Western. But there's little evidence pre-event massage boosts performance, says Iain Fletcher, senior lecturer in sports biomechanics at the University of Bedfordshire. "Massage stretches muscles and fasciae, decreasing stiffness, and so making movements slower. Post-exercise, I can see a benefit, though," he says. The best type of massage is also a matter of timing. "The depth should vary according to your training," says Pavey. "I find light massage helpful straight after a hard session, then stronger the next day." Maintenance massage shouldn't conflict with performance or recovery, says Michael McGillycuddy, author of *Massage for Sport Performance* (£23.99, Human Kinetics).

"It can be deep, addressing chronic injuries, increasing flexibility and enhancing neurological pathways."

Ideal before you tackle the cryptic crossword, then.

**Q DO I REALLY NEED IT AS A RECREATIONAL RUNNER?**

**A What goes for the pros, goes for average Joes (and Jos).**

Even if you're not training twice a day and clocking 100-mile weeks, you'll still benefit from laying your parts on the table, so to speak. "Recreational runners use the same muscles as elite athletes and undergo the same stresses," says sports massage therapist and lecturer Clive Lacey ([bodymaintenance.co.uk](http://bodymaintenance.co.uk)). Western agrees: "Many recreational runners push themselves to perform to their potential, so pre- and post-event treatments help them prevent injury, achieve their goals and recover well." And still no mention of panpipes or Nicaraguan volcanic mud, you'll notice.

**Q SO I'M GOING TO FEEL LESS SORE AFTERWARDS?**

**A There's the rub indeed. And yes, you are.**

Expert opinion now holds that muscle soreness isn't caused by lactic buildup, but by microscopic damage to muscle fibres. But according to Lacey, massage still has the power to soothe by promoting healing through breaking down fibrous tissue and adhesions. An Ohio State University review of 27 studies backs this, finding evidence that massage therapy can alleviate symptoms of the dreaded delayed onset muscle soreness (DOMS). "You may find massage best a couple of days after a hard workout or race to allow initial soreness and stiffness to subside," says Pavey. By that point you should just about be able to hobble to the appointment, too.



## Extreme measures

 Specific circumstances can demand specific remedies. Use this quick-fire guide to find the treatment you need

### MYOFASCIAL RELEASE

**GOOD FOR** Stubborn niggles you can't get rid of

Fascia is a tissue that encases the muscle and basically holds everything together. It was long assumed to be a 'passive' tissue, but research has shown fascia can contract independently of the muscle it surrounds, and its condition can have a big impact on your movement and stability. Myofascial release, which can include deep massage as well as long stretches, targets fascia problems.

minimise aches and pains, and extend flexibility (rolfinguk.co.uk).

### GRASTON TECHNIQUE

**GOOD FOR** After injury or surgery  
Recently finding favour among US elite athletes, this technique uses steel instruments to identify and treat scar tissue, restoring movement and function in muscles and connective tissue. It's usually followed by stretching and icing (grastontechnique.com).

### ROLFING

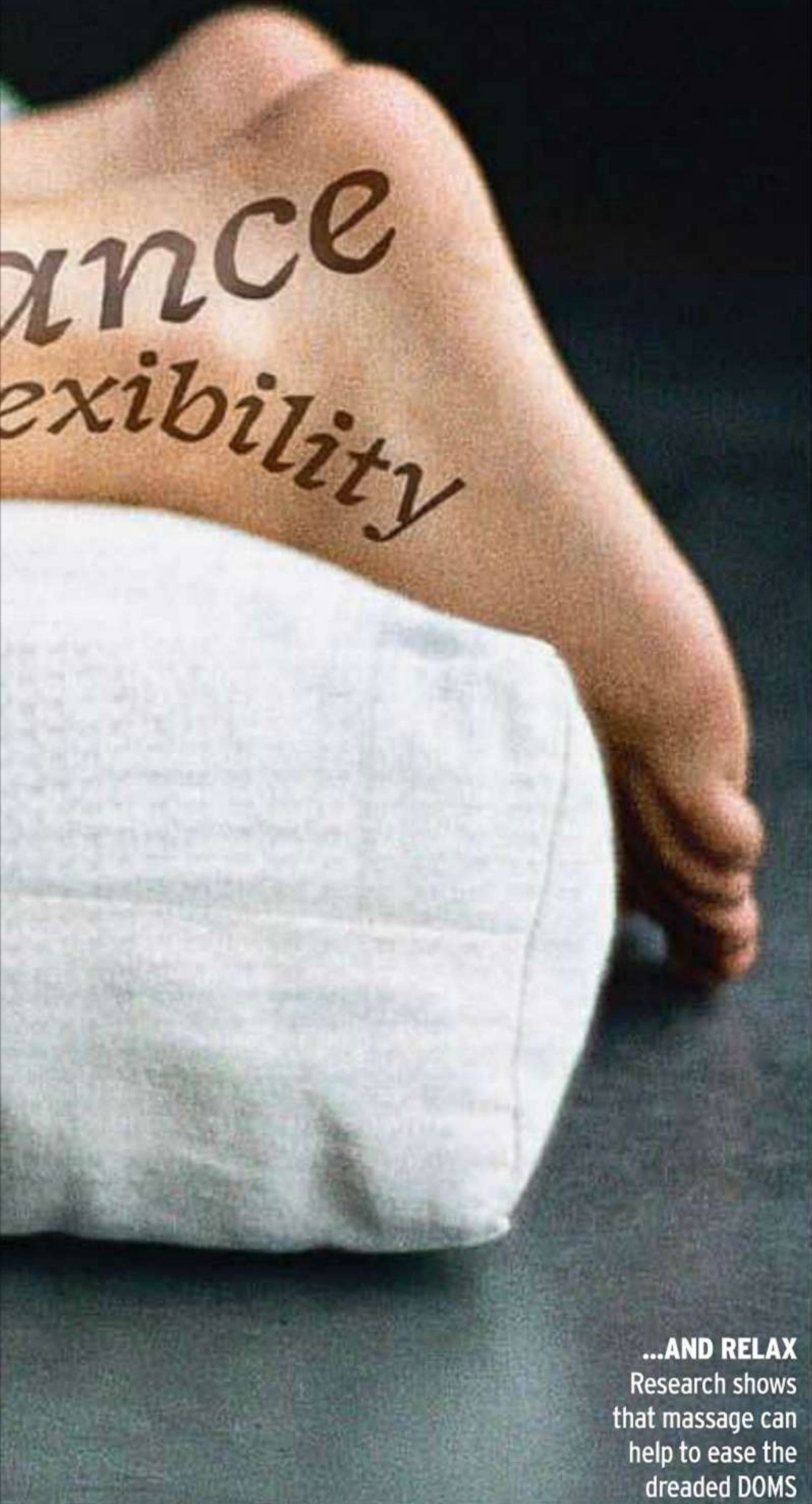
**GOOD FOR** A full body overhaul

It sounds like an ill-fated end to some over-indulgence or other, but Rolfing is a method of deep tissue manipulation and movement education. It doesn't isolate specific areas and treatment generally lasts 10 sessions, aiming to balance your body so it can deal more efficiently with the downward force of gravity. Expect hands-on body work and movement training to improve posture,

### DEEP TISSUE MASSAGE

**GOOD FOR** Recovery from a long race

A very deep form of massage ideal for overworked muscles, stiff or immobile joints and chronically tight areas, such as the lower back and shoulders. It incorporates many of the familiar movements of traditional massage, but the strokes tend to be slower, and the pressure stronger and longer. Don't forget your 'no pain, no gain' mantra.



...AND RELAX  
Research shows that massage can help to ease the dreaded DOMS

### Q HOW DO I KNOW WHICH IS THE BEST KIND OF MASSAGE FOR ME?

#### A Different strokes for different folks.

"There may be more than one type of therapy that could effectively meet your needs," says Western. Look for a practitioner who has a range of techniques at their disposal, and who can match the treatment to your particular needs at each session – which can vary every time. "No single technique can accomplish all the aims of sports massage," says McGillicuddy. Specific or unusual problems and extreme circumstances may mean you need to look beyond general sports massage. See the *Extreme Measures* panel (above) for further guidance. [.net](http://www.worldmags.net)

### Q SO HOW'S IT GOING TO FEEL?

#### A Be warned: it's not all a soft touch.

Techniques vary from the gentle 'effleurage', which is a long, relaxing gliding movement towards your heart to aid venous return, to 'petrissage', a somewhat less relaxing kneading of muscles to boost circulation and mobilise tissue. Then there are compression techniques to promote relaxation in tight muscles or reduce sensitivity of painful 'trigger points', and friction techniques to work on scar tissue or adhered tissue that doesn't move freely because of overuse or injury. "Scar tissue will be treated with more vigorous techniques, and adhered tissue with more gentle effleurage," says Lacey. As a rule of fingers and thumbs, don't count on drifting off for a siesta if your problems run deeper than a tough training session.

### Q HOW OFTEN SHOULD I GO?

#### A Depends on your 'why' – and your wallet.

"If you have a specific problem, weekly treatments are beneficial

while the condition is addressed," says Lacey. Beyond that, Western believes personal preference comes into play. "Some runners find regular maintenance sessions every three or four weeks while they're training intensively work well. But the best advice is to seek treatment before a niggle becomes an injury."

### Q HOW DO I FIND A GOOD MASSAGE THERAPIST?

#### A Qualifications and recommendation.

You can find a qualified therapist via the Sports Massage Association (thesma.org) or the Institute of Sport and Remedial Massage (theism.com). Finding one that meets your specific needs is harder. "Ask for recommendations from other runners," suggests Lacey. As personal preferences vary, though, the only true way to find the right person is through working with them. Finding then sticking with the right therapist will reap rewards: "Having regular treatments with the same therapist means you both get to know what techniques work best for you," adds McSharry. Oh, and being presented with an 'extras menu' means you're definitely in the wrong place. **RW**



# BOOST your RQ



Running well is about running smart – that strain of quick thinking we’re calling your ‘running quotient’. Stretch your mental muscle with the RW RQ test, then ramp up your running intelligence and watch those PBs crumble

Words: Ian Taylor



**01** What is the most important thing you should do immediately before training or racing?

- A** Take on lots of fluid to hydrate
- B** Static stretching
- C** Deep sports massage
- D** Dynamic mobility work

**ANSWER D** ⇨ Why? Of course we all know that staying hydrated is important, but take on too much fluid before you exercise and it will go nowhere for the next 20-30 minutes, causing irritation while you run. "Stretching or having a massage will help to relax your muscles, reducing their readiness for high intensity activity," says Scott Mitchell, a physiotherapist who works specifically with runners (moveclinics.com). "A dynamic mobility warm-up, however, increases your range of movement and speed, and prepares the body for the exact stresses it's about to be placed under." Do two minutes each of leg swings, lunges and hip circles (place your hands on your hips and swing in clockwise circles with your feet shoulder width apart). Leave static stretching for your cool-down and keep your fluid intake the blush-saving side of enforced al fresco expulsion.



**02** In terms of posture, you're most economical when you run...

- A** Upright and tall
- B** Leaning slightly forwards
- C** Slightly back, relaxed
- D** However you're made

**ANSWER B** ⇨ You need to get your nose in to get your nose in front. "You should always be falling forwards in your stride so your head is in front of your body's midline," says RUNNER'S WORLD running coach Nick Anderson (runningwithus.com). "This way, you never have to re-accelerate with each new step. You fall naturally into your next stride, saving energy every time you strike the ground." Of course, if you find you're face-planting on a regular basis it's time to get a little more laid back.



**03** What percentage of your maximum heart rate should you aim for on a threshold or tempo run?

- A** 60-70 per cent
- B** 70-80 per cent
- C** 80-90 per cent
- D** 90-100 per cent

**ANSWER C** ⇨ Threshold runs train your body to cope with a faster pace over a longer period, making them ideal training when you're increasing your race distance. But don't push yourself so hard that you pass out at the half-mile marker. "Try to run close to the limit at which lactic acid remains constant. Any quicker and it will rise exponentially and your pace will slow," says RW's resident Olympian Jo Pavey. In real terms that means somewhere between 80 and 90 per cent of your maximum heart rate, where you can keep the pace constant. As you get fitter, you'll be able to work at closer to 90 per cent. Set the alarm on your heart rate monitor to alert you if you stray out of the zone. No monitor? Aim for eight out of 10 on your perceived rate of exertion scale or a pace that feels 'comfortably hard'. If you can speak in full sentences, you're not pushing hard enough.



**04** What and when should you eat and drink after a hard session?

- A** Water soon after, then a high-carb meal within one hour
- B** Nothing until at least an hour after training
- C** A protein/carb drink within 20 minutes of finishing, followed by a proper meal with carbohydrate and protein within the hour
- D** Some fruit when you finish, followed by a protein drink within the next hour

**ANSWER C** ⇨ "The first 20 minutes after training are crucial," says Mara Yamauchi, the second fastest British woman over the marathon behind you-know-who. "Take in carbohydrate and protein to replenish your energy stores and start the process of repairing muscles. A drink is better than food because it's easy to absorb and also replaces lost fluids. But this should be supplemented with a

proper carbohydrate- and protein-rich meal as soon as possible to continue your body's recovery." Go for scrambled eggs on wholemeal toast after a morning run, brown pasta with chicken after a lunchtime trot and salmon with brown rice or lentils in the evening.



**05** How can you run hilly races quicker, and with less post-race soreness?

- A** Increase the pace on the uphill sprints in your hill training
- B** Limit your in-breaths to mimic altitude training
- C** Concentrate more on the downhill portions of your training hill reps
- D** Limit your hill work pre-race so your muscles are fresh

**ANSWER C** ⇨ When running downhill you carry out eccentric muscle work, which means your muscles are lengthening. "This is known to cause more DOMS (delayed onset muscle soreness) than the concentric muscle work, which you predominately use to power your way uphill," says Pavey. To prevent this from happening, reverse a third of your hill training pre-race so that the uphill section is your recovery and the downhill portion is faster. "Not only will this reduce the soreness after your race, but downhill sessions have been shown to improve your neuromuscular awareness and make for quicker feet and more efficient footfalls at all times," says Pavey. It's also useful in the event of a mid-race avalanche - admittedly unlikely on the South Downs, but you never know.



**06** Which fruit is best eaten in the evening?

- A** Watermelon
- B** Banana
- C** Orange
- D** Blackberries

**ANSWER D** ⇨ "You may think that all fruit is good for you at any time, but there are optimal times when you should eat them," says British 800m indoor record holder Jenny Meadows.





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"Blackberries [also blueberries and raspberries] are best in the evening because of their low-carb content and high levels of antioxidants, which are important for immunity and recovery after a hard day's training." Leave the oranges in the bowl until morning.



**07** When running intervals of six lots of three minutes at race pace with one minute recovery, how long is each interval?

- A** Three minutes
- B** Four minutes
- C** One minute
- D** Six minutes

**ANSWER C** Knowing your intervals is essential. Research

from the University of Guelph in Canada found that interval training boosts cardiovascular fitness by 13 per cent and fat burning by 36 per cent. "The interval itself is not the running part of the session, though, it's actually the recovery between each of the running repetitions," says Pavey. Get this confused and your body won't benefit from the breathless high intensity of interval training.

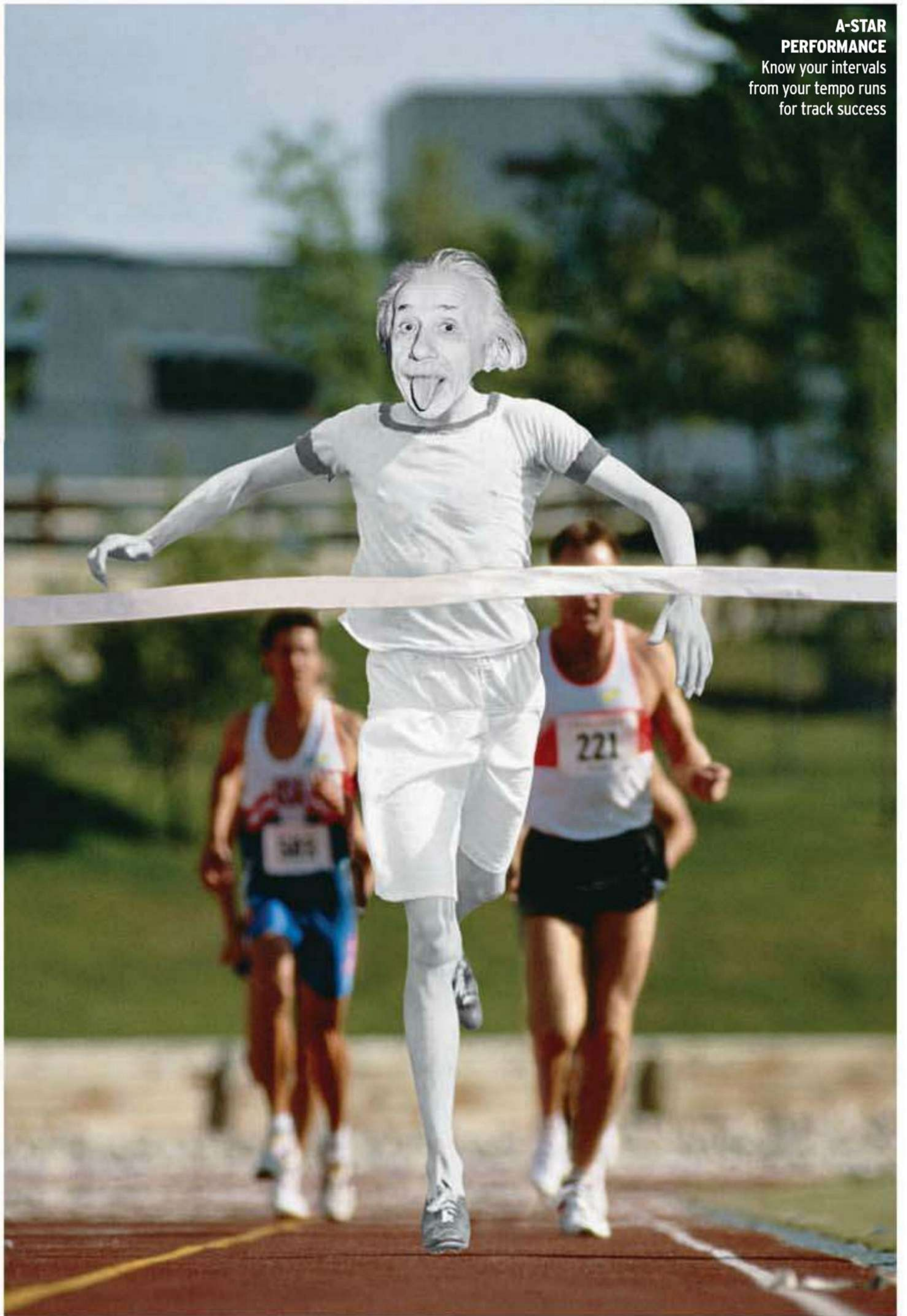


**08** When recovering from training or racing, what are the two most important issues?

- A** Nutrition
- B** Compression
- C** Ice baths
- D** Rest

**ANSWER A+D** "All of these are valid, as are many

others, but like most things in running, recovery is a game of inches," says Mitchell. Compression and ice baths will help your muscles to recover, but compared with rehydrating, putting your feet up and refuelling (see question four), their benefit is minimal. "Get the big things right first, then go after all the final one-per-cents." After your next run, feel free to intelligently recline on the sofa with a big bowl of pasta.



**A-STAR PERFORMANCE**  
 Know your intervals from your tempo runs for track success

**09** Why do Paula Radcliffe and other elites count to 300 during races?

- A** To focus the mind
- B** As intervals to vary their pace
- C** As a step-counting guide
- D** 300 is regarded as a lucky number among athletes

**ANSWER A** This is a secret that Paula and many other elite athletes use to help them maintain mental focus when the going gets tough on the Tarmac. And it's not a motivating totting-up of their current sponsorship deals. "The

counting keeps your mind from being distracted by the competitors around you and the nagging worries in your head," says Anderson. The 300 isn't a random figure, either, it's carefully chosen to deliver a secondary pacing benefit. "The method here is that 300 seconds is the equivalent of five minutes, which is roughly the pace Paula would set herself per mile," says Anderson. Try it yourself. Do the math, as our US cousins would say, and work out the one-mile pace that you can maintain during your event, then count it out on the circuit to stay in the zone right through to the finish line. You may even find you have enough to concentrate on to stop you rubber-necking every time you run past the King's Arms.







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slightly quicker." It's believed that more PBs are run in this way because you reach your lactate turn point later, preventing a painful slog to the end. "Others, however, prefer an even run as you maintain a speed closer to your optimum pace throughout." Train in two-week blocks for each and compare your times to see which tactic works for you.



**12** At what effort should your recovery runs be paced?

- A** Slow enough for a good chinwag on the hoof
- B** Just below 10K pace
- C** Slow enough that you can get a few words out
- D** Whatever pace feels most comfortable

**ANSWER A** You should pace yourself at 60-65 per cent of your maximum heart rate.

"That's conversational, very slow and totally aerobic," says Anderson. "It's probably a couple of minutes per mile slower than your half marathon pace." This flushes toxins from your body that have built up during the previous day's training. "It also rests your muscular system and eases out tension, preparing your body for the next day's training." Note that 'conversational' is a guide, not a requirement. Plodding along wittering on about the new series of *Mad Men* to no one in particular is not a great look.



**HOW DID YOU SCORE?**

To find your RQ, start with a score of 100, then award yourself five points for every correct answer and subtract three points for every incorrect answer.

- <75** Back of the pack
- 75-100** Underachiever
- 100-115** Solid performer
- 115-135** Running smart
- 135-155** Quick thinker
- 155-160** Einstein in Asics **RW**

**10** What is the anaerobic portion of a 10K race?

- A** Five per cent
- B** 10 per cent
- C** 15 per cent
- D** 30 per cent

**ANSWER B** "The 10K is 90 per cent aerobic, meaning you should

target most of your schedule towards aerobic training - something many people get wrong," says Pavey. Prioritise longer reps with a short recovery, threshold running and steady running. Though a little speedwork is also beneficial mixed with your aerobic work to improve running economy."

**11** Which is the smarter pacing for a marathon, a negative split or even pace?

- A** Neither. It's best to start fast to bank some time
- B** Even pace
- C** Negative split
- D** Both

**ANSWER D** To PB, or not to PB? This one might just be the question. "Many coaches and athletes believe that by running the first half of a race slightly slower you decrease the chance of exhausting yourself," says Pavey. "So your overall time will therefore be



# NATURAL DEFENCES

Protect your body from the damage caused by running by loading up your kitchen cupboard with these antioxidant-packed superfoods

Words: Matthew Kadey

**G**oing the extra mile(s) will whip you into PB shape, but it's not a one-way street for your health and conditioning. Training hard also boosts your body's production of free radicals - unstable molecules that attack your body's cells. Over time, the buildup of damage can hinder recovery and increase your risk of falling prey to illness, according to sports nutritionist Marie Spano.

So what's a runner's best defence? Eating plenty of antioxidants - compounds that can prevent that cell damage from occurring. For maximum benefits, runners should eat a wide variety of antioxidant-rich foods, says Spano. You won't fall off your dining chair when you hear that fruit and veg are excellent sources, but because they only stay fresh for a few days, the smart move is to stock your cupboards and fridge with antioxidant-loaded options with a longer shelf life. Enter the RW all-star lineup of long-lasting, convenient and protective superfoods to seriously boost your health. And seriously endanger your PBs.

## + LENTILS

Packed with protein and a huge variety of vitamins and minerals, lentils are a nutritional gold mine. Researchers at North Dakota State University, US, discovered that they possess a strong ability to neutralise free radicals, thanks to their high concentration of phenols. These compounds have been linked to improved muscle recovery and reduced risk of chronic diseases. "Lentils are also high in soluble fibre, which can lower cholesterol and regulate blood sugar," says sports dietitian Tara Gidus. Which means it's well worth keeping your fingers on this particular pulse.

**POWER UP** If you're a lentil sceptic, try mixing your own burger patties and replacing half the beef mince with cooked lentils. You'll boost fibre, slash fat and barely notice.

## + MOLASSES

Probably not one you have sitting next to the kettle already, but this is a sweetener worth getting your sticky mitts on. Produced when cane sugar is converted into white sugar, molasses retains the nutrients that are lost during the refining process. The result? It's high in iron, magnesium and antioxidants that reduce DNA damage. A study in the *Journal of the American Dietetic Association* confirmed molasses packs significant amounts of these protective compounds.

**POWER UP** Add a tablespoon of molasses (Meridian Organic Molasses, £1.99 for 740g from [goodnessdirect.co.uk](http://goodnessdirect.co.uk)) to a post-run smoothie along with blueberries, banana and cocoa powder.

## + BRAZIL NUTS

One of nature's great convenience foods, these nutritional powerhouses are often unfairly neglected in favour of almonds and walnuts, but Brazils are actually one of your richest sources of selenium. A single Brazil provides more than 100 per cent of your daily needs. Which is good news as your body uses selenium to create crucial antioxidant enzyme compounds called selenoproteins, which research shows work to offset free radical cell damage caused during endurance exercise. So, go nuts.

**POWER UP** Chop up Brazils and toss into salads, blend with milk and seasonal fruit for a smoothie, or eat them on their own as a quick, nutritious snack.



## + EGG YOLKS

Egg yolks are a leading source of lutein and zeaxanthin - a dynamic antioxidant duo that accumulates in the retina and protects eye health. Better still, US Researchers at Tufts University recently discovered that lutein is more readily absorbed from eggs than other sources, such as spinach. "Yolks also provide selenium, vitamin E, high quality protein and choline - a nutrient that can help improve heart health," says Gidus.

**POWER UP** If you tire of the classic boiled-scrambled-poached triumvirate, bring a little Mexican flavour to your mornings with breakfast tacos. Just top tortillas with scrambled eggs, diced tomatoes and basil. Muy bien, as they say in Guadalajara...and now Guildford.

## + BLACK RICE

Wholegrain black rice is chock-full of body-repairing anthocyanins, according to scientists at Louisiana State University Agricultural Centre, US. "These are the same powerful antioxidants found in blueberries and blackberries that have been shown to offer protection from various health threats including cancer and heart disease," says Gidus. Hang your head in shame, Mr Egg-Fried.

**POWER UP** Combine cooked black rice (Infinity Organic Black Rice, £3.09 for 500g from greenlife.co.uk) with radish, carrot and red pepper, then drizzle with sesame oil for a tasty salad.

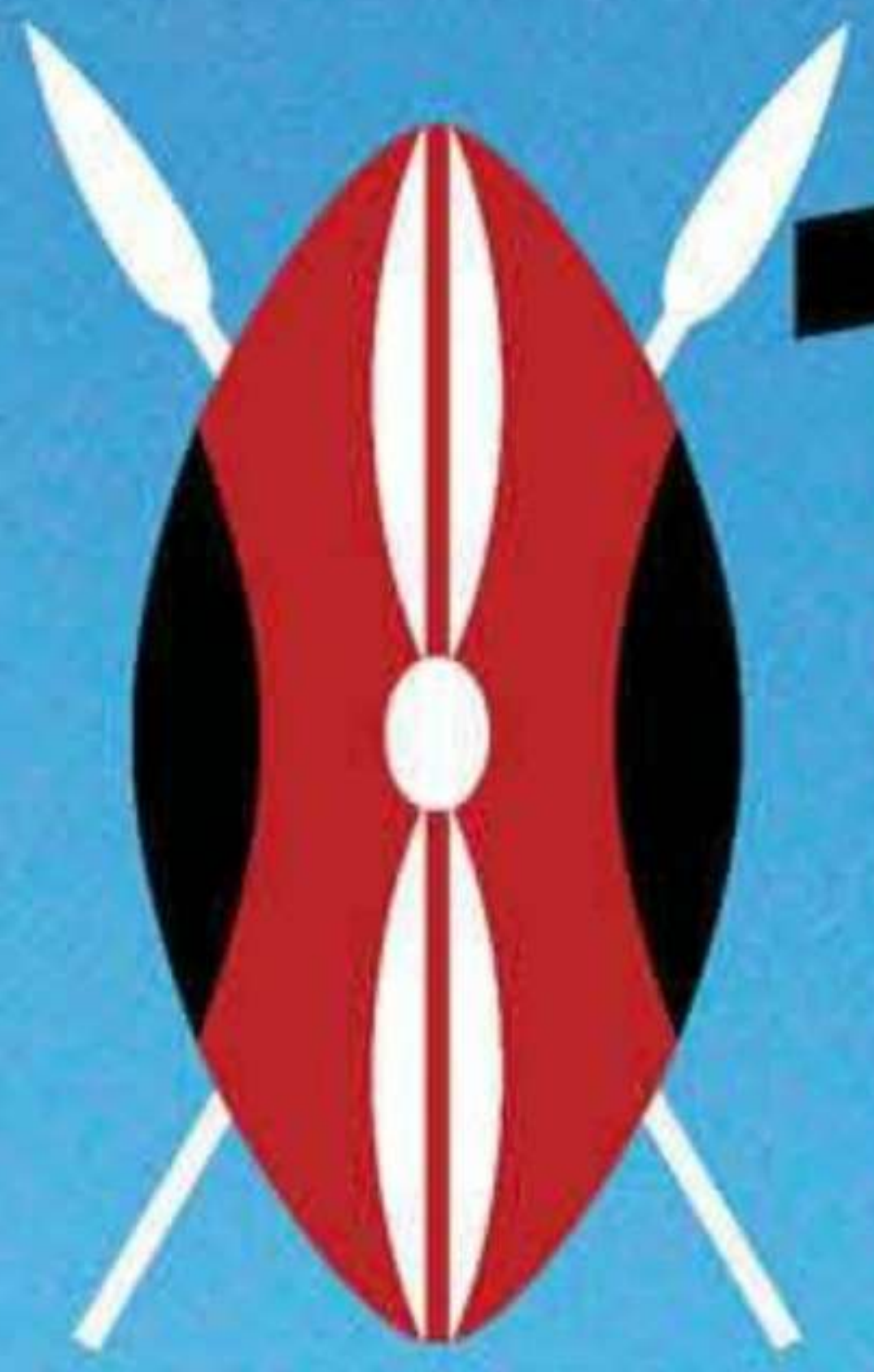
## + PEANUT BUTTER

The runner's favourite provides a healthy dose of vitamin E. "This antioxidant may protect your good cholesterol, in turn helping to lower your heart disease risk," says Spano. A study found that subjects who supplemented their diets with extra vitamin E experienced less oxidative stress and muscle damage after exercise than those who did without. Peanuts also pack resveratrol, the same heart-protecting antioxidant found in red wine - but feel free to let that slip your mind next time you need an excuse to crack open the Rioja.

**POWER UP** You already know the toast thing, right? Up your culinary ambition by whisking together peanut butter, olive oil, grated ginger, red chilli flakes and rice vinegar for a vinaigrette that would make Jamie and Nigella proud.

**RW WARNING**  
These foods can  
seriously endanger  
your PBs





# THE 1.5 MILE HIGH CLUB

What magic woven into the Kenyans' DNA makes them the planet's best distance runners? RW's **Adharanand Finn** spent six months in the Rift Valley, living, breathing and eating the dust of Kenyan running to find out



IMAGES: MARIETTA D'ERLANGER





To get under the skin of Kenyan running, **Adharanand Finn** lived and trained with the country's elites in the Rift Valley. He suffered a bruised ego, but gained an extraordinary insight into how you can add their Mercurial gifts to your mere mortal's heels

**T**wo weeks after arriving in Kenya I found myself on the starting line of a local cross-country race in the town of Eldoret, up in the famous Rift Valley. I was already acquainted with the idea that Kenyans were fast, of course, but I wasn't prepared for the crushing reality of what happened next.

I'm a respectable 38:00 10K-er, and had actually won a race in the UK a few months beforehand. Yet as soon as the gun went it was like I was falling backwards. By the first corner I was in last place, 10m adrift. And I was sprinting flat out. I battled hard for two laps of the six-lap, 12K course, gradually edging myself past a barefoot 75-year-old man in tracksuit trousers, but my lungs were bursting. Halfway, I had to drop out. I'd already been lapped by virtually everyone else, and the septuagenarian trundled past as I sat exhausted on the grass. It was a humbling experience.

A few months earlier I'd decided to travel to Kenya for six months to train with the greatest runners on Earth. It seemed like a great idea: to live among legends and take my running to the next level. But as I sat in the bar at the Eldoret Sports Club, drowning my sorrows over a plate of chips, the reality hit hard. How was this going to work when I was so far off the pace and my ego was facing serious repeated injury? I hadn't come here to win, I told myself. So what if I got left behind by everyone else on every run? My first lesson in running with Kenyans: don't bother packing your pride. Just trying to run with these guys, even for five minutes, would surely mean my running could only improve.

### THE TALENT SHOW

A fortnight earlier I'd arrived in Iten, the hub of Kenya's running community. With just one Tarmac road, Iten is in many ways a typical small Kenyan town. Matatus (small buses) gather by the market from early in the morning, beeping their horns

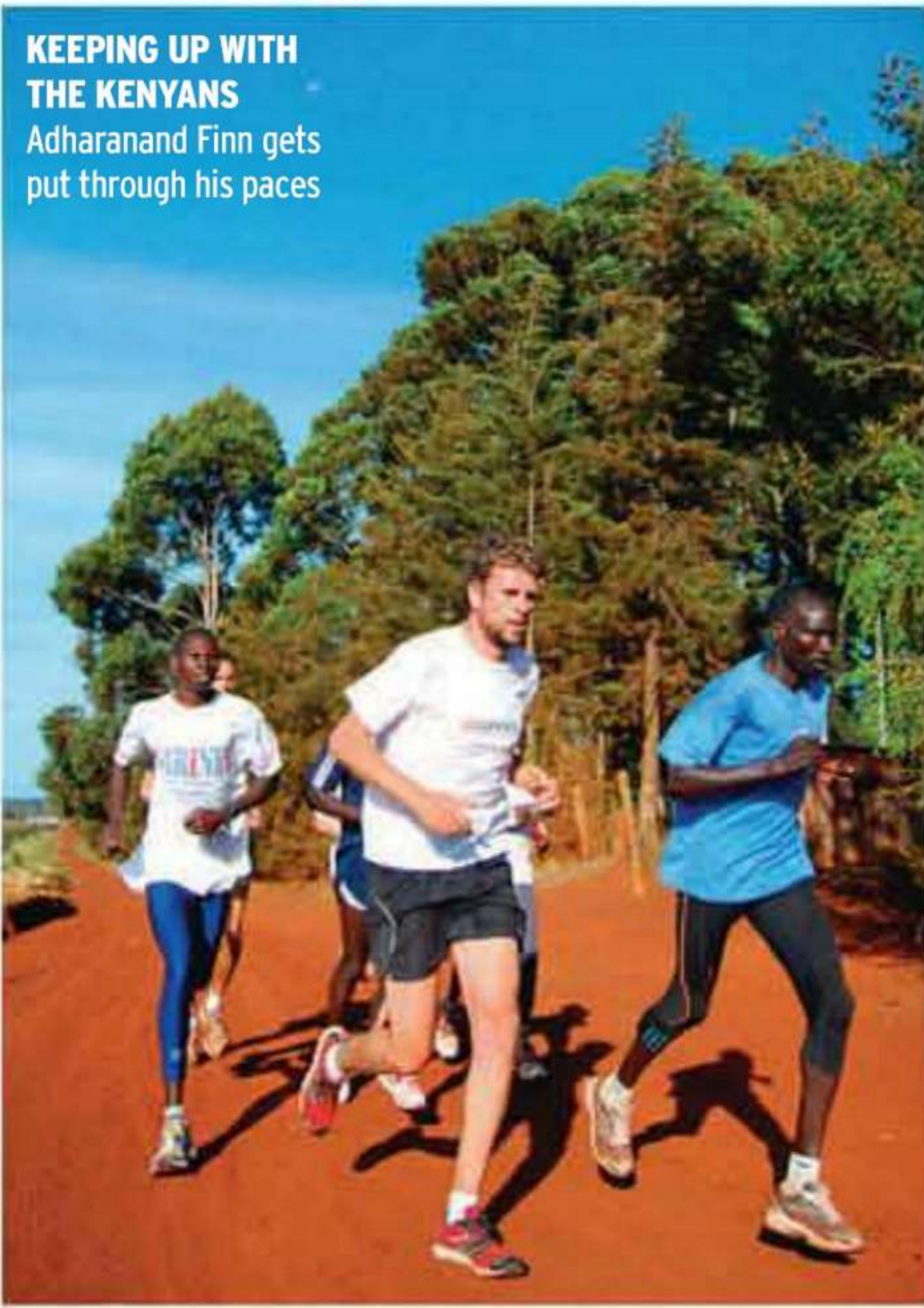
for customers, as sheep and cows wander freely. Yet what makes Iten remarkable is the sheer number of top athletes based there. In the mornings, the dirt roads that head off into the countryside in all directions are full of skinny runners in tights and running jackets. Often among them are such luminaries as David Rudisha (last year's International Association of Athletics Federations world athlete of the year), Mary Keitany (this year's London Marathon winner) and Linet Masai (2009 World 10,000m champion). So it was the obvious base and, after asking around, I found a small house to rent. Before I knew it, I was standing on that start line in nearby Eldoret.

To be fair to my burning lungs and ruptured self-esteem, the Eldoret Discovery race isn't just any weekend trot. It's an annual affair organised by Nike to find the cream of Kenya's emerging talent, with the substantial prize money pulling runners from all corners of the Rift Valley. Even so, the depth of talent was staggering. Martin Lel, second in this year's London Marathon, only managed 33rd place, while Olympic 1500m champion, Asbel Kiprop, dropped out. So at least I was in good company. The winner was a young man called Geoffrey Kipsang who, a few months later, won the Junior World Cross-Country Championships. Top Kenyan runners love a dose of local competition to sharpen the racing instincts. Probably because a race against 400 Kenyans is tougher than most of the international meetings they'll compete in throughout the year. What Eldoret taught me was that in Kenya's Rift Valley there are simply no recreational runners. Everyone is running with the goal of graduating to big international races. Even 75-year-old John Chepkwony Chepsuge told me after the race that he was looking for a sponsor.

Most of Kenya's great runners are from one tribe: the Kalenjin. They hail from the Rift Valley, so it's here that most of the country's best live and train. As well as the



**KEEPING UP WITH THE KENYANS**  
Adharanand Finn gets put through his paces



**"Every day I used to milk the cows, run to school, run home for lunch, back to school, home, then tend the cows. This is the Kenyan way"**  
Daniel Komen, 3000m world record holder

altitude (Iten sits at 2,400m), the area is blessed with dirt trails stretching across rolling countryside – perfect for training.

For six months, it became my training ground, too. Initially I had to do what any Kenyan hopeful arriving in Iten has to – just turn up at one of the big group training runs and hope for the best. Or, more precisely, hope to learn a little of what makes them so good. That started with the fact that Kenyans kick off early – as in, 6am early. It's partly to avoid the heat, and partly just because that's what everyone else does. Which leads on to Kenyan training

fact number two: they're not inclined to overanalyse. The typical Kenyan training schedule was laid down by British coaches a long time ago, and the majority of athletes here have been following the pattern ever since. It's obviously working, so they're in no rush to tinker with or too think too deeply about it. If you ask a Kenyan athlete why they're running so early, or why they do track work on a Tuesday, they'll smile and say, "Morning is the best time to run," or "Speedwork is important." They simply don't analyse their training in the same way as Western athletes. This changes when they become successful and get picked up by managers who assign them coaches, who are often European; but the majority just come to Iten, pick up the schedule and run.

At least two big groups meet in Iten most mornings. Athletes range from young hopefuls to stars such as Wilson Kipsang, who I ran with regularly. He may not be a household name, but he's ranked in the all-time top 10 for marathon (with a PB of 2:04:57) and half marathon (58:59). So, once again, don't bring your ego. The longer runs would start slowly, often around eight minutes per mile, but by the end the fastest guys would be hitting five minutes per mile. The first time I ran in one of these groups I was dropped within five minutes, although luckily a few women were too. Every time I started to struggle, they encouraged me to keep with them, and eventually we made it together around the 18K (11.2-mile) loop. The men had long since finished, in around 1:10.

**SPORTS WARES**  
A shack selling gear  
– for those who  
can afford it



IMAGES: MARIETTA D'ERLANGER

# KENYA KICK IT?

## How to train like the best runners on Earth

The Kenyan training camp plan – or 'Iten-erary' – kicks off with a main session that takes place in the morning, before a recovery run most afternoons. "Kenyan athletes will sleep after early runs, and even the top guys take more rest days when not in immediate pre-race prep," says RW running coach Nick Anderson (runningwithus.com), a veteran of several stints in Kenya. "For recreational runners who need to go to work rather than back to bed, it's crucial to work in a night or two of sleep between hard sessions. The key elements are a shorter and longer progression run plus tempo work – ideally on hills. If you have time, add the speed and fartlek sessions."

### MONDAY

#### Tempo run/hillwork

**With hills, they just keep going up and down for a certain amount of time rather than doing a set number of repeats.**

"The Kenyan secret is doing tempo runs on undulating ground and hillwork at tempo pace, so the sessions are interchangeable and both highly effective," says Anderson. "Aim for a pace on the uphills that doesn't require a dramatic change in running style – a slight forward lean, but still relaxed so you're at threshold intensity – giving you the same endurance

benefits as a tempo run.

In the UK, we tend to sprint hard up hills, which is more a power session. On the downhills, you should lean forward and land lightly on your forefeet, feeling almost like you're falling down the hill, so you'll come down quicker and maintain the intensity. Adding gradient to tempo intensity means the double win of endurance, plus a big dose of muscular strength endurance that will hold your body together in the crucial second half of a race. Ideally you should try to work offroad to lessen the impact."



**KINGS OF SPEED**

Flying past on the trails surrounding Iten, the epicentre of Kenyan running



In time, I began to stay with the pack longer. But even so, I would always wake for my early morning runs filled with self-doubt. I'd turn off my alarm, sit in the dark on the edge of my bed and ask myself what on Earth I was doing. But once I got out there, with the athletes welcoming me with quiet nods and handshakes, beginning slowly as the red sun eased its way into the sky, it all made sense. Running along those dirt roads, in the midst of a pack of Kenyans, weaving through misty fields of maize, past small, round mud huts and children running to school, was a complete joy.

**A WEEK IN THE LIFE**

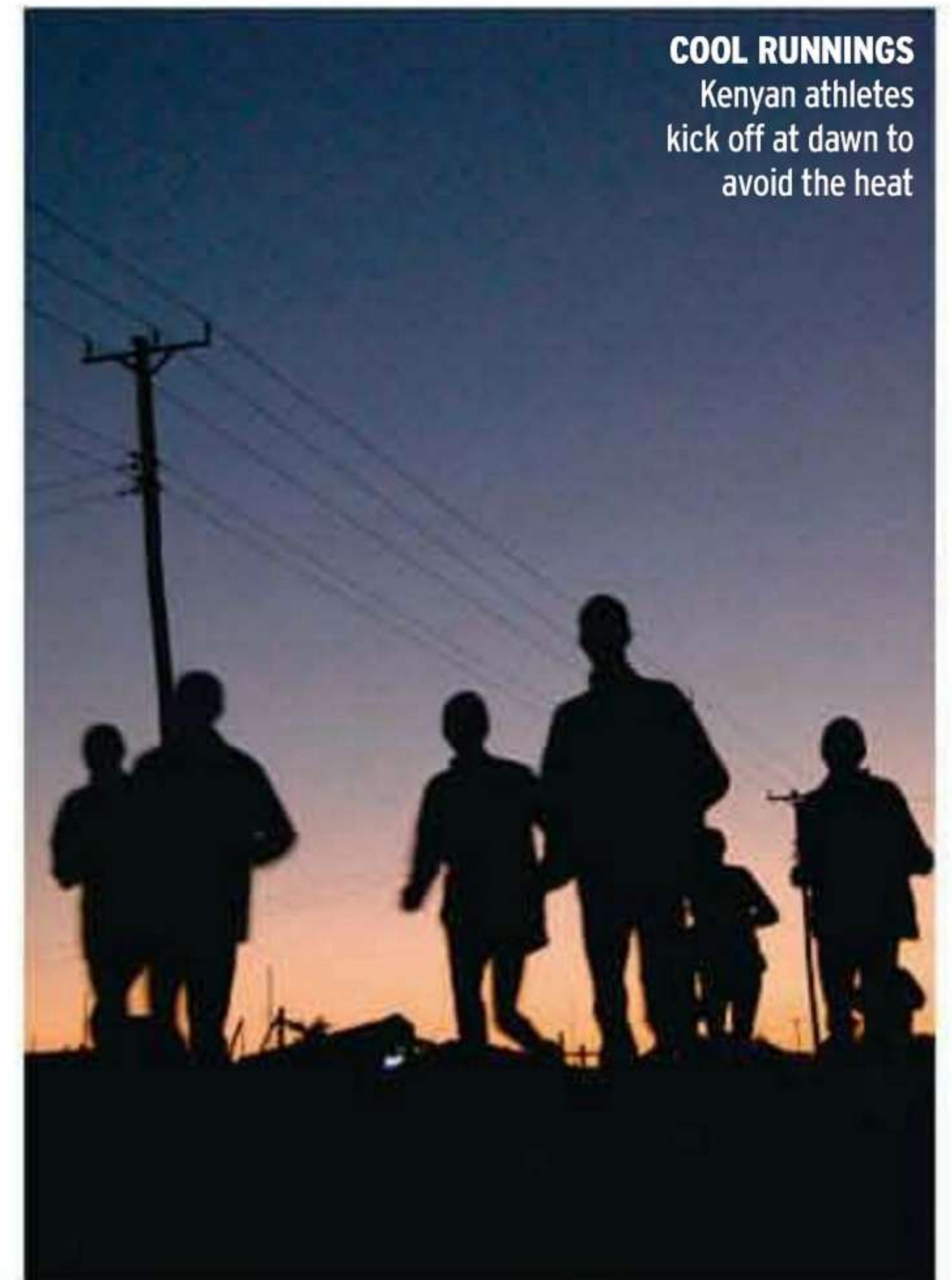
Most runners in Iten follow a remarkably similar training schedule. The main session is in the morning, with an easy recovery run most afternoons. Monday is usually tempo or hills, and when I made the

mistake of turning up for a Monday tempo run, I could sense the surprise in the early morning half-light. After a few hushed conversations, Kipsang came over: "Today it's fast pace." I nodded. I was interested to see how long I could keep up. Answer: roughly 30 seconds. It felt like sprinting, right from the start. So I took a side turn into the countryside alone.

If they do hillwork, rather than run a set number of repeats, Kenyans prefer to just keep going up and down for a certain amount of time, say an hour. They try to stick together in a group, not pushing too hard or racing. On Tuesdays most Iten athletes hit the track. They tend to do longer sessions than I'm used to in the UK. Around 12 x 1000m is standard, but I once saw a group doing 400m repeats and I asked their coach how many they were doing. "Fifty," he answered, as if it were the most normal thing in the world. ▶

**COOL RUNNINGS**

Kenyan athletes kick off at dawn to avoid the heat

**TUESDAY****Track- and speedwork**

Kenyan athletes tend to do longer sessions than we're used to in the UK. Something like 12x1000m is standard.

"This is about boosting VO<sub>2</sub> max - increasing the strength and efficiency of your 'engine'," says Anderson. "Elite UK runners are doing more volume now, but at club level we still don't do enough in terms of distance or reps. You'll need to moderate your pace: aim for three-minute intervals at 5K pace. Your body will recover from this quicker than it will from higher speed intervals."

This is what the Kenyans are so good at - building a strong base, then adding the final speed touches at the end. Use this from the middle of your training programme onwards."

**WEDNESDAY****Rest or progression run**

Start at a jog, but end like the *Charge of the Light Brigade*.

"Building pace through training runs preps you to be strong in the second half of a race," says Anderson. "Psychologically it gives you confidence, and physiologically it trains your body to use different energy

systems, so you run powered by your fat stores first, and preserve glycogen for later."

**THURSDAY****Fartlek**

This interval training involves varying the speed and distance of your repeats.

"Random is the key," says Anderson. "Kenyans will mix it up very unpredictably with guys taking it in turn to lead, choosing different distances and pace. You can mimic this by running with mates or just picking different markers to run to, and the unpredictability challenges the

body. It's a final curve-ball, but many recreational runners struggle to find the time or energy to fit it in."

**FRIDAY****As Wednesday****SATURDAY****Long run**

Usually 20-40K. The key session for marathoners.

"Again, they make the pace progressive," says Anderson. "This brings the same benefits in terms of strength in the second half of a race."



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**HIGH FLYERS**  
 Young hopefuls train for a variety of athletics events



**SHOE STOPPERS**  
 Fancy running shoes - the Rift Valley way

Wednesdays and Fridays are generally progression runs of around 18K. These start at a jog, but end like the *Charge of the Light Brigade*. Thursday is a fartlek session and Saturday is a long run. Usually between 20K and 40K, this is the key session of the week - particularly for marathoners - and they're usually accompanied by a coach in a 4x4 or a battered minibus, leaning out to hand out time splits and water every 5K.

Sunday is rest day, and Kenyan athletes are very good at resting, rarely doing anything other than sitting around talking, staring into space or sleeping when they're not running. When top British athletes Helen Clitheroe, Charlene Thomas and John Beattie came out for high altitude training, I asked them what they thought the biggest difference was between the way they trained and the way the Kenyans trained. They answered unanimously: rest.

While British runners tend to stick religiously to their training schedules, Kenyans are not afraid to skip a session because they feel tired. Sometimes it seems as though they're being lazy, but they're simply listening and responding to their bodies. Legendary coach Brother Colm O'Connell, who trained many of Kenya's top runners as juniors at his summer training camps, and who coaches a select group of athletes in his Iten camp (including David Rudisha), told me, "We don't have the physios or expertise out here to treat

injuries. So we have to be careful not to get injured. That means resting when the body says so." It's a key lesson we can all learn.

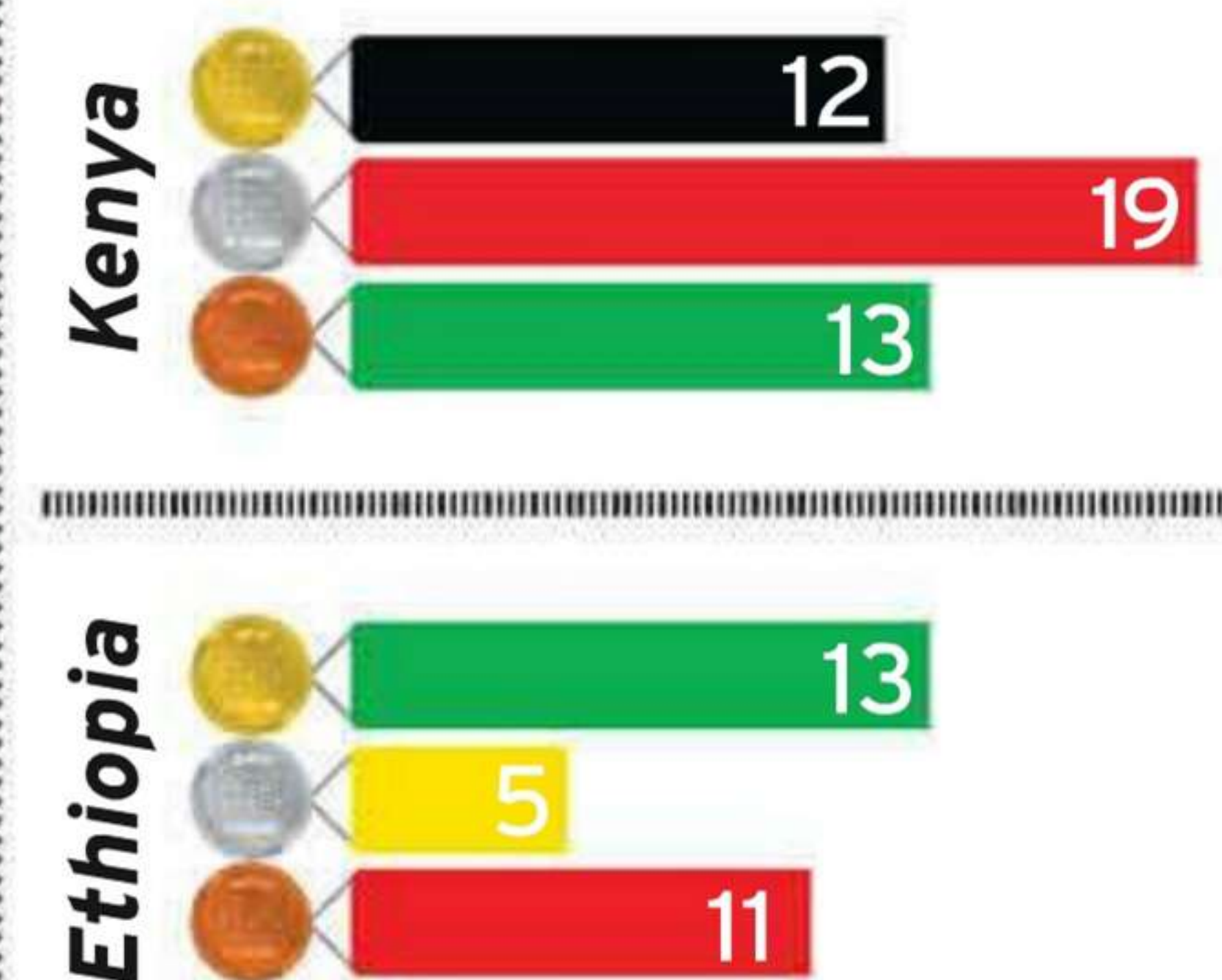
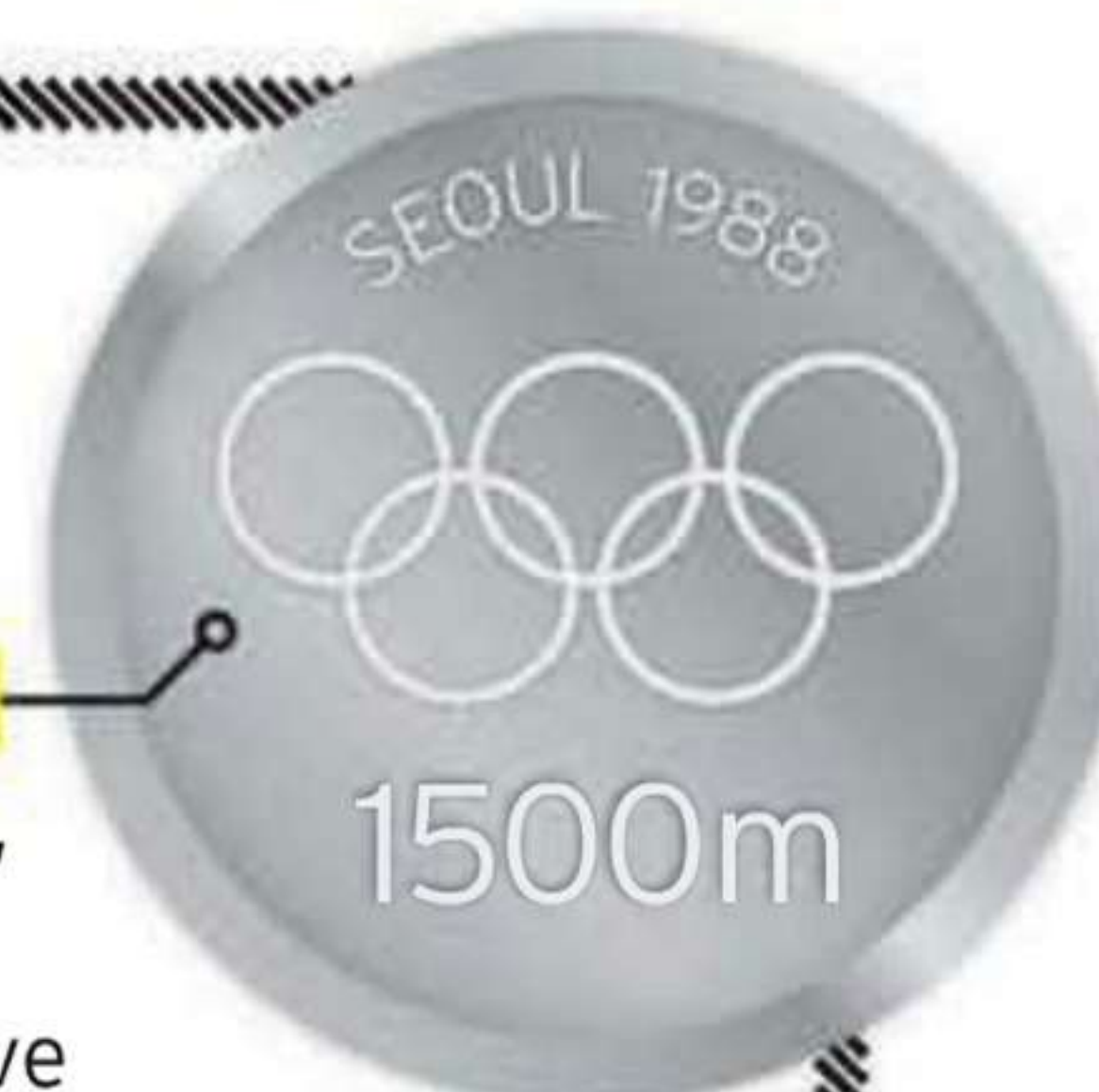
## REACHING HIGH

One thing you can't take with you, though, is the altitude. Iten sits at 2,400m and when I first arrived, I could feel every one of them. On every run I'd be fine until the first hill, then I'd be gasping as though I needed an ambulance, while runners next to me were barely breaking sweat. Gradually, after a few months, I began to acclimatise. After four months, I even ran a half marathon PB at altitude. I was definitely getting fitter. In six months spent living and training like a Kenyan, I lost around two stone in weight. I developed muscles where they hadn't seemed to exist before.

Another factor behind the depth and extremes of Kenyan excellence is motivation. Many of the people I ran with are world champions. I had the honour of running with the likes of Emmanuel Mutai (this year's London Marathon winner), David Barmasai (this year's Dubai Marathon winner) and Nixon Chepseba, one of the fastest 1500m runners in the world. However, many of the athletes hurtling along at the head of the groups have never competed outside Kenya, and probably never will. Yet they live like full-time athletes, running twice a day and spending the remainder of their time resting for the next

### LAST OLYMPIC DISTANCE RUNNING MEDAL WON BY A BRITISH MAN

Peter Elliot's Olympic 1500m silver in Seoul, 23 years ago. Since then, Kenyan men have won 44 medals (12 gold), Ethiopian men 29 medals (13 gold)

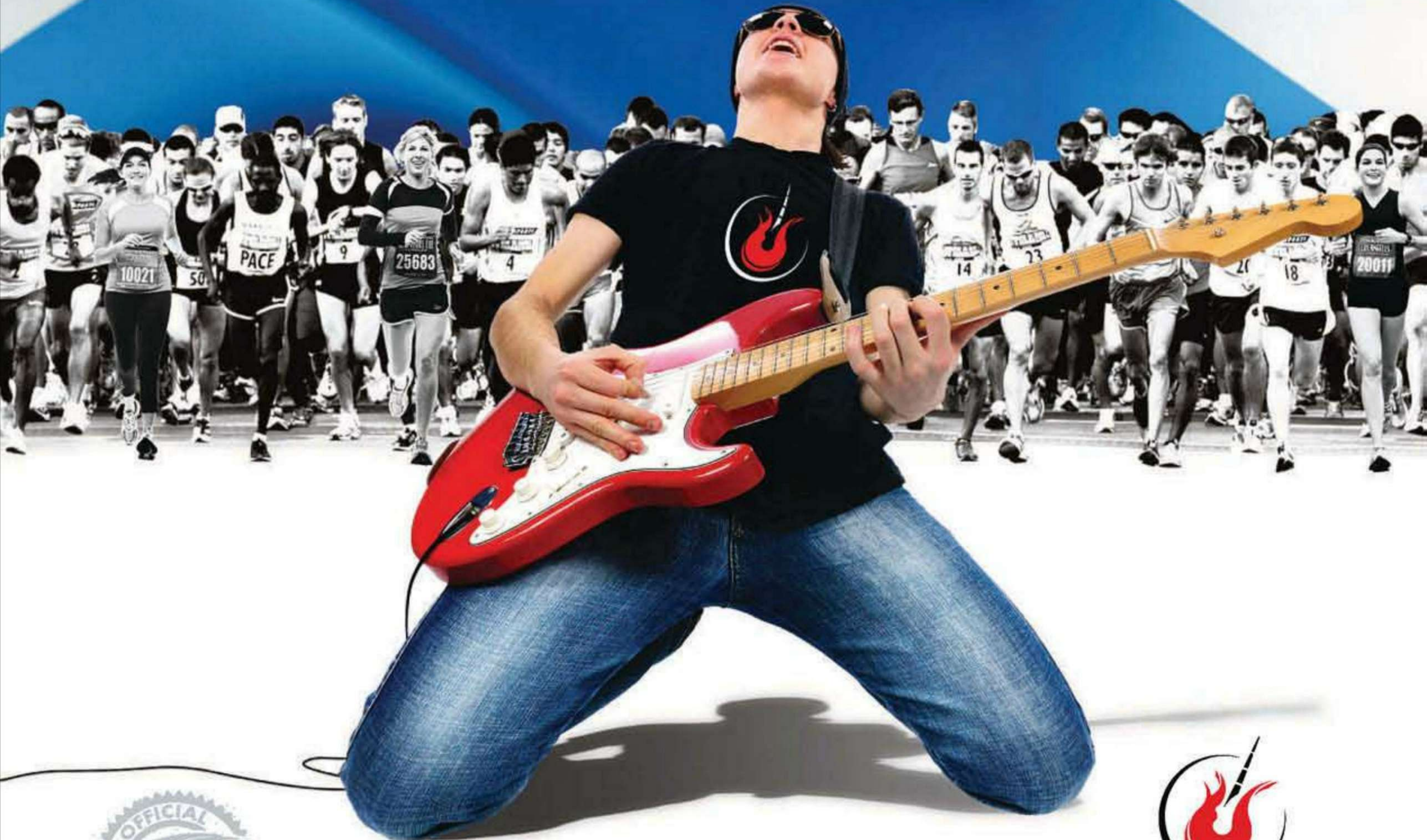




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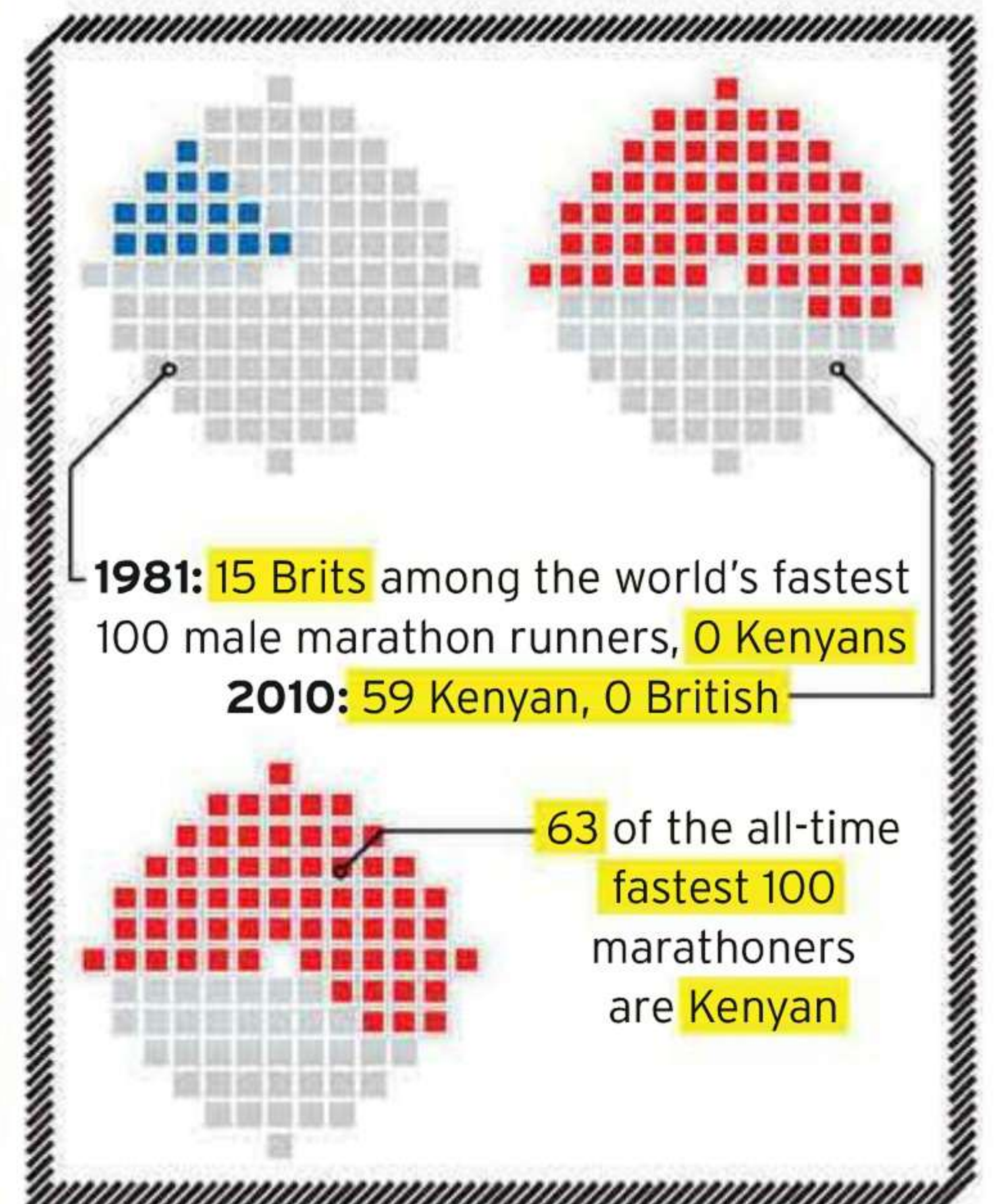




**TRAIL BLAZERS**  
Athletes take to the African countryside in searing heat



**EARLY START**  
Kids as young as six years old run to and from school



driven to school. In rural Kenya, children don't drive to school, they run. I previously thought this was a romanticised myth, but if you're ever in the Rift Valley and up before 7am, you'll see them everywhere, bags jangling beside them as they trot barefoot or in flimsy sandals. Then they run home and back again at lunchtime. After school, they don't slump in front of the TV, they head out to herd the sheep or collect firewood. If they do get time to play, their favourite game is chasing rolling tyres down hills. Renato Canova, an Italian who coaches some of Kenya's best, told me it takes an athlete 10 years to build an endurance base strong enough for top-level competition. "By the age of 16, Kenyans have been training for 10 years," he says. "They've already built their house." It's no wonder I can't keep up.

So after six months immersed in the Kenyan way, how will my running change back in the UK? In many ways, it won't. As Brother O'Connell puts it, "There is no secret. The only secret is that you think there is a secret." Kenyan runners are simply very dedicated. They apply themselves 100 per cent. Very few Kenyan athletes have jobs, and most only see their families occasionally. It's a difficult formula for a 37-year-old recreational runner like me to follow.

Yet this demystifying of the Kenyan system is also a huge inspiration. To see what those athletes can achieve through focus and dedication is the most eloquent and motivating demonstration that hard work does pay off; that if you get up at 6am every morning to train, you will become leaner, fitter and faster. My own experience is proof of that. To see men such as Emmanuel Mutai cleaning his own training shoes in a bucket of cold water one week, and streaking away to win the London Marathon the next, makes me feel that anyone who can apply even a tiny fraction of that dedication will feel some of that Kenyan magic when they run. **RW**

Of **32 running events** in athletics, **11 world records** are held by Kenyan men; **6 world records** by Kenyan women

run, hoping for their big break. Many would be national champions in other countries, but in Kenya they live in shacks with barely enough money to get the bus into town.

I've heard people complain that Kenyan runners are only motivated by money, but it's easy to see why they might be. And it may also help explain why they are so good. Escaping poverty is clearly a motivating factor. Brother O'Connell told me he has yet to see a Kenyan athlete who doesn't come from a poor rural background. If you're born in the Kenyan countryside, your life choices are very limited. For most, the only options are subsistence farming or athletics. Coupled with the fact that it requires nothing, not even a pair of shoes, this makes running the main hope of escape. Virtually every village has its running star, who has won titles or big road races abroad,

then come back driving a Land Cruiser and building a nice house in town.

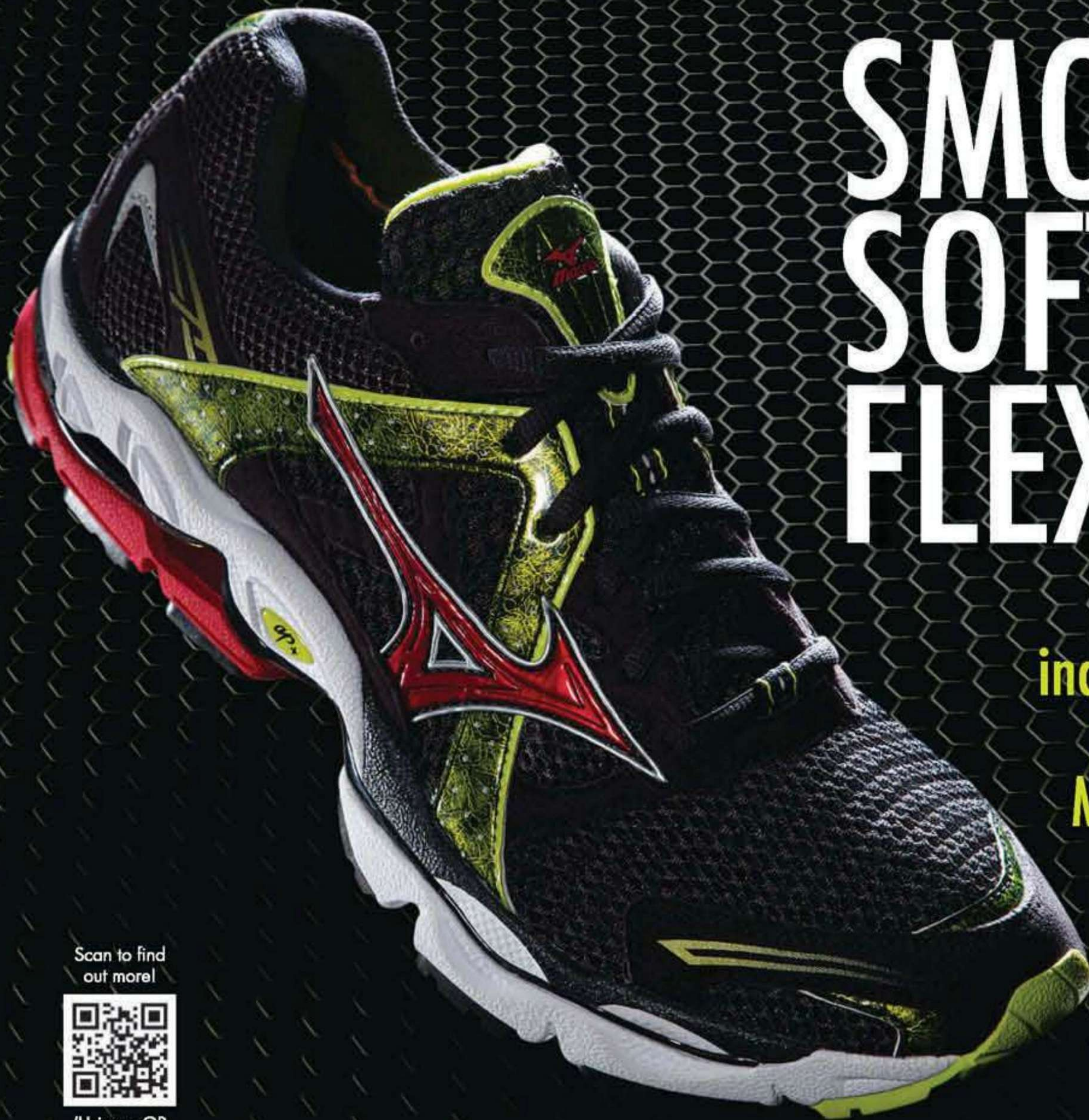
In the UK, running is rarely seen as a path to wealth. Even top athletes can struggle to make a good living. So, while in Kenya you have thousands of committed men and women living as full-time athletes, here you'll find just a handful. As most of us are unlikely to give up the day job, it's hard for us to mimic the Kenyan dedication at recreational level, but understanding the results it brings may just help give a nudge out of bed for that pre-work hill session.

### FLYING STARTS

A rural upbringing in Kenya also breeds tough, fit youngsters. According to a recent Essex University study, UK kids are getting physically weaker as they spend more time watching TV, on computers and being



1 RUNNERS  
2 PERSONAL BEST  
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\*Please note the Mizuno Enigma is not available in all Sweatshop stores, please check before travelling.







# **RUNNER'S WORLD** **AUTUMN/WINTER** **2011 SHOE GUIDE**

Compiled by Kerry McCarthy



# HOW TO USE THIS GUIDE

# 1

Decide what sort of shoe you want. Is it primarily for racing or everyday training? And are you a neutral runner or an overpronator?

# 2

Go to the relevant section and read through the reviews. Note the comments from our extensive network of wear testers following hours of use. Shoe weights are quoted for both men's (M) and women's (W) versions of the shoe where applicable.

# 3

Compare this information with the lab test results on page 92. All the shoes were evaluated and scored for their cushioning, responsiveness and flexibility at the RW Shoe Lab in Oregon, US. We are the only magazine that tests shoes in this way.

# 4

Buy your shoes. You can get great deals online at the Runner's World online store (see page 86 for details), or use our shops directory (page 136) to find a specialist running store near you.

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### NEUTRAL CUSHIONED

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p86

### THE MAKING OF A SHOE

p90

### LAB TEST RESULTS & CONTACT INFO

p92

## RW AWARDS CATEGORIES

BEST

**RUNNER'S**  
WORLD

DEBUT

The best brand-new shoe tested in this guide

BEST

**RUNNER'S**  
WORLD

BUY

The best value option for those on a budget

BEST

**RUNNER'S**  
WORLD

UPDATE

The best new version of an already existing model

EDITOR'S

**RUNNER'S**  
WORLD

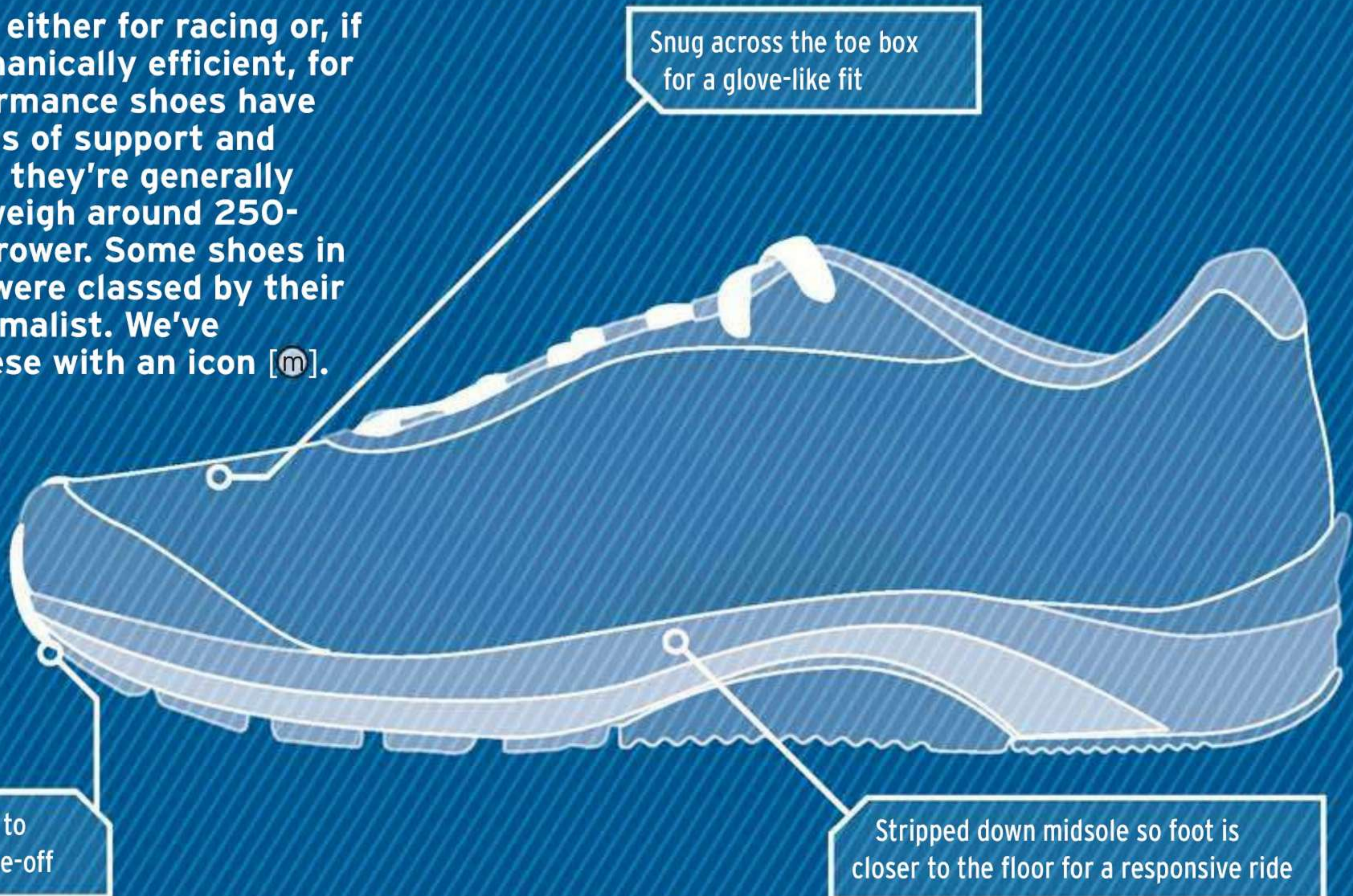
CHOICE

The best shoe on test, regardless of price or category



# PERFORMANCE

Recommended either for racing or, if you're biomechanically efficient, for training. Performance shoes have varying degrees of support and cushioning but they're generally lighter (most weigh around 250-300g) and narrower. Some shoes in this category were classed by their brands as minimalist. We've highlighted these with an icon [m].



## INOV-8 ROAD-XLITE 155

**WEIGHT** 155g (Unisex) **COST** £95

**WHAT'S NEW?** An injection-moulded rubber sole for durability and responsiveness, and 'Meta Cradle' technology on the lacing system, which allows the metatarsals to flex freely on impact.

**WE SAY** Part of a new range of semi-minimalist road shoes from offroad specialist Inov-8. This is the lightest in the range and its road life is only 300 miles. It's designed for those looking for a more barefoot running experience while still wearing a proper shoe, and to that end there is no cushioning, a barely noticeable 3mm differential between heel and toe heights, and a thin, smooth rubber outsole to encourage natural foot placement and strengthen the surrounding ligaments. Not surprisingly, our lab rated it lowest on test for cushioning and highest for flexibility. For speedwork and short training runs.

**WEAR TESTERS SAY** "This shoe demands technique - no sloppy gait patterns." *John O'Neill*



## INOV-8 ROAD-X 233

**WEIGHT** 233g (Unisex) **COST** £95

**WHAT'S NEW?** The Road-X 233 has a 6mm differential between the heel and toe for a lower, racing-style profile; a slimline last; and water-resistant mesh.

**WE SAY** This unisex shoe is actually better suited to women and narrow-footed males. The lack of heel cushioning naturally encourages a midfoot strike, although initially this is something best practised in bursts of no more than 20 minutes at a time. The lack of tread on the smooth outsole makes them unsuitable for offroad running. Best worn on race day for casual runners, or during more regular training for dedicated club runners who are looking for performance gains through form.

**WEAR TESTERS SAY** "An amazingly flexible shoe that focuses your mind on what your feet are doing." *Rochelle Winn*



## NEW BALANCE 890

**WEIGHT** 283g (M), 255g (W) **COST** £75

**WHAT'S NEW?** A new addition to the New Balance stable, the 890 is aimed at runners who are looking for a lightweight - but not minimalist - shoe.

**WE SAY** A bold attempt by New Balance to tempt minimalism cynics into trying a compromise option - which is a good idea, but unfortunately it hasn't worked here. Lab tests showed it to be among the least cushioned or flexible on test, and our wear testers also uniformly felt that the light weight came at too great a cost - namely that of comfort and cushioning. Too many sore knees and a loose heel fit mean NB needs to improve this substantially for next time.

**WEAR TESTERS SAY** "They got a bit better with each run but didn't live up to the initial promise." *Jonathan Thompson*



## PERFORMANCE

**NEW BALANCE MINIMUS****WEIGHT** 242g (M), 216g (W) **COST** £75**WHAT'S NEW?** The first minimalist offering from New Balance.**WE SAY** There's been a buzz in the market about the release of this shoe and the positive feedback will be a relief to New Balance. The lack of heel cushioning and the 4mm differential between heel and toe height (as opposed to typically 12mm on a cushioned running shoe) mean the foot is lower to the ground, which encourages a mid-

or forefoot-striking style. A roomy toe box is good news for wider-footed runners, and the levels of responsiveness and flexibility are both superb. The deliberate lack of cushioning, however, means that those who are new to stripped-down shoes should start with runs of 30 minutes and build up from there. An excellent starter shoe for barefoot and minimalist newcomers.

**WEAR TESTERS SAY** "It took some getting used to but it does the job of encouraging mid- to forefoot striking." **Dan Afshar****NIKE FREE RUN+ 2****WEIGHT** 265g (M), 218g (W) **COST** £70**WHAT'S NEW?** A new moulded sockliner and inner; small protruding pistons on the outsole, which absorb shock then bounce back out to aid push-off; carbon rubber on key outsole zones for durability.**WE SAY** This was a contender for best buy. The main feedback from testers was how quickly they took to such a flexible shoe (you can bend it in half with one hand). The outsole pistons were a roaring success, with quicker foot speed among the perceived benefits. However, the mesh allowed debris in offroad. A superlight shoe best for speedwork and shorter races.**WEAR TESTERS SAY** "Great level of support, and my foot landed far more naturally." **Louise Clark****SAUCONY HATTORI****WEIGHT** 125g (M), 108g (W) **COST** £75**WHAT'S NEW?** A new addition to the Saucony minimalist range. The main talking point is the 'zero drop' profile, where the heel is at the same height as the toe - unlike the standard 12mm differential.**WE SAY** They look and feel like slippers, and they're so light you almost forget you have anything on your feet. But can you run in them? Yes, was the resounding feedback from our testers. Breathability and fit came in for particular praise. Suitable for speed sessions and short training runs.**WEAR TESTERS SAY** "After sore calves for the first couple of runs I adapted to them. They made me think more about foot placement." **Anne Davies**

I went to a running shop recently and was charged a £10 premium to order shoes in my size (men's size 12). Is this 'bigfoot tax' common and, if so, why should this happen? Am I a rarity?

"Over the last few years the demand for larger sizes has increased noticeably, so there is no justification for charging a premium for ordering a particular size. Any good sports specialist should hold a full size run.

One thing to bear in mind is the significant variation in 'actual' sizes of sports shoes. A size 12 in one model could be an 11 or 13 in another brand. Width is also a factor: you may actually do

better in an 11 with a wider E or 2E width. This highlights how important it is to visit a reputable sports shoe specialist to sort it out."

**Matt Attwell, store manager at Sweatshop Maidstone**

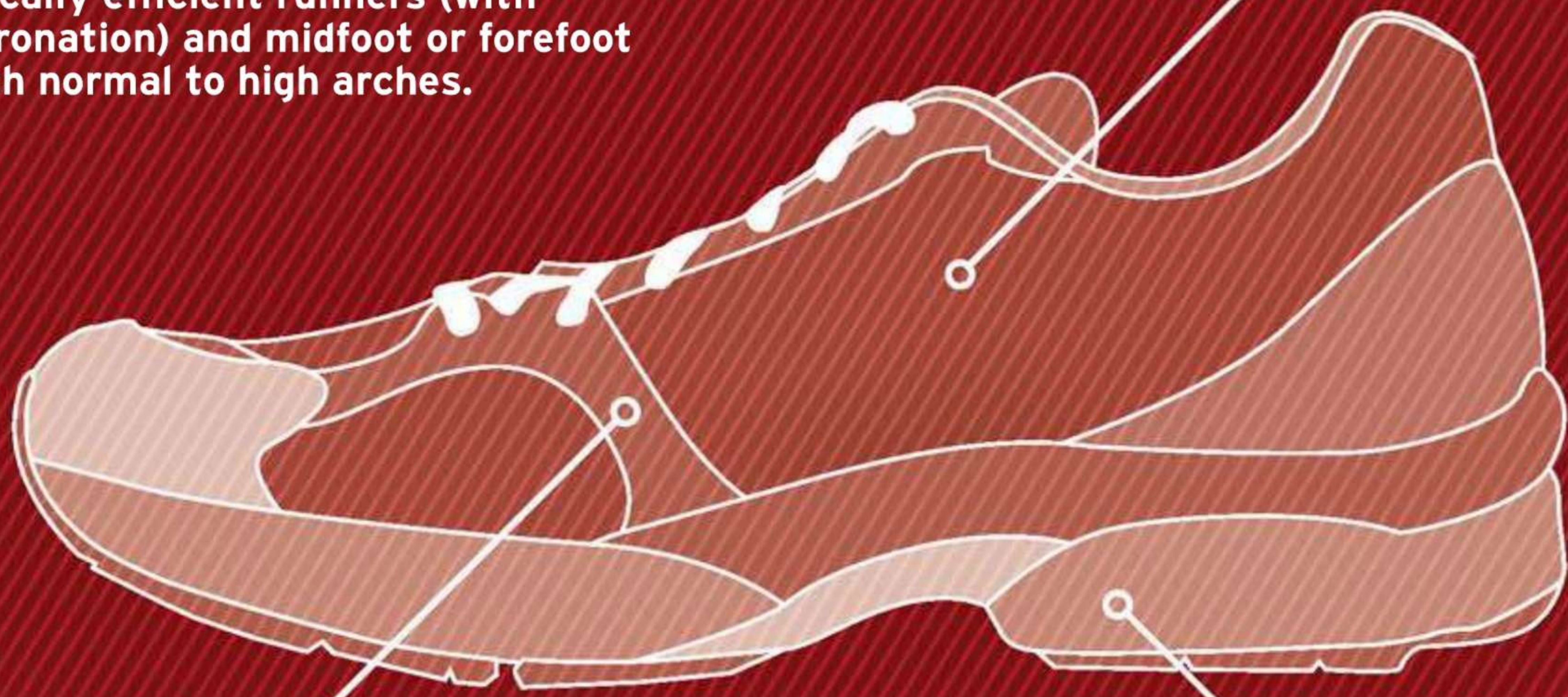
"In my experience, suggested retail prices for shoes are the same regardless of size, except junior versions - these are often cheaper as they don't attract VAT. Stores ordering one item from a supplier will often incur a 'small order charge' levied by the supplier to cover admin and postage. The store in question was obviously trying to pass this charge on to you. Tut tut."

**Terry Massey, marketing manager, Up and Running**



# NEUTRAL CUSHIONED

Recommended for runners who need lots of midsole cushioning and minimum medial support. These shoes are best for biomechanically efficient runners (with minimum pronation) and midfoot or forefoot strikers with normal to high arches.



Overlays to keep the shoe locked around the arch without sagging

Open mesh for breathability on regular long training runs

Thicker midsole to absorb impact at footstrike



## ADIDAS RESPONSE CUSHION 20

**WEIGHT** 332g (M), 282g (W) **COST** £75

**WHAT'S NEW?** An improved fit around the midsection using the three stripes as arch locks; a decoupled forefoot for greater flexibility; new eyestays for less rigid lacing; 360-degree reflectivity.

**WE SAY** A comfortable, flexible mid-weight shoe suitable for medium to fast runs. This 20th

anniversary edition of Adidas's longest-running shoe is packed with an impressive amount of technology for the price. Our testers loved the snug fit (although you should buy a half-size larger than normal), the way the mid-section of the upper moved with the foot, and the balance of cushioning and responsiveness.

**WEAR TESTERS SAY** "The forefoot cushioning was particularly good." *Andy Murray*



## ASICS GEL CUMULUS 13

**WEIGHT** 338g (M), 262g (W) **COST** £90

**WHAT'S NEW?** Separate eyelets for an adaptive fit over the arch; gender-specific forefoot cushioning.

**WE SAY** The Cumulus qualifies for veteran status in the Asics stable but it shows no signs of growing old yet; it's lighter than ever, but with the same blend of lightweight responsiveness and durability that the shoe is renowned for. The women's version has extra gel in the forefoot for a more pillowy ride - something that was not lost on the RW lab techies who scored it among the most cushioned shoes on test. A pleasure to wear over all distances for normal- to high-arched runners.

**WEAR TESTERS SAY** "Good for both short and medium length runs, but I found the fit a little loose." *Hugh Balfour*



# SWEATSHOP: A GOLDEN HERITAGE

With a history stretching back to the 1956 Melbourne Olympics, Sweatshop is Britain's champion running store

**T**he specialist running chain was founded in 1971 by Chris Brasher. Brasher's world-class running heritage feeds into Sweatshop's values - as well as his 3,000m steeplechase gold medal at the 1956 Olympics, Brasher acted as a pacemaker to Sir Roger Bannister in the first sub-four-minute mile and co-founded the London Marathon.

A firm believer that 'to be your best you have to wear the best', Brasher placed an emphasis on the importance of running shoes and clothing, which was rare at the time.

In 1971, Brasher realised just how few specialist sports retailers existed in the UK. The next step seemed obvious: build one himself. Sweatshop was born.

## AWARD-WINNING STANDARDS

From the outset, Sweatshop have only stocked the very best products. That attention to detail and passion for our sport runs through the company just as strongly today as it did 40 years ago.

But it's not just the products that stand out - Sweatshop's commitment to exceptional customer service is unparalleled.

And it's those high standards that have seen Sweatshop run away with the prestigious Runner's World Personal Best Award for Best Retailer for the last five years (2007 to 2011).

And why have they excelled so consistently? Here are five good reasons to get you started...

## 5 REASONS SWEATSHOP

### 1. THE LARGEST CHOICE

Runners come in all shapes and sizes, with a vast range of needs and preferences. That's why Sweatshop stocks the largest range of technical running products in the UK. Whenever you visit, you'll be offered the best possible choice of footwear, apparel and accessories for your running.



*"An unbelievable selection but, thanks to the knowledge of my shoe advisor, I've now got a pair of trainers that help me run with no niggles!"*

GM, Bromley

### 2. INCREDIBLE SERVICE

For 40 years Sweatshop has been helping runners of all abilities find the perfect shoes and apparel. Staff are trained to a high level in order to offer Sweatshop's trademark exceptional customer service. Every full time member of staff attends three stages of biomechanical training at Roehampton University in Surrey.



*"Being a keen runner I've been to most specialist shops and chain stores. I can honestly say that at Sweatshop I always receive the best service ever."*

AS, Edinburgh

 **sweatshop**  
WE KNOW RUNNING

FIND OUT MORE AT [SWEATSHOP.CO.UK](http://SWEATSHOP.CO.UK)





## IS THE NATION'S FAVOURITE

### 3. FREE TRAINING PLANS

Buy your next pair of running shoes from Sweatshop and you'll receive a free Runclub® bespoke coaching pack from Full Potential (worth £20 a month). Whether you're training for your first 5K or a three-hour marathon, Sweatshop and Full Potential have teamed up to help you achieve your targets.



*"I've used 'one size fits all' training plans before but they're too easy or too hard! The Sweatshop Full Potential plan was tailored just for me - challenging but doable and, best of all, free!"*

MA, Maidstone

### 4. 100% PEACE OF MIND

With a staff of keen runners, the company understands how important it is to find the right running shoes. That's why it offers a 30-day satisfaction guarantee - run in your new shoes for up to 30 days and if you're not happy, Sweatshop will exchange them for another pair.



*"The 30-day shoe guarantee is a great innovation, being a new runner it gave me just the reassurance I was looking for when committing to buy a pair of specialist shoes."*

BF, Wrea Green

### 5. FREE RUNNING GROUP

It's fun whether you run on a treadmill or the wildest trails - but running is even better when you do it with other people. That's why Sweatshop has created the Sweatshop Running Community. Groups meet at every branch of Sweatshop every week for a free run in a supportive environment.



*"I have never been keen on the idea of joining a running club as they seem to be quite competitive. The SRC is different - a real mix of people and great fun. Oh, and the free kit is pretty good too!"*

SW, Chorley



## NEUTRAL CUSHIONED



### ASICS GEL LANDRETH 7

**WEIGHT** 317g (M), 256g (W) **COST** £95

**WHAT'S NEW?** Less of everything: a slimmer heel counter, a lower midsole and less weight on the cushioning. It also features adaptive panels on the upper that move with your foot as it flexes.

**WE SAY** This shoe is so light, it almost qualifies for the performance category and, indeed, it's such a multi-tasker it could easily moonlight as a race-day

back up. Its main strength, however, is for use as a high mileage workhorse for lighter, normal-arched runners. Our testers loved the pillowy feel and fast ride, and the asymmetrical lacing system was deemed a small feature with a big benefit as it alleviated pressure on the top of the foot.

**WEAR TESTERS SAY** "Light and flexible, I used them for track speed sessions and also longer races." *Ros Tabor*



### ASICS GEL NIMBUS 13

**WEIGHT** 332g (M), 267g (W) **COST** £115

**WHAT'S NEW?** A longer guidance line on the outsole to help foot placement during transition; a snugger, plusher heel fit; separate eyelets for comfier lacing and lighter weight cushioning.

**WE SAY** There is no substantial difference in feel between this and the Nimbus 12 - which is not a bad thing, as the previous version was much loved. As Asics' top-of-the-range cushioned shoe, it justifies the price tag by offering unparalleled cushioning, excellent breathability, a slipper-like feel on the inner and impressive responsiveness. One update noticed by both the lab tests and wear testers was the 10g weight reduction, an achievement praised by all.

**WEAR TESTERS SAY** "Excellent cushioning and worked well with my orthotics." *Michael Ward*



### BROOKS GHOST 4

**WEIGHT** 326g (M), 268g (W) **COST** £90

**WHAT'S NEW?** Extra cushioning, and different flex grooves that give an easier heel-to-toe transition.

**WE SAY** This shoe's predecessor won our Editor's Choice award in October 2010 - it's close but no cigar for version 4, but it's still an impressive shoe. The flex grooves on the sole and a higher toe spring (an Aladdin's slipper effect at the front) made for a very quick ride. Brooks' premium cushioning in the midsole gave testers a very comfy experience, although a few complained of irritation from the heel counter. A solid everyday training choice for neutral runners.

**WEAR TESTERS SAY** "The mix of cushioning and speed makes these suitable for short races and everyday training." *James Barnard*



### BROOKS GLYCERIN 9

**WEIGHT** 337g (M), 269g (W) **COST** £100

**WHAT'S NEW?** Adaptive cushioning throughout the midsole and a new mid-upper support for a flexible but secure fit across the top of the foot.

**WE SAY** This is Brooks' top-of-the-range cushioned shoe, suitable for neutral-footed runners. One of the best features was the pampered sensation on the run without compromising foot speed or heel-to-toe transition. The split heel had heel-strikers cooing with joy at the soft landing, and the biodegradable midsole material makes this a top choice for eco-conscious runners too.

**WEAR TESTERS SAY** "They required no breaking in and provided cushioning even when I was pounding downhill." *Andrew Simpson*



### INOV-8 ROAD-X 255/238

**WEIGHT** 255g (M), 238g (W) **COST** £95

**WHAT'S NEW?** A fascia band along the length of the midsole to help with a smooth heel-to-toe transition; breathable mesh with double layers in areas.

**WE SAY** This is a mid-weight, moderately cushioned shoe that has cut right back on any unnecessary features. It's a cross between a minimalist and a performance shoe. Testers who were not used to the lack of cushioning quickly adapted and loved the lower profile and feeling of connection with the road. An everyday option for neutral-gaited runners - a shorter run option for everyone else.

**WEAR TESTERS SAY** "A good compromise option for those who want less shoe without total minimalism." *Sam Murphy*



## NEUTRAL CUSHIONED

**MIZUNO WAVE ENIGMA****WEIGHT** 344g (M), 281g (W) **COST** £105**WHAT'S NEW?** A new model that goes in at the top of the Mizuno cushioned range.

**WE SAY** A new shoe should fulfil two criteria: perform well and bring impressive new technology to the table. This does the former only. Fans of the Mizuno Wave plate and slim fit will love this straight-away - it provides firm cushioning, a wraparound sensation on the foot and good breathability. However, the new 'Smoothride' technology (self-explanatory) failed to do its job with the majority of testers grumbling about a lack of responsiveness. Suitable for mid-distance runs for heavier narrow-footed runners.

**WEAR TESTERS SAY** "Bouncy, but it felt like running in cushioned football boots." *Keith Simpson*

**NEW BALANCE 880****WEIGHT** 305g (M), 247g (W) **COST** £80**WHAT'S NEW?** A lower achilles notch for less heel rubbing, plus more blown rubber on the forefoot outsole for a more cushioned toe-off.

**WE SAY** Following on from the 870, this shoe is all about reduction: of the heel counter height, the midsole height, the crash pad and the heel unit. It's been stripped down without compromising cushioning - and the result is a responsive shoe that successfully treads the line between flexibility and cushioning. Our lab showed it to be one of the most flexible and responsive shoes on test, and our wear testers agreed, with a slightly narrow fit being the only bugbear.

**WEAR TESTERS SAY** "Extremely light, comfortable and stable." *Rory Ferguson*

## MEET THE TESTER

**NAME** Ellie Moss  
**AGE** 24  
**GAIT** Moderate overpronator  
**HOME TOWN** London  
**OCCUPATION** Journalist  
**YEARS RUNNING** Two  
**FAVOURITE DISTANCE** 5K

**Why do you run and why did you start running?**

Running isn't something I find easy, but I enjoy challenging myself so after a first charity 5K I just kept going.

**Describe your proudest running moment**

Finishing my first 10K at this year's British 10K in London - a distance I never thought I'd accomplish.

**What is most important to you in a running shoe?** Generous width and breathability.**Favourite shoe** Asics-Gel Nimbus**If you were a running shoe designer what features would your perfect shoe have?** A go-faster button, which you can activate to give you a burst of speed when the finish line is in sight.**SAUCONY POWERGRID CORTANA****WEIGHT** 286g (M), 252g (W) **COST** £140**WHAT'S NEW?** The whole shoe. EVA [a flexible polymer] gives greater longevity and a blown rubber compound on the outsole means a lighter weight.

**WE SAY** The Cortana achieves its aims of lightweight cushioning, high responsiveness and superb breathability. However the new 'Sauc-Fit' system, which is designed to lock the midfoot in place without constraining the heel, did not work - testers complained of pain in the arch and a loose heel grip. The colour dye on the inner also ran into testers' socks - at the time of going to press, Saucony was unable to say if our test shoes were part of a faulty batch.

**WEAR TESTERS SAY** "Comfortable with good breathability in warm conditions." *Ryan Bailey*

**SAUCONY KINVARA 2****WEIGHT** 218g (M), 190g (W) **COST** £90**WHAT'S NEW?** Memory foam in the heel for a softer landing; a more durable mesh and a skeletal layer to beef up the structure around the foot.

**WE SAY** It was a dead heat between this and the Asics Gel Landreth 7 (top left) for the Best Update award. The key to successfully updating a shoe is to know which bits to leave be and which to tinker with,

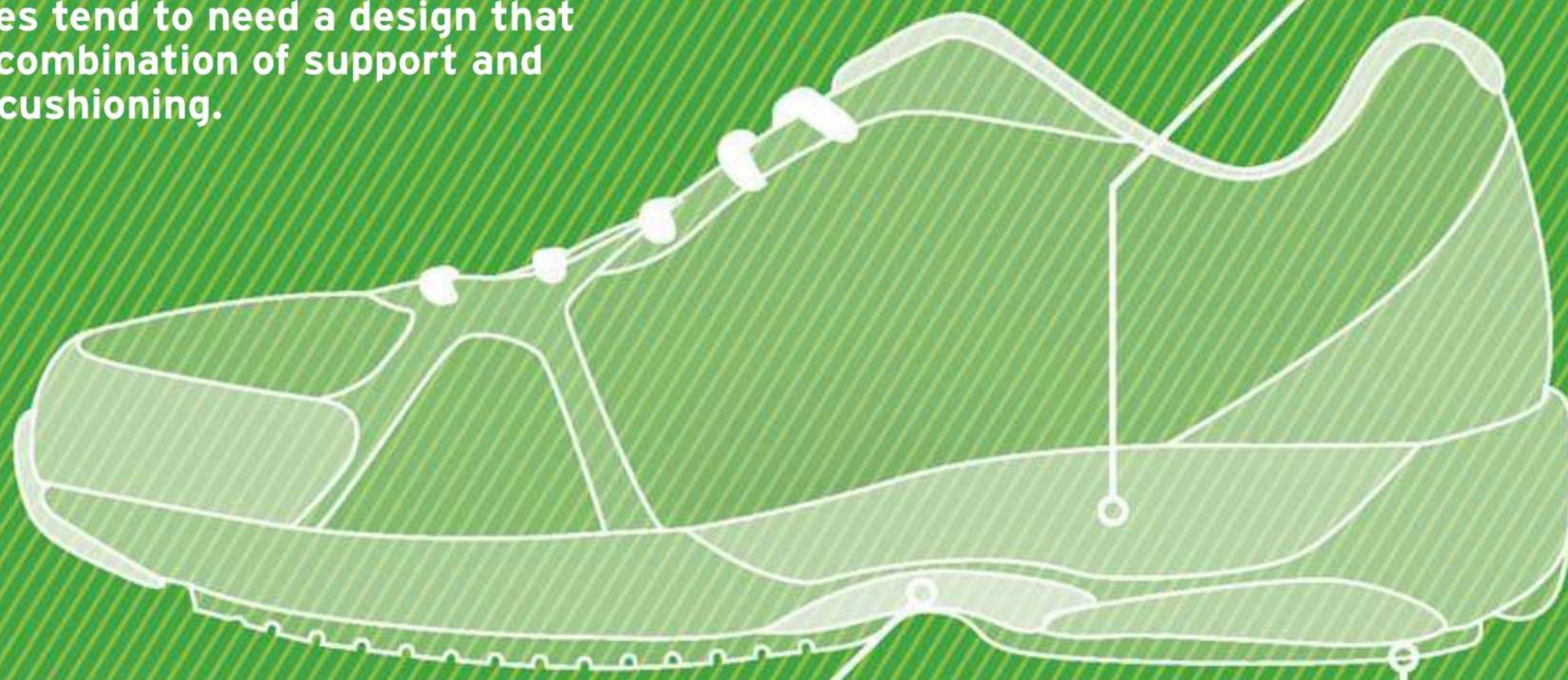
and Saucony has done that superbly here. The weight is the same, as is the midsole construction. Our testers noticed the added internal structure, which locked the shoe over the foot, while the cushioned landing from the memory foam was much appreciated by those who were trying out a lighter weight, lower profile shoe for the first time. A job well done.

**WEAR TESTERS SAY** "Light, breathable, springy and surprisingly water-resistant." *Sarah O'Neill*



# STABILITY

Recommended for runners who are mild to moderate overpronators and who generally have low to normal arches. The people who fit these categories tend to need a design that offers a combination of support and midsole cushioning.



Harder 'post' on the inside of the midsole controls overpronation

Torsion control device in the midfoot stops the shoe twisting too much during landing

Thicker crashpad on the heel to disperse impact forces



## ADIDAS ADISTAR SALVATION 3

**WEIGHT** 355g (M), 313g (W) **COST** £110

**WHAT'S NEW?** Plenty. A more stable heel design, extra cushioning along the length of the midsole, Continental tyre rubber on the outsole for traction in the wet, and gender-specific lasts for improved fit.

**WE SAY** Despite myriad changes, the end product was solid rather than spectacular. A reliable workhorse, it's suitable for wide-footed heavier runners looking for strong cushioning. Our lab rated this poorly for responsiveness, something borne out in the feedback from our testers, who agreed that it felt durable and extremely stable but not particularly light. The sticky outsole was superb however, performing well even on wet grass.

**WEAR TESTERS SAY** "The longer I ran, the more unaware I became of my feet - a good sign for any shoe." *Anna Critchlow*



## ADIDAS SUPERNOVA SEQUENCE 4

**WEIGHT** 366g (M), 289g (W) **COST** £85

**WHAT'S NEW?**

**WE SAY** The closest thing to a motion control shoe in this guide, this is a stiff, solid, stable shoe suited to larger runners who need strong overpronation support and a firm feel underfoot. Both our testers and the lab rated this poorly for flexibility and responsiveness but the beefed-up medial post was rock solid without being obtrusive. The external heel counter to lock the heel in place was noticed (and loved) by all.

**WEAR TESTERS SAY** "I have never worn a more stable shoe." *Alistair Jacobs*

## RUNNER'S WORLD STORE

To get the best shoe for your needs, make sure your first port of call after reading this guide is the Runner's World Shoe Finder ([runnersworld.co.uk/shoefinder](http://runnersworld.co.uk/shoefinder)). Here you'll be taken through a series of simple questions, which will generate a list of suggested shoes for your feet - a great starting point if you're just about to go and get fitted. Every shoe featured in this guide is already online, and if you're confident about the best shoe for you, why not visit our new online store (at [runnersworldstore.co.uk](http://runnersworldstore.co.uk))? You'll find an impressive range of the latest shoes for autumn/winter 2011, as well as apparel, accessories, gadgets and more.





# STABILITY

AUTUMN/WINTER SHOE GUIDE



### NEW BALANCE 1260

**WEIGHT** 349g (M), 285g (W) **COST** £115

**WHAT'S NEW?** This is a substantial revision of the 1226, its predecessor. A new heel collar for less rubbing, softer rubber in the outsole, chunkier pronation support and a more flexible forefoot are among the changes.

**WE SAY** It's not often that a shoe wins an award by such a distance but in this case the 1260 was a, er, shoo-in for a gong. Every tester praised it to the

heavens, with the pronation support being solid but not obtrusive, the new mesh giving excellent breathability, a new foam in the forefoot giving bounce and the softer heel collar and seamless inner adding that little bit of luxury. Most suitable for light to normal weight overpronators after an everyday high mileage shoe.

**WEAR TESTERS SAY** "A great training shoe. I was very impressed with fit and comfort after several long training runs." *Rachel Badham*



### ETONIC JEPARA 4

**WEIGHT** 350g (M), 286g (W) **COST** £75

**WHAT'S NEW?** More cushioning; a more anatomical fit; a twisted lace system to keep laces tied securely; deeper forefoot flex grooves.

**WE SAY** Every couple of years, niche brand Etonic pops up quietly with an update, and each time it impresses. The aesthetics came in for universal panning but they were overlooked because of the excellent cushioning (endorsed by our lab results), the superb breathability and the solid support. Perhaps the best feature however was the responsiveness. The RW lab rated it only averagely on this but testers begged to differ, with the forefoot flex grooves and the blown rubber outsole all contributing to a smooth-as-silk toe-off.

**WEAR TESTERS SAY** "If you can get past the 1980s styling, it's a comfortable shoe with a nice balance of cushioning and responsiveness."

*Andy Dixon*

## MILESTONES Historic footnotes throughout the decades of running shoe development



### 1936

Jesse Owens wears Adidas trainers in winning four gold medals at the Berlin Olympics

### 1968

Tommy Smith wins the 200m in the Mexico City Olympics wearing Puma Suedes, then makes his mark on the podium with the black power salute



### 1984

Joan Benoit Samuelson wins the first women's Olympic marathon wearing Nike Daybreak



### 1972

Nike launches the Moon Shoe, the first 'waffle sole' running shoe, seen as the inspiration for the modern running shoe



### 2008

Haile Gebrselassie sets a new world marathon record (2:03:59) wearing Adidas adiZero Adios



### 1952

Puma launches its first running shoe, the Macanudo, worn by Josef Barthel while winning the 1500m gold at the Helsinki Olympics



1 **RUNNERS**  
2 **PERSONAL BEST**  
3 **AWARDS WINNER**  
BEST RETAILER 2007, 2008, 2009, 2010, 2011



“ Packed with an impressive amount of technology for the price. ”

Runner's World UK



**adidas Response Cushion 20**

Worthy winner of the *Runner's World* 'Best Buy' award autumn 2011

Scan to find out more!



(Using a QR code app)

01



Upper: Highly breathable mesh upper and iconic 3 stripe support. 360° reflectivity.

02



Midsole: FORMOTION technology adapts to the ground as you run for great support and a smooth ride.

03



Lining: Molded sock liner gives an anatomical fit and great 'step in' comfort.

04



Outsole: adiPrene® outsole gives excellent durability in high wear areas. Torsion® gives adaptive midfoot support.

Available online at [www.sweatshop.co.uk](http://www.sweatshop.co.uk) or at 34 award-winning stores nationwide.



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## STABILITY

**NIKE LUNARGLIDE+ 3****WEIGHT** 294g (M), 247g (W) **COST** £85**WHAT'S NEW?** Mostly tweekage rather than wholesale changes: a new midfoot strap for a snug fit; a deep vertical outsole flex groove to aid transition, and an external heel clip to keep the foot in place.**WE SAY** Thanks to the NASA-inspired Lunarfoam in the midsole, the weight to support ratio is superb. Although classed as a stability shoe, it can be used as an everyday training shoe. It scored above average on cushioning, flexibility and responsiveness in the lab and our testers noted the slightly roomier toe box.**WEAR TESTERS SAY** "Much better than the previous version: lightweight, stable and good midfoot support." *Rosalind Moss***FEET IN THE CLOUDS**

New shoe brand **On Running** has released its second shoe, the **Cloud Runner (CR)**. Essentially a sturdier version of the first lightweight model, the Cloud Surfer, the CR contains the same 'CloudTec' outsole technology: 13 compressive lugs on each shoe that depress to absorb and dispel impact force, before locking together to form a firmer base from which to toe off quickly. On Running says this offers the best of both soft and hard shoes - a pillowy landing coupled with quicker foot speed. Made for neutral gaited runners, the CR is designed to be used for everyday training, including long runs and races.

**COST** £140**INFO** on-running.com**SAUCONY PROGRID OMNI 10****WEIGHT** 352g (M), 307g (W) **COST** £95**WHAT'S NEW?** This is Saucony's bestseller, and it hasn't been messed with too much. A fleecier inner gives a more luxurious feel and softer carbon runner on the outsole forefoot allows for a springier toe-off.**WE SAY** The worst thing any tester said about this shoe was that it 'did the job'. The rest were more enthusiastic about the level of support, breathability and exceptional cushioning. A bulky but plush stability shoe for lighter runners and moderate overpronators.**WEAR TESTERS SAY** "As comfy as slippers and with excellent support. Suitable for long training runs." *Clare Wyngard***ZOOT ADVANTAGE 3.0****WEIGHT** 297g (M), 266g (W) **COST** £95**WHAT'S NEW?** Fifteen grams of shoe has been stripped away by using a lighter carbon rubber in the outsole, and the inner is seam- and stitch-free.**WE SAY** The medial post performed well for mild to moderate overpronators, and the tri-specific features such as a pull-on loop on the heel, seam-free inner for sockless running, low profile and integrated tongue all impressed. However, every tester found they took too long to break in and that the fit wasn't wide enough across the toes. Suitable for narrow-footed runners looking for a lightweight stability model.**WEAR TESTERS SAY** "They felt very comfortable without socks." *Catherine Stephens***MEET THE TESTER****NAME** Jeff Pyrah**AGE** 39**GAIT** Neutral**HOME TOWN** Rye, East Sussex**OCCUPATION** Town planning consultant**YEARS RUNNING** 31**FAVOURITE DISTANCE** 10 miles for training, 20 miles for racing.**Why do you run and why did you start running?**

Initially because a running coach came to our school to recruit youngsters when I was eight years old. Now I run because I couldn't be without it in my daily life.

**Describe your proudest running moment**

Running for Scotland in the inter-counties championships.

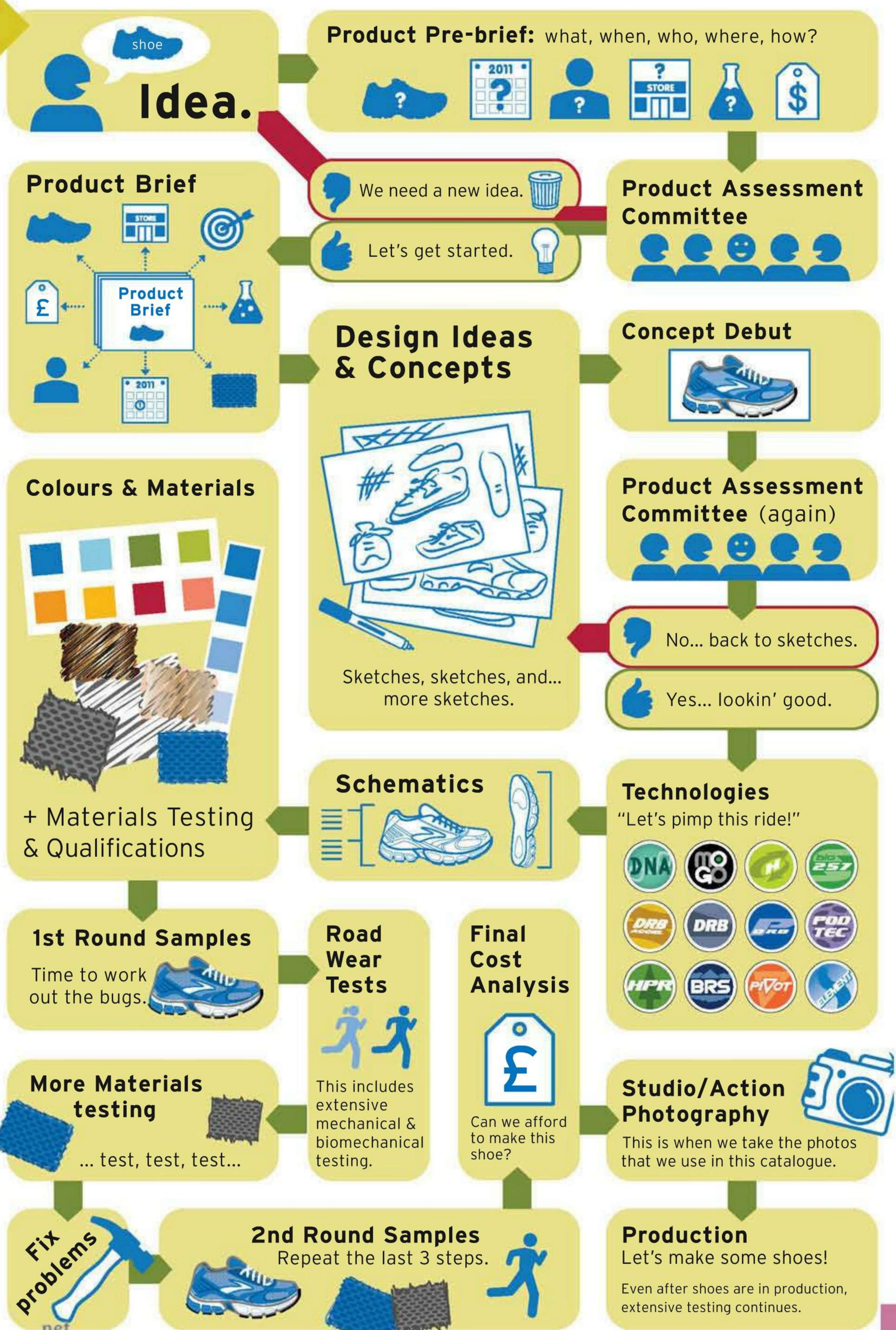
**What is most important to you in a running shoe?** A glove-like fit. It should feel like I'm not wearing anything on my feet.**Favourite shoe** Inov-8 212 X-Talon**If you were a running shoe designer what features would your perfect shoe have?** Made in the UK; seamless odour-killing upper; 100 per cent recyclable materials. And yellow.



# THE MAKING OF A SHOE

AUTUMN/WINTER SHOE GUIDE

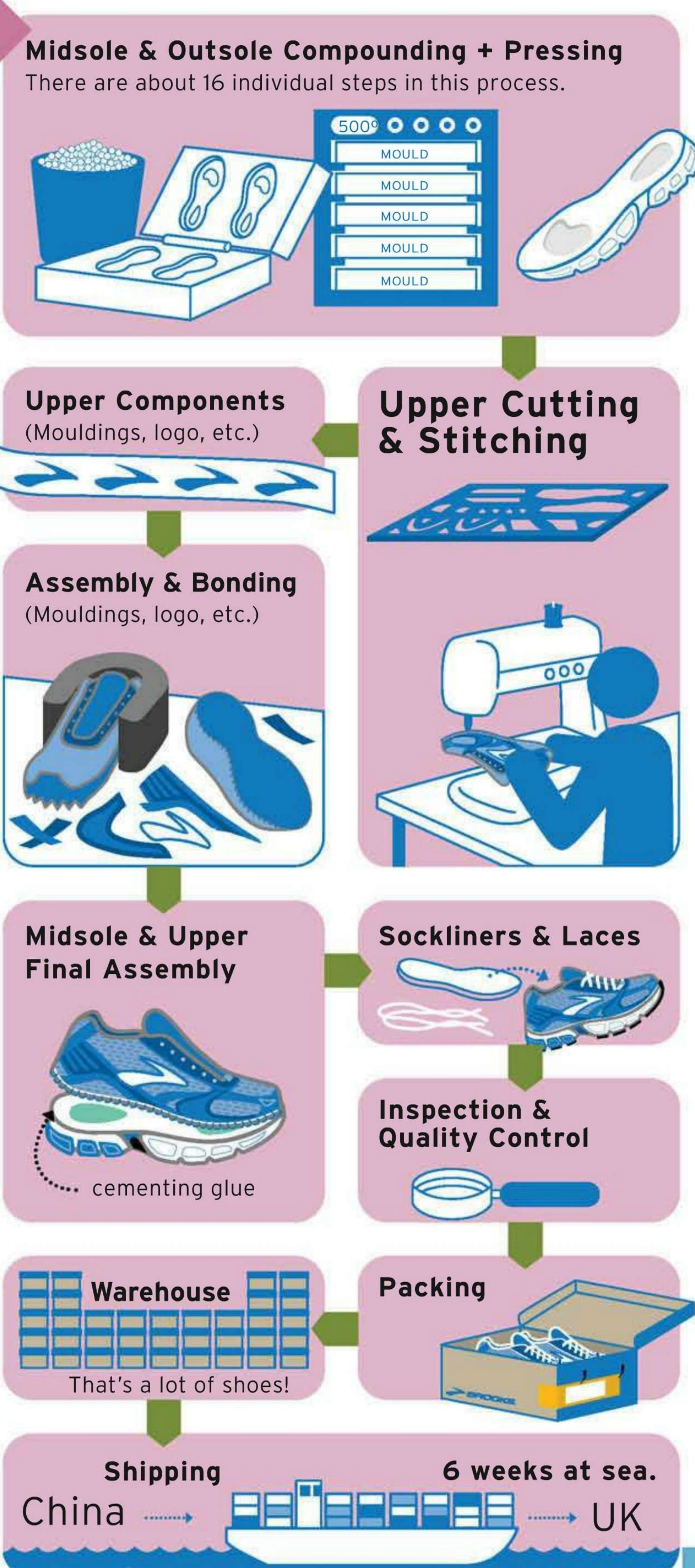
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FULFILMENT (4.5 MONTHS)



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# LAB TEST RESULTS

AUTUMN/WINTER SHOE GUIDE

SHOE TYPE	FIRM	CUSHIONING	SOFT	STIFF	FLEXIBILITY	FLEXIBLE	LOW	RESPONSIVENESS	HIGH
<b>PERFORMANCE</b>	INOV-8 ROAD-XLITE 155	HEEL FOREFOOT							
	INOV-8 ROAD-X 233								
	NEW BALANCE 890								
	NEW BALANCE MINIMUS								
	NIKE FREE RUN+ 2								
	SAUCONY HATTORI								
<b>NEUTRAL CUSHIONING</b>	ADIDAS RESPONSE CUSHION 20	HEEL FOREFOOT							
	ASICS GEL CUMULUS 13								
	ASICS GEL LANDRETH 7								
	ASICS GEL NIMBUS 13								
	BROOKS GHOST 4								
	BROOKS GLYCERIN 9								
	INOV-8 ROAD-X 255/238								
	MIZUNO WAVE ENIGMA								
	NEW BALANCE 880								
	SAUCONY POWERGRID CORTANA								
SAUCONY KINVARA 2									
<b>STABILITY</b>	ADIDAS ADISTAR SALVATION 3	HEEL FOREFOOT							
	ADIDAS SUPERNOVA SEQUENCE 4								
	NEW BALANCE 1260								
	ETONIC JEPARA 4								
	NIKE LUNARGLIDE+ 3								
	SAUCONY PROGRID OMNI 10								
	ZOOT ADVANTAGE 3.0								

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West Sussex  
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### INOV-8

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### NEW BALANCE

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newbalance.co.uk

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Gemini Business Park  
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etonic.com

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Berkshire RG11 5HR  
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**saucony** Saucony ProGrid Omni 10  
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**NIKE** Nike LunarGlide+ 3  
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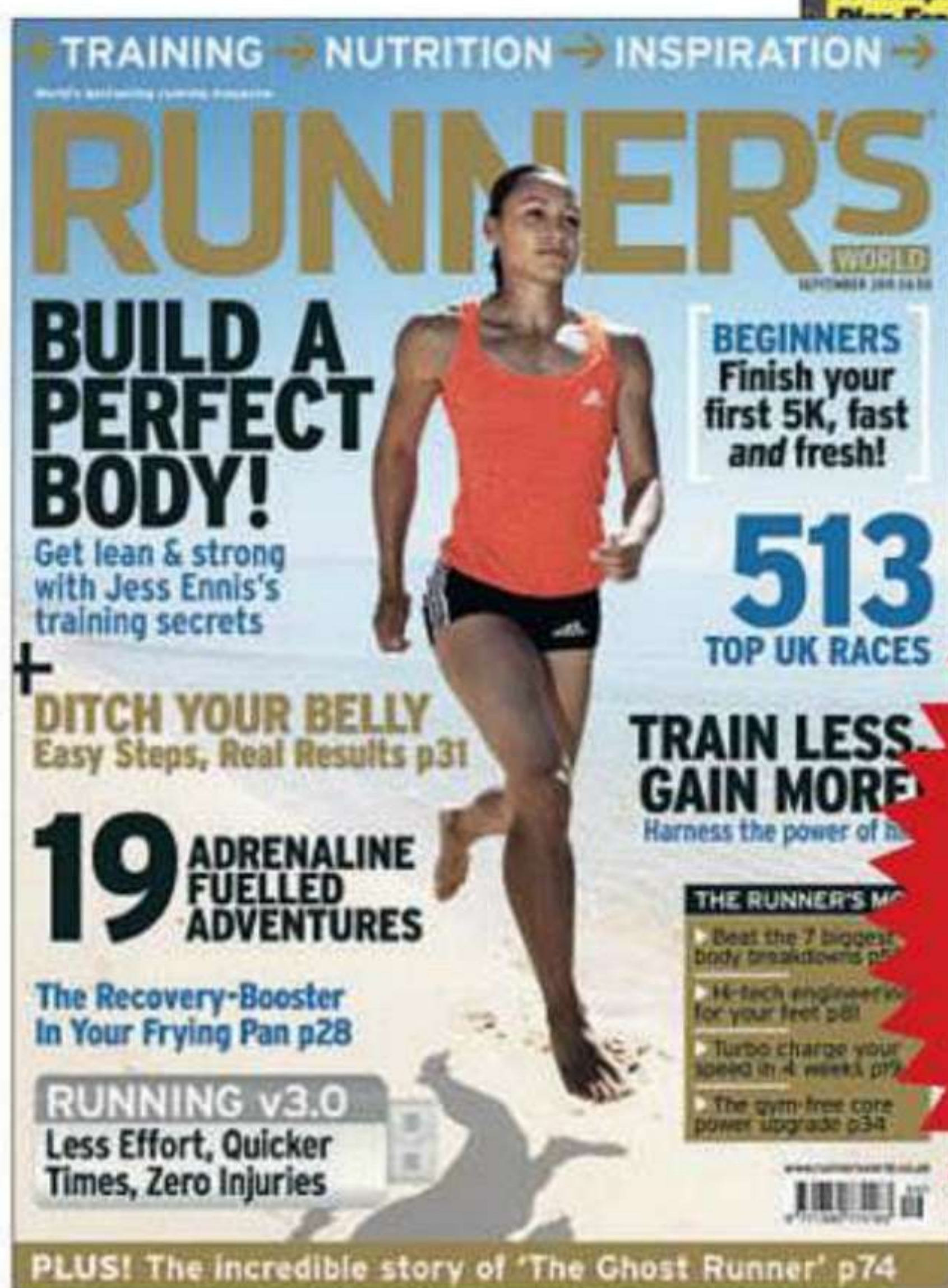
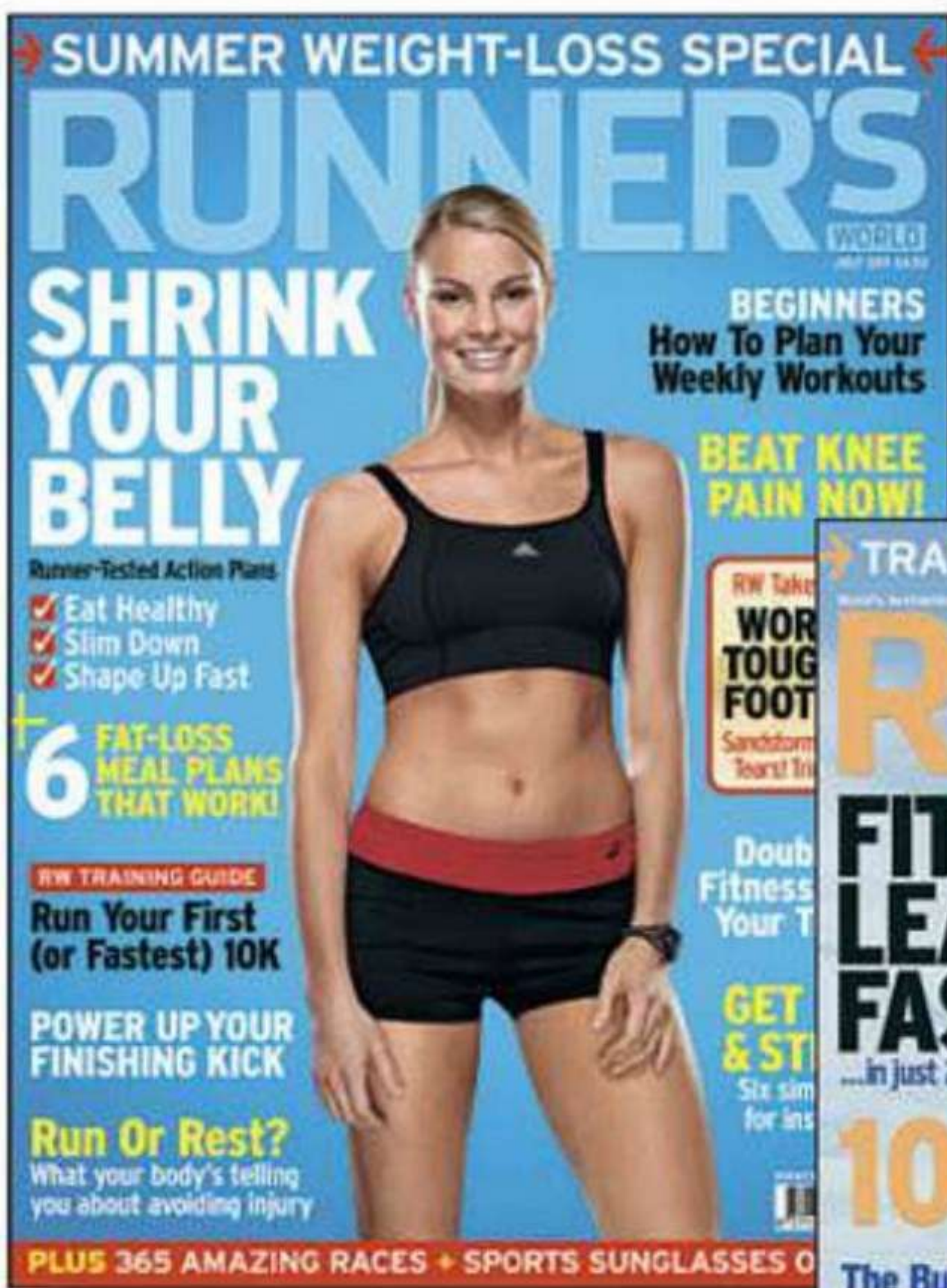
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# RACE REPORTS ▶



## Off the grid

What lies beyond the concrete kingdom of Milton Keynes?

Words: Jonathan Thompson

On paper, this was never going to be pretty. Not only was it my first half marathon, but it was in Milton Keynes, a town described in *Crap Towns: the 50 Worst Places to Live in the UK* as a 'Legoland hell'. And, what's more, heavy rain was forecast.

I'm happy to say that I was pleasantly surprised on two of these three fronts. Not only was the course flat, green and – in the main – pretty congenial, taking in lakes, parks and the Grand Union Canal, but I also managed to complete it comfortably under my target time of two hours without recourse to the St John Ambulance brigade. It rained cats and dogs though.

What is it about Milton Keynes that people find so funny? The concrete cows? The roundabouts? The odd grid system laid down by town planners trying to create the American dream in Buckinghamshire? Now add the fact that a town built in the 1960s as a homage to motorised transport is home to one of the fastest growing and best organised half marathons in the UK.

The event is, like Milton Keynes itself, growing noticeably every year. At the inaugural run 13 years ago, only 300 people took on the elongated circuit to and from Bury Lawn School in the Stantonbury district. This year, there were over 2,500 starters, despite the weather conditions.

The course itself – a long, thin loop bearing more than a passing resemblance to the island of Great Britain – had about as much elevation as a small sandbank in the Solent, which seemed to suit everybody very nicely. Despite being classified on the official race website as 'trail', the route took place almost entirely atop Milton Keynes' 'Redways' – a 125-mile network of cycleways and footpaths criss-crossing the town's infamous grid-like veins, so-called because they're surfaced primarily with red Tarmac.

Unlike its general surroundings, the half marathon course is one thing that *hasn't* changed since 1998. And while that is in many ways admirable (as is the fact that it now raises more than £50k a year for the NSPCC) there is a sense that it has, at a few key points, outgrown the narrow Redways as much as Milton Keynes has outgrown



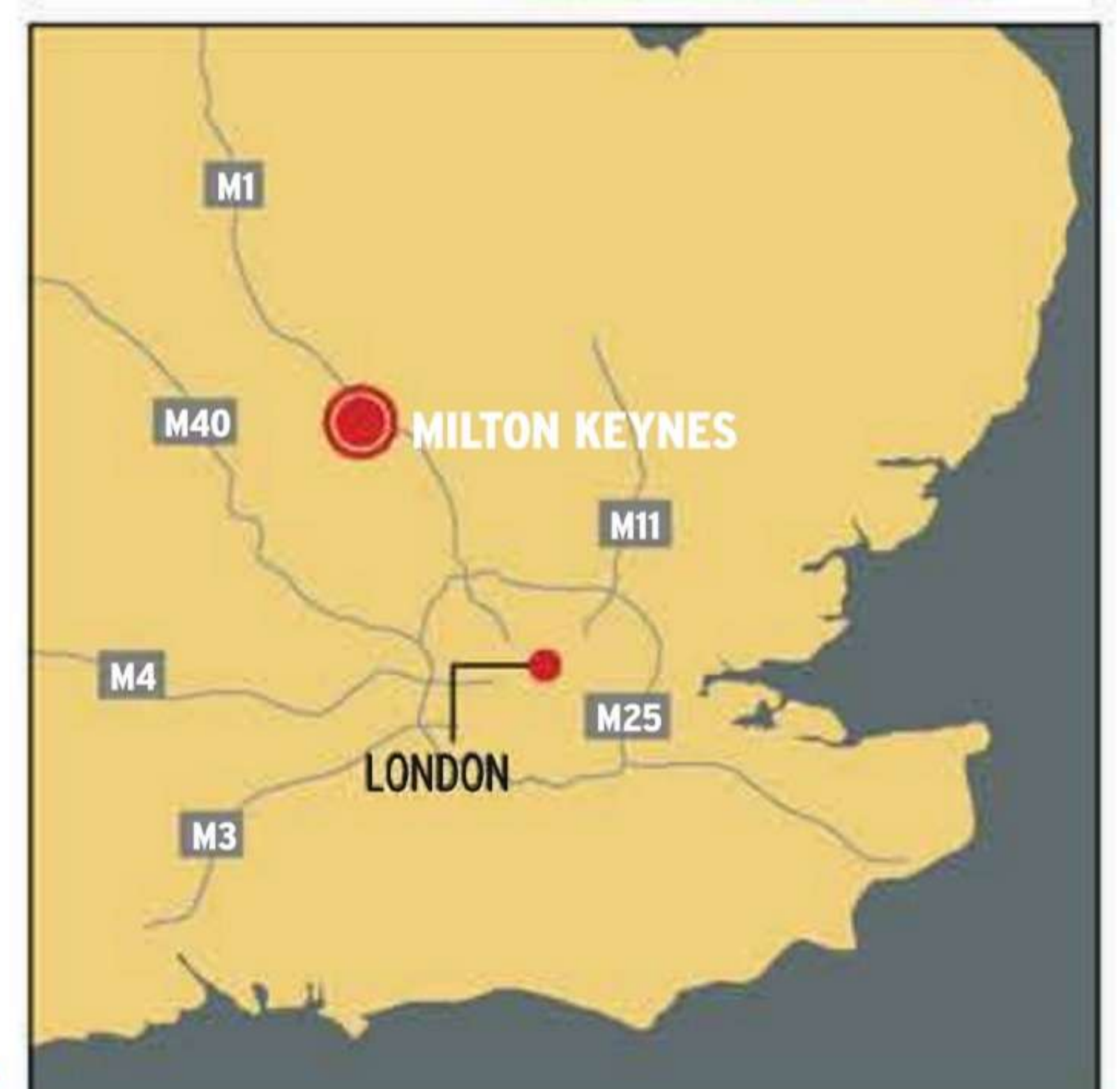
LEAF-ING IT ALL BEHIND  
The route left MK's 'Redways' and took runners through verdant woodland

### Milton Keynes Half

BUCKINGHAMSHIRE, JULY 17



FIRST MAN	ANURADHA COORAY, 1:07:20
FIRST WOMAN	JANE OVINGTON, 1:22:15
LAST FINISHER	3:29:19
NO. OF FINISHERS	2,518
PB POTENTIAL*	80%
OVERALL RATING*	80%



lazy gags about concrete cattle.

For the first two miles, until the course took a sharp turn south-east, we were bottlenecked along the thin, tight path leading away from the start, hemmed in on either side and ironically – in a town where the car is king – unable to get out of first gear. They used aerial views of Milton Keynes to depict an archetypal American city in *Superman II*, but for the first 10 minutes, it felt more like the opening sequence of the film where Terence Stamp's General Zod and his cohorts are trapped together in a tiny cubic prison, floating through space.

Like the villainous Zod, however, we soon escaped. And once past that initial flock of limbs, it was pretty much smooth running all the way home. The Redways led us past Milton Keynes' bird sanctuary at mile four, ▶







ROAD



RURAL



URBAN



TRAIL



FLAT



HILLS



**URBAN LEGEND**  
The race is a PB-seeker's dream

before the route opened out to take in the stunning Willen Lake. Next, it skirted the 'real' Milton Keynes. Once a self-contained Buckinghamshire village, just like Stantonbury, it has now been gobbled up by the bigger concrete fish.

At its best, the route ran over the wooden bridges and past the colourful barges of the picturesque Grand Union Canal; at its worst, along the edge of a dual carriageway. But throughout – and in spite of the changeable weather – it was lined by supportive onlookers, full of encouragement and bearing the occasional welcome pot of jelly babies. At mile eight (think Land's End both on our rough map of Britain and in my flagging legs) a jazz band appeared as if by magic to lift our spirits (and knees) while the addition of a fiendish loop around the school at the end, with the finish line tantalisingly close, did little to dampen the mood.

What has made this half marathon increasingly popular over the years is the fact that, with a few undulating hiccups, it's

***For the first two miles we were bottlenecked, and ironically – in a town where car is king – unable to get out of first gear***

primarily as straight and level as Milton Keynes' grid system itself: it's well organised, extremely well marshalled and easily accessed from pretty much anywhere in south-east and central England. Put simply, MK is ideal PB fodder.

The event actively encourages older runners too – with cash prizes offered in seven different age categories. These include oldest overall finisher, which this year was won by 76-year-old Mike Russell in 2:47:17 – a man who was comfortably into his 30s before Milton Keynes was even built.

Approaching the finish line on the Bury Lawn School sports field, we were spurred on by the race day commentator to sprint the last 100m down the school's grass race track. An odd experience in mid July, just a few days before the regular incumbents presumably contested the egg and spoon race in the same carefully marked lanes. But I was delighted to find a last spurt of pace to

#### LEADEN SKIES...

To match runners' legs as they take on the fast, flat course



oblige when it was my turn.

As with any event, there were a few gripes among the runners afterwards. While the start and finish were extremely well organised and a lot of the facilities were excellent – including ample masseurs on hand both before and after the race – toilets were in extremely short supply, and the car parking was a 10-minute walk from the start. There were also no goodie bags for finishers, but admittedly most seemed happy enough with the bottomless bottled water and banana supplies on the line, as well as the pleasingly chunky – but not concrete cow-, grid- or Superman-themed – medal. They're missing a trick there.

For those looking to make the step up from 10K, this event is perfect. The course is easy to handle and certainly served as an excellent introduction to the distance for me. There were four water stops and two live bands en route, as well as multiple cash prizes for the more ambitious racers. In summary, you should leave any misconceptions behind at junction 14 of the M1: this increasingly celebrated old half in Britain's most famous new town is well worth checking out. After all, there are plenty of ways to interpret the phrase 'Legoland hell': the organisers have slowly built up something genuinely impressive here, brick by brick.

**WHAT YOU SAID** [www.runnersworld.co.uk](http://www.runnersworld.co.uk)

"Who knew Milton Keynes was so scenic? We navigated around lakes, parkland woods and canal paths. Not many city-based races offer that." **Ricardodaintino**

#### LIKE THE SOUND OF THIS? TRY...

##### GRAND UNION CANAL HALF MARATHON

**Uxbridge, November 13**

A lovely point-to-point race from Cowley Recreation Ground, Uxbridge, along the Grand Union Canal to Cassiobury Park in Watford. The course is flat, scenic, traffic-free and occasionally muddy.

[runnersworld.co.uk/grandunionhalf](http://runnersworld.co.uk/grandunionhalf)

##### COASTAL HALF MARATHON

**Portsmouth, February 12, 2012**

Get your sightseeing hat on for this one: en route you'll take in views across the Solent to the Isle of Wight, Portsmouth and Southsea seafronts, the Royal Marines museum, South Parade Pier, the Portsmouth Pyramids, Bransbury Park, Milton Common...and a final six miles along the seafront for some invigorating salty sea air. Irresistible.

[runnersworld.co.uk/coastalportsmouth](http://runnersworld.co.uk/coastalportsmouth)

##### WATER OF LIFE HALF MARATHON

**Buckinghamshire, March 25, 2012**

Conserve water by, er, running next to it. With money being raised for World Water Day, running this 13.1-miler is a chance to do some good while enjoying a thoroughly relaxing riverside race, which starts and finishes at the Bisham Abbey National Sports Centre, and follows the Thames between Marlow and Henley.

[runnersworld.co.uk/wateroflife](http://runnersworld.co.uk/wateroflife)



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Artwork: Flavia Aliverti

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# The wild side

It's a rare race that has elephants on the course and Masai warriors handing out sports drinks

Words: Jessica Hatcher

## Safaricom Marathon

LEWA WILDLIFE CONSERVANCY, KENYA, JUNE 25



FIRST MAN	DANIEL MBOGO 2:18:42
FIRST WOMAN	MONICA MUTHONI 2:49:43
LAST FINISHER	7:17:39
NO. OF FINISHERS	165

The start of the Safaricom Marathon was delayed by 10 minutes this year – there was an elephant on the course. As we waited for a helicopter to shoo it away, the words of the Kenyan commentator rang in my ears: “This is the only marathon in the world where lions run free on the course!”

Held at an altitude of 1,680m and with 300m of ascent under a scorching sun, this marathon is tough. But it has the atmosphere of a world music festival with a diverse clientele to match: at the start line I met a young man who sold a goat to pay for his bus fare to the race, followed by a London fund manager who flew in by chopper.

Organised by Tusk Trust, a UK wildlife charity, the race has raised £1.8m over 12 years for its hosts, the Lewa Wildlife Conservancy.

For the first mile I mimicked the rhinoceros – a laggardly animal with excellent endurance – while many around me took the cheetah approach, a tactic that many of them came to regret later in the searing heat. Just after the 2K sign I nearly tripped over a pile of elephant dung, being too busy admiring a wiry Kenyan ahead of me running in leather loafers and corduroy shorts.

As we crested the first hill, I was given a bottle of Lucozade by a Masai warrior and I paused to take in the extraordinary scenery: bruised purple skies against jagged grasslands and winding hills expanding into vistas like the pages of a giant picture book.

At the halfway point I sensed movement behind an acacia tree and turned to see an armed course ranger clutching a rifle and giving me a thumbs-up. It's no ordinary race if a man with an AK47 is watching your back.

Just as I was struggling in the heat towards the end, there came a gesture that appeared to go above and beyond the call of



PLAIN SAILING  
Runners set off across the grasslands



WATERSTOP WARRIORS  
The Masai help out

duty: a police helicopter swooped down low in the sky to fan me. The cool air was heavenly and I waved frantically in thanks. I was later told that it was actually heading off an approaching lion – a fact that, had I known at the time, might have shaved minutes off my finishing time.

The only downside to this race is that the full marathon is a two-lapper, but if this is off-putting just do one: there's a half marathon option for less hardy souls. Other than that, if you want a serious running adventure, this is hard to beat.

**RUN IT** [tusk.org](http://tusk.org)

### THE LOWDOWN

#### LEWA WILDLIFE CONSERVANCY

**GET THERE** British Airways offers flights from Heathrow to Lewa via Nairobi from £700 return.

#### STAY

**MID-RANGE** The Maridadi Camp ([lewa.org](http://lewa.org)) offers simple but elegant tents and hot showers. Full board costs

£120-£250 per person per night including a three-course evening meal.

**UPMARKET** Arriving at the Lewa Wilderness resort ([lewawilderness.com](http://lewawilderness.com)) is like walking into a Ralph Lauren advert. From £800 per room per night.

**SIGHTSEE** Go on a big game drive, walk through the bush or book a camel safari via the Ultimate Travel Company ([theultimatetravelcompany.co.uk](http://theultimatetravelcompany.co.uk)).

**FUEL** For authentic African fare, try the post-race festival village afterwards.

**WARM-UP** UK running legend Bruce Tulloh leads runs on Thursday and Friday before the race.





# Winter Warmer run



5 & 10k run

**Belfast, Ormeau Park**  
– Sunday 16 October 2011

**Glasgow, Pollok Park**  
– Sunday 23 October 2011

**Holyrood Park, Edinburgh**  
– Sunday 30 October 2011

For more information call 0808 100 2109  
email [scotlandevents@bhf.org.uk](mailto:scotlandevents@bhf.org.uk)  
or visit [www.bhf.org.uk/winterwarmer](http://www.bhf.org.uk/winterwarmer)

**HAVE FUN, GET FIT, SAVE LIVES**





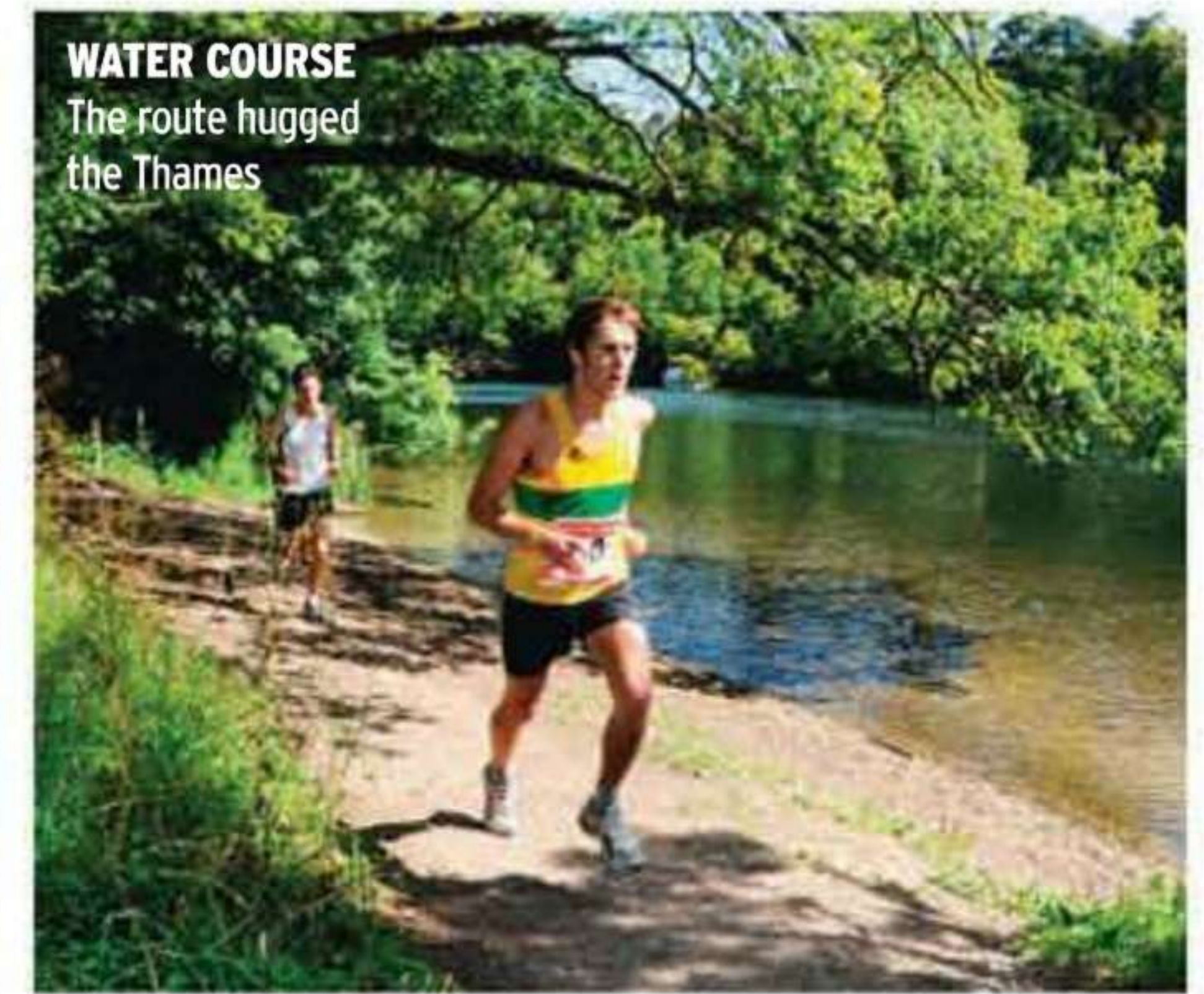
### BLUE SKY THINKING

Views throughout were idyllic



### ARCH RIVALS

Runners jockey for position



### WATER COURSE

The route hugged the Thames

## Down Tow Up Flow

MARLOW, BUCKINGHAMSHIRE, JULY 24



FIRST MAN	RUPERT SHUTE 1:17:45
FIRST WOMAN	PENNY McCRABBE 1:29:47
LAST FINISHER	3:07:58
NO. OF FINISHERS	677
PB POTENTIAL*	69%
OVERALL RATING*	87%

Some events depend on gimmicks – say superhero costumes or flaming bales of hay – while others are quietly confident enough to stand quite simply as expertly organised and scenic to boot. The annual Down Tow Up Flow half marathon falls broadly into the latter category but throws in its own gimmick for good measure – by alternating the direction of the run from year to year. This year was a Down Tow-er, meaning a Marlow start and Eton finish for this joyous multi-terrain trot.

Runners departed in two waves based on estimated finish times, with the intention

of avoiding too much bunching at the numerous gates that hamper progress along the Thames. But this had limited success over the first few miles as queues formed at bottlenecks. Three, even four, wave starts would improve things – but understandably logistics prohibit such luxury. Nothing to do but accept this as par for this kind of course, forget PBs and just enjoy the views.

And what views! The route, with the exception of a two-mile detour that takes you away from the water's edge, affords the sight of boats ranging from kayaks to luxury cruisers. It also passes the kind of riverside houses that, had I dedicated my life to merchant banking or crime, I could now be sitting in, watching sweaty runners puff by.

The terrain (mostly offroad) was treacherous at times. A dozen runners dropped with a thud at various points – testament to the nature of trail running, however well trodden the path. And well trodden it certainly was: large numbers of walkers and cyclists made for terrific support,

although a small number of the latter treated it like the Pamplona Running of the Bulls.

The Eton finish was as impeccably organised as the rest of the event – personal namechecks at the line, medals, massages and more. Baggage drops and coaches seamlessly dealt with the point-to-point nature of the event, while the water stations and marshal points had been cheerfully manned along the well-marked route. Hard to imagine a more perfect (or perfectly flat) introduction to trail running, I'm already looking forward to next year's Up Flow.

**Justin Bowyer**

### Like the sound of this? Try...

#### Medmenham 10

September 18, Buckinghamshire

A mostly flat course with a couple of inclines from the halfway point. The route takes runners along the Thames and surrounding fields before moving up into the beautiful Chiltern hills. Look out for stiles, gates, fences and the odd deer crossing your path.

[runnersworld.co.uk/medmenham10](http://runnersworld.co.uk/medmenham10)

## Run and rated... Real racers' views on the Down Tow Up Flow

ANDY MELROSE,  
28, LONDON,  
1:48:02

"The organisation was good and the route fantastic – I'd certainly think about doing it again. I did the Edinburgh Half in April and the weather wasn't so hot."



PAULINE THOMPSON, 38,  
SANDY, 1:50:45

"This was my third half marathon but the first that was multi-terrain, so it was a bit tougher. I think I'll do this one again just to see if I could get a better time."

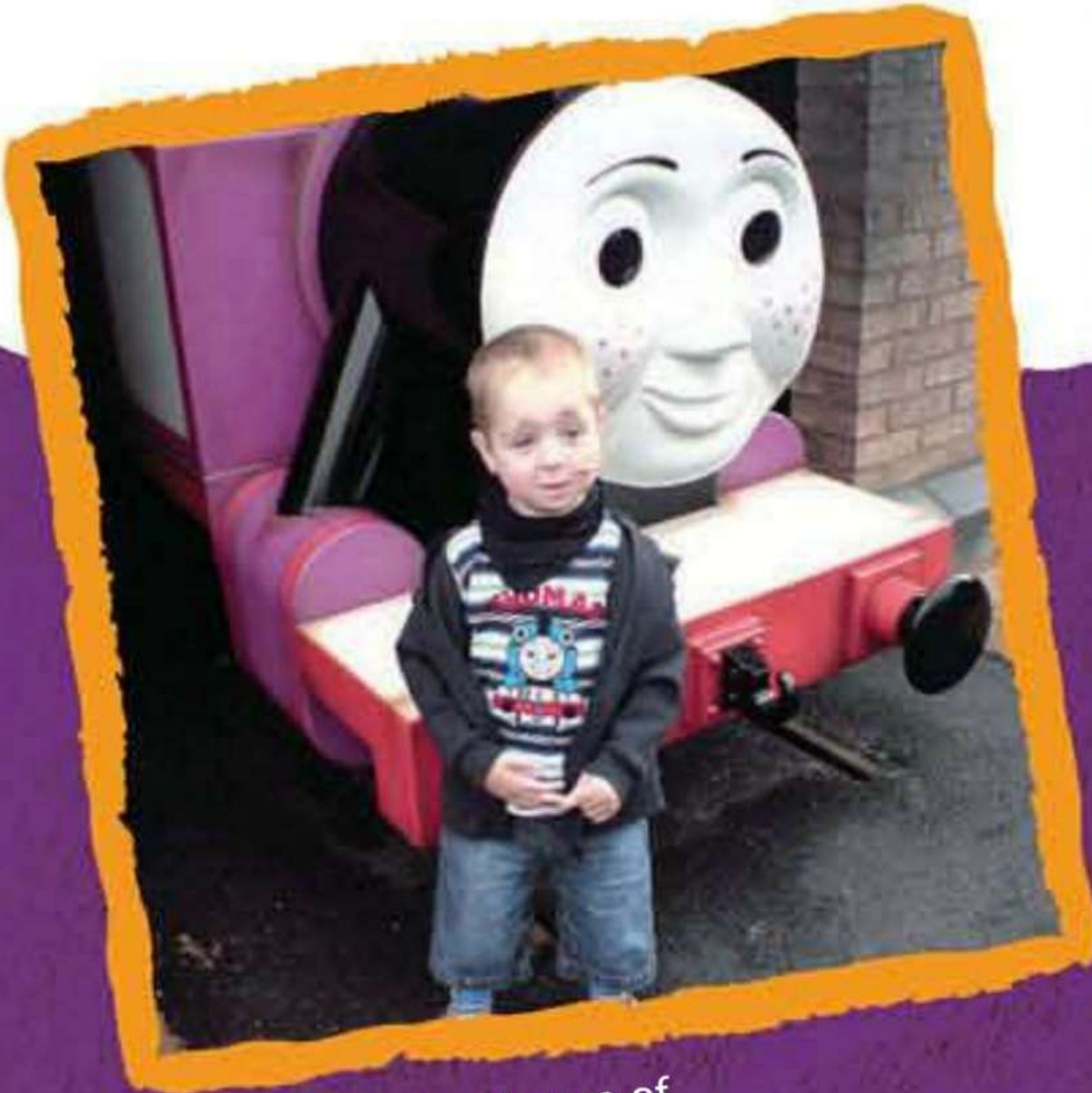


BARNABY WALKER, 17,  
HARTLEY WINTNEY, 1:34:49

"I got a PB today so I'm happy. The route and organisation were terrific and there were just enough water stations to cope with the heat."



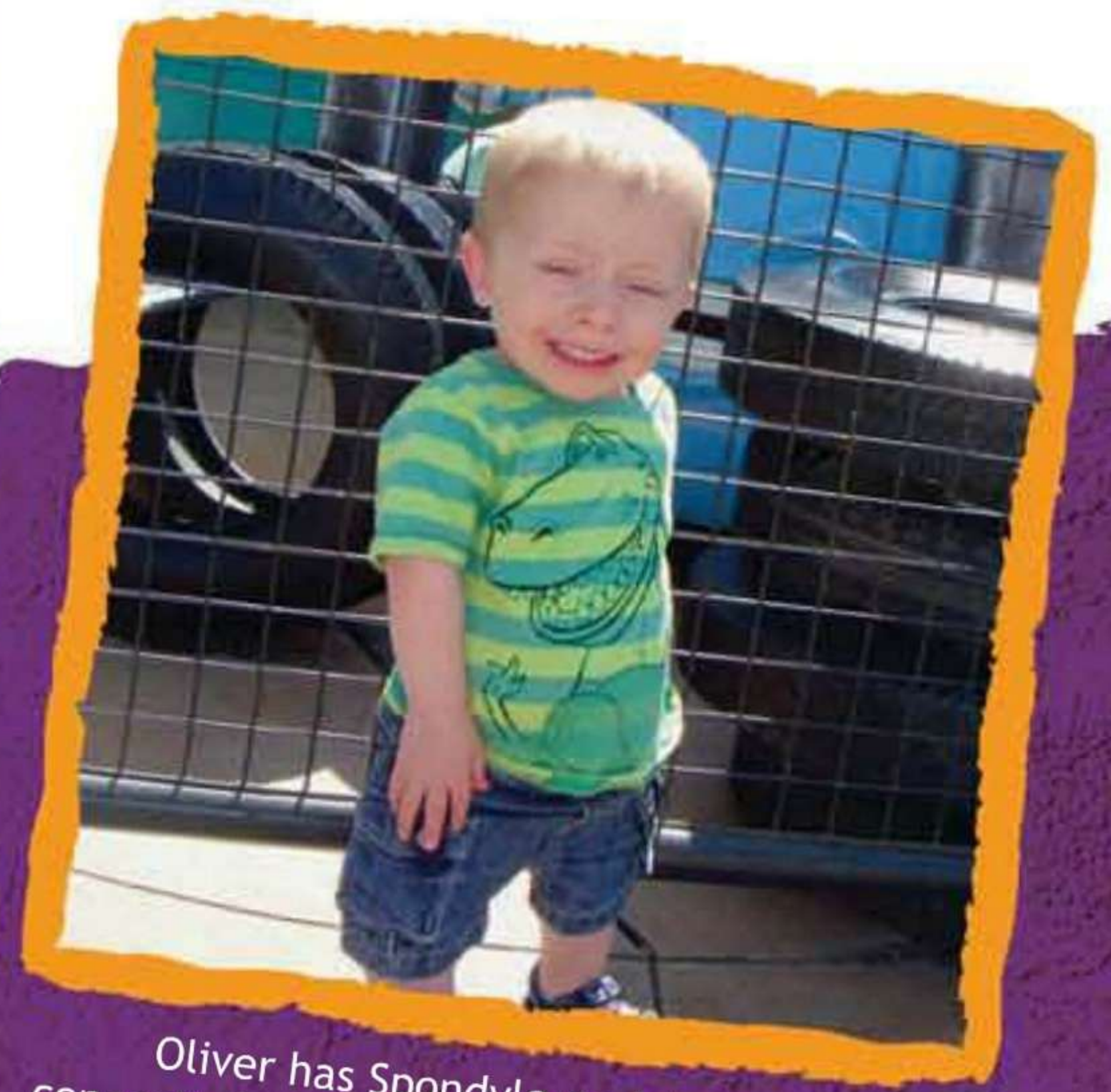




Luuk living his dream of meeting Thomas the Tank Engine.



Some of the Dream Team in the Virgin London Marathon.



Oliver has Spondylo-peripheal dysplasia congenital, a rare and life limiting condition.

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email **events@dctc.org.uk** or visit our website at **www.dctc.org.uk**





**DOG-EAT-DOG**  
At the Great City Race,  
it's every man for himself

## Standard Chartered Great City Race

LONDON, JULY 14



<b>FIRST MAN</b>	CHRIS BUSAILEH 15:35
<b>FIRST WOMAN</b>	EMILY WICKS 16:50
<b>LAST FINISHER</b>	49:00
<b>NO. OF FINISHERS</b>	5,100
<b>PB POTENTIAL</b>	N/A*
<b>OVERALL RATING</b>	N/A*

This is a race that does a good job of encapsulating the frenetic nature of life in the Big Smoke. It's a frantic, elbow-jabbing, spit-dodging, heel-trampling dash through the financial centre of London. Think every man and woman for themselves – don't bother with the niceties. And this is precisely why it's so enjoyable.

Organised by the team behind the London Marathon, the Great City Race is a 5K that brings out the primal instinct in most of the 6,000 or so runners who attend this sellout annual summer event.

Although it is an individual race, the USP here is the chance to compete in teams and by industry too, so that City law firms, financial institutions, media outlets and insurance companies can battle it out for bragging rights over the next power breakfast in their respective fields. It attracts runners of all abilities, although those of the winners' calibre are in the minority – the vast majority appearing to be once-a-season wonders, runners who are reluctantly switching from the gym to sweat their way round the city streets in the name of team bonding.

The lack of experience or awareness of race etiquette and the abundance of financial services-fuelled testosterone

makes for a thrillingly madcap atmosphere. It's running stripped down to its bare bones – run as hard as you can for as long as you can and be damned if the fella with the Eat My Dust T-shirt looks like he needs some help by the side of the road. Fantastic.

**Kerry McCarthy**

### Like the sound of this? Try...

#### Victory 5

#### Portsmouth, September 18

A flat, fast one-lapper that starts and finishes on the running track at the refurbished Mountbatten Leisure Centre, this is a no-frills race that attracts over 1,000 running purists every year, all ready to run flat out in the pursuit of glory and a new personal best.

[runnersworld.co.uk/victory5](http://runnersworld.co.uk/victory5)



**BANKING THE MILES**  
City workers battle it  
out for bragging rights

On July 23, 200 souls were to be found ambling contentedly round the Serpentine lake in London's Hyde Park waving plastic parrots, sporting eye patches and stripy tops, and shouting things like "Avast ye land lubbers! Ye'll be walking the plank! Splice the mainbrace!" and so forth. On first inspection, they appeared to be day-trippers from Broadmoor, but they were later identified as participants in the **London Pirate Run**, a 5K saunter aimed at raising funds for Get Connected, the youth helpline charity. As it was a charity race, no finishing times or places were recorded.



**SHIVER ME TIMBERS!**  
Dressed for the occasion

## Rapid Race Report

SOUNDBITES FROM THE RW WEBSITE

### Toad Hall 10K

READING, JULY 3

PB POTENTIAL<sup>†</sup> 35%

OVERALL RATING<sup>†</sup> 84%

"A fantastic course with beautiful scenery" **Juizy**

"Hills, hills and more hills" **Gary Brampton 2**

"Friendly, not too crowded and a great atmosphere" **Henry Moran**

"Faultless organising and marshalling" **Charlotte Ing**

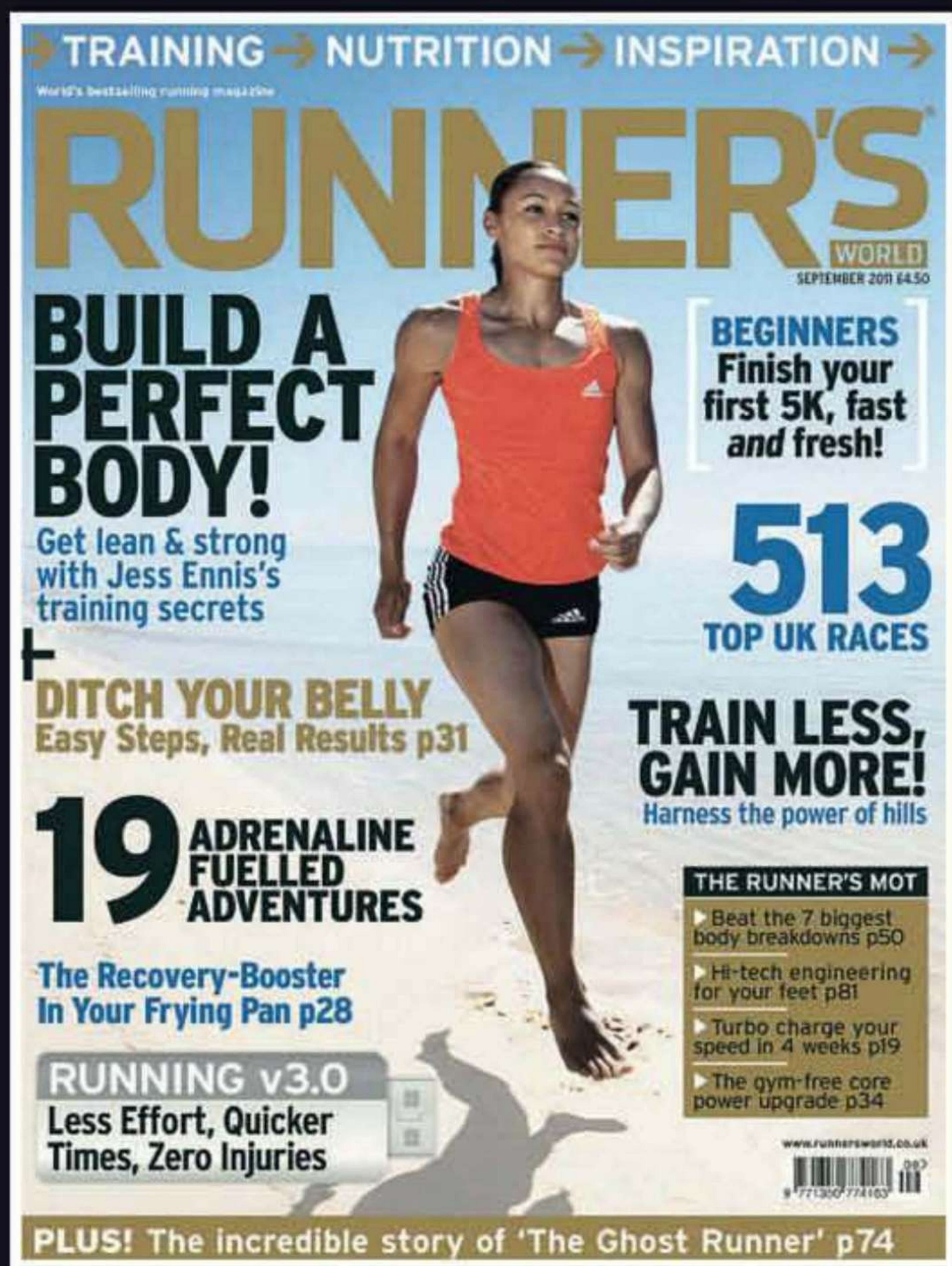
"Post-race bacon, burgers, beer, Pimm's, tea and cakes – perfect" **DN**



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# RACEFINDER

WorldMags - WorldMags - WorldMags

## THE BEST UK EVENTS IN SEPTEMBER

### 5 TO TRY

RW's pick of this month's races



#### FOODBANK 5K

**When?** September 18

**Where?** Salisbury, Wiltshire

A beautiful course that's ideal for beginners and seasoned runners alike, this race skirts Old Sarum (an ancient hill fort) and takes in head-turning views of Salisbury Cathedral. Enjoy a finish fit for champions: the final downhill stretch takes place on the athletics track, where you'll be cheered home by family and friends.

**Race info** page 113



#### YORKSHIREMAN OFF ROAD MARATHON

**When?** September 11

**Where?** Haworth, Yorkshire

This is a back-to-basics event that requires some basic map-reading skills. The route of this boggy, hilly race is only partially marked - competitors require a colour-coded map to find their way round the rest of the course. Hot drinks are available en route for those willing to carry a mug around with them.

**Race info** page 111



#### THE WOLF RUN

**When?** September 24

**Where?** Leamington Spa, Warwickshire

One for the challenge-seeker. The seven-mile offroad route through the Warwickshire countryside offers a series of obstacles, both natural and man-made, and is a test of mental strength and physical endurance. But a boisterous post-race party and excellent facilities make this more than worth the effort.

**Race info** page 115



#### CARDIFF 10K AND 2K

**When?** September 11

**Where?** Cardiff, South Wales

This two-distance event has been going strong since 2003. Both the 10K and 2K courses are super flat and fast, taking runners through the city centre and the surrounding parkland. It's especially good for first timers, as the strong crowds always manage to revive tired legs.

**Race info** page 109



#### FOLKESTONE ROTARY HALF MARATHON

**When?** September 25

**Where?** Folkestone, Kent

This bustling, vibrant 13.1-miler takes runners through the town of Folkestone and out along the coastline of the Dover Strait. It's fairly comfortable until the last mile, when a rather long, steep incline is likely to put paid to the PB ambitions of those who have been naughty and skipped their hill training.

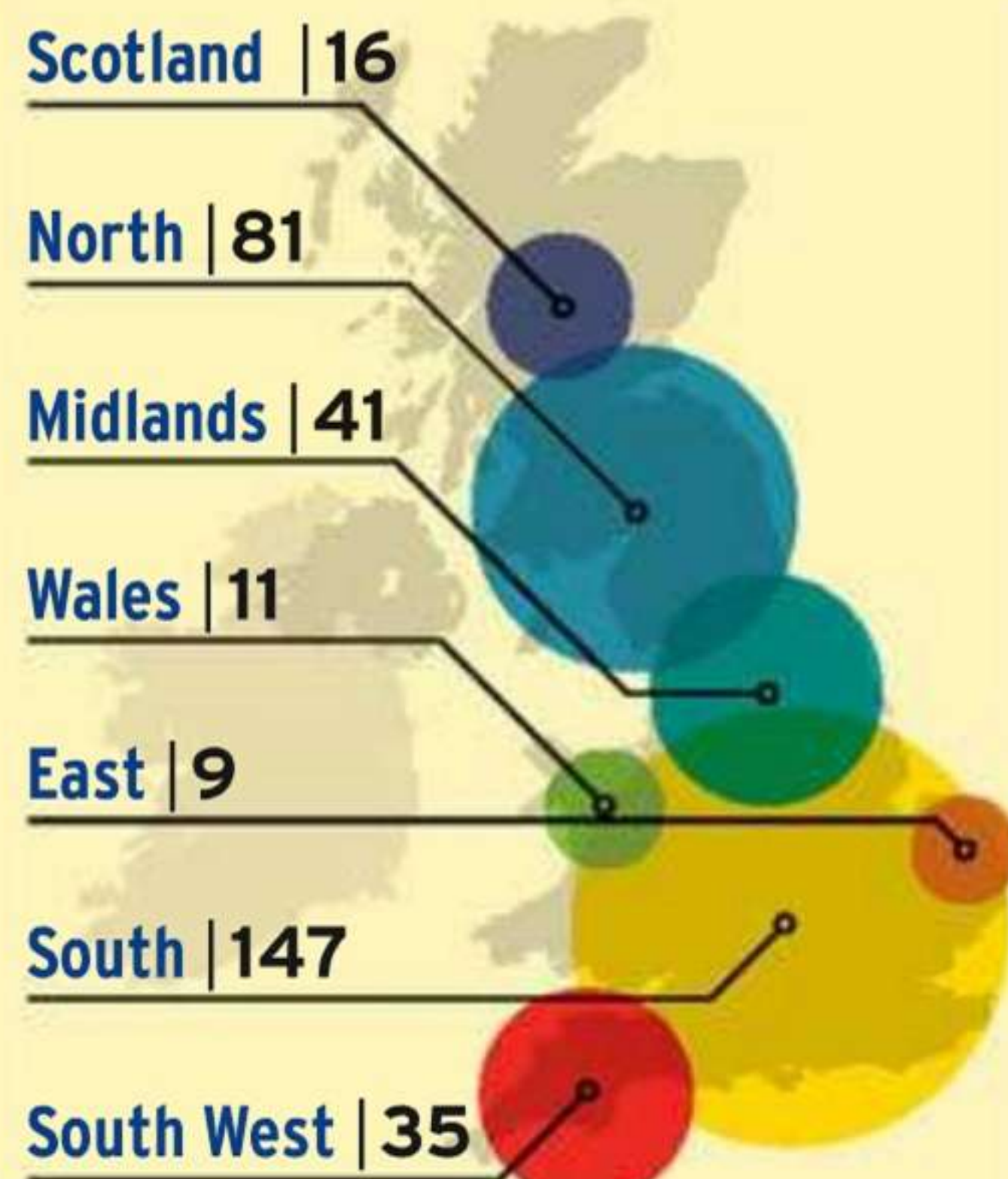
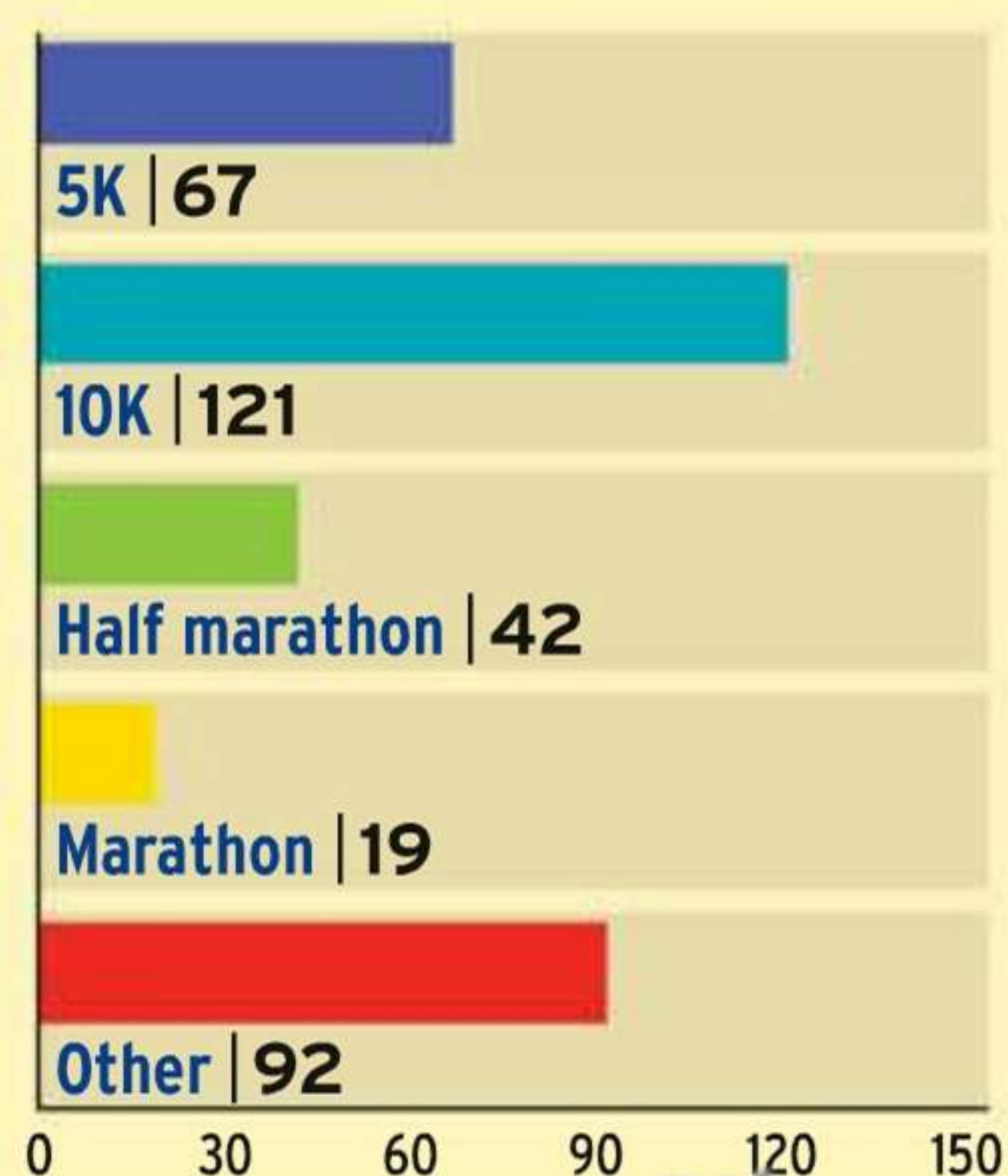
**Race info** page 115



WORDS: SIMON WRIGHT; \*TAKEN FROM RW ONLINE FORUM RATINGS FOR THE 2010 EVENTS (WITH OVER 25 RATINGS ONLY)

## WHAT AND WHERE?

September's 341 races broken down by distance and region



## YOUR TOP RATED

September's best races as voted for by you\*



\*ACTUAL FIGURES: 96.36; 96.32





# BREATHTAKING JERUSALEM MARATHON March 16, 2012



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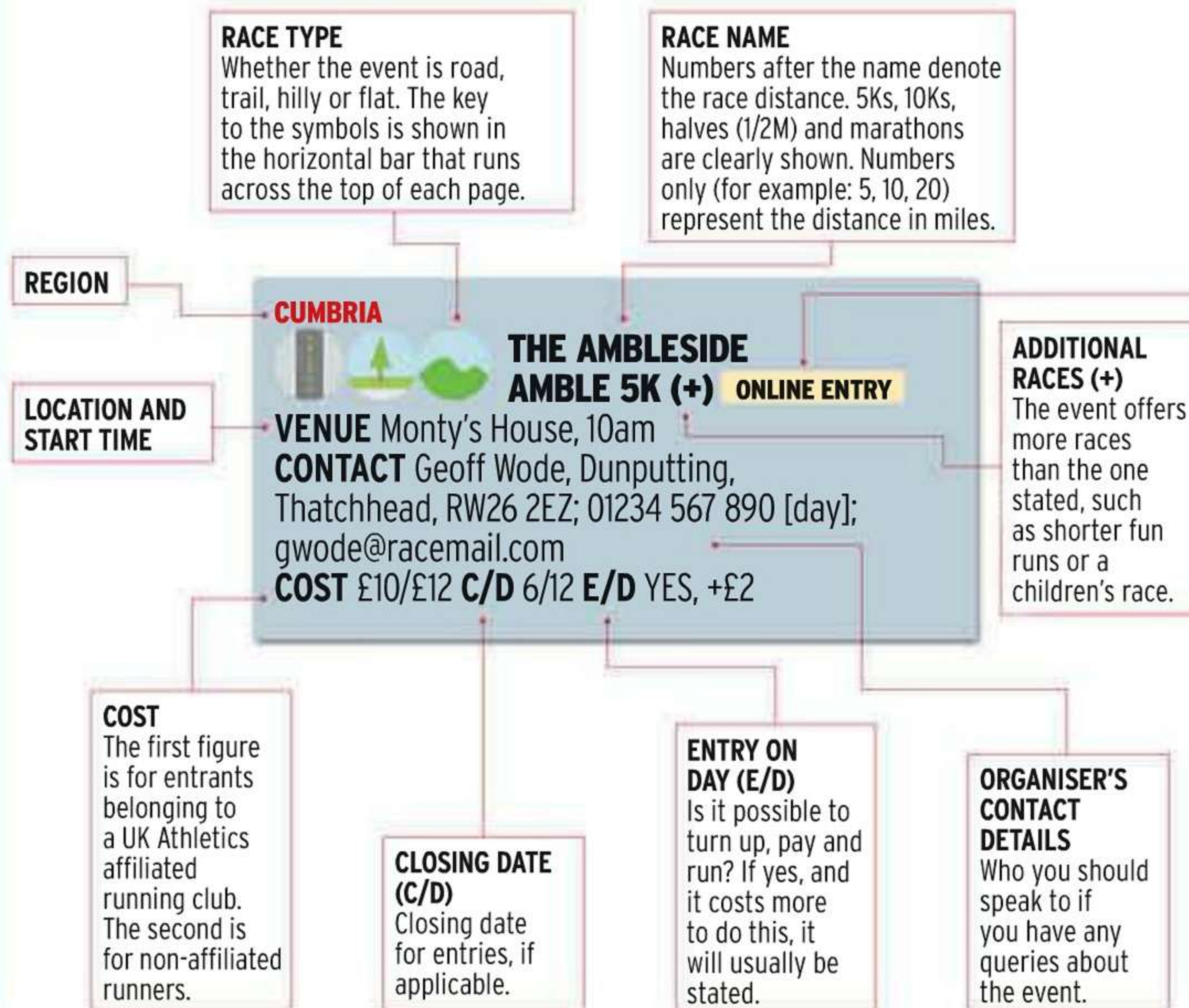
## HOW TO USE RACEFINDER

Race Finder lists UK races that take place during the magazine's on-sale period at the minimum. This issue covers the dates **Thursday September 1 to Sunday October 2**.

Simply look up when you want to race, and find that day's events listed alphabetically by county and title.

Race information is provided by race organisers and may be edited by us because of limited space. More extensive listings and an interactive search tool can be found at [runnersworld.co.uk/events](http://runnersworld.co.uk/events), which lists all races up until December 2011. You can search by date, location, terrain and other categories, and the tool will then find your perfect race for you. All you need to do is sign up!

### KEY TO RACE ENTRIES



### RW ONLINE ENTRY

Signing up for events marked with this flash couldn't be simpler, as you can enter through the RW website.

➔ Go to [runnersworld.co.uk/events](http://runnersworld.co.uk/events) and search for the race you want to enter by name.

➔ Click the 'Enter Online' button.

➔ Select which category of race you wish to enter (whether you are affiliated to a running club or non-affiliated. The cost is usually discounted for entrants belonging to a UK Athletics-affiliated running club.)

➔ You will be asked to enter your details and pay online.

➔ Then you'll be sent an email confirming your race entry. It's as simple as that.

#### THURSDAY SEPTEMBER 1

##### HERTFORDSHIRE

**STEVENAGE MIDWEEK 5K SERIES**  
**VENUE** Marriotts School, Telford Road, Stevenage, 7:30pm  
**CONTACT** Sara O'Callaghan, Stevenage Midweek 5K Series, 12 Morello Gardens, Hitchin, Herts SG4 9DW; 5k@fvspartans.org.uk; www.races.fvspartans.org.uk  
**COST** £5/£7 C/D 24/8 E/D YES, +£2

#### FRIDAY SEPTEMBER 2

##### OXFORDSHIRE

**THE "TOAD CHALLENGE" THAMES PATH MULTI-STAGE ULTRA**  
**VENUE** The King's Centre, Osney Mead, Oxford, 10:30am  
**CONTACT** Brian Thubron, 161 Woodlands Rd, Woodlands, Southampton, Hants SO40 7GL; 07801 244 628; neil@xnrg.co.uk; www.xnrg.co.uk  
**COST** £40 C/D 28/8 E/D NO

#### SATURDAY SEPTEMBER 3

##### BUCKINGHAMSHIRE

**CHALFONT ST. GILES SHOW 10K RUN**  
**VENUE** Start: Stratton Chase Drive, off High Street, Chalfont St. Giles, 10am  
**CONTACT** Barbara Conheeny, Mead Croft, London Rd, Chalfont St. Giles, Bucks HP8 4NJ; 01494 873 241 [day]; secretary@csqshow.org; www.csqshow.org  
**COST** £15 C/D 30/8 E/D YES

##### CHANNEL ISLANDS

**ALDERNEY 1/2M (+)**  
**VENUE** Start: The Butes, St Anne Finish: Braye Common, Alderney, Noon  
**CONTACT** Rod Paris, Valongis House, Valongis, Alderney GY9 3YW; 01481 824 230 [day]; race@paris.uk.net; www.RunAlderney.org  
**COST** £10/£12 C/D 31/8 E/D YES, £13

##### CUMBRIA

**DERWENTWATER TRAIL RACE & CHALLENGE 14K (+)**  
**VENUE** Fitz Park, Keswick, 2pm  
**CONTACT** Diana Taylor, 71 Serpentine Rd, Kendal, Cumbria LA9 4PD; mail@lakelandtrails.org; www.lakelandtrails.org  
**COST** £22 C/D 3/8 E/D NO

##### DERBYSHIRE

**NO WALK IN THE PARK 5K (+)**  
**VENUE** Queen's Park, Cricket Pavilion, Chesterfield, 9:30am  
**CONTACT** John Cannon, 602 Chatsworth Rd, Chesterfield, Derbyshire S40 3JX; 01246 566 458 [eve]; lassiecannon@aol.com; northderbyshirerc.jimdo.com/  
**COST** £3/£5 E/D ONLY

##### DEVON

**ARMADA ATHLETICS NETWORK SALTRAM 10KM (+)**  
**VENUE** Saltram Park, Plympton, Plymouth, 6pm  
**CONTACT** Jess Rowe, 12 Rowden St, Peverell, Plymouth, Devon PL3 4NY; 01752 240 073 [eve]; jess.rowe@yahoo.co.uk; www.plymstockrunners.co.uk

**COST** £6/£8 C/D 26/8 E/D YES, +£1

##### DART 10K OPEN WATER SWIM

**VENUE** Totnes, 10am  
**CONTACT** Penny Budd, 5 Wodehouse Rd, Southampton, Hampshire SO19 2EA; events.oss@gmail.com; www.outdoorswimmingsociety.com  
**COST** TBC E/D NO

##### GLOUCESTERSHIRE

**WYE VALLEY NIGHT OWL 10KM**  
**VENUE** Wye Valley, Forest of Dean, Coleford, 8:30am  
**CONTACT** Mike Grattan, 63 Osborne Rd, Farnborough GU14 7AJ; 01252 373 797 [day]; mike@209events.com; www.209events.com  
**COST** £15 C/D 27/8 E/D NO

##### HAMPSHIRE

**OVERTON 5 (+)**  
**VENUE** Overton Recreation Centre, Bridge Street, Overton, Basingstoke, 3pm  
**CONTACT** John Hoare, 81 Cambrian Way, Basingstoke, Hampshire RG22 5AJ; 01256 467 085; overton5@overtonharriers.org.uk; www.overtonharriers.org.uk  
**COST** £10/£12 C/D 26/8 E/D YES, +£1

##### RACE READY BUPA GREAT SOUTH RUN - LAUNCH EVENT ONLINE ENTRY

**VENUE** Southsea Common, Portsmouth, 10am  
**CONTACT** Byron Dudding, 5 Blythe Mews, Blythe Rd, London W14 0HW; teampowerade@sportsvision.co.uk; www.runnersworld.co.uk/poweraderaceready  
**COST** Free E/D NO

##### HERTFORDSHIRE

**FIRST SATURDAY IN THE MONTH 5KM**  
**VENUE** Letchworth Outdoor Pool, Norton Common, Icknield Way, Letchworth Garden City, 9am  
**CONTACT** Lindsay Cook, 10 Kitchen Garden Court, Hitchin, Hertfordshire SG5 2BY; www.firstsaturday5km.org.uk  
**COST** £2 E/D ONLY

##### KENT

**CHARING 10K (+) ONLINE ENTRY**  
**VENUE** Charing School, School Lane, Charing, 10:30am  
**CONTACT** Martin Burke, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA; 01797 230 999; info@nice-work.org.uk; www.nice-work.org.uk  
**COST** £11/£13 C/D 29/8 E/D YES, +£2

##### EASY ORIENTEERING FOR RUNNERS IN DANSON PARK

**VENUE** Danson Stables Car Park, Danson Park, Bexley, 11am  
**CONTACT** Sean Cronin, 7 The Croft, Leybourne, West Malling, Kent ME19 5QD; 01732 321 497 [eve]; newcomers@dfok.co.uk; www.dfok.co.uk  
**COST** £4 E/D ONLY

##### LANCASHIRE

**HILTON ILLUMINATIONS 10K ONLINE ENTRY**  
**VENUE** Hilton Blackpool, North Promenade,

Blackpool, 11am  
**CONTACT** Race Office Admin, 55 Poulton Rd, Blackpool, Lancashire FY3 7DS; www.fyldecoastrunning.com  
**COST** £10/£12 C/D 29/8 E/D YES, +£2

##### LEICESTERSHIRE

**BELVOIR CASTLE 10K RUN (+) ONLINE ENTRY**  
**VENUE** Belvoir Castle, Grantham, 10am  
**CONTACT** David Bates, 6 Walnut Rd, Bottesford NG13 0AY; Contact@belvoircastlefurrun.org.uk; www.belvoircastlefurrun.org.uk  
**COST** £10 C/D 3/9 E/D YES

##### LINCOLNSHIRE

**LINCOLNSHIRE WOLDS 10**  
**VENUE** Blacksmiths Arms, Rothwell, Grimsby, 11am  
**CONTACT** Steven Green, 142 St Nicholas Drive, Wybers Wood, Grimsby, Lincs DN37 9RF; 01472 310 861 [day]; 07906 863 889 [mob]; stgreen@ntlworld.com; www.woldsvets.co.uk  
**COST** £9/£11 C/D 25/8 E/D YES, +£1

##### LONDON

**WALK 10, EASTBOURNE**  
**VENUE** Seafront, Eastbourne, London, 6:30am  
**CONTACT** Marie Curie, 89 Albert Embankment, London SE1 7TP; 08700 340 040 [day]; londonsoutheastevents@mariecurie.org.uk; www.mariecurie.org.uk/events  
**COST** TBC E/D NO

##### OXFORDSHIRE

**HENLEY ON THAMES RIVER SWIM - SHIPLAKE COLLEGE 2011 (+) ONLINE ENTRY**  
**VENUE** Shiplake College, 6pm  
**CONTACT** Martyn Edwards, 31 Cumbria Close, Maidenhead, Berkshire SL63DD; 07909 915 444 [day]; enquiries@f3events.co.uk; www.f3events.co.uk/index.php?option=com\_jevents&task=icalrepeat.detail&evid=31&Itemid=15  
**COST** £22 E/D NO

##### SURREY

**GUILDFORD MONTHLY 5K TIME TRIAL**  
**VENUE** Stoke Park, Opposite Guildford Spectrum, Guildford, 9am  
**CONTACT** Ian Durrant; 07947 275 090 [mob]; fiona.ian@ntlworld.com; www.ggac.co.uk  
**COST** Free

##### WALES

**70 WILD MILES BALA**  
**VENUE** Lake Bala, Bala, 7am  
**CONTACT** Gemma Davies, Gleider House, Ty Glas, Cardiff CF14 5BD; 029 2076 8865 [day]; gemma.davies@tenovus.org.uk; www.tenovus.com/get-involved/sign-up-to-an-event/70-wild-miles.aspx  
**COST** £30 C/D 1/9 E/D NO

##### PRESELI BLUESTONE FELL RACE 13

**VENUE** Crymch Leisure Centre, Crymch, Noon

**CONTACT** Paul Padgett, 8 Heol Emrys, Fishguard, Pembrokeshire SA65 9EE; helen@rhydyfferm.co.uk; www.preselibluestonefellrace.co.uk  
**COST** £7 C/D 26/8 E/D YES, +£3

##### WILTSHIRE

**MALMESBURY 10K**  
**VENUE** The Activity Zone, Bremilham Road, Malmesbury, 11am  
**CONTACT** James Higgs, The Activity Zone, Bremilham Rd, Malmesbury, Wiltshire SN16 0DQ; 01666 822 533; jameshiggs@dcleisure.co.uk; www.theactivityzone.co.uk  
**COST** £10/£12 C/D 1/9 E/D YES, +£1

##### WORCESTERSHIRE

**QUESTARS ADVENTURE RACE SERIES**  
**VENUE** Pershore College, Avonbank, Pershore, 10am  
**CONTACT** Daniel Carrivick, Quest, Stokes Marsh, Coulston, Wiltshire BA13 4NZ; 01380 831 388 [day]; daniel@questtgo.com; www.questars.co.uk  
**COST** TBC E/D NO

#### SUNDAY SEPTEMBER 4

##### BEDFORDSHIRE

**BEDFORD HARRIERS 10K ONLINE ENTRY**  
**VENUE** International Athletics Stadium, Barkers Lane, Bedford, 10am  
**CONTACT** Steve Gaunt, Bedford Harriers 10K, 21 Harvey Rd, Bedford, Beds MK41 9LF; 07790 395 196; sgaunt@btinternet.com; www.bedfordharriers.co.uk  
**COST** £10/£12 E/D YES, +£2

##### BERKSHIRE

**PHARMALINK MAIDENHEAD 1/2M ONLINE ENTRY**  
**VENUE** Maidenhead, 9:30am  
**CONTACT** Chris Donald, 23 York Rd, Marlow, Bucks SL7 2QB; 01628 474 953; 07860 650 579 [mob]; info@purplepatchrunning.com; www.purplepatchrunning.com  
**COST** £18/£20 C/D 26/8 E/D YES, +£4

##### SWALLOWFIELD 10K (+) ONLINE ENTRY

**VENUE** Swallowfield Parish Hall, Swallowfield, Reading, 10:30am  
**CONTACT** Jonathan Wheelwright, 1st Swallowfield Scouts, Swallowfield Parish Hall, Swallowfield, Reading, Berkshire RG7 1US; 07789 577 322 [day]; www.swallowfield10plus3.com  
**COST** £10/£12 C/D 25/8 E/D NO

##### CAMBRIDGESHIRE

**NICETRI TEAM RELAY 10K (+)**  
**VENUE** Waterside Leisure Centre, Buckden, St Neots, Noon  
**CONTACT** Keith Ritchie, 106 Longsands Rd, St Neots, Cambs PE19 1TW; 01480 [day]; 07539 213 097 [mob]; keith@nicetri.co.uk; www.nicetri.co.uk  
**COST** £40 E/D NO

##### CHESHIRE

**NORTH WEST TRIATHLON (+)**  
**VENUE** Snowhill Swimming Pool and Barony



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T100N 9993



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T0F2N 7989



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Womens: T192N 0191



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Park, Barony Road, Nantwich, 8am  
**CONTACT** Sharon Bickerton, Unit 20, Cockshades Farm, Stock Lane, Wybunbury, Cheshire CW5 7HA; 01270 842 800 [day]; sharon@uktriathlon.co.uk; www.uktriathlon.co.uk  
**COST** £45/£50 C/D 29/8 E/D NO

#### CORNWALL

**TREGGY 7 2011** ONLINE ENTRY  
**VENUE** Launceston Castle Green, Launceston, 10:30am  
**CONTACT** matt parsons, The White house, Cross Rds, Lewdown, Okehampton, Devon EX20 4DP; entries@treggy7.co.uk; www.treggy7.co.uk  
**COST** £10/£12 C/D 29/8 E/D YES, +£2

#### DERBYSHIRE

**JOG DERBYSHIRE 5K (+)** ONLINE ENTRY  
**VENUE** Shipley Country Park, Slack Lane, Heanor, 10:30am  
**CONTACT** Tom Crampton, 2 Godkin House, Park Rd, Ripley, Derbyshire DE5 3EF; 01773 571 234 [day]; tom.crampton@derbyshire.gov.uk; www.active Derbyshire.co.uk/jog/5k  
**COST** TBC C/D 26/8 E/D YES, £7 unaffiliated

#### WILNE 10K ONLINE ENTRY

**VENUE** Church Wilne Water Sports Club, Sawley Road, Draycott, 10am  
**CONTACT** Wilne 10K Entries, 5 Winchcombe Way, Oakwood, Derby, Derbyshire DE21 2ES; 07799 570 370; information@wilne.co.uk; www.wilne.co.uk  
**COST** £12/£14 C/D 31/8 E/D NO

#### DEVON

**ILFRACOMBE TRIATHLON** ONLINE ENTRY  
**VENUE** Ilfracombe Harbour, Ilfracombe, 9:30am  
**CONTACT** Trevor Perkins, Saltrock Surfwear LTD, Saltrock House, Velator, Braunton, Devon EX33 2DX; www.ilfracombetri.co.uk/index.html  
**COST** £30/£35 E/D NO

#### DORSET

**THE BEAST 2011 THE COMING OF AGE** ONLINE ENTRY  
**VENUE** Corfe Castle, 10:30am  
**CONTACT** Neil Williams, 2a Cranfield Ave, Wimborne, Dorset BH21 1DE; race.director@pooleac.co.uk; www.pooleac.co.uk  
**COST** £10/£12 E/D NO

#### ESSEX

**TAKELEY 10K (+)** ONLINE ENTRY  
**VENUE** Takeley Sports and Social Club, Takeley, 11am  
**CONTACT** Rob Newman, Sports and Social Club, Takeley CM22 6RA; takeley10k@hotmail.co.uk; www.takeley10k.co.uk/  
**COST** £10 C/D 22/8 E/D NO

#### GLOUCESTERSHIRE

**CHELTENHAM 1/2M ONLINE ENTRY**  
**VENUE** Cheltenham Race Course, Cheltenham, 2:05pm  
**CONTACT** Anne Wilson, 61 Darell Close, Quedgeley, Gloucester, Gloucestershire GL2 4YR; 01452 722 720 [day]; 07979 865 453 [eve]; wilsonanne691@aol.com; runcheltenham.org.uk  
**COST** £24/£26 C/D 18/8 E/D YES

#### FOREST OF DEAN DUATHLON ONLINE ENTRY

**VENUE** Cannop Ponds, Speech House Road, Nr Coleford, 10am  
**CONTACT** Andy Macted, The Archway, Lydney Gloucestershire GL15 5RF; 01594 841 315; 07544 544 391 [mob]; clubginger@hotmail.co.uk; www.triclubginger.webs.com  
**COST** £20/£25 C/D 31/8 E/D YES, +£5

#### WYE VALLEY 1/2M ONLINE ENTRY

**VENUE** Wye Valley, Forest of Dean, Coleford, 10am  
**CONTACT** Mike Gratton, 63 Osborne Rd, Farnborough GU14 7AJ; 01252 373 797 [day]; mike@209events.com; www.209events.com  
**COST** £18 C/D 27/8 E/D NO

#### WYE VALLEY MARATHON ONLINE ENTRY

**VENUE** Wye Valley, Forest of Dean, Coleford, 10am  
**CONTACT** As above  
**COST** £30 C/D 27/8 E/D NO

#### GREATER MANCHESTER

**ALEXANDRA PARK 5K** ONLINE ENTRY  
**VENUE** Alexandra Park, 180 Russell Street, Manchester, 11:30am  
**CONTACT** Anna Verges, Alexandra Park 5K Runs, Open Athletics, 25 Alexandra Ave, Manchester, Greater Manchester M14 7JS; 07709 000 436 [mob]; alexandrapark5k@openathletics.org; www.openathletics.org/alexandrapark5k  
**COST** £3/£5 E/D YES

#### BLACKLEACH COUNTRY PARK 5 MILE

**VENUE** Blackleach Country Park, John Street, Salford, 10am  
**CONTACT** Jon Paramor, 4 Landkey Close,

Northern Moor, Manchester, Lancashire M23 0FW; 07919 896 926; 07919 896 926 [mob]; ssymons.ymcblackleachrun@o2.co.uk; www.manyharrier.co.uk  
**COST** £6/£8 E/D YES, +£2

#### CITY OF SALFORD 5K 2011

**VENUE** Lowry Plaza, Salford Quays, Salford, 9:30am  
**CONTACT** Graham Jackson, 91 Walkden Rd, Walkden, Manchester, Greater Manchester M28 7BQ; 0161 703 5806 [day]; graham@sportstoursinternational.co.uk; www.sportstoursinternational.co.uk  
**COST** £11/£13 C/D 29/8 E/D NO

#### SPARTAN RACE 5K ONLINE ENTRY

**VENUE** Manchester, 10am  
**CONTACT** Spartan Race, 8 Newmarket Rd, Stretham, Cambridge, Cambridgeshire CB6 3JZ; spartanrace@gmail.com; www.spartanrace.com  
**COST** £35 E/D ONLY

#### SPARTAN RACE: MANCHESTER

**VENUE** Manchester, 10am  
**CONTACT** Richard Lee, 8 Newmarket Rd, Ely, Cambridgeshire CB6 3JZ; 01223 911 102 [day]; richard@spartanrace.com; www.spartanrace.com  
**COST** TBC C/D 15/9 E/D NO

#### HAMPSHIRE

**QUEEN ELIZABETH XC SERIES RACE 1** ONLINE ENTRY  
**VENUE** Queen Elizabeth Country Park, Petersfield, 9:30am  
**CONTACT** Leigh Saunders, 5 Oaklands Rd, Petersfield, Hampshire GU32 2EY; 07756 365 773 [mob]; leighsaunders@tripain.com; www.tripain.com  
**COST** £10/£12 E/D YES, +£2

#### STANSTED PARK SLOG 1/2M

**VENUE** Stansted House, Stansted Park, Rowlands Castle, 10:30am  
**CONTACT** David Blofield, 34 Alameda Way, Purbrook, Waterlooville, Hants PO7 5HB; 07976 426 247 [mob]; pjcraces@excite.com; www.pjc.org.uk  
**COST** £9/£11 C/D 26/8 E/D YES, +£2

#### HEREFORDSHIRE

**THE HAY HILL RAISER 11** ONLINE ENTRY  
**VENUE** Hay School, Oxford Road car park, Hay-on-Wye, 11am  
**CONTACT** Jo Lord, 5 Castle Lane, Hay-on-Wye, Herefordshire HR3 5AF; 07831 609 889; admin@hayhotfooters.co.uk; www.hayhotfooters.co.uk  
**COST** £8/£10 E/D YES, £10

#### KENT

**KENT COASTAL 1/2M ONLINE ENTRY**  
**VENUE** The Oval, Cliftonville, Margate, 9:30am  
**CONTACT** Sharon Foster, 11 Arklow Square, Ramsgate CT11 8PS; thanetrace@yahoo.co.uk; www.thanetroadrunners.org.uk  
**COST** £15/£17 C/D 24/8 E/D YES, £20

#### KENT COASTAL MARATHON ONLINE ENTRY

**VENUE** The Oval, Cliftonville, Margate, 9:30am  
**CONTACT** As above  
**COST** £15/£17 C/D 24/8 E/D YES, £20

**WEALD ST GEORGE'S 10K (+)** ONLINE ENTRY  
**VENUE** The Village Green, Weald Village, Sevenoaks, 10:30am  
**CONTACT** Andrew Priest, Merryfield, Windmill Rd, Weald, Sevenoaks, Kent TN14 6PH; weald10k@hotmail.com; www.weald10k.co.uk  
**COST** £13/£15 C/D 29/8 E/D YES, £15

#### LANCASHIRE

**HILTON BLACKPOOL 1/2M ONLINE ENTRY**  
**VENUE** Hilton Hotel, Blackpool, 10am  
**CONTACT** Lewis McAndrew, 55 Poulton Rd, Blackpool, Lancashire FY3 7DS; www.fyldecoastrunning.com  
**COST** £14/£16 C/D 25/8 E/D YES, £20

#### TAMESIDE 10K ONLINE ENTRY

**VENUE** The Red House Pub, Lees Rd, Ashton Under Lyne, 9:30am  
**CONTACT** Anthony Ward, 10 Swan Close, Poynton, kiwiclassicevents@gmail.com, Stockport, Cheshire SK12 1HX; 07904 427 931 [day]; 07809 570 252 [eve]; kiwiclassicevents@gmail.com; https://sites.google.com/site/kiwiclassicevents/home  
**COST** £13/£15 C/D 28/8 E/D YES, +£2

#### LEICESTERSHIRE

**JOHN FRASER 10 ONLINE ENTRY**  
**VENUE** Countesthorpe Community College, Winchester Road, Leicester, 10:30am  
**CONTACT** Michael Stiff, 40 Cranesbill Rd, Hamilton, Leicester, Leics LE5 1TA; 0116 200 2040 [day]; 0116 1443 [eve]; michael-stiff@tiscali.co.uk; www.jf10.co.uk  
**COST** £10/£12.50 C/D 1/9 E/D YES

#### THE SUMMER BEAST 5 ONLINE ENTRY

**VENUE** Aylesford Equine X Country

Course, Shoby, Melton Mowbray, 11am  
**CONTACT** Gaynor Prior, 17 Main St, Grimston, Melton Mowbray, Leicestershire LE14 3BZ; 0800 2987 376 [day]; 07968 836 549 [mob]; thebeast@purepersonaltraining.co.uk; www.purepersonaltraining.co.uk  
**COST** £20/£22 C/D 30/8 E/D YES, £30

#### LONDON

**MIDDLESEX 10K** ONLINE ENTRY  
**VENUE** Victoria Park, Hackney, London, 10:30am  
**CONTACT** Malcolm French, Middlesex County AA, 35 Merton Rd, Harrow, Middx HA2 0AA; 02084 223 900; MalcolmFrench@aol.com; www.middlesexaa.org.uk  
**COST** £5/£7 C/D 27/8 E/D NO

#### REGENT'S PARK RACES SUMMER 10K 6 RACE SERIES ONLINE ENTRY

**VENUE** The Hub, The Regent's Park, Monkey Gate, Zoo Side, London, 9:30am  
**CONTACT** Maurice Raynor, 37 Belsize Park, London NW3 4EB; 07713 327 690 [mob]; mauriceraynor@london.com; regentsparkraces.org  
**COST** £10/£12 E/D YES

#### RICHMOND RIVER 10K ONLINE ENTRY

**VENUE** Kew Green / Thames Towpath / , Old Deer Park, Kew, Richmond, 9am  
**CONTACT** David Krangel, Suite 2, 31 Ashley Rd, Epsom, Surrey KT18 5BD; 020 8144 0797 [day]; info@thefixuk.com; richmondriverrun.co.uk  
**COST** £25 C/D 1/9 E/D NO

#### MERSEYSIDE

**SOUTHPORT BEACH 10K LEGACY EVENT (+)** ONLINE ENTRY  
**VENUE** Southport Beach, Southport, 10am  
**CONTACT** Legacy Event, Oakland House, 21 Hope Carr Rd, Leigh WN3 3ET; 01942 265 849 [day]; hello@legacyevent.org; www.legacyevent.org  
**COST** £13/£15 C/D 2/9 E/D YES

#### NORFOLK

**RUNNERS CENTRE WISSEY 1/2M** ONLINE ENTRY  
**VENUE** Oxborough Village Hall, Oxborough, 10:30am  
**CONTACT** Martin Ives, October Cottage, Shingham Rd Beachamwell, Swaffham, Norfolk PE37 8AY; 01366 328 456 [eve]; 07920 453 869 [mob]; martin@ive23.freemove.co.uk; www.rystonrunners.org.uk  
**COST** £10/£12 C/D 29/8 E/D YES, +£2

#### NORTHUMBERLAND

**TYNEDALE JELLY TEA RACE 10** ONLINE ENTRY  
**VENUE** Wentworth Leisure Centre, Hexham, 11am  
**CONTACT** Hugh Bingham, 29 Bishopton Way, Hexham NE46 2LR; 01434 609 589 [eve]; www.tynedaleharriers.com  
**COST** £10/£12 C/D 22/8 E/D NO

#### NOTTINGHAMSHIRE

**BROXTOWE SPRINT TRIATHLON** ONLINE ENTRY  
**VENUE** Bramcote Leisure Centre, Derby Road, Bramcote, Nottingham, 7am  
**CONTACT** Anna Smith-Clare, Eastwood Community Sports Centre, Mansfield Rd, Eastwood, Nottingham, Nottinghamshire NG16 3EB; 01773 770 100 [day]; anna.smith-clare@broxtowe.gov.uk; www.broxtowe.gov.uk/sportsevents  
**COST** £19/£22 C/D 26/8 E/D NO

#### OXFORDSHIRE

**HENLEY ON THAMES TRIATHLON - SHIPLAKE COLLEGE 2011 (+)** ONLINE ENTRY  
**VENUE** Shiplake College, Shiplake, 7am  
**CONTACT** Martyn Edwards, 31 Cumbria Close, Maidenhead, Berkshire SL63DD; 07909 915 444 [day]; enquiries@f3events.co.uk; www.f3events.co.uk/race\_view.php?i=74  
**COST** £40 E/D NO

#### COTSWOLD CROSS COUNTIES 10K

**VENUE** The Village Hall, The Green, Bledington, 10:30am  
**CONTACT** Angela Dickson, 37 Old Burford Rd, Bledington, Chipping Norton OX7 6UT; 07810 826 251 [day]; info@cx10k.org.uk; www.cx10k.org.uk  
**COST** £12 E/D YES, +£3

#### PEPPARD 10K (+) ONLINE ENTRY

**VENUE** Greys Green Golf Course, Rotherfield Peppard, Henley-on-Thames, 10:30am  
**CONTACT** Sally Brown, Feed The Children, 2 Tavistock Industrial Estate, Ruscombe Lane, Twyford, Berkshire RG10 9NJ; 01893 0095 [day]; sbrown@feedthechildren.org.uk; www.feedthechildren.org.uk  
**COST** £10 C/D 19/8 E/D YES, +£2

#### SCOTLAND

**GREAT SCOTTISH RUN FOR ALZHEIMER SCOTLAND** ONLINE ENTRY  
**VENUE** George Square, Glasgow, 9am  
**CONTACT** Martin Quigley, 22 Drumsheugh Gardens, Edinburgh EH3 7RN; mquigley@alzscot.org; www.alzscot.org/pages/fundraising/bank-of-scotland-great-scottish-run.htm

#### COST TBC E/D NO

#### MORAY MARATHON (+) ONLINE ENTRY

**VENUE** Cooper Park, Elgin, 9:30am  
**CONTACT** Nicky Nash, Elgin Sports & Community Centre, Trinity Rd, Elgin, Moray IV30 1UE; 01343 543 736 [day]; nicky.nash@moray.gov.uk; www.moraymarathon.com  
**COST** £18/£20 E/D NO

#### SOMERSET

#### ASH EXCELLENT EIGHT (+) ONLINE ENTRY

**VENUE** Ash Primary School, Main Street, Ash, Martock, 11am  
**CONTACT** Adam Hawkins, Ash Primary School, Main St, Ash, Martock, Somerset TA12 6NS; 01935 822 674 [day]; 01935 475 697 [eve]; 07887 944 823 [mob]; www.ashexcellenteight.com  
**COST** £8/£10 C/D 2/9 E/D YES, +£2

#### SUFFOLK

#### FRAMLINGHAM 10K (+) ONLINE ENTRY

**VENUE** The Sports Club, Badingham Road, Framlingham, 11am  
**CONTACT** The Entries Secretary, 40 Fairfield Cres, Framlingham, Suffolk IP13 9LB; 01728 723 560 [eve]; framflyers.org.uk  
**COST** £8/£10 C/D 26/8 E/D NO

#### NEWMARKET DUATHLON 4K/23K/4K

**VENUE** Ellesmere Centre, Stetchworth, Newmarket, Noon  
**CONTACT** Steve Peck, 17 Abbey Lane, Lode, Cambs CB25 9EP; 07947 606 806 [mob]; stevedwp@btinternet.com; www.newmarketcyclingtriathlon.co.uk  
**COST** TBC E/D NO

#### SURREY

**AUTUMN SPITFIRE 20 ONLINE ENTRY**  
**VENUE** Dunsfold Aerodrome, Dunsfold Park, Cranleigh, 9:30am  
**CONTACT** Alan Burrows, Events to Live, 200 Barnett Wood Lane, Ashted, Surrey KT21 1PW; 07952 349 226 [mob]; eventsruntolive.co.uk; www.eventstolive.co.uk  
**COST** £20 C/D 29/8 E/D NO

#### AUTUMN TEMPEST 10 ONLINE ENTRY

**VENUE** Dunsfold Aerodrome, Dunsfold Park, Cranleigh, 9:30am  
**CONTACT** As above  
**COST** £16 C/D 29/8 E/D NO

#### LINGFIELD DRY HILL 10 ONLINE ENTRY

**VENUE** NCYPE, St Piers Lane, Lingfield, 10:30am  
**CONTACT** Dry Hill Ten Entries, Dalsland, Sandy Lane, East grinstead, West Sussex RH19 3LP; 01732 777 236 [day]; dryhill10@lingfieldrunningclub.co.uk; www.lingfieldrunningclub.co.uk  
**COST** £8/£10 C/D 25/8 E/D YES, £12

#### SHEACTIVE EVERY WOMANS DUATHLON 15K - BUSHY PARK

**VENUE** Bushy Park, Hampton Hill Gate, Hampton, 7:30am  
**CONTACT** Gina Naude, 27 Wentworth Court, Surbiton, Surrey KT6 4PU; coolbreezeevents@gmail.com; www.everywomansduathlon.co.uk  
**COST** £33 C/D 26/8 E/D NO

#### SHEACTIVE EVERY WOMANS DUATHLON 30K - BUSHY PARK

**VENUE** Bushy Park, Hampton Hill Gate, Hampton, 7:30am  
**CONTACT** Gina Naude, 27 Wentworth Court, Surbiton, Surrey KT6 4PU; coolbreezeevents@gmail.com; www.everywomansduathlon.co.uk  
**COST** £37 C/D 26/8 E/D NO

#### SUSSEX

#### BBB10K (+) ONLINE ENTRY

**VENUE** Battle Abbey, High Street, Battle, 10am  
**CONTACT** Simon Merrick, 12 Netherfield Rd, Battle, East Sussex TN33 0HH; 01424 773 964 [day]; 07976 254 247 [mob]; battleonfire.fundraising@hotmail.com; www.bbb10k.co.uk  
**COST** £11.50 C/D 24/8 E/D YES, +£3.50

#### FITTLEWORTH FLYERS 5

**VENUE** Fittleworth Village Hall, School Lane, Fittleworth, 11:15am  
**CONTACT** John Bearman, 10 Cres Rise, Thakeham, West Sussex RH20 3NB; 01903 744 971; johnbearman47@hotmail.com; www.fittleworthflyers.org.uk  
**COST** £3 C/D 27/8 E/D YES, +£2

#### TYNE & WEAR

#### RACE READY BUPA GREAT NORTH RUN - WEEKLY RUN ONLINE ENTRY

**VENUE** Gateshead Runners Need, Snow + Rock Metro Park West, Gibside Way, Gateshead, 9:30am  
**CONTACT** Byron Dudding, 5 Bythe Mews, Blythe Rd, London W14 0HW; teampowerade@sportsvision.co.uk;





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**WARWICKSHIRE**

**KENILWORTH 1/2M**  
**VENUE** Castle Farm Recreation Centre, Fishponds Road, Kenilworth, Kenilworth, 10am  
**CONTACT** Race Secretary, 25 Blackbades Blvd, Chase Meadow, Warwick, Warwickshire CV34 6DT; racesec@kenilworthhalfmarathon.co.uk; www.kenilworthhalfmarathon.co.uk  
**COST** £18/£20 **C/D** 30/8 **E/D** NO. Prices TBC

**LITTLE ASTON 5M (+)**

**VENUE** Forge Lane, Little Aston, Sutton Coldfield, 11am  
**CONTACT** L.D. Kyd, 3 Elmtree Rd, Stly, Sutton Coldfield, West Midlands B74 3RY; 0121 353 1564; phil.pollock@hotmail.co.uk; www.rscac.com  
**COST** £7 **C/D** 27/8 **E/D** YES, +£2

**WEST MIDLANDS**

**WOLVERHAMPTON MARATHON (+)** **ONLINE ENTRY**  
**VENUE** West Park, Wolverhampton, 9:15am  
**CONTACT** Marathon Office, Littles Lane, Wolverhampton WV1 1JY; 01902 577 000 [day]; marathonsecretary@carvers.co.uk; www.wolverhamptoncitymarathon.co.uk  
**COST** £16/£18 **C/D** 27/8 **E/D** NO

**WILTSHIRE**

**WHITE HORSE RELAY**  
**VENUE** The event passes near the 8 visible White Horses of Wiltshire, starting at Cherhill, 9am  
**CONTACT** Anthony Hickson, 15 Sandridge Rd, Melksham, Wiltshire SN12 7BE; 01225 708 432 [day]; anthony@hicksons.org; www.WhiteHorseRelay.org  
**COST** £80/£100 **C/D** 21/8 **E/D** NO

**YORKSHIRE**

**ALICE'S RUN 2011 (+)**  
**VENUE** Calder High School, Mytholmroyd, Hebden Bridge, 10:30am  
**CONTACT** Philippa Cartwright, New Anstey House, Gate Way Drive, Yeadon, Leeds, Yorkshire LS19 7XY; 0113 210 8800; events@epilepsy.org.uk; www.epilepsy.org.uk/involved/alices-run  
**COST** £10/£12 **C/D** 29/8 **E/D** YES, +£2

**RACE READY BUPA GREAT YORKSHIRE RUN - LAUNCH EVENT**

**ONLINE ENTRY**  
**VENUE** Graves Park, Sheffield, 10am  
**CONTACT** Byron Dudding, 5 Blythe Mews, Blythe Rd, London W14 0HW; teampowerade@sportsvision.co.uk; www.runnersworld.co.uk/poweraderaceready  
**COST** Free **E/D** NO

**THE RYEDALE RUN 10**

**VENUE** Eden Camp, Old Malton, Malton, 9:30am  
**CONTACT** Sylvia Milson, 9 Almond Tree Ave, Malton, North Yorkshire YO17 7DF; 01653 693 070 [day]; 07947 120 178 [mob]; milliemo0@aol.com  
**COST** TBC

**THOLTHORPE 10K**

**VENUE** Village Green, Tholthorpe, York, 11am  
**CONTACT** Eileen Morley, Tholthorpe YO61 1SX; 01347 838 037 [day]; tholthorpe10k@btinternet.com; www.10k@awjtd.co.uk  
**COST** £7/£9 **C/D** 28/8 **E/D** YES, +£1

**TUESDAY SEPTEMBER 6****CUMBRIA**

**GOSFORTH 10K**  
**VENUE** Playing Field, Gosforth, Seascale, 6:30pm  
**CONTACT** Mel Gould, 91 Meadowfield, Gosforth, Seascale, Cumbria CA20 1HU; 01946 725 693 [eve]; melgould@supanet.com; www.blengdalerunners.co.uk  
**COST** £6/£8 **C/D** 1/9 **E/D** YES

**DEVON**

**IRONBRIDGE RUNNER THE RUN EXE SUMMER 5K SERIES RACE 3**  
**VENUE** Flowerpots Playing Fields, Exeter, 7:30pm  
**CONTACT** Peter Ferlie, Ironbridge Runner, 15 Bartholomew St East, Exeter, Devon EX4 3BG; 01392 493 800 [day]; ibr.events@btinternet.com; www.ironbridgerunner.co.uk  
**COST** £7/£9 **E/D** YES

**WEDNESDAY SEPTEMBER 7****ESSEX**

**CROWN TO CROWN 5K**  
**VENUE** Westley Heights Country Park, High Road, Langdon Hills, Basildon, 7pm  
**CONTACT** Peter Bates, 20 Bromfords Drive, Wickford, Essex SS12 0NZ; 01268 768 082; www.pitsearunningclub.org.uk  
**COST** £1 **E/D** ONLY

**SCOTLAND**

**GALLOVIDIAN DUMFRIES 10K ROAD RACE** **ONLINE ENTRY**

**VENUE** David Keswick Athletic Centre, Dumfries, 7pm  
**CONTACT** Steve Head, 18 Undercraigs Rd, Calside, Dumfries, Dumfries & Galloway DG1 4YA; steve@mile26.fsnet.co.uk; www.dumfriesrunners.co.uk  
**COST** £12/£14 **C/D** 30/8 **E/D** NO

**THURSDAY SEPTEMBER 8****BERKSHIRE**

**TRI20 AQUATHLON SERIES**  
**VENUE** Tri20 Swim Centre, Pingewood, Reading, 6:45pm  
**CONTACT** Andy Macaskill, Butlers Lands Farm, Mortimer, Berkshire RG7 2AG; 01189 332 761 [day]; andy@mysportingtimes.com; www.mysportingtimes.com  
**COST** £10 **E/D** ONLY

**FRIDAY SEPTEMBER 9****KENT**

**ASHFORD SUMMER 5K SERIES (+)** **ONLINE ENTRY**  
**VENUE** Victoria Park, Jemmett Road, Ashford, 6:30pm  
**CONTACT** Martin Burke, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA; 01797 230 999; martin@nice-work.org.uk; www.nice-work.org.uk  
**COST** £8/£10 **C/D** 5/9 **E/D** YES, +£2

**SATURDAY SEPTEMBER 10****BERKSHIRE**

**MAXIFUEL OPEN WATER SWIM CHALLENGE (+)**  
**VENUE** Bray Lake Watersports, Bray, Monkey Island Lane, Windsor, 7am  
**CONTACT** Martyn Edwards, 31 Cumbria Close, Maidenhead, Berkshire SL63DD; 07909 915 444 [day]; enquiries@f3events.co.uk; https://www.clubsonline.com.au/eventsregform/index.cfm?fuseaction=display\_event\_detail&EventID=10060&orgid=4182  
**COST** £25 **C/D** 1/9 **E/D** YES, +£5

**TOMMY'S BABY RACE 8K**

**VENUE** Windsor Great Park, Windsor, 10am  
**CONTACT** DIANA Stenning, 3 Laurence Pountney Hill, London EC4R 0BB; 07887 520 195 [mob]; dstenning@tommys.org; www.tommys.org/babyrace  
**COST** £14.50 **E/D** NO

**BUCKINGHAMSHIRE**

**THE BOOT CAMP CHALLENGE**  
**VENUE** Willen Lake, V10 Brickhill Stree, Milton Keynes, 10am  
**CONTACT** Simon Williams, 7 Digby Croft, Middleton, Milton Keynes, Bucks MK10 9JX; 07900 880 122 [mob]; simon@fitmk.com; www.fitmk.com  
**COST** £35 **C/D** 31/8 **E/D** NO

**CHESHIRE**

**MARPLE 10K**  
**VENUE** Railway Road, Marple, Stockport, 11am  
**CONTACT** Tom McCracken, Marple Fire Station, Hollins Lane, Marple, Stockport, Cheshire SK6 6AW; mcrackent@manchesterfire.gov.uk; www.marple-uk.com  
**COST** £12.50 **C/D** 26/8 **E/D** YES

**TATTON PARK TRIATHLON (+)**

**VENUE** Tatton Park, Knutsford, 7am  
**CONTACT** Steve Collins, 4 Rydal Mount, Knutsford Rd, Alderley Edge, Cheshire SK9 7RZ; stevecollins@mytriathlon.co.uk; www.tattontriathlon.co.uk  
**COST** TBC **C/D** 31/1 **E/D** NO

**THE BROOKS HELLRUNNER - HELL UP NORTH SATURDAY (+)**

**ONLINE ENTRY**  
**VENUE** Delamere Forest Park, Delamere, 10:30am  
**CONTACT** Paul Magnier, The Gables, 21 Glossop Rd, Charlesworth, Glossop, Derbyshire SK13 5HB; info@trailplus.com; www.hellrunner.co.uk  
**COST** £30 **E/D** NO

**TOMMY'S BABY RACE 8K**

**VENUE** Marbury Park, Northwich, 10am  
**CONTACT** Diana Stenning, 3 Laurence Pountney Hill, London EC4R 0BB; 07887 520 195 [mob]; dstenning@tommys.org; www.tommys.org/babyrace  
**COST** £14.50 **E/D** NO

**CUMBRIA**

**GREAT WESTMORLAND TRAIL RACE (+)**  
**VENUE** Crosby Garrett Village Hall, Crosby Garrett, Kirkby Stephen, 2:30pm  
**CONTACT** Fraser Livesey, Murthwaite, Ravenstonedale, Kirkby Stephen, Cumbria CA17 4LP; www.howgilharriers.org.uk  
**COST** £8 **C/D** 7/9 **E/D** YES, +£4

**TRANS BRITAIN ULTRA 156**

**VENUE** Start at Gretna, Finish in North Wales, Ruthin, 9am  
**CONTACT** Guy Travers, Alexandra House, Harrowden Rd, Wellingborough, Northants NN8 5BD; 07747 803 090 [mob]; guy@gobeyondchallenge.co.uk; www.gobeyondultra.co.uk  
**COST** £200 **C/D** 30/6 **E/D** NO

**GLOUCESTERSHIRE**

**APPERLEY QUARTER MARATHON**  
**VENUE** Apperley Cricket Club, Cheltenham, 11am  
**CONTACT** Rowan Leeke, The Minstrels, Deerhurst GL19 4BX; rowanleeke@hotmail.co.uk; www.quartermarathon.co.uk  
**COST** £8 **C/D** 3/9 **E/D** YES, +£2

**TOMMY'S BABY RACE**

**VENUE** Pittville Park, Cheltenham, 10am  
**CONTACT** Diana Stenning, 3 Laurence Pountney Hill, London EC4R 0BB; 07887 520 195 [mob]; dstenning@tommys.org; www.tommys.org/babyrace  
**COST** £14.50 **E/D** NO

**LONDON**

**CITY OF LONDON ORIENTEERING RACE (+)**  
**VENUE** City of London School for Girls, St Giles' Terrace, Barbican Estate, London, 10:30am  
**CONTACT** Nigel Saker, 6 Lyndhurst Drive, New Malden, London KT3 5LL; london@cityrace.org; cityrace.org/  
**COST** £10/£12 **C/D** 3/9 **E/D** NO

**EVERY STEP COUNTS 10K RUN** **ONLINE ENTRY**

**VENUE** Ham Street Riverside, Richmond, 9:30am  
**CONTACT** Dave Krangel, Suite 2, 31 Ashley Rd, Epsom, Surrey KT18 5BD; 020 8144 0797 [day]; 07919 141 534 [mob]; info@thefixuk.com; www.thefixevents.com/content/ever-step-counts-10k-run/  
**COST** £20 **C/D** 1/9 **E/D** NO

**GREAT FOREST RUN, KENT 10K**

**VENUE** London, 10:30am  
**CONTACT** Marie Curie, 89 Albert Embankment, London SE1 7TP; 08700 340 040 [day]; londonsoutheastevents@mariecurie.org.uk; www.mariecurie.org.uk/events  
**COST** £13/£15 **E/D** NO

**ONE2GO LEE VALLEY TRAIL MARATHON (+)** **ONLINE ENTRY**

**VENUE** Hackney Marshes, Homerton Rd, London, 10am  
**CONTACT** Edwina Brocklesby, PO Box 64609, London SW89AW; 07870 430 339 [day]; edwina@globalnet.co.uk; one2go.org.uk  
**COST** £23/£25 **C/D** 8/9 **E/D** YES, +£5

**SELF TRANSCENDENCE 10** **ONLINE ENTRY**

**VENUE** South Carriage Drive, Battersea Park, London, 8am  
**CONTACT** Shankara Smith, Run and Become, 42 Palmer St, Victoria, London SW1H 0PH; 0207 222 1314 [day]; 0208 876 4760 [eve]; 07734 298 024 [mob]; races@runandbecome.com; uk.srichinmojraces.org  
**COST** £8/£10 **C/D** 7/9 **E/D** YES, +£1

**SCOTLAND**

**BARNARDO'S CAIRNGORM CHALLENGE**  
**VENUE** Hayfields, Cairngorms National Park, Aviemore, 11am  
**CONTACT** Tom Nisbet, 235 Corstorphine Rd, Edinburgh EH12 7AR; 0131 314 6653 [day]; tom.nisbet@barnardos.org.uk; www.barnardos.org.uk/cairngormchallenge.htm  
**COST** TBC **E/D** NO

**HIGHLAND PERTSHIRE MARATHON (+)**

**VENUE** Aberfeldy Golf Course, Aberfeldy, 9am  
**CONTACT** Pat McNeish, Firbank House, Kenmore Rd, Aberfeldy, Perthshire PH15 2BY; pmcneish@sky.com; www.highlandperthshiremarathon.co.uk/  
**COST** £30 **E/D** NO

**SHINE NIGHT-TIME WALKING MARATHON**

**VENUE** SECC Glasgow, Glasgow, 7:30pm  
**CONTACT** Jill Howieson, Sterling House, Oxford OX4 2WB; 0871 641 1430 [day]; jill.howieson@cancer.org.uk; www.cancerresearchuk.org/shine  
**COST** £30 **C/D** 1/9 **E/D** NO

**THE BIG BEN NEVIS TRIATHLON (+)**

**VENUE** Lochaber Leisure Centre, Fort William, 7:30am  
**CONTACT** David Munro, 29 Hillview Drive, Corpach, Fort William PH33 7LS; 01397 772 899 [day]; 07771 532 370 [mob]; spook@nofussevents.co.uk; www.nofussevents.co.uk  
**COST** £90 **E/D** YES

**THE HALF BIG BEN NEVIS TRIATHLON (+)**

**VENUE** Lochaber Leisure Centre, Fort William, 6am  
**CONTACT** David Munro, 20 Hillview Drive, Corpach, Fort William PH33 7LS; spook@nofussevents.co.uk; www.nofussevents.co.uk  
**COST** £55 **E/D** NO

**SOMERSET****SOMERSET LEVELS AND MOORS MARATHON (+)** **ONLINE ENTRY**

**VENUE** Bowdens Crest Caravan and Camping Park, Bowdens, Langport, 9:30am  
**CONTACT** Peter Jones, West View, Somerton Rd,

Langport, Somerset TA10 9SY; 01823 652 513 [day]; 01458 251 486 [eve]; peter.jones4@homecall.co.uk; www.langportrunners.co.uk  
**COST** £12/£14 **C/D** 26/8 **E/D** YES, +£1

**SURREY**

**ALICE HOLT 10K (+)**  
**VENUE** Alice Holt Forest, Visitor's Centre, Bucks Horn Oak, Farnham, 1:30pm  
**CONTACT** aliceholt10k@yahoo.co.uk; www.farnham-runners.org.uk  
**COST** £11/£13 **E/D** NO

**WALES**

**LLANFEST 10K FELL RACE**  
**VENUE** Ty'n Llwyfan farm, Newry Drive, Llanfairfechan, Noon  
**CONTACT** Neil Grew, 4 Mount Pleasant, Llanfairfechan LL33 0UL; 01248 680 683 [eve]; justinegrew@hotmail.com  
**COST** £3 **C/D** 1/9 **E/D** YES

**WEST MIDLANDS****BIRMINGHAM CANAL CANTER 26.2 MILES (+)**

**VENUE** The Ackers Residential Unit, Golden Hillock Road, Sparkbrook, Birmingham, 9:30am  
**CONTACT** David Powell, 31 Greenhill Rd, Moseley, Birmingham B13 9SS; 07734 548 434 [day]; davedirect@hotmail.co.uk; www.ldwa.co.uk/heartofengland  
**COST** £9 **C/D** 3/9 **E/D** YES, +£2

**WILTSHIRE****HONEYSTREET ULTRA 56K** **ONLINE ENTRY**

**VENUE** The Barge Inn, Honeystreet, 8am  
**CONTACT** Lloyd Clark, 17 DeFerneus Drive, Raunds, Wellingborough, Northamptonshire NN9 6SU; 07791 175 698 [day]; lloyd@ultramarathon.org.uk; www.ultramarathon.org.uk  
**COST** £30 **C/D** 26/8 **E/D** YES

**SUNDAY SEPTEMBER 11****AVON****2011 BRISTOL 1/2M**

**VENUE** Harbourside, Bristol, 9:30am  
**CONTACT** RUNBRISTOL 2011 c/o FR Systems, PO Box 512, Cheadle, Stoke on Trent ST10 4RJ; 01782 396 113; bristol@frsystems.co.uk; www.bristolhalfmarathon.com  
**COST** £30/£32 **C/D** 1/9 **E/D** NO

**BEDFORDSHIRE****DUNSTABLE DOWNS 20 MILE CHALLENGE** **ONLINE ENTRY**

**VENUE** Dunstable Town Football Club, Creasey Park Drive, Dunstable, 10am  
**CONTACT** Bill Crane, 58 Canesworde Rd, Dunstable, Beds LU6 3JL; billcrane@williamt85.freeserve.co.uk; www.dunstableroadrunners.org  
**COST** TBC

**DUNSTABLE DOWNS 1/2M CHALLENGE** **ONLINE ENTRY**

**VENUE** Dunstable Town Football Club, Creasey Park Drive, Dunstable, 10am  
**CONTACT** As above  
**COST** TBC

**DUNSTABLE DOWNS MARATHON CHALLENGE** **ONLINE ENTRY**

**VENUE** Dunstable Town Football Club, Creasey Park Drive, Dunstable, 10am  
**CONTACT** As above  
**COST** TBC

**SWINESHEAD 10 (+)** **ONLINE ENTRY**

**VENUE** Village Hall, High Street, Swineshead, Bedford, 11:30am  
**CONTACT** Terry Saiter, The Spinney, Sandye Lane, Swineshead, Bedford, Bedfordshire MK44 2AE; swineshead10@gmail.com; www.swineshead.org.uk  
**COST** £8/£10 **C/D** 8/9 **E/D** YES, +£2

**BERKSHIRE****PANGBOURNE MULTI-TERRAIN 10K**

**VENUE** Pangbourne Primary School, Kennedy Drive, Pangbourne, 10:30am  
**CONTACT** Jenny O'Connor, 20 Goodliffe Gardens Tilehurst, Tilehurst, Berks RG31 6FZ; 07793 557 172 [mob]; racedirector@pangbourne10k.org.uk; www.pangbourne10k.org.uk  
**COST** £12/£14 **C/D** 30/8 **E/D** YES, £15

**PEASEMORE FESTIVAL 5**

**VENUE** Recreation Ground, Peasemore, Newbury, 10:30am  
**CONTACT** Allan Matthews, Meadow View House, Meads Close, Peasemore, Newbury, Berkshire RG20 7JE; 01635 247 837 [day]; festival5@peasemore.org.uk; www.peasemore.org.uk  
**COST** £9/£11 **C/D** 6/9 **E/D** YES, +£2

**THE READING TRIATHLON (+)**

**VENUE** Tri20 Swim Centre, Pingewood, Reading, 7am  
**CONTACT** Andy Macaskill, Butlers Lands Farm, Mortimer, Berkshire RG7 2AG; 01189 332 761 [day];



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**COST** £55/£60 **E/D** NO

#### BUCKINGHAMSHIRE

**WOORBURN PARK 10K (+) ONLINE ENTRY**  
**VENUE** Wooburn Park, Town Lane, Wooburn Green, 10:30am  
**CONTACT** Race Secretary, 32 Fieldhead Gardens, Bourne End, High Wycombe, Bucks SL8 5RN; wpsa@sky.com; www.wooburnpsa.org  
**COST** £12/£14 **C/D** 6/9 **E/D** YES, +£3

#### CAMBRIDGESHIRE

**GRUNTY FEN 1/2M (ELY STANDARD 21ST) (+)**  
**VENUE** Witchford Village College, Witchford, Ely, 10:30am  
**CONTACT** Julie Foreman, 7 Common Rd, Witchford, Ely, Cambridgeshire CB6 2HY; 01353 663 867 [eve]; info@gruntyfen.co.uk; www.gruntyfen.co.uk  
**COST** £15/£17 **C/D** 7/9 **E/D** NO

#### CHESHIRE

**GAWSWORTH 10K (+) ONLINE ENTRY**  
**VENUE** Nine Acre Field, Gawsorth Court, Gawsorth, Macclesfield, 10:30am  
**CONTACT** J Birtwistle, 25 Primrose Ave, Macclesfield, Cheshire SK11 7YU; 01625 422 743 [day]; jennybirtwistle@hotmail.com; www.gawsorth.com  
**COST** £6/£8 **C/D** 31/8 **E/D** YES, +£2

**THE BROOKS HELLRUNNER - HELL UP NORTH SUNDAY (+) ONLINE ENTRY**

**VENUE** Delamere Forest Park, Delamere, 10:30am  
**CONTACT** Paul Wagner, The Gables, 21 Glossop Rd, Charlesworth, Glossop, Derbyshire SK13 5HB; 03332 400 616 [day]; info@trailplus.com; www.hellrunner.co.uk  
**COST** £30 **E/D** NO

#### CORNWALL

**USN PADSTOW TRIATHLON (+)**  
**VENUE** Harlyn Bay, Padstow, 7:40am  
**CONTACT** Benedict Mason, 3 Hill House, Tehidy Park, Camborne, Cornwall TR14 0TH; 0754090216 [eve]; events@votwo.co.uk; www.votwoevents.co.uk  
**COST** £40/£45 **C/D** 6/9 **E/D** YES, +£2

#### CUMBRIA

**ULVERSTON TRIATHLON**  
**VENUE** Lakes Leisure Centre, Ulverston, 8:30am  
**CONTACT** Lauren Roberts, The Endurance Coach Ltd, 2a North Rd, PO Box 439, St Helens WA10 2TL; 01744 732 607 [day]; admin@theendurancecoach.com; www.epicevents.org  
**COST** £30/£33 **E/D** NO

#### DERBYSHIRE

**DERBY TRIATHLON**  
**VENUE** Etwell Leisure Centre, Etwell, Derby, 7:30am  
**CONTACT** Pete Jackson, 7 Dale End Rd, Hilton, Derby, Derbyshire DE65 5FW; 01283 735 950 [day]; punishingevents@hotmail.com; www.punishingevents.com  
**COST** £31/£36 **C/D** 28/8 **E/D** NO

**THE ASHBOURNE HALF (+) ONLINE ENTRY**

**VENUE** Recreation Ground, Cockayne Avenue, Ashbourne, 10:30am  
**CONTACT** Charles Wimbush, The Ashbourne Half, The Rowleys, Calwich, Ashbourne, Derbyshire DE6 2EB; www.ashbournedistrict.lions105e.org.uk/events.htm  
**COST** £11/£13 **C/D** 4/9 **E/D** YES, +£1

#### DORSET

**HIGH WAYS AND SKY WAYS**  
**VENUE** Charmouth Primary School, Lower Sea Lane, Charmouth, 9:30am  
**CONTACT** Garry Perratt, Coomb Bank, Cooks Lane, Axminster EX13 5SJ; 01297 34604 [eve]; garry.perratt@axevalleyrunners.org.uk; www.axevalleyrunners.org.uk  
**COST** £7/£9 **C/D** 9/9 **E/D** YES, +£2

**WEYMOUTH CLASSIC TRIATHLON**

**VENUE** Bowleaze Cove, Weymouth, 7am  
**CONTACT** Mark Steen, 4 Swaffield Gardens, Weymouth, Dorset DT4 9PE; 07752 902 080 [mob]; mark@bustinskin.com; www.bustinskin.com  
**COST** TBC **E/D** NO

#### ESSEX

**CANVEY ISLAND ROTARY 10K AND 5K**  
**VENUE** Castle Point School, Meppel Avenue, Canvey Island, 11am  
**CONTACT** Malcolm Tugwood, 7 Hudson Way, Canvey Island SS8 9FE; 01268 758 693 [day]; jtremain36@aol.com; www.canveyrotary.org.uk  
**COST** £7/£9 **C/D** 5/9 **E/D** YES, +£2

**VENUE** Great Bardfield School, Braintree Road, Great Bardfield, 11am  
**CONTACT** Sarah Eden, Rookesbury, High St, Great Bardfield, Essex CM7 4SP; 01371 810 591 [eve]; sjeden@tiscali.co.uk  
**COST** £8/£10 **C/D** 10/9 **E/D** YES, +£1

**LANGHAM 10K (+) ONLINE ENTRY**

**VENUE** Langham Community Centre, School Road, Langham, Colchester, 11am  
**CONTACT** Peter Thompson, 352 Old Heath Rd, Colchester, Essex CO2 8DD; pthomps@gmail.com; www.langham10km.org.uk  
**COST** £8/£10 **E/D** YES, +£2

#### GLOUCESTERSHIRE

**WOODCHESTER PARK**  
**VENUE** Woodchester Park, Woodchester, Stroud, 10:30am  
**CONTACT** Mike Garnett, 26 Bunting Way, Forest Green, Nailsworth, Glos GL6 0TQ; woodchester@stroudathleticclub.co.uk; www.stroudathleticclub.co.uk/index-active/globalredirection.html  
**COST** £6/£8 **E/D** YES, +£1

#### GREATER MANCHESTER

**ATHLETE MATTERS WORSLEY 5**  
**VENUE** Worsley Physio Clinic, Ackerley House Forrester Street, Worsley, 10am  
**CONTACT** Jackie Mason, Worsley Physio Clinic 1st Floor Ackerley House, Forrester St, Worsley, Manchester, Gtr Manchester M28 2JL; 0161 702 9474 [day]; info@athletematters.com; www.athletematters.com  
**COST** £6/£8 **E/D** YES, +£2

**WOODFORD 10K ONLINE ENTRY**

**VENUE** The Woodford Centre, Chester Road, Woodford, Stockport, 11am  
**CONTACT** Chris Ackers, 3 Glendene Ave, Bramhall, Stockport SK7 1BH; 07917 693 327 [day]; 0161 439 2939 [eve]; info@woodford10k.com; www.woodford10k.com  
**COST** £13/£15 **C/D** 31/8 **E/D** YES, +£1

#### HAMPSHIRE

**FORDINGBRIDGE '10 MILE YOMP'**  
**VENUE** Fordingbridge Fire Station, Station Road, Fordingbridge, 11am  
**CONTACT** Pete White, Fordingbridge Fire Station, Station Rd, Fordingbridge, Hampshire SP6 1JN; 01425 [day]; Whitey999PMW@aol.com; www.fordingbridgefirestation.com  
**COST** £15 **C/D** 6/9 **E/D** YES

**RACE READY BUPA GREAT SOUTH RUN - WEEKLY RUN ONLINE ENTRY**

**VENUE** Port Solent Runners Need, Snow+Rock, The Boardwalk, Port Solent, Portsmouth, 9:30am  
**CONTACT** Byron Dudding, 5 Blythe Mews, Blythe Rd, London W14 0HW; teampowerade@sportsvision.co.uk; www.runnersworld.co.uk/poweraderaceready  
**COST** Free **E/D** NO

#### HERTFORDSHIRE

**AMAUDO 10K**  
**VENUE** St Pauls Walden Bury, St Pauls Walden, Hitchin, 11:30am  
**CONTACT** Run Administration, Regent House, 291 Kirkdale, Sydenham, London SE26 4QD; 020 877 67363 [day]; 07957 627 062 [mob]; runamaudo@yahoo.co.uk; amaudio.org  
**COST** £8 **E/D** YES

**HSV TRI FORCE SPRINT TRIATHLON**

**VENUE** Hatfield Sports Village, Hatfield, 6:15am  
**CONTACT** Howard Davies, The Exchange, Hitchin SG4 9TW; howard@planetk2.com; www.entrycentral.com  
**COST** £33/£36 **E/D** NO

#### KENT

**ERIDGE PARK 10 TRAIL CHALLENGE**  
**VENUE** Eridge Park, Eridge Green, Nr Tunbridge Wells, 10:30am  
**CONTACT** Lucille Joannes, 2 Coniston Ave, Tunbridge Wells, Kent TN4 9SP; 01892 541 480 [day]; eridge10@twharriers.org.uk; www.twharriers.org.uk  
**COST** £14/£16 **C/D** 5/9 **E/D** NO. Prizes TBC

**WINGHAM 10K (+)**

**VENUE** The Recreation Ground, Wingham, Canterbury, 10:30am  
**CONTACT** Rupert Williamson, Chestnut Hs, Canterbury Rd, Wingham, Canterbury, Kent CT3 1NH; 07880 798 039 [mob]; winghamtrotters@aol.com; www.wingham.org.uk  
**COST** £9/£11 **C/D** 3/9 **E/D** YES, +£4

#### LANCASHIRE

**BURTON IN KENDAL 10K (+)**  
**VENUE** Burton Morewood School, Burton, Carnforth, 11am  
**CONTACT** Iain Hunter, 50 St James's drive, Burton in Kendal, Lancs LA6 1HY; 01524 781 028 [day]; 07717 108 977 [mob]; iain.hunter@rocketmail.com  
**COST** £6/£8 **C/D** 1/9 **E/D** YES, +£2

**FARMERS ARMS 10K ONLINE ENTRY**

**VENUE** Chorley Road, Hilldale, Parbold, 10:30am  
**CONTACT** Liz Dodd, 6th Floor, St James House, Pendleton Way, Salford M6 5FW; 0161 742 7484 [day]; Resolution@stroke.org.uk; www.stroke.org.uk/resolution  
**COST** £6 **C/D** 8/9 **E/D** YES, +£1

**RESOLUTION 5K & 10K (+)**

**VENUE** Leverhulme Park Centre Leisure Centre, Long Lane, Bolton, 11am  
**CONTACT** Liz Dodd, 6th Floor, St James House, Pendleton Way, Salford M6 5FW; 0161 742 7484 [day]; Resolution@stroke.org.uk; www.stroke.org.uk/resolution  
**COST** £10 **C/D** 5/9 **E/D** YES

#### LINCOLNSHIRE

**EAST COAST CLASSIC 10K (+) ONLINE ENTRY**  
**VENUE** Athletics Club, Sherwood Fields, Mablethorpe, 11am  
**CONTACT** Denzil Phillips, 42 Tothby Meadows, Alford, Lincs LN13 0EH; 01507 441 345; denzilphillips@tiscali.co.uk; www.mablethorperunningclub.com  
**COST** £8/£10 **C/D** 31/8 **E/D** YES, +£1

#### LONDON

**LONDON TO BRIGHTON 56 ONLINE ENTRY**  
**VENUE** Blackheath, London, 6am  
**CONTACT** The Race Director, 38 Havelock Rd, Brighton BN1 6GF; info@extremerrunning.org; www.extremerrunning.org  
**COST** £88/£90 **C/D** 1/8 **E/D** NO

**SISTER ACT - THE NUN RUN - NUNS RUN 2011 ONLINE ENTRY**

**VENUE** Dunster Court, Mincing Lane, Tower Hill, 10am  
**CONTACT** Mike Gratton, 63 Osborne Rd, Farnborough GU14 6AP; 01252 373 797 [day]; mike@209events.com; www.209events.com  
**COST** £25 **C/D** 6/9 **E/D** NO

**TRI TOGETHER (+)**

**VENUE** Crystal Palace National Sports Centre, 11am  
**CONTACT** Caroline Gormley, 66 South Lambeth Rd, London SW8 1RL; 020 3242 0294 [day]; tritogogether@icdisability.org; www.icdisability.org/tritogogether  
**COST** £30/£33 **C/D** 31/8 **E/D** NO

#### MERSEYSIDE

**SOUTHPORT SEASIDE "NUN RUN" ONLINE ENTRY**  
**VENUE** Victoria Park, Rotten row, Southport, 11am  
**CONTACT** mark connor, 58 Markfield Cres, Liverpool L25 9PH; m4rkcc@hotmail.com; www.raceforjames.co.uk  
**COST** £20 **C/D** 1/9 **E/D** NO

**ST HELENS DREAM TRAIL RACES (+)**

**VENUE** Dream, Jubitts Lane, St Helens, 10am  
**CONTACT** Antony Young, Online Only, Online only WA8 5UU; 07767 310 204 [mob]; training-tips@st-helens-sutton.co.uk; www.st-helens-sutton.co.uk/dreamtrailrace.htm  
**COST** TBC **E/D** NO

#### NOTTINGHAMSHIRE

**EXPERIAN ROBIN HOOD 1/2M (+)**  
**VENUE** Victoria Embankment, Nottingham, 10:05am  
**CONTACT** Sweatshop Events, 12 Station Rd, Hampton, Middlesex TW12 2BX; 0208 232 1315 [day]; robinhoodmarathon@sweatshop.co.uk; www.experianfestivalofrunning.co.uk  
**COST** £27.75/£29.75 **C/D** 31/8 **E/D** NO

**EXPERIAN ROBIN HOOD MARATHON (+)**

**VENUE** Victoria Embankment, Nottingham, 10am  
**CONTACT** As above  
**COST** £33/£35 **E/D** NO

#### OXFORDSHIRE

**PORTFOLIO PROPERTIES COTSWOLD CLASSIC 10 ONLINE ENTRY**  
**VENUE** Witney Community Primary School, Hailey Road, Witney, 10:30am  
**CONTACT** Steph Foster, 2 Mansell Place, Carterton, Oxfordshire OX18 3RX; stephfoster80@hotmail.com; www.witneyroadrunners.com  
**COST** £10/£12 **C/D** 4/9 **E/D** YES, +£1

#### SCOTLAND

**THE HIGHLAND WARRIOR TRIATHLON**  
**VENUE** Lochaber Leisure Centre, Fort William, 7:30am  
**CONTACT** David Munro, 20 Hillview Drive, Corpach, Fort William PH33 7LS; 01397 772 899 [day]; 07771 532 370 [mob]; spook@nofussevents.co.uk; www.nofussevents.co.uk  
**COST** £65 **E/D** YES

#### STAFFORDSHIRE

**LICHFIELD 10K (+) ONLINE ENTRY**  
**VENUE** King Edward VI Leisure Centre, Kings Hill Road, Lichfield, 10:30am

**CONTACT** Paul Faulkner, 3 Lightwood Close, Lichfield, Staffordshire WS13 8FG; 01543 417 733 [day]; lichfield10k@btinternet.com; www.lichfield-running-club.co.uk  
**COST** £12/£14 **C/D** 4/9 **E/D** YES, +£1

#### SURREY

**BACCHUS 1/2M ONLINE ENTRY**  
**VENUE** Denbies Wine Estate, London Road, Dorking, Noon  
**CONTACT** Alan Burrows, 200 Barnett Wood Lane, Ashted, Surrey KT21 2DB; 07952 349 226 [day]; events@runtolive.co.uk; www.eventstolive.co.uk  
**COST** £35 **E/D** NO

**BACCHUS MARATHON ONLINE ENTRY**

**VENUE** Denbies Wine Estate, London Road, Dorking, 11am  
**CONTACT** As above  
**COST** £40 **E/D** NO

#### SUSSEX

**CHESTNUT TREE HOUSE 10K COASTAL RUN ONLINE ENTRY**  
**VENUE** Littlehampton, 9:30am  
**CONTACT** Leanne Willard, Dover Lane, Poling, Arundel BN18 9PX; 01903 871 817 [day]; events@chestnut-tree-house.org.uk; www.chestnut-tree-house.org.uk  
**COST** £12 **C/D** 5/9 **E/D** YES, +£3

**JOHN FAULDS HELLINGLY 10K**

**VENUE** Hellingly Village Hall, Hailsham, 10:30am  
**CONTACT** Jane Barlow, 42 Park Ave, Eastbourne, East Sussex BN21 2XS; 01323/440 465; harris413@btinternet.com; www.hailsham-harriers.org.uk  
**COST** £8/£10 **C/D** 2/9 **E/D** YES, £13

#### TYNE & WEAR

**RACE READY BUPA GREAT NORTH RUN - WEEKLY RUN ONLINE ENTRY**  
**VENUE** Gateshead Runners Need, Snow + Rock Metro Park West, Gibside Way, Gateshead, 9:30am  
**CONTACT** Byron Dudding, 5 Bythe Mews, Blythe Rd, London W14 0HW; teampowerade@sportsvision.co.uk; www.runnersworld.co.uk/poweraderaceready  
**COST** Free **E/D** NO

#### WALES

**CARDIFF 10K & 2K (+) ONLINE ENTRY**  
**VENUE** Starting at Cardiff City Hall, Cardiff, 10am  
**CONTACT** Chris Connell, 1 Radnor Court, 256 Cowbridge Rd East, Cardiff CF5 1GZ; 029 2034 3951 [day]; info@cardiff10k.com; www.cardiff10k.com  
**COST** £21.50/£23.50 **E/D** NO

**LAKE VYRNWY 1/2M**

**VENUE** Lake Vyrnwy, Llanwddyn, Nr Oswestry, 1pm  
**CONTACT** Janet Roberts, 6 Nantlloch, Llanwddyn, Oswestry, powys SY10 0LT; www.lakevyrnwyhalfmarathon.com  
**COST** £15/£17 **C/D** 4/8 **E/D** NO

**RAS FAWR LLANDDODGED**

**VENUE** Cae Celyn, Llanddodged, Llanrwst, 11:30am  
**CONTACT** Buddug Williams, Bodelan, 2 Tyddyn Terr, Llanrwst, Conwy LL26 0AT; rawfawr@yahoo.co.uk; www.rasfawrllanddodged.co.uk  
**COST** £5/£7 **C/D** 4/9 **E/D** YES, +£1

#### WARWICKSHIRE

**STRATFORD'S BIG 10K ONLINE ENTRY**  
**VENUE** Stratford-upon-Avon Racecourse, Luddington Road, Stratford-upon-Avon, 10:30am  
**CONTACT** Sarah Bland, Honeysuckle Cottage, 6 Lower End, Alveston, Stratford-upon-Avon, Warwicks CV37 7QH; 01789 267 337 [day]; 07540 287 781 [mob]; sarahbland63@gmail.com; www.runstratford.co.uk  
**COST** £15/£17 **C/D** 7/9 **E/D** NO

#### WEST MIDLANDS

**BLYTHE VALLEY BUSINESS PARK CHARITY 10K (+) ONLINE ENTRY**  
**VENUE** Blythe Valley Business Park, Located at Jnc 4, M42, Solihull, 11am  
**CONTACT** Kate Smith, Marketing and Management Suite, Cornwall House, Blythe Valley Business Park, Solihull, West Midlands B90 8AF; 01217 015 582 [day]; 07912 993 892 [mob]; ksmith@libertyproperty.com; www.blythevalleypark.co.uk  
**COST** £10 **E/D** YES, +£2

**GOODRICH 10K (+)**

**VENUE** Goodrich Aerospace, Fordhouses, Wolverhampton, 10am  
**CONTACT** John Brown, 6 Chadwell Gardens, Codsall, Wolverhampton WV8 1AF; 01902 846 917 [day]; brownlaf@btinternet.com; wolvesandbilstonac.co.uk  
**COST** £8/£10 **C/D** 6/9 **E/D** YES, +£2

**SUPER MAN**

**VENUE** Sutton Park, Streetly Gate, Sutton Coldfield, 11am  
**CONTACT** Paul Griffin, 3 Tudor Row, Lichfield, Staffs



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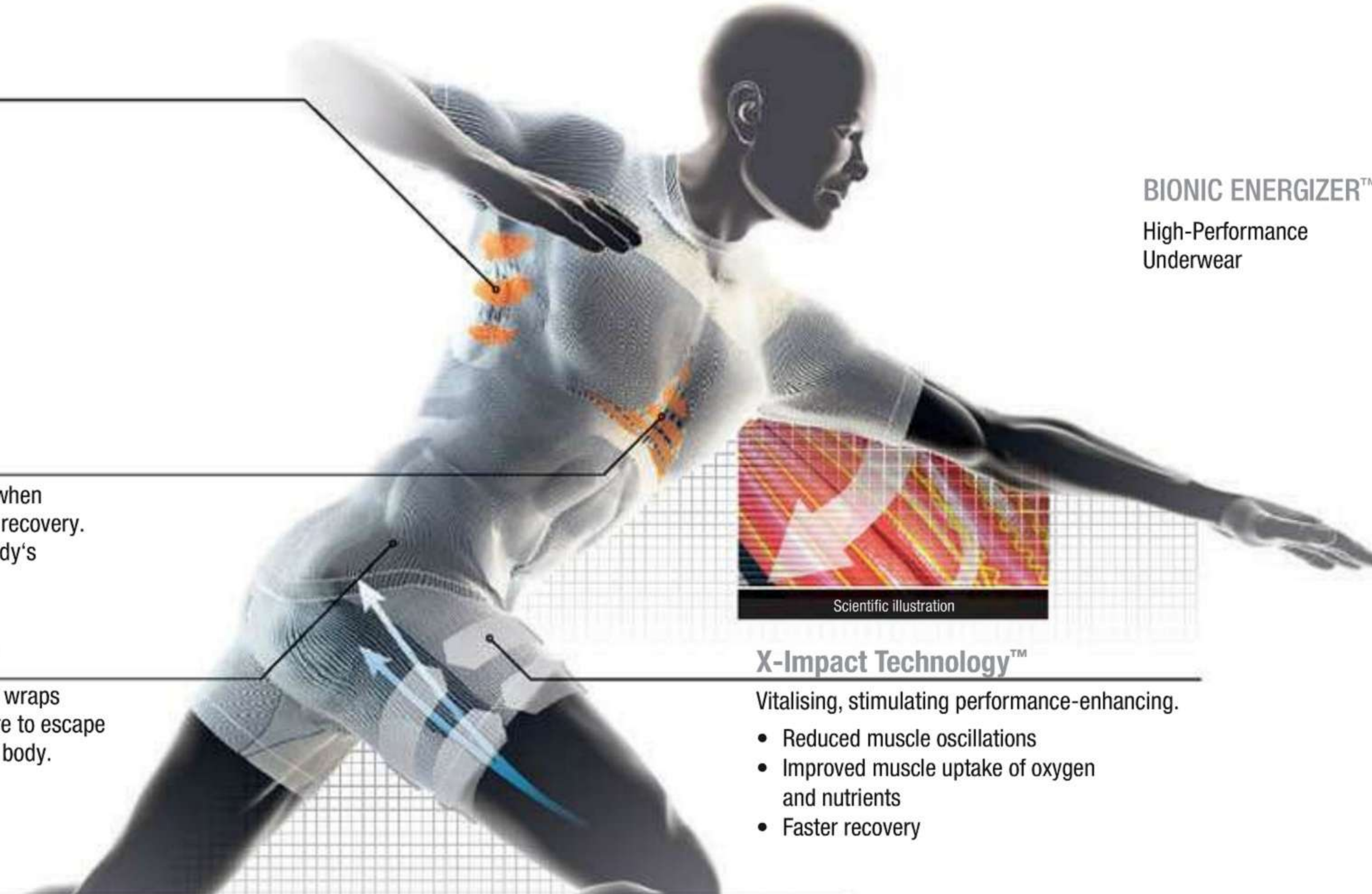


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WS13 6HH; 07947 698 147 [mob]; griffil@aol.com; www.kpevents.net  
**COST** £18 C/D 1/9 E/D YES, +£2

**WASELEY WOBBLER 8** ONLINE ENTRY  
**VENUE** Waseley Hills High School, Rubery, Birmingham, 11am

**CONTACT** Robert Mole, The Milking Parlour, Brake Mill, Hagley, Stourbridge, Worcestershire DY8 2XY; 07798 858 524 [day]; rob.a.mole@networkrail.co.uk; www.sportcentric.com/vsite/vnavsite/page/directory/0,10853,5077-162 752-179 967-nav-list,00.html  
**COST** £9/£11 C/D 5/9 E/D YES, +£2

#### WILTSHIRE

**CHIPPENHAM 1/2M**  
**VENUE** Chippenham Sports Club, Bristol Road, Chippenham, 9:30am  
**CONTACT** Race Director, Chippenham Sports Club, Hardenhuish Park, Bristol Rd, Chippenham, Wiltshire SN15 1NH; contact@chippenhamhalfmarathon.co.uk; www.chippenhamhalfmarathon.co.uk  
**COST** £17/£19 E/D NO

**GREAT WISHFORD RUN (+)**  
**VENUE** Great Wishford Primary School, West Street, Great Wishford, 11am  
**CONTACT** Justine Hadfield, 61 Boreham Rd, Warminster, Wiltshire BA12 9JX; 01722 70433 [day]; 01985 300 403 [eve]; justine@greatwishford.wilts.sch.uk  
**COST** TBC

**UNITED WORLD COLLEGES ALDBOURNE 10K** ONLINE ENTRY  
**VENUE** Aldbourne Sports Field, Aldbourne, 11am  
**CONTACT** Pam Millington, North Farm Cottage, North Farm, Aldbourne, Wiltshire SN8 2JZ; 07803 967 926 [day]; pam@uwc.org.uk; www.aldbourne10k.co.uk  
**COST** £10/£12 C/D 1/9 E/D YES, +£2

#### YORKSHIRE

**WETHERBY - 10K (+)**  
**VENUE** Wetherby Racecourse, Wetherby, 2pm  
**CONTACT** Tithe Barn Cottage, Station Lane, Thorne, Wetherby, West Yorkshire LS14 3JF; wetherbyrunnersac.co.uk  
**COST** £11/£13 C/D 4/9 E/D NO

**YORKSHIREMAN OFF ROAD MARATHON**  
**VENUE** Haworth Primary School, Haworth, 10am  
**CONTACT** Charlie Marshall, Hill Top Barn, Hill Top Rd, Oakworth, West Yorkshire BD22 7PY; 01535 648 017 [eve]; charlie.marshall@sportsuk.org.uk; www.kcac.co.uk  
**COST** £15 C/D 5/9 E/D NO

**BAWTRY FOREST TRAIL RACE (+)**  
**VENUE** End of Martin Lane, Bawtry, Doncaster, 10:30am  
**CONTACT** Brian Lowndes, 25 Packwood Close, Maltby, Rotherham, South Yorkshire S66 7EF; 07860 807 206 [mob]; jrst\_son@hotmail.com; www.maltbyrunningclub.co.uk  
**COST** £8/£10 C/D 6/9 E/D YES, +£2

**ISLE OF AXHOLME 1/2M** ONLINE ENTRY  
**VENUE** Epworth Town Centre, Doncaster, 10am  
**CONTACT** David Tune, 15/17 High St, Epworth, Doncaster DN9 1EP; dave@metrestomiles.co.uk; www.metrestomiles.co.uk  
**COST** £18/£20 C/D 5/9 E/D YES, +£2

**LEEDS TRIATHLON**  
**VENUE** Roundhay Park, Leeds, 8am  
**CONTACT** Events Manager, PO Box 662, Altrincham, Cheshire WA15 0QY; 0161 928 6795 [day]; info@xtramileevents.com; www.XtraMileEvents.com  
**COST** £58 E/D NO

**PARAS' 10 (+)**  
**VENUE** Vimy Barracks, Catterick Garrison, 11am  
**CONTACT** Ben Harrop, OC P Coy, Helles Barracks, Catterick Garrison DL9 4JQ; 01748 873 738 [day]; razziboy@hotmail.com; www.paras10.com  
**COST** £25 C/D 30/8 E/D YES, +£5

**YORKSHIREMAN 1/2M**  
**VENUE** Haworth Primary School, Rawdon Road, Haworth, 10:30am  
**CONTACT** Charles Marshall, Hill Top Barn, Oakworth, Keighley, West Yorkshire BD22 7PY; 01535 648 017 [day]; 07771 725 289 [mob]; charlie.marshall@sports.org.uk; www.kcac.co.uk  
**COST** £15 C/D 5/9 E/D NO

#### WEDNESDAY SEPTEMBER 14

**SOMERSET SUMMER 5K SERIES RACE 6**  
**VENUE** Nuffield Pavilion, RNAS Yeovilton, Ilchester, 7:15pm  
**CONTACT** Martin Chaffey, 29 Glastonbury Court, Yeovil, Somerset BA21 3TW; 07929 054 576 [day]; martinchaffey@hotmail.co.uk; www.yeoviltownrrc.com  
**COST** £5/£7 E/D ONLY

**WALES WELSH MIDWEEK TRIATHLON SERIES 2011 - RACE 3**  
**VENUE** Rheola House Estate, Resolven, 7pm  
**CONTACT** Sean Madden, 5 Hazelwood, Cheltenham GL50 2SW; madden\_s@hotmail.com; www.welshmidweektri.co.uk  
**COST** £25 E/D NO

#### THURSDAY SEPTEMBER 15

**AVON WESTON PROM 5 - RACE 1 OF 9**  
**VENUE** Pavilion Bar, 2 Upper Church Road, Weston-Super-Mare, 7:30pm  
**CONTACT** Malcolm Gammon, Prom Run, Weston Athletics Club, PO BOX 574, Weston-Super-Mare, N. Somerset BS23 9HS; promrun@westonac.co.uk; www.westonac.co.uk/promrun  
**COST** £4/£6 C/D 14/9 E/D YES

#### FRIDAY SEPTEMBER 16

**CUMBRIA THE FORD GREAT LAKELAND CHALLENGE** ONLINE ENTRY  
**VENUE** Windermere, 8am  
**CONTACT** Kerry Hammond, Wooden Spoon Challenge Office, 6 Yeatsall Farm, Yeatsall Rd, Abbots Bromley, Staffordshire WS15 3DY; kerryh@eventsunlimited.co.uk; https://www.spoonchallenges.com/rte.asp?id=37  
**COST** TBC E/D NO

**SUSSEX RYE SUMMER CLASSIC 5K SERIES (+)** ONLINE ENTRY  
**VENUE** Rye Nature Reserve, Rye Harbour, Rye, 6:30pm  
**CONTACT** Martin Burke, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA; 01797 230 999; info@nice-work.org.uk; www.nice-work.org.uk  
**COST** £10/£12 E/D YES, +£2

#### SATURDAY SEPTEMBER 17

**CUMBRIA BUTTERMERE TRIATHLON**  
**VENUE** Croft Farm, Buttermere, Cockermouth, 9:30am  
**CONTACT** Ian Mulvey, Thwaite Hill Barn, Thornthwaite, Keswick, Cumbria CA12 5SA; 07811 184 812; imgenr8@live.co.uk; www.highterrainevents.co.uk  
**COST** TBC

**DERBYSHIRE HEMINGTON FUN RUN**  
**VENUE** Main Street, Hemington, Castle Donington, 10:30am  
**CONTACT** Ian Benskin, 24 Burton Walk, East Leake, Loughborough, Leics LE12 6LB; ibenskin@hotmail.com  
**COST** £1.50 E/D YES, +£1

**HIGH PEAK 40 MILE CHALLENGE**  
**VENUE** Buxton Community School, College Road, Buxton, 8am  
**CONTACT** Bill Allan, 57 Ecclesbourne Drive, Buxton, Derbyshire SK17 9BS; info@highpeak40.co.uk; www.highpeak40.co.uk  
**COST** £19 C/D 5/9 E/D YES

**HAMPSHIRE NEW FOREST FAMILY ADVENTURE CHALLENGE 12**  
**VENUE** Bolderwood, New Forest, Lyndhurst, 1pm  
**CONTACT** Neil Thubron, Pierscourt, Jenkins Lane, Tring, Tring, Herts HP23 6NW; 07801 244 628; neil@xnrg.co.uk; www.xnrg.co.uk  
**COST** £20 E/D NO

**STOCKBRIDGE10K (+)** ONLINE ENTRY  
**VENUE** Stockbridge Pre School, Old London Road, Stockbridge, 10am  
**CONTACT** Ben Howard, 1 East End Cottages, Stockbridge, Hampshire SO20 6HH; 07771 905 711 [mob]; stockbridge10k@hotmail.co.uk; stockbridge10k.webeden.co.uk  
**COST** TBC

**KENT BROMLEY NUFFIELD HEALTH 10K (+)** ONLINE ENTRY  
**VENUE** Norman Park Athletics Track, off Hayes Lane, Bromley, 11am  
**CONTACT** Mark Caswell, 96 Elborough St, Wandsworth, London SW18 5DL; 020 [day]; 0797 783 1519 [mob]; mark.caswell11@btinternet.com; www.southlondonfives.co.uk  
**COST** £10 C/D 15/9 E/D YES

**LONDON STREATHAM COMMON 6 MILE XC CHAMPS (+)** ONLINE ENTRY  
**VENUE** Streatham Common, Covington Way, Streatham, 11am  
**CONTACT** Phillip Henwood, 29 Dingley Lane, London SW16 1AZ; 07793 707 839 [mob]; events@hernehillharriers.org; www.hernehillharriers.org  
**COST** £8/£10 C/D 5/9 E/D YES, £13

**THE TREE-ATHLON (+)**  
**VENUE** Battersea Park, Wandsworth,

10:15am  
**CONTACT** Christopher Bloor, Prince Consort Lodge, Kennington Park, Kennington Park Place, London SE11 4AS; 020 7820 4413 [day]; tree-athlon@treesforcities.org; www.treesforcities.org/page.php?id=88  
**COST** £22 C/D 12/9 E/D YES

#### OXFORDSHIRE

**WOODSTOCK 12** ONLINE ENTRY  
**VENUE** Blenheim Palace, Woodstock, 2pm  
**CONTACT** James Bolton, 32 Aysgarth Rd, Yarnton, Oxfordshire OX5 1ND; 01865 374 092 [eve]; james.e.bolton@btinternet.com; www.woodstockharriers.com  
**COST** £8/£10 C/D 10/9 E/D YES, £10

#### SCOTLAND

**BIG FUN RUN DUNDEE (+)**  
**VENUE** Camperdown Park, Dundee, 11am  
**CONTACT** GSi Events Big Fun Run, North Berwick Business Centre, North Berwick EH39 4JS; www.bigfunrun.com  
**COST** £12 E/D NO

**COAST TO CAWDOR 10K RUN**  
**VENUE** Cawdor Castle, Nairn, 11am  
**CONTACT** Rat Race Events, Unit 4, York YO30 4WU; 0203 1950 185 [day]; info@scotlandcoasttocoast.com; scotlandcoasttocoast.com/cawdor.html  
**COST** £15 E/D NO

**NATIONAL TRUST FOR SCOTLAND CRATHES 1/2M**  
**VENUE** Crathes Castle Estate, Banchory, Noon  
**CONTACT** Neil Stewart, Craig Cottage, Lumphanan AB31 4SJ; 08451 577 422 [day]; 07768 378 012 [mob]; neil@runningthehighlands.com; www.nts.org.uk/Events/Detail/1245/  
**COST** £25 C/D 1/9 E/D NO

**SCOTTISH COAST TO COAST**  
**VENUE** Nairn to Ballachulish, Inverness, 11am  
**CONTACT** Rat Race Events, Unit 4, Stirling Park, Clifton Moor, York, North Yorkshire YO30 4WU; 020 3195 0185 [day]; info@ratraceadventure.com; www.scotlandcoasttocoast.com/  
**COST** £150 E/D NO

**SUSSEX TOMMY'S BABY RACE 5K**  
**VENUE** Preston Park, Brighton, 10am  
**CONTACT** DIANA Stenning, 3 Laurence Pountney Hill, London EC4R 0BB; 07887 520 195 [mob]; dstenning@tommys.org; www.tommys.org/babyrace  
**COST** £14.50 E/D NO

#### WALES

**EXERCISE ENDURANCE** ONLINE ENTRY  
**VENUE** Supporting Help for Heroes in the Brecon Beacons National Park, SN 982 202, Brecon, 7am  
**CONTACT** Duncan Clark; duncanclark@ntlworld.com; www.northridgeadventure.co.uk  
**COST** £55 E/D YES, +£10

#### WARWICKSHIRE

**SHIPSTON AQUATHLON (+)** ONLINE ENTRY  
**VENUE** Shipston High School, Shipston Upon Stour, 2:30pm  
**CONTACT** Simon Taylor, 4 Church St, Shipston on Stour, Warwicks CV36 4AP; 01608 661 320 [eve]; justinetaylor@orange.net  
**COST** £12/£15 C/D 14/9 E/D YES, +£2

#### YORKSHIRE

**SILKSTONE SHUFFLE SERIES 4.5 (+)**  
**VENUE** Silkstone Sports Pavilion, Barnsley Road, Barnsley, 10:30am  
**CONTACT** Lee Smith, 7 Kingwell Rd, Worsbrough, Barnsley, South Yorkshire S70 4AG; leessmith74@btinternet.com; www.barnsleyharriers.org.uk  
**COST** £4/£6 E/D YES

#### SUNDAY SEPTEMBER 18

**AVON DYRHAM PARK 10KM SERIES (+)**  
**VENUE** Dyrham Park, Dyrham, Bath, Noon  
**CONTACT** Tom Room, 18 Burlington St, Bath BA1 2SB; 07973 763 832 [mob]; tom@relishrunningraces.com; www.relishrunningraces.com  
**COST** £14/£16 C/D 11/9 E/D YES, £20

#### BERKSHIRE

**ADP HIGHCLERE 10K** ONLINE ENTRY  
**VENUE** Highclere Castle, Highclere, Newbury, 10:30am  
**CONTACT** Entries Secretary c/o, 14 Chandos Rd, Newbury, Berkshire RG14 7EE; 07747 001 606 [mob]; Highclere10K@btinternet.com; newburyac.org.uk  
**COST** £12 C/D 10/9 E/D YES, +£2

**HSBC OLYMPIC TRIATHLON**  
**VENUE** Eton College Rowing Centre, Dorney Lake, Windsor, 10am  
**CONTACT** Jasmine Flatters, 12 Southcote Ave, Surbiton KT5 9JW; www.humanrace.co.uk/events/triathlon/hsbc-triathlon-2011

**COST** £77 E/D YES

**HSBC RELAY TEAM TRIATHLON**  
**VENUE** Eton College Rowing Centre, Dorney Lake, Windsor, 10am  
**CONTACT** As above  
**COST** £95 E/D YES

**HSBC SPRINT TRIATHLON**  
**VENUE** Eton College Rowing Centre, Dorney Lake, Windsor, 10am  
**CONTACT** As above  
**COST** £66 E/D YES

**HSBC SUPER SPRINT TRIATHLON**  
**VENUE** Eton College Rowing Centre, Dorney Lake, Windsor, 10am  
**CONTACT** As above  
**COST** £60 E/D YES

#### BUCKINGHAMSHIRE

**MEDMENHAM 10 (+)** ONLINE ENTRY  
**VENUE** Common Moor, Ferry Lane, Medmenham, Marlow, 10am  
**CONTACT** Mike Shepherd, 18 Westfield, Medmenham, Marlow, Buckinghamshire SL7 2HG; 01491 412 513 [day]; mike@orchardhouse.co.uk; www.medmenhamrunnersclub.co.uk  
**COST** £10 C/D 11/9 E/D YES, +£5

**SHARDELOES 10K (+)** ONLINE ENTRY  
**VENUE** Amersham Cricket Club, Shardeletes, Amersham, 10:30am  
**CONTACT** Steve Field, 35 Greenway, Chesham HP5 2BX; stevefield364@btinternet.com; chiltern-harriers.org.uk  
**COST** £9/£11 C/D 9/9 E/D YES, +£2

#### CAMBRIDGESHIRE

**GRAFHAM WATER MARATHON: CHASQUI CHALLENGE**  
**VENUE** Grafham Water, Visitor Centre, Grafham, Huntingdon, 9am  
**CONTACT** Chris Palfreyman, C/O Wat Tyler House, King Williams St, Exeter EX4 6PD; 07734 348 535 [day]; chris@amantani.org.uk; www.amantani.org.uk  
**COST** TBC E/D NO

#### CHESHIRE

**SPIRE HEALTHCARE ENGLISH 1/2M**  
**VENUE** Warrington, 9am  
**CONTACT** Mike James, 10-b cairneyhill Rd, Crossford, Fife KY12 8NZ; 07846 468 664 [mob]; mikej@gbevents.net; www.english-half.co.uk  
**COST** £27/£29 C/D 2/9 E/D NO

**SUTTON SIX 10K (+)**  
**VENUE** Village Hall, Guilden Sutton, 11am  
**CONTACT** Sutton Six 10K, 6 Pleck Rd, Whitby, Ellesmere Port, Cheshire CH65 6SP; www.westcheshireac.co.uk  
**COST** TBC

#### CORNWALL

**TRURO 1/2M**  
**VENUE** Piazza, Lemon Quay, Truro, 9:30am  
**CONTACT** Stephanie Boon, 5 The Old Chapel, Three Burrows, Truro, Cornwall TR4 8HU; 01872 858 670; thmreg@trurorunningclub.org.uk; www.trurorunningclub.org.uk  
**COST** £14/£16 C/D 5/9 E/D YES, +£2

#### DERBYSHIRE

**NATIONAL FOREST 10K (+)** ONLINE ENTRY  
**VENUE** Conkers Discovery Centre, Rawdon Road, Moira, Swadlincote, 10:15am  
**CONTACT** Andrew Harris, C/O NWLDC, Council Offices, Coalville, Leicester, Leicestershire LE67 3FJ; 01530 454 606 [day]; andy.harris@nwleicestershire.gov.uk  
**COST** £8/£10 C/D 9/9 E/D NO

#### DEVON

**NEWTON ABBOT (DORNAFIELD) LADIES 10K**  
**VENUE** Dornafield Farm, Two Mile Oak, Newton Abbot, 11am  
**CONTACT** Race Secretary, 69 Teignmouth Rd, Teignmouth, Devon TQ14 8UR; chairmanrog@sky.com; www.teignbridgetrotters.co.uk  
**COST** £8/£10 C/D 16/9 E/D YES, +£2

#### DORSET

**VOTWO KAMIKAZE BANZI CHARGE 7** ONLINE ENTRY  
**VENUE** Mapperton Farm, Bridport, 10:30am  
**CONTACT** Peter Mason, 3 Hill House, Tehidy Park, Camborne, Cornwall TR14 0TH; 07855 500 149 [mob]; events@votwo.co.uk; www.votwoevents.co.uk  
**COST** £25 C/D 9/9 E/D NO

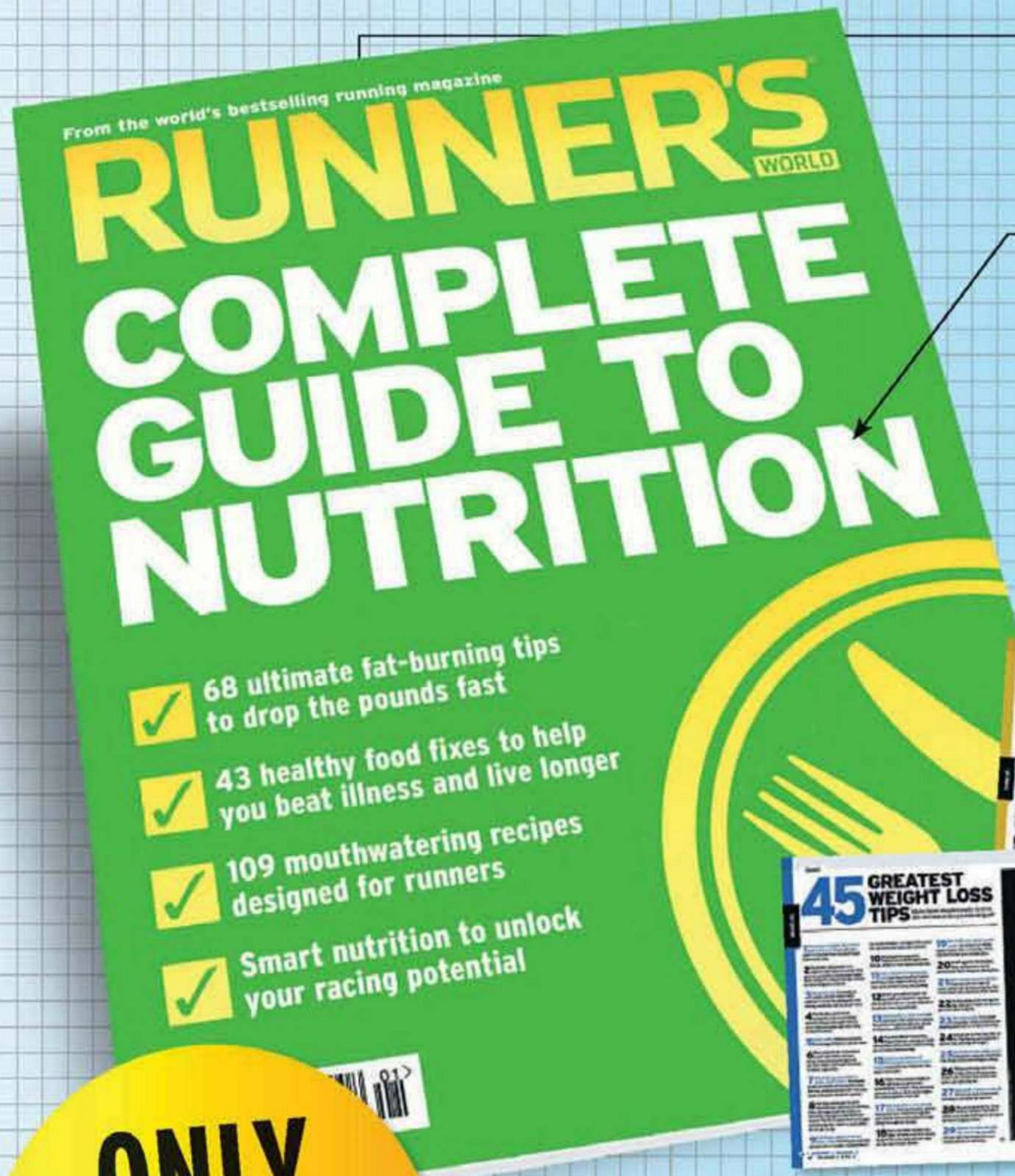
#### ESSEX

**GREAT WALTHAM 5K RUN (+)**  
**VENUE** Gt Waltham School, South Street, Gt Waltham, Chelmsford, 10am  
**CONTACT** Janet Bloomfield, 15 Dickeymoors, Great



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Waltham, Chelmsford, Essex CM3 1DD; janet@bloomers100.plus.com  
COST TBC

### GLOUCESTERSHIRE

#### FOREST OF DEAN ROTARY 10K

**VENUE** Speech House, Coleford, 10:30am  
**CONTACT** Ian Storrar, The Coach House, Victoria Rd, Lydney GL15 5JE; 01594 844 461 [day]; rfordrotary@aol.com; www.rotary-rfod-events.org.uk  
COST £10 C/D 1/9 E/D YES, +£3

**FOREST OF DEAN ROTARY 5K**  
**VENUE** Speech House, Coleford, 10:15am  
**CONTACT** As above  
COST £5 C/D 10/9 E/D YES, +£2

### GREATER MANCHESTER

**BOGGART CHASE 10KM (+)**  
**VENUE** Boggart Hole Clough, Blackley, Manchester, 11:15am  
**CONTACT** Robert Towell, 17 Inchfield Rd, Moston, Manchester M40 5QH; 0161 [day]; hilbob.inch@talktalk.net; www.ukresults.net  
COST £4/£6 C/D 12/9 E/D YES, +£1

### HAMPSHIRE

**RACE READY BUPA GREAT SOUTH RUN - WEEKLY RUN**  
**VENUE** Port Solent Runners Need, Snow+Rock, The Boardwalk, Port Solent, Portsmouth, 9:30am  
**CONTACT** Byron Dudding, 5 Blythe Mews, Blythe Road, London W14 0HW; teampowerade@sportsvision.co.uk; www.runnersworld.co.uk/poweraderace  
COST Free E/D NO

**VICTORY 5**  
**VENUE** Mountbatten Centre, Northern Parade, Portsmouth, 11am  
**CONTACT** Gerry North, 304 Twyford Ave, Stamshaw, Portsmouth, Hampshire PO2 8NT; 02392 651 446 [day]; events@portsmouthathletic.co.uk; www.portsmouthathletic.co.uk  
COST £10/£12 C/D 16/9 E/D YES, +£1

### HERTFORDSHIRE

**THE HARVEST TRAIL 10 (+)**  
**VENUE** The Heath Sports Club, Baldock Road, Royston, 10:30am  
**CONTACT** Charles Avis, 22 Cedar Cres, Royston, Herts SG8 5BP; 01763 242 596 [day]; Charles\_avis@yahoo.co.uk; www.royston-runners.org.uk  
COST £5/£7 E/D YES, +£1

**FAVERSHAM 10K (+)**  
**VENUE** The Abbey School, London Road (A2), Faversham, 11am  
**CONTACT** Events Team, Cystic Fibrosis Trust, 11 London Rd, Bromley, Kent BR1 1BY; 0300 373 1100 [day]; events@cftrust.org.uk; www.cftrust.org.uk and http://www.faversham10k.com  
COST £12/£14 C/D 18/9 E/D NO

**GREEN CHAIN MARATHON**  
**VENUE** Metrogas Sports Centre, Avery Hill Road, New Eltham, 9am  
**CONTACT** Martin Wisdom, 9 Hattersfield Close, Belvedere, Kent DA17 5QT; 07900 212 497 [mob]; martin@mwisdom.orangehome.co.uk; newelthamjoggers.co.uk  
COST £15/£17 C/D 14/9 E/D NO

**KELLY'S STORE FUNRAISER 10K, JOYDENS WOODS (+)**  
**VENUE** Joydens Woods, Bexley, 10am  
**CONTACT** Rory Macpherson, Westfield Rd, Slyfield Industrial Estate, Guildford, Surrey GU1 1SB; 01306 731 305 [day]; 07863 137 132 [mob]; rory.mcperson@kellystore.co.uk; www.kellystore.org  
COST £15 E/D NO

**QUICKSAND 15**  
**VENUE** Margate Main Sands, Margate, 10am  
**CONTACT** Philip Kinnill, 6, Wayne Close, St Peters, Broadstairs, Kent CT10 2SX; 01843 862 554; 07534 195 518 [mob]; philkinnill@hotmail.com; www.thanetroadrunners.org.uk  
COST £13/£15 C/D 14/9 E/D YES, £15

**SWANLEY PARK 2 MILE FUN RUN**  
**VENUE** Swanley Park, Swanley, 10am  
**CONTACT** John Hickmott, The Orchard, Kemsing Rd, Wrotham, Sevenoaks, Kent TN15 7BS; 01732 884 432 [day]; 07801 550 969 [mob]; jhick39341@aol.com; www.swanleyandnorthdownslions.org.uk  
COST £3 C/D 13/9 E/D YES, +£1

**SWANLEY PARK 5**  
**VENUE** Swanley Park, Swanley, 11am  
**CONTACT** As above  
COST £10/£12 C/D 13/9 E/D YES, £14

### TUNBRIDGE WELLS 10K (+)

**VENUE** Lower Cricket Ground, Tunbridge Wells, 10am  
**CONTACT** Ruth Fahie, Hospice in the Weald, Maidstone Rd, Pembury, Kent TN2 4TA; 01892 820 508 [day]; ruth.fahie@hospiceintheweald.org.uk; www.hospiceintheweald.org.uk  
COST TBC

### LEICESTERSHIRE

**FULL BOAR MIDDLE DISTANCE TRIATHLON**  
**VENUE** Market Bosworth Water Trust, Market Bosworth, 9:30am  
**CONTACT** Steve Robinson, 7 Tudor Close, Market Bosworth, Leicestershire CV13 0NA; 01455 291 230 [day]; doodlebug1485@hotmail.com; www.spanglefish.com/FullBoarEvents/index.asp?pageid=187 161  
COST £60/£65 C/D 11/9 E/D NO

**THE PONTON PLOD 12 (+)**  
**VENUE** The Community Centre, Archers Way, Great Ponton, Grantham, 9:30am  
**CONTACT** Stuart Ashley, Woodpigeon Cottage, Bottesford Rd, Allington, Grantham NG32 2DJ; 01400 281 580; 07771 813 514 [mob]; stuartashley47@btinternet.com; notfastrunningclub.co.uk/  
COST £8.50 C/D 14/9 E/D YES, +£2

**4 SEASONS AUTUMN (+)**  
**VENUE** Finsbury Park, London, 11:15am  
**CONTACT** Matilde Ferone, Imperial Works, Perren St, London NW5 3ED; 020 7485 0193 [day]; matildef@rainforestuk.org; www.rainforestfoundationuk.org/4SC  
COST £20 C/D 9/9 E/D YES, +£5

**5K FUN RUN, LONDON'S AIR AMBULANCE**  
**VENUE** The Hub, Regent's Park, London, 9:30am  
**CONTACT** Francesca Savage, The Helipad, The Royal London Hospital, Whitechapel, London E1 1BB; 020 7943 1302 [day]; francesca.savage@bartsandthelondon.nhs.uk; www.londonsairambulance.com  
COST £12 C/D 17/9 E/D YES, +£2

**CLAPHAM COMMON 10K SERIES (+)**  
**VENUE** Clapham Common, 10am  
**CONTACT** Admin Team, PO BOX 395, Surrey SM1 9HP; 0845 257 1160 [day]; running@innovationsports.co.uk; www.innovationsports.co.uk  
COST £15.50 C/D 10/9 E/D YES, +£4.50

**EAST LONDON 10K, 5K, 3K COMMUNITY RUN - BECKTON PARK (+)**  
**VENUE** Stansfeld Road, Beckton, London, 11am  
**CONTACT** Gareth Davies, 5 Foxearth Spur, Selsdon, South Croydon, Croydon, Surrey CR2 8EP; 0207 888 5127 [day]; 0208 651 5177 [eve]; 07967 729 922 [mob]; Gazdj1@gmail.com  
COST £10/£12 C/D 11/9 E/D YES

**RUNNING & ALEXANDER TECHNIQUE WORKSHOP - LONDON**  
**VENUE** Clapham Common, London, 1:30pm  
**CONTACT** Claire Rennie, 10 Harley St, London W1G 9PF; 020 7467 8461 [day]; 07762 736 514 [eve]; claire@hiteltd.co.uk; www.hiteltd.co.uk/services/alexander-technique/alexander-technique-running/  
COST £75 C/D 18/8 E/D NO

**YELLOW UMBRELLA DAY 10K RUN (+)**  
**VENUE** Chiswick Park, 566 Chiswick High Rd, London, 11am  
**CONTACT** Yellow Umbrella Day Team, 566 Chiswick High Rd, (opposite Gunnersbury Station), London W4 5YA; 020 8636 8078 [day]; info@yellowumbrelladay.com; www.yellowumbrelladay.com  
COST £10 C/D 11/9 E/D YES

**HOYLAKE 10K**  
**VENUE** Hoylake Community Centre, Hoylake Road, Hoylake, 11am  
**CONTACT** Carla Williams, 69 Fulton Ave, Newton, West Kirby, Merseyside CH48 6EY; 0151 625 9505; hoylakewsn@btinternet.com; www.wsn.co.uk  
COST £8 C/D 9/9 E/D YES

**CRANSLEY HOSPICE 10K**  
**VENUE** Cranford Village Hall, Cranford, Kettering, 11am  
**CONTACT** Christine Holliday, Cransley Hospice, St Mary's Hospital, London Rd, Kettering, Northants NN15 7PW; www.ktharriers.com  
COST £13/£15 C/D 14/9 E/D YES, +£3

**CRANSLEY HOSPICE 1/2M**  
**VENUE** Cranford Village Hall, Cranford, Kettering, 11am  
**CONTACT** As above

COST £13/£15 E/D YES, +£3

### NOTTINGHAMSHIRE

**ESENDEX LAST MINUTE SPRINT TRIATHLON 400M/20K/5K**  
**VENUE** Southwell Leisure Centre, Southwell, Nottingham, 7:30am  
**CONTACT** One Step Beyond Promotions, White House Farm, Maltkiln Rd, Fenton, Lincolnshire LN1 2EW; 01427 718 888 [day]; lastminute@onestepbeyond.org.uk; www.onestepbeyond.org.uk  
COST £34/£39 C/D 9/9 E/D NO

### OXFORDSHIRE

**CHALLENGE HENLEY-ON-THAMES TRIATHLON**  
**VENUE** Henley Business School, Greenlands, Henley-on-Thames, 7am  
**CONTACT** Alan Rose, 56 York Rd, Wollaston, Northants NN29 7SG; 01933 663 516 [day]; events@justtracinguk.com; www.challengehenley.com  
COST £300/£305 C/D 18/7 E/D NO

**CHARLBURY 10KM (+)**  
**VENUE** Playng Close, Enstone Road, Charlbury, Chipping Norton, 10:30am  
**CONTACT** Karen Jenkins, 3 Rochester Place, Charlbury, Chipping Norton, Oxon OX7 3SF; 01608 811 312; g.h.griffiths@reading.ac.uk; N/A  
COST £6 E/D ONLY

### SCOTLAND

**BIG FUN RUN ABERDEEN (+)**  
**VENUE** Hazlehead Park, Aberdeen, 11am  
**CONTACT** GSi Events Big Fun Run, North Berwick Business Centre, North Berwick EH39 4JS; www.bigfunrun.com  
COST £12 E/D NO

**LITTLE WENLOCK WHEEZE**  
**VENUE** Little Wenlock Village Hall, Little Wenlock, Telford, 11am  
**CONTACT** Sue Bates, 28 Little Worth, Little Wenlock, Telford, Shropshire TF6 5AX; 01952 505 320; suebates1@hotmail.com  
COST £6/£8 E/D YES, +£1

**10K TRICKEY WARREN TREK (+)**  
**VENUE** Trickey Warren Farm, Culmhead Airfield, Trickey Warren, Churchstanton, Wellington, 11am  
**CONTACT** Joanna Sandow, DSA, Landacre House, Castle Rd, Chelston Business Park, Taunton TA1 4XW; joanna.sandow@dsairambulance.org.uk  
COST £10/£12 C/D 12/9 E/D YES, +£1

**ST THOMAS' 7**  
**VENUE** St Thomas' RC Primary School, Parklands Rd, Upper Tean, 10:30am  
**CONTACT** Mark Churton, 12 Cavendish Rd, Upper Tean, Staffs ST10 4RH; 01538 724 340 [day]; 07968 464 086 [mob]; m.churton@talk21.com; sites.google.com/site/stthomasteanpta/  
COST £8/£10 C/D 13/9 E/D YES, +£2

**ASHTEAD 10K (+)**  
**VENUE** Ashtead Common, Woodfield Road, Ashtead, 11am  
**CONTACT** Robert McCaffrey, 89 Newton Wood Rd, Ashtead, Surrey KT21 1NN; www.trionium.com  
COST £17/£19 C/D 1/4 E/D NO

**CHANGEZ CHARITY FUN RUN (+)**  
**VENUE** Bushey Park, Surrey, Richmond, 10am  
**CONTACT** Changez Charity, 173 Powder Mill Lane, Twickenham TW2 6EQ; 0208 404 9374 [day]; 07878 209 592 [mob]; changezcharity@gmail.com; www.changez.me.uk  
COST TBC E/D NO

**QUAYSIDE SOUTH EAST SERIES RACE 3**  
**VENUE** Mytchett Quays, Coleford Bridge Road, Mytchett, 7am  
**CONTACT** Leigh Saunders, 5 Oaklands Rd, Petersfield, Hampshire GU32 2EY; 07756 365 773 [day]; leigh@trispportuk.org; www.trispportuk.com  
COST TBC

**THE FARNHAM PILGRIM, MARATHON & 1/2M (+)**  
**VENUE** Sands Recreation Ground, (opp. Barley Mow Pub), Sands Village, Farnham, 9am  
**CONTACT** The Treasurer, The Stumps, 4 Wicket Hill, Farnham, Surrey GU10 4RD; hillyary.carter@ntlworld.com; davidholf@aol.com; www.farnhampilgrim.org.uk  
COST £22/£24 C/D 31/8 E/D YES, £24

**TRI-ADVENTURE SPRINT**  
**VENUE** Albury Cricket Club, Albury Heath, Guildford, 10am  
**CONTACT** Sam Mayne, 27 Somerset Rd, Teddington, Middlesex TW11 8RT; 07792 453 136 [mob]; sam@triadventure.co.uk; www.triadventure.co.uk  
COST £20 C/D 15/9 E/D YES, +£5

**TRI-ADVENTURE TRAIL**  
**VENUE** Albury Cricket Club, Albury, 10am  
**CONTACT** As above  
COST £12.50 C/D 15/9 E/D YES, +£5

**BROOKS HOVE PROM 10K**  
**VENUE** Hove Lagoon, Hove, 10am  
**CONTACT** Isobel Muir, 59 St Leonards Ave, Hove, East Sussex BN3 4QH; arena80ac@hotmail.co.uk  
COST £8/£10 E/D YES, £12

**RISE 8K UNDERCLIFF RUN FOR WOMEN**  
**VENUE** Whitecliffs Cafe, Undercliff Path, Saltdean, 10am  
**CONTACT** Julie Hales, PO Box 889, Brighton, East Sussex BN2 1GH; 01737 814 844 [day]; 07855 032 320 [mob]; julie.hales@riseuk.org.uk; www.riseuk.org.uk  
COST £15 C/D 16/9 E/D YES, +£10

**BUPA GREAT NORTH RUN 13.1 2011**  
**VENUE** Newcastle, 10:40am  
**CONTACT** Customer Services, Newcastle House, Albany Court, Monarch Rd, Newcastle, Tyne and Wear NE4 7YB; info@greatrun.org; www.greatrun.org  
COST £46 E/D NO

**ANGLESEY SANDMAN TRIATHLON**  
**VENUE** Newborough Forest, Newborough, Noon  
**CONTACT** Delyth Kendrick, Tyddyn Plwm, Newborough LL61 6SG; 07500 927 037 [day]; kenny@alwaysaimhigh.co.uk; www.angleseysandman.com/  
COST £51.50/£59.50 E/D YES

**GNOLL 5K (+)**  
**VENUE** Groll Park Grounds, Neath, 3pm  
**CONTACT** Paul Davies, Ysgol Gynradd Gymraeg Castell-Nedd, Heol Woodland, Neath SA11 3AL; 07773 652 041 [mob]; pddavies@live.co.uk; www.yggcn.co.uk  
COST £5 E/D YES, +£1

**FOODBANK 5K**  
**VENUE** Five Rivers Leisure Centre, Hulse Road, Salisbury, 11am  
**CONTACT** Mark Eling, St Michael's Community Centre, St Michael's Rd, Bemerton Heath, Salisbury, Wilts SP2 9LE; 01722 411 244 [day]; 01722 500 552 [eve]; m.elling1@ntlworld.com; www.trusselltrust.org  
COST £5 C/D 9/9 E/D YES, +£1

**HIGHWORTH TRIATHLON**  
**VENUE** Highworth Rec, The Elms, Highworth, 8am  
**CONTACT** Wendy Smith, 36 The Willows, Highworth, Swindon SN6 7PG; tadpolettoys@aol.com; www.highworthtriathlon.com  
COST £25/£30 C/D 31/8 E/D NO

**KING ALFRED'S TORMENT 7**  
**VENUE** Stourhead Gardens, Stourton, Mere, 11am  
**CONTACT** Phil MacQuaid, Blue Cedar, Gunners Lane, Houndstone, Somerset BA22 8SB; 01935 422 887 [day]; 07866 357 808 [mob]; philmacquaid@hotmail.com; www.yeoviltownrrc.com  
COST £8/£10 C/D 16/9 E/D YES, +£2

**THE MELKSHAM 10**  
**VENUE** The Adventure Centre, King George V Playing Fields, Melksham, 10am  
**CONTACT** Race Director, 72a School Lane, Shaw, Wiltshire SN12 8EJ; stampedesports@yahoo.co.uk; www.stampedesports.co.uk  
COST TBC

**KIRKSTALL ABBEY 7**  
**VENUE** Kirkstall Abbey, Kirkstall, Leeds, 10am  
**CONTACT** Jill Stocks, 28 Fern Grove, Kirkstall, Leeds, West Yorkshire LS5 3HY; stox78@hotmail.com; www.kirkstallharriers.org.uk  
COST £8/£10 E/D YES, +£2

**THE GREAT BARROW CHALLENGE (+)**  
**VENUE** Bury St Edmunds, 9am  
**CONTACT** Melissa Nicholas, The Academy Health and Fitness Centre, Church Farm, Church Rd, Barrow, Bury St Edmunds, Suffolk IP29 5AX; 01284 810 446; admin@greatbarrowchallenge.co.uk; www.greatbarrowchallenge.co.uk  
COST £45 C/D 20/9 E/D NO

**TRI20 AQUATHLON SERIES**  
**VENUE** Tri20 Swim Centre, Pingewood, Reading, 6:45pm  
**CONTACT** Andy Macaskill, Butlers Lands Farm, Mortimer, Berkshire RG7 2AG; 01189 332 761 [day]; andy@mysportingtimes.com; www.mysportingtimes.com

### WEDNESDAY SEPTEMBER 21

**SUFFOLK**  
**THE GREAT BARROW CHALLENGE (+)**  
**VENUE** Bury St Edmunds, 9am  
**CONTACT** Melissa Nicholas, The Academy Health and Fitness Centre, Church Farm, Church Rd, Barrow, Bury St Edmunds, Suffolk IP29 5AX; 01284 810 446; admin@greatbarrowchallenge.co.uk; www.greatbarrowchallenge.co.uk  
COST £45 C/D 20/9 E/D NO

### THURSDAY SEPTEMBER 22

**BERKSHIRE**  
**TRI20 AQUATHLON SERIES**  
**VENUE** Tri20 Swim Centre, Pingewood, Reading, 6:45pm  
**CONTACT** Andy Macaskill, Butlers Lands Farm, Mortimer, Berkshire RG7 2AG; 01189 332 761 [day]; andy@mysportingtimes.com; www.mysportingtimes.com



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The Rotary Club of Henley Bridge Main Sponsor of Half Marathon: **Invesco Perpetual**

## HENLEY HALF MARATHON

and *Henley Standard 10K*

Events organised by **The Rotary Club of Henley Bridge** Registered Charity Number 1036284

**SUNDAY 9TH OCTOBER 2011**

**START:** 09:30 am at HENLEY RUGBY CLUB, Marlow Road, Henley-on-Thames, RG9 2JA

**HALF M. COURSE:** Through Henley, alongside the scenic River Thames and through Chiltern Beech Woods on road and hard surfaces except for one mile of grassed riverside footpath.

**10K COURSE:** This coincides, except for the first two kilometres, with the latter part of the Half Marathon course and involves an uphill section of 2.4 kilometres.

**RACE PACK, CHIP AND NUMBER:** Will be sent to you no later than 1st October.

SEE: [www.henleyhalfmarathon.org.uk](http://www.henleyhalfmarathon.org.uk) for further details. Closing date for receipt of applications is 24th September

-----PLEASE USE BLOCK CAPITALS-----

SURNAME.....FORENAMES.....

CLUB/TEAM (Optional).....

ADDRESS.....

.....POST CODE.....

MOBILE NUMBER..... EMAIL.....

AGE (on 09/10/11)..... Male or Female (delete as necessary please)

ENTRY FEE \* :  HALF MARATHON £17.00 before the day  
(£25.00 on the day - entries close at 08:45 am - limited chip timing)  
 10K £11.00 before the day  
(£15.00 on the day - entries close at 08:45 am - limited chip timing)

\* Entry fees are non-refundable, non-deferrable and non-transferable, even in the case of event cancellation.

Please make cheques payable to "Rotary Club of Henley Bridge" and send with this application form to IAN McGAW, 6 LAUDS CLOSE, HENLEY-ON-THAMES, RG9 1UX.

Running in a Half Marathon is a very rewarding experience, however it is not to be undertaken lightly. You need to be physically fit to complete the distance. If in doubt, consult your doctor. Do not run if you are feeling unwell.

I understand that I enter the race at my own risk and that no person(s) or organisation(s) will be held responsible for any accident, injury or loss to myself, prior to, during or after the event. I understand the organisers reserve the right to delay, postpone, cancel or not officially time the race(s) in the event of adverse weather conditions or other events outside the organisers' control. The determination of what constitutes this is reserved solely to the Rotary Club of Henley Bridge.

Photographs of the race will be taken for publicity purposes. I understand that my image may be used and give permission freely for it to be used.

SIGNED.....

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# GRIM ORIGINAL 2011

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## SATURDAY SEPTEMBER 24

## BERKSHIRE

**RUNNING4WOMEN WINDSOR 8K**  
**VENUE** The Long Walk, Great Windsor Park, Noon  
**CONTACT** Joanne Tranter, 2nd Floor, 9 Church St, Stourbridge, West Midlands DY8 1LT; 08700 342 234 [day]; joanne@running4women.com; Www.running4womenwindsor8k.com  
**COST** £10.50/£12.50 E/D YES

**THE TRI CHALLENGE TEAM TRIATHLON**

**VENUE** Dorney Lake, Eton, Windsor, 9am  
**CONTACT** David Krangel, Suite 2, 31 Ashley Rd, Epsom KT18 5BD; 020 8144 0797 [day]; 07919 141 534 [mob]; info@thefixuk.com; www.thefixevents.com/content/the-tri-challenge-team-triathlon/  
**COST** £120 C/D 8/9 E/D NO

## CUMBRIA

**GREAT LANGDALE MARATHON (+)**  
**VENUE** Stickle Barn Tavern, Great Langdale, Ambleside, Noon  
**CONTACT** Rod Berry, 27 Green Bank Rd, Ambleside, Cumbria LA22 9BG; 01539 431 048 [day]; sales@run3.co.uk; www.run3.co.uk/acatalog/Great\_Langdale\_Marathon.html  
**COST** TBC C/D 1/6 E/D NO

**ORTON AUTUMN FAIR FELL RACE (+)**  
**VENUE** Orton C of E School, Orton, 2pm  
**CONTACT** Kate Arnold, Orton C of E School, Orton, Cumbria CA10 3RG; 01539 624 946 [day]; 07832 297 520 [mob]; jeff-chadwick@tritech.co.uk  
**COST** £5 E/D YES, +£1

**RAB 2 DAY MOUNTAIN MARATHON**

**VENUE** TBC, Northern England, 9am  
**CONTACT** Adrian Boyes, 10 Buscott Drive, Ashbourne, Derbyshire DE6 1JY; 01335 348 603 [day]; info@darkandwhite.co.uk; www.darkandwhite.co.uk/challenge-events-outdoor-activities.asp?race\_id=317  
**COST** £46/£48 C/D 17/9 E/D NO

## DERBYSHIRE

**NINE EDGES ENDURANCE 20**  
**VENUE** Fairholmes, Bamford, 10am  
**CONTACT** Kim Edwards, Meadow Croft, Grisedale Rd West, Great Longstone DE45 1TU; 07775 708 793 [day]; info@nineedges.co.uk; www.nineedges.co.uk  
**COST** £20 C/D 1/9 E/D NO

## HERTFORDSHIRE

**THE H CHALLENGE 6 OR 13 MILES START OF THE RIDGEWAY. (+)**  
**VENUE** Ashridge Visitors' Centre, Berkhamsted, 9am  
**CONTACT** Lisa Wood, 22 Wood Lane, Wendover, Bucks HP22 5PW; 07971 037 154; lisa.wood@mac.com; www.henryfraser.org  
**COST** £25 C/D 17/9 E/D YES

## KENT

**BH5K AUTUMN RUN (+)**  
**VENUE** 'Brocken Hurst', Sheepcote lane, Orpington, 10:45am  
**CONTACT** Trevor Humber, 39 Waldenhurst Rd, Orpington, Kent BR5 4HN; 07909 575 338 [mob]; nfpenevents@ntlworld.com  
**COST** £8 C/D 19/9 E/D NO

## LANCASHIRE

**LANCASTER 5K SERIES**  
**VENUE** Lancaster And Morecambe AC Club House, Salt Ayre, Lancaster, 6:30pm  
**CONTACT** Bill Gardner, 58 Sibsey St, Lancaster LA1 5DF; 01524 60537 [day]; races@shoestringresults.com; www.shoestringresults.com  
**COST** £3.50/£5.50 C/D 17/9 E/D YES, +£1

## LONDON

**LONDON RAT RACE URBAN ADVENTURE 85K**  
**VENUE** Central London, Potters Field, London, 5pm  
**CONTACT** Rat Race Events, Unit 4, Clifton Moor, Stirling Park, York, North Yorkshire YO30 4WU; 0203 195 0185 [day]; info@ratraceadventure.com; www.ratraceadventure.com  
**COST** £35 E/D YES

## SURREY

**WIMBLEDON COMMON 10K**  
**VENUE** Wimbledon Common, Richardson Evans Sports Ground, 11am  
**CONTACT** Mark Caswell, 96 Elborough St, Wandsworth, London SW18 5DL; 07977 831 519 [day]; mark.caswell@btinternet.com; www.southlondonfives.co.uk  
**COST** £10 C/D 22/9 E/D YES

**XTT (+) ONLINE ENTRY**

**VENUE** Hawley Lake Training camp, Camberley, 10am  
**CONTACT** Toby Jenkins, The Barn Studios Carters Lane, Woking GU22 8JG; sales@allabouttriathlons.co.uk; www.xtfestivals.co.uk

COST £60/£65 E/D NO

## WARWICKSHIRE

**THE WOLF RUN**  
**VENUE** Leamington Spa, 11am  
**CONTACT** Charlie Moreton, Welsh Rd. Farm, Offchurch, Leamington Spa, Warwickshire CV33 9BG; 07403 066 644; info@thewolfrun.com; www.thewolfrun.com  
**COST** £32 C/D 31/8 E/D YES, +£13

## YORKSHIRE

**LEEDS MIDNIGHT WALK**  
**VENUE** Leeds, Midnight  
**CONTACT** Sue Ryder Wheatfields Hospice, Grove Rd, Leeds LS4 2TP; Wheatfields.fundraising@suerydercare.org; www.suerydercare.org/pages/midnight\_walk.html  
**COST** Free

## SUNDAY SEPTEMBER 25

## BERKSHIRE

**RNLI LONG SWIM SERIES (+)**  
**VENUE** Eton Rowing Lake, Dorney, Windsor, 9am  
**CONTACT** Benedict Mason, 3 Hill House, Tehidy Park, Camborne, Cornwall TR14 0TH; 07855 500 149 [day]; events@votwo.co.uk; www.votwoevents.co.uk  
**COST** £25 C/D 23/9 E/D YES, +£2

**USN DORNEY LAKE TRIATHLON (+)**

**VENUE** Eton College, Windsor, 8:30am  
**CONTACT** Benedict Mason, 3 Hill House, Tehidy Park, Camborne, Cornwall TR14 0TH; 07855 500 149 [day]; 07855 500 149 [mob]; events@votwo.co.uk; www.votwoevents.co.uk  
**COST** £55 E/D YES, +£2

**WINDSOR 1/2M (+)**

**VENUE** The Long Great Walk, Windsor Great Park, Windsor, 1pm  
**CONTACT** Joanne Tranter, PO Box 2070, Stourbridge, West Midlands DY8 1WX; 01782 388 128 [day]; joanne@running4women.com; www.runwindsor.com  
**COST** £23.50/£25.50 C/D 12/9 E/D NO

## CAMBRIDGESHIRE

**BOURN TO RUN 10KM CHARITY RACE (+)**  
**VENUE** Bourn Hall, Bourn, Cambridge, 10:30am  
**CONTACT** Lorretta Peck, Cambourne, Cambridge CB23 5JA; lorrettapeck229@btinternet.com; www.bournforrun.com  
**COST** TBC E/D NO

## CHESHIRE

**MACCLESFIELD HALF (+)**  
**VENUE** Macclesfield Leisure Centre, 10am  
**CONTACT** Tim Stock, 27 Fountain St, Macclesfield, Cheshire SK10 1JN; 07710 952 243; macclesfieldhalf@sky.com; www.macc-half.co.uk  
**COST** £18/£20 C/D 18/9 E/D YES, +£4

## DERBYSHIRE

**BUXTON TRIATHLON**  
**VENUE** Buxton Spa Pool, Pavilion Gardens, Buxton, 7am  
**CONTACT** Events Manager, PO Box 662, Altrincham, Cheshire WA15 0UZ; 0161 928 6795 [day]; info@xtramileevents.com; www.XtraMileEvents.com  
**COST** £39 E/D NO

**WILD THING 10K / RUN / MUD / WATER ONLINE ENTRY**

**VENUE** Wild Park, Brailsford, Ashbourne, 10am  
**CONTACT** Steve Walker, 62 Rectory Lane, Breadsall, Derby DE21 5LL; 07894 547 765 [day]; steve.walker@aaa-adventure.co.uk; www.aaa-adventure.co.uk  
**COST** £32 E/D NO

## DEVON

**THE DOONE RUN**  
**VENUE** Manor Grounds, Lynmouth, 11am  
**CONTACT** S Pope, 2 Churchford Rd, Knowle, Barnstaple, Devon EX33 2LT; sherlock.holmes@btinternet.com; www.northdevonroadrunners.com  
**COST** £11/£13 C/D 18/9 E/D YES, +£2

## DORSET

**RACE TO THE BILL TRIATHLON (1500M/40K/10K)**  
**VENUE** Wpnsa, Osprey Quay, Portland, 7:30am  
**CONTACT** Mark Steen, 4 Swaffield Gardens, Weymouth, Dorset DT4 9PE; 07752 902 080 [mob]; mark@bustinskin.com; www.bustinskin.com  
**COST** TBC E/D NO

## ESSEX

**DANBURY DASH 10K AND 5K CHARITY RUN (+)**  
**VENUE** Danbury Outdoor Centre, Danbury, 10am  
**CONTACT** Dan Bates, Century House, Riverside Office Centre, North Station Rd, Colchester, Essex CO1 1RE; 01206 577 678 [day]; danburdash@autism-anglia.org.uk; www.autism-anglia.org.uk  
**COST** £15 C/D 16/9 E/D NO

**DEDHAM 10K RUN (+)**

**VENUE** Dedham Playing Fields, 11am  
**CONTACT** Bev Hudson, Willows, Grove Hill, Dedham,

Dedham CO7 6DS; www.dedhamrun.co.uk  
COST TBC

**SAFFRON WALDEN 10K (+) ONLINE ENTRY**

**VENUE** Newport Free Grammar School Sports Centre, Bury Water Lane, Newport, Saffron Walden, 10:30am  
**CONTACT** Nigel Coates, 24 Farmadine, Saffron Walden, Essex CB11 3HP; 01799 523 056 [eve]; 07711 418 921 [mob]; allcoates@ntlworld.com; www.saffronstriders.org.uk/insite.htm  
**COST** £10/£12 C/D 21/9 E/D YES, +£2

## GREATER MANCHESTER

**RUN4ALIFE (+)**  
**VENUE** Haigh Hall Country Park, Wigan, 9:30am  
**CONTACT** Phil Hirst, PO Box 507, Wigan WN1 9AB; 07813 471 000; enquiries@run4alife.com; www.run4alife.com  
**COST** £10 C/D 20/9 E/D YES, +£2

**SWINTON TEN MILE ONLINE ENTRY**

**VENUE** Swinton FC, Barton Road, Swinton, 9:30am  
**CONTACT** Ian Thomas, 7 Coverdale Close, Platt Bridge, Wigan, Lancashire WN2 5EN; 0161 929 5666 [day]; 01942 864 339 [eve]; 07747 772 471 [mob]; ianjanet@totalise.co.uk; www.swintonrunningclub.co.uk  
**COST** £8/£10 C/D 19/9 E/D YES, +£2

## TOWER RUN FOR CYSTIC FIBROSIS

**VENUE** Beetham Hilton Tower, 301 Deansgate, Manchester, 9am  
**CONTACT** Cystic Fibrosis, 11 London Rd, Bromley BR1 1BY; fundvol@cftrust.org.uk; www.cftrust.org.uk  
**COST** TBC

## HAMPSHIRE

**ABBOTTS ANN 10KM CROSS COUNTRY (+) ONLINE ENTRY**  
**VENUE** Abbots Ann Sports Field, Bulbery, 10am  
**CONTACT** Alex Nolan, 26 Bulbery, Abbots Ann, Andover SP11 7BN; 01264 710 585; 07956 494 085 [mob]; alexnolan5@hotmail.com  
**COST** £12 C/D 12/9 E/D YES, +£3

**HURSLEY MULTI TERRAIN 10K (+)**

**VENUE** John Keble Primary School, Hursley, Winchester, 10:30am  
**CONTACT** Ian Wells, Hursley SO21 2JY; web@hursley10k.co.uk; www.hursley10k.co.uk  
**COST** £12/£14 E/D NO

**NEW FOREST 1/2M ONLINE ENTRY**

**VENUE** New Milton, 9:30am  
**CONTACT** NFM Ltd C/O FR Systems, PO Box 512, Cheadle, Stoke-on-Trent, Staffs ST10 4RJ; 01425 618 180 [day]; nfm-marathon@hotmail.co.uk; www.newforestmarathon.org.uk  
**COST** £19/£21 C/D 31/8 E/D NO

**NEW FOREST MARATHON ONLINE ENTRY**

**VENUE** New Milton, 10am  
**CONTACT** As above  
**COST** £21/£23 C/D 31/8 E/D NO

**RACE READY BUPA GREAT SOUTH RUN - WEEKLY RUN**

**VENUE** Port Solent Runners Need, Snow+Rock, The Boardwalk, Port Solent, Portsmouth, 9:30am  
**CONTACT** Byron Dudding, 5 Blythe Mews, Blythe Road, London W14 0HW; teampowerade@sportsvision.co.uk; www.runnersworld.co.uk/poweraderaceready  
**COST** Free E/D NO ONLINE ENTRY

## HEREFORDSHIRE

**UPTON BISHOP BIG DIPPER 5.6 (+)**  
**VENUE** Upton Bishop Millennium Hall, Upton Bishop, Ross-on-Wye, 11am  
**CONTACT** Nigel Misselbrook, Ryelands, Upton Bishop, Ross-on-Wye, Herefordshire HR9 7TU; 01989 780 488 [day]; 01989 780 574 [eve]; nmisselbrook@btinternet.com; www.uptonbishop.org  
**COST** £6/£8 C/D 22/9 E/D YES, +£2

## HERTFORDSHIRE

**ASHRIDGE 5 ONLINE ENTRY**

**VENUE** Ashridge Estate, Berkhamsted, 10:30am  
**CONTACT** Dirt Running, Waterdene House, Water Lane, Leighton Buzzard, Bedfordshire LU7 1AW; dirtrunning@gmail.com; www.dirtrunning.co.uk  
**COST** £12/£14 C/D 16/9 E/D NO

**MANCHES MOOR PARK 10K (+)**

**VENUE** Merchant Taylors' School, Sandy Lodge Lane, Moor Park, Northwood, 3pm  
**CONTACT** John Hambleton, LJMC, Mount Vernon Hospital, Rickmansworth Rd, Northwood, Middlesex HA6 2RN; 07779 458 285 [mob]; john@moorpark10k.org.uk; www.moorpark10k.org.uk  
**COST** £12 C/D 15/9 E/D YES, +£2

**THE GARDEN CITY 10 (+)**

**VENUE** Sir Frederic Osborn School, Herts Lane, Welwyn Garden City, 10:30am  
**CONTACT** Garden City 10, Sue Fletcher, 9 Digs Well House, Welwyn Garden City, Herts AL8 7NX; gc10@

gardencityrunners.org.uk; www.gardencityrunners.org.uk/gc10.html  
COST £12/£14 C/D 21/9 E/D YES, +£3

## KENT

**FOLKESTONE ROTARY 1/2M ONLINE ENTRY**

**VENUE** The Grand, The Leas, Folkestone, 10am  
**CONTACT** Ray Johnson, Chuch House, 136 Sandgate Rd, Folkestone, Kent CT20 2BN; 01303 221 188 [day]; 07968 290 352 [mob]; ray@independentinsuranceservices.co.uk; folkestonerotary.org  
**COST** £13/£15 C/D 21/9 E/D YES, +£2

**CHISLEHURST CHASE 10K (+)**

**VENUE** Royal Parade, Chislehurst, 10am  
**CONTACT** Colin Yardley, Glebe Cottage, Church Lane, Chislehurst BR7 6QA; 020 8467 4183; darwinc@ntlworld.com; www.chislehurstcommons.org.uk  
**COST** £10 C/D 19/9 E/D YES, +£2

## LANCASHIRE

**RUN PRESTON 10K 2011 (+) ONLINE ENTRY**

**VENUE** Preston Markets, Preston, 10am  
**CONTACT** Jo Dring, Guild Hall, Lancaster Rd, Preston, Lancashire PR1 1HT; 01772 906 188 [day]; j.dring@preston.gov.uk; www.preston.gov.uk/majorevents  
**COST** £9/£11 C/D 16/9 E/D YES, +£2

**RUN PRESTON 5K 2011**

**VENUE** Preston Markets, 11:30am  
**CONTACT** As above  
**COST** £7/£8 C/D 16/9 E/D YES, +£2 ONLINE ENTRY

## LINCOLNSHIRE

**SAXILBY 5KM RUN (+)**

**VENUE** Saxilby, St Andrews Centre, William Street, Lincoln, 11am  
**CONTACT** Christopher Farrell, West Lindsey District Council, Guildhall, Marshalls Yard, Gainsborough, Lincolnshire DN21 2NA; chris.farrell@west-lindsey.gov.uk; www.westlindseyrunseries.co.uk  
**COST** £6/£8 C/D 15/9 E/D NO

**WEST PINCHBECK 10K ONLINE ENTRY**

**VENUE** West Pinchbeck Primary School, 11am  
**CONTACT** Aimee Stocker, 18 Knipe Ave, Spalding, Lincs PE11 2YE; spaldingtriclub@hotmail.co.uk; www.spaldingtri.co.uk  
**COST** £7/£9 C/D 23/9 E/D YES, +£1

## LONDON

**SHEACTIVE EVERY WOMAN'S RICHMOND PARK TRAIL 11.5K**

**VENUE** Richmond Park, Sheen Gate, Sheen Lane, London, 8:30am  
**CONTACT** Gina Naude, 27 Wentworth Court, St Marks Hill, Surbiton, Surrey KT6 4PU; coolbreezevents@gmail.com; www.everywomansduathlon.co.uk  
**COST** £18 C/D 16/9 E/D NO

**STARFISH 10K BREAKFAST RUN ONLINE ENTRY**

**VENUE** Clapham Common, London, 10:30am  
**CONTACT** Hester Enthoven, 2 Gresham St, London EC2V 7QP; 020 7597 3797 [day]; run@starfishcharity.org; www.starfishcharity.org  
**COST** £23 C/D 18/9 E/D YES, +£3

**STARFISH 5K BREAKFAST RUN ONLINE ENTRY**

**VENUE** Clapham Common, London, 10:30am  
**CONTACT** As above  
**COST** £10 C/D 18/9 E/D YES, +£2

**THE VIRGIN ACTIVE GREAT HIGHGATE 5K FUN RUN ONLINE ENTRY**

**VENUE** Merton Lane Heath Entrance, London, 11am  
**CONTACT** Marjorie Isabelle, Whittington Hospital NHS Trust, Fundraising Officer, Magdala Ave, London N19 5NF; 020 7288 5641 [day]; marjorie.isabelle@whittington.nhs.uk; www.whittington.nhs.uk/funrun  
**COST** £15 C/D 21/9 E/D YES

## NORFOLK

**EAST ANGLIAN AIR AMBULANCE RUNWAY RUN (+)**

**VENUE** Tibenham Airfield, Tibenham, Diss, 4pm  
**CONTACT** Hannah Clay, Unit 5B Aikmaar Way, Norwich International Business Park, Norwich, Norfolk NR8 6XR; 01603 489 405 [day]; hannah.clay@eaaa.org.uk; www.eaaa.org.uk  
**COST** TBC

## NORTHAMPTONSHIRE

**ROADE TRIATHLON 414M/20K/5K**

**VENUE** Roade School, Roade, 7:45am  
**CONTACT** Alan Rose, 56 York Rd, Wollaston, Northants NN29 7SG; 01933 663 516 [day]; events@justtracinguk.com; www.justtracinguk.com  
**COST** £35/£40 E/D NO

**RUSHDEN 5 (IN SUPPORT OF HELP FOR HEROES) (+)**

**VENUE** Hall Park, Rushden, 10:15am  
**CONTACT** Daniel Groom, 55 Park, Ave, Rushden,



Northants NN10 9NP; 07947 543 990 [day];  
RushdenHighamRotary@gmail.com; www.rushdenhighamrotary.org/FunRun.aspx  
COST TBC

**NOTTINGHAMSHIRE**  
**CROSSDALE 10K, KEYWORTH (+)**  
ONLINE ENTRY

VENUE Crossdale Drive Primary Sch, Keyworth, 10am  
CONTACT David Rickards, Crossdale 10K Trail and Community Fun Run, Crossdale Drive Primary School, Crossdale Drive, Keyworth, Nottingham, NG12 5HP; info@crossdale10k.co.uk; www.crossdale10k.co.uk  
COST £7/£9 C/D 21/9 E/D YES. Prices TBC

**OXFORDSHIRE**  
**FINSTOCK 10K (+)** ONLINE ENTRY

VENUE Cornbury Park, Charlbury, 11am  
CONTACT Race Secretary, 17 Church Rise, Finstock, Chipping Norton, Oxon OX7 3DH; finstockfunrun@googlemail.com; sites.google.com/site/finstock10k/  
COST £10/£12 C/D 18/9 E/D YES, +£2

**LONGWORTH 10K**

VENUE Village centre, Longworth, 11am  
CONTACT Richard Kenyon, 1 Rectory Lane, Longworth, Abingdon, Oxfordshire OX13 5DZ; 01865 821 276 [eve]; 07831 569 940 [mob]; richardkenyon44@hotmail.com; www.longworthrunners.com  
COST £8/£10 C/D 20/9 E/D YES, +£2

**OXFORD 1/2M**

VENUE The Kassam Stadium Complex, Oxford, 9:30am  
CONTACT Race Director, Perth Villa, Marine Parade, Clevedon BS21 7QS; info@oxfordhalfmarathon.co.uk; www.oxfordhalfmarathon.co.uk  
COST £20/£22 C/D 11/9 E/D NO

**SCOTLAND**

**30TH DUMFRIES 1/2M**

VENUE The Crichton, Dumfries, 11am  
CONTACT Mhairi Duff, 18 Janefield Ave, Dumfries, Dumfriesshire DG2 7PZ; 01387 264 416 [eve]; dumfrieshalfmarathon@gmail.com; www.dumfriesrunningclub.org.uk  
COST £13/£15 C/D 15/9 E/D NO

**DYKE 10K**

VENUE Dyke Village Hall, 2:30pm  
CONTACT Jackie Nicol, 43 Drumduan Park, Forres, Moray IV36 1GF; 01309 674 810; www.forresharriers.org.uk  
COST £5/£7 C/D 24/9 E/D YES, +£1

**URBANATHLON**

VENUE Holyrood Park, Edinburgh, 11am  
CONTACT Kimberley Davidson, 9 Haymarket Terr, Edinburgh EH12 5EZ; 0131 225 4800 [day]; events@chss.org.uk; www.urbanathlon.org.uk  
COST £12.50 E/D NO

**SHROPSHIRE**

**POWIS ARMS BURY DITCHES HILL RACE**

VENUE Powis Arms, Lydbury North, Bishops Castle, 11am  
CONTACT Dave Farrow (Oaktree Cres, Lydbury North, Craven Arms, Shropshire SY7 8BN; david@farrow54.orangehome.co.uk; buryditcheshillrace.wordpress.com  
COST £5 E/D ONLY

**SOMERSET**

**MELLS SCENIC 7**

VENUE Mells, 11am  
CONTACT Matthew Gilliard, 18 Ringwell, Norton St Philip, Somerset BA2 7NY; scenic7@mellsscenic7.co.uk; www.mellsscenic7.co.uk  
COST £8/£10 C/D 18/9 E/D YES, +£2

**STAFFORDSHIRE**

**KINVER ROTARY 10K (+)**

VENUE Kinver Leisure Centre, 10am  
CONTACT Action Heart, 5 Baird House, Dudley Innovation Centre, The Pensnett Estate, Kingswinford, West Mids DY6 7YA; 01384 292 233; running@actionheart.com; www.actionheartrunning.com  
COST £9/£11 C/D 22/9 E/D NO

**LITTLE HEARTS MATTER CHARITY 5 AND 10K RUN**

VENUE Shugborough Hall, Milford, Stafford, 10:30am  
CONTACT Gwen Webb, 11 Greenfield Cres, Edgbaston, Birmingham B15 3AU; 0121 455 8982 [day]; 07812 570 942 [eve]; gwen@lhm.org.uk; lhm.org.uk  
COST £15 C/D 15/9 E/D YES, +£5

**SURREY**

**SWITCHBACK 5 - CROYDON** ONLINE ENTRY

VENUE Lloyd Park, Croydon, 10:30am  
CONTACT Race Secretary, 107 Selsdon Park Rd, South Croydon CR2 9JJ; 07817 842 963 [eve]; mickeyturn@yahoo.co.uk; www.stridersofcroydon.co.uk  
COST £5/£7 C/D 19/9 E/D YES, +£2

**SUSSEX**

**EAST GRINSTEAD 10K** ONLINE ENTRY

VENUE Imberhorne School, Imberhorne Lane, East Grinstead, 10:30am

CONTACT Tim Best, Summerhouse, Hammerwood Rd, Ashurstwood, East Grinstead, West Sussex RH19 3SA; info@eg10k.com; www.eg10k.com  
COST £10/£12 C/D 23/9 E/D YES. £15

**THE BIG10K** ONLINE ENTRY

VENUE Devonshire Road, Bexhill-on-Sea, 10:30am  
CONTACT Paul Holdaway, Po Box 32, Bexhill-on-Sea, East Sussex TN40 1ZD; 01424 810 096 [day]; info@big10k.co.uk; www.big10k.co.uk  
COST £12/£14 C/D 20/9 E/D YES. £20

**THE BRIGHTON TRIATHLON (+)**

VENUE Brighton Marina, Brighton, 7:30am  
CONTACT The Brighton Triathlon, The Jog Shop, 39a George St, Brighton, E Sussex SM4 4HW; 01273 675 717 [day]; www.brightonmarinatriathlon.co.uk  
COST £36/£39 C/D 10/9 E/D NO

**WALES**

**2 RIVERS RUN**

VENUE Broadaxe Lane, Presteigne, 11am  
CONTACT Dawn Lloyd, 44 Caenbrook Meadow, Presteigne, Powys LD8 2NE; 01544 267 052 [day]; mdawnlloyd@aol.com; www.presteignepacers.co.uk  
COST £6/£8 C/D 23/9 E/D YES. £9

**WARWICKSHIRE**

**HATTON 5 (+)**

VENUE Hatton Country World, Dark Lane, Warwick, 10:30am  
CONTACT Kelly Cooper, Hatton Country World, Hatton House, Warwick CV35 7LD; 01926 844 330 [day]; kcooper@hattonworld.com; www.hattonworld.com  
COST £9/£11 C/D 16/9 E/D YES, +£2

**WEST MIDLANDS**

**SPARTAN RACE: BIRMINGHAM**

VENUE Birmingham, 10am  
CONTACT Richard Lee, 8 Newmarket Rd, Ely, Cambridgeshire CB6 3JZ; richard@spartanrace.com; www.spartanrace.com  
COST TBC E/D NO

**WILTSHIRE**

**BLACKLAND DOWNS CHALLENGE 7.5** ONLINE ENTRY

VENUE Blacklands Health Club, Blacklands, 11am  
CONTACT Colin Morris, 49 Lake View, Quemerford, Calne, Wiltshire SN11 8JA; 07799 721 403 [day]; colin@sporzform.co.uk; www.blacklandhealthclub.co.uk  
COST £6/£8 C/D 20/9 E/D YES, +£1

**YORKSHIRE**

**THE SUTTON PARK 10K** ONLINE ENTRY

VENUE The Playing Field, Sutton-on-the-Forest, York, Noon  
CONTACT The Sutton Park 10k Race Secretary, 7 The Gowans, Sutton-on-the-Forest, York, North Yorkshire YO61 1DL; www.statelyhome.co.uk/news-and-events  
COST £9/£11 C/D 18/9 E/D YES, +£2

**FILEY 10K BEACH RACE** ONLINE ENTRY

VENUE Country Park, Filey Brigg, 10:30am  
CONTACT Sam Cross, 12 Cliff Top, Filey, YO14 9HG; filey10kbeachrace@live.co.uk; www.filey10kbeachrace.co.uk  
COST £13/£15 E/D YES, +£2

**HORSFORTH 10K** ONLINE ENTRY

VENUE Woodhouse Grove School, Apperley Bridge, Bradford, 10am  
CONTACT Ray Rundle, 81 Broadgate Walk, Horsforth, Leeds, West Yorkshire LS18 4HB; run.h.harriers@hotmail.com; www.horsforthharriers.co.uk  
COST £10/£12 C/D 19/9 E/D YES, +£2

**NETHERTHONG 10K (+)**

VENUE Netherthong Primary School, School Street, Netherthong, Holmfirth, 11:15am  
CONTACT Sophie Barraclough, 27 Outlane, Netherthong, Holmfirth, West Yorks HD9 3EQ; 01484 680 333; sophiebarraclough@tiscali.co.uk; netherthong.kgfl.digitalbrain.com  
COST £6.50/£8.50 C/D 23/9 E/D YES, +£1

**TUESDAY SEPTEMBER 27**

**AVON**

**BRIDGE INN 5K (BRISTOL) WINTER SERIES**

VENUE Bridge Inn, Shortwood, Bristol, 7:30pm  
CONTACT Christopher Elson, 14 Belvedere Road, Bristol BS6 7JQ; 0117 973 3391; c.j.elson@bris.ac.uk; bristolandwestac.org.uk  
COST £5/£7 E/D ONLY

**FRIDAY SEPTEMBER 30**

**CORNWALL**

**THE VOTWO ATLANTIC COAST CHALLENGE 78.6**

VENUE RACE HQ: St Ives Bay Holiday Park, Hayle, 7am  
CONTACT Benedict Mason, 3 Hill House, Tehidy Park, Camborne, Cornwall TR14 0TH; 07540 90216 [eve]; events@votwo.co.uk; www.votwoevents.co.uk

COST £155 C/D 24/9 E/D NO

**LONDON**  
**BROOKS, SERPENTINE LAST FRIDAY OF THE MONTH 5K**

VENUE The Bandstand, Hyde Park, London, 12:30pm  
CONTACT Malcolm French, 35 Merton Rd, Harrow, Middx HA2 0AA; 020 8422 3900; MalcolmFrench@aol.com; www.serpentine.org.uk/pages/1fotmonth5k.html  
COST £2/£4 C/D 23/9 E/D NO

**SATURDAY OCTOBER 1**

**CUMBRIA**

**CONISTON 15K (+)**

VENUE John Ruskin School, Coniston, 2pm  
CONTACT Diana Taylor, 71 Serpentine Rd, Kendal, Cumbria LA9 4PD; mail@lakelandtrails.org; www.lakelandtrails.org  
COST £22 C/D 1/9 E/D NO

**DERBYSHIRE**

**NO WALK IN THE PARK 5K (+)**

VENUE Queen's Park, Cricket Pavilion, Chesterfield, 9:30am  
CONTACT John Cannon, 602 Chatsworth Rd, Chesterfield, Derbyshire S40 3JX; 01246 566 458 [eve]; lassiecannon@aol.com; northderbyshirer.c.jimdo.com/  
COST £3/£5 E/D ONLY

**GLOUCESTERSHIRE**

**MAY HILL CHALLENGE 9**

VENUE Newent Community School, Watery Lane, Newent, 11am  
CONTACT John Barnes, Freshfields, Much Marcle, Ledbury, Herefordshire HR8 2LY; 07522 010 479 [mob]; ajbsportsevents@gmail.com; ajbsportsevents.co.uk  
COST £13/£16 C/D 21/9 E/D YES, +£2

**KENT**

**EASY ORIENTEERING FOR RUNNERS IN PETTS WOOD**

VENUE Jubilee Park, Tent Peg Lane car park, Bromley, 11am  
CONTACT Sean Cronin, 7 The Croft, Leybourne, West Malling ME19 5QD; newcomers@dfok.co.uk; www.dfok.co.uk  
COST £4 E/D ONLY

**LANCASHIRE**

**SAAB SALOMON RIVINGTON TRAIL 1/2M (+)** ONLINE ENTRY

VENUE Rivington, Horwich, 10am  
CONTACT Mike Gratton, Events House, 63 Osborne Rd, Farnborough GU14 6AP; 01252 373 797 [day]; mike@209events.com; www.209events.com  
COST £18 C/D 28/9 E/D NO

**LONDON**

**SELF TRANSCENDENCE 10K** ONLINE ENTRY

VENUE South Carriage Drive, Battersea Park, 8am  
CONTACT Shankara Smith, Run and Become, 42 Palmer St, Victoria, London SW1H 0PH; 0207 222 1314 [day]; 0208 876 4760 [eve]; 07734 298 024 [mob]; races@runandbecome.com; uk.srichinmoyraces.org/races/london  
COST £8/£10 C/D 29/9 E/D YES, +£1

**NORFOLK**

**BARNINGHAM HALL 5K ISH RUN (+)**

VENUE Barningham Hall, Matlaske, 2:30am  
CONTACT Kirsty Youngman, Riverview Cottage, The Street, Ingworth, Norwich, Norfolk NR11 6AE; 01263 735 575 [day]; kirsty\_youngman@hotmail.com  
COST £5 C/D 23/9 E/D YES

**SUFFOLK**

**Q2 - THE QUEST CHALLENGE**

VENUE Little Lodge Farm, Santon Downham, Brandon, 10am  
CONTACT Daniel Carrivick, Quest, Stokes Marsh Lane, Coulston, Wiltshire BA13 4NZ; 01380 831 388 [day]; info@questtgo.com; www.queststars.co.uk  
COST £79 E/D NO

**SURREY**

**GUILDFORD MONTHLY 5K TIME TRIAL**

VENUE Stoke Park, Guildford, 9am  
CONTACT Ian Durrant; 07947 275 090 [mob]; fiona.ian@ntlworld.com; www.ggac.co.uk  
COST Free

**RUN RICHMOND PARK 10K (6)**

VENUE Richmond Park, 10:10am  
CONTACT David Krangel, 2, 31 Ashley Rd, Epsom KT18 5BD; 020 8144 0797 [day]; 07919 141 534 [mob]; info@thefixuk.com; www.thefixevents.com/content/run-richmond-park-5k-10k-race-6/  
COST £16 C/D 25/5 E/D NO

**RUN RICHMOND PARK 5K (6)**

VENUE Richmond Park, 10am  
CONTACT As above  
COST £13 C/D 26/5 E/D NO

**WALES**

**WELSH ONE DAY ULTRA - ROUND 1, 30 MILES, THE BLACK MOUNTAINS**

VENUE The Black Mountains, Talgarth, 8am

CONTACT Barry French, 5 Cae Pentre, Lower Chapel, Brecon, Powys LD3 9RE; 01874 665 318 [day]; events@mightcontainnuts.com; www.mightcontainnuts.com/events/welsh\_one\_day\_ultra\_series/index.html  
COST £38 E/D NO

**WHERE RAVENS DARE (+)**

VENUE Machen Village Hall, Caerphilly, 9am  
CONTACT David Morgan, 12 Rockfild Rise, Undy, Monmouthshire NP26 3FG; wheravensdare@hotmail.co.uk; www.southwalesdwa.org/swldwa\_wrd.htm  
COST £6.20/£8.20 E/D YES. £10

**YORKSHIRE**

**ROUND RIPON ULTRA 35 (+)** ONLINE ENTRY

VENUE Village Green, Studley Roger, Ripon, 9am  
CONTACT Guy Travers, Alexandra House, Harrowden Rd, Wellingborough, Northants NN8 5BD; 07747 803 090 [mob]; guy@gobeyondchallenge.co.uk; www.gobeyondultra.co.uk  
COST £39 C/D 28/9 E/D YES, +£5

**SALTERGATE CIRCUIT 16 (+)**

VENUE Stape Centre, Pickering, 9am  
CONTACT David Swales, 9 Green Sward, York, North Yorkshire YO31 1JE; jo.tony@talk21.com; saltergatecircuit.org.uk  
COST £10 E/D YES, +£2

**SNAPE 10K (+)**

VENUE Snape Village, Bedale, 11am  
CONTACT Diane Hosking, The Old Post Office, Snape, Bedale, North Yorkshire DL8 2TH; 01677 470 232; diane.hosking@btinternet.com  
COST £6 C/D 24/9 E/D YES, +£1

**SUNDAY OCTOBER 2**

**BEDFORDSHIRE**

**LEIGHTON TOUGH 10** ONLINE ENTRY

VENUE Vandyke Upper School, Leighton Buzzard, 9am  
CONTACT Peter Mackrell, Flat 4, Woburn Court, 18 Victoria Rd, Leighton Buzzard, Bedfordshire LU7 2NP; andy\_inchley@hotmail.com; www.leightonbuzzardac.co.uk/index.php?option=com\_content&task=view&id=33&Itemid=44  
COST TBC

**BERKSHIRE**

**READING O2O 10K** ONLINE ENTRY

VENUE Thames Valley Park, Reading, 9am  
CONTACT Chris Donald, 23 York Rd, Marlow, Bucks SL7 2QB; 01628 474 953; 07860 650 579 [mob]; info@purplepatchrunning.com; www.purplepatchrunning.com  
COST £13/£15 C/D 25/9 E/D YES, +£3

**ROWER'S REVENGE NEW SPRINT DISTANCE 2000M ROW/24KM BIKE/5KM RUN**

VENUE Higginson Park, Court Gardens Leisure Complex, Marlow, 7am  
CONTACT Martyn Edwards, 31 Cumbria Close, Maidenhead, Berkshire SL63DD; 07909 915 444 [mob]; enquiries@f3events.co.uk; www.f3events.co.uk  
COST £36/£39.50 C/D 10/9 E/D NO

**BUCKINGHAMSHIRE**

**BANANAM CHASE 10K (+)**

VENUE Willen Lake, V10 Brickhill Street, Milton Keynes, 10am  
CONTACT Banana Army, 39-40 Eagle St, London WC1R 4TH; 020 7269 9012 [day]; nsharp@beatbloodcancers.org; www.beatbloodcancers.org/bananamachase  
COST £15 C/D 1/8 E/D NO

**LEY HILL SCHOOL 5MILE CHALLENGE**

VENUE Ley Hill School, Chesham, 10am  
CONTACT Mark Ellis-Jones, 157 Botley Rd, Chesham, Buckinghamshire HP5 1XR; markellisjones71@gmail.com  
COST TBC

**SOUTH BUCKS 10K ROAD RACE** ONLINE ENTRY

VENUE Black Park Country Park, Wexham, Slough, 9:30am  
CONTACT Fred Ashford, 23 Knights Templar Way, High Wycombe, Buckinghamshire HP11 1PX; 01494 534 972 [day]; fredashford@waitrose.com; www.southbucks10k.org.uk  
COST £8/£10 E/D YES, +£3

**CAMBRIDGESHIRE**

**ABINGTON CHARITY 10K (+)** ONLINE ENTRY

VENUE Granta Park, Great Abington, Cambridge, 10:30am  
CONTACT Liz Shields, 153 High St, Great Abington, Cambridge CB21 6AE; pta@greatabington.cambs.sch.uk; www.greatabingtonprimaryschool.co.uk/pta.asp  
COST £8/£10 C/D 23/9 E/D YES, +£2

**CHANNEL ISLANDS**

**STANDARD CHARTERED JERSEY MARATHON (+)**

VENUE The Weighbridge, St Helier, Jersey, 9am  
CONTACT Andrew Thomas, 26-32 King St, St Helier, Jersey JE23NE; +44 (0)1534 505 926 [day]; contact@jersey-marathon.com; www.jersey-marathon.com





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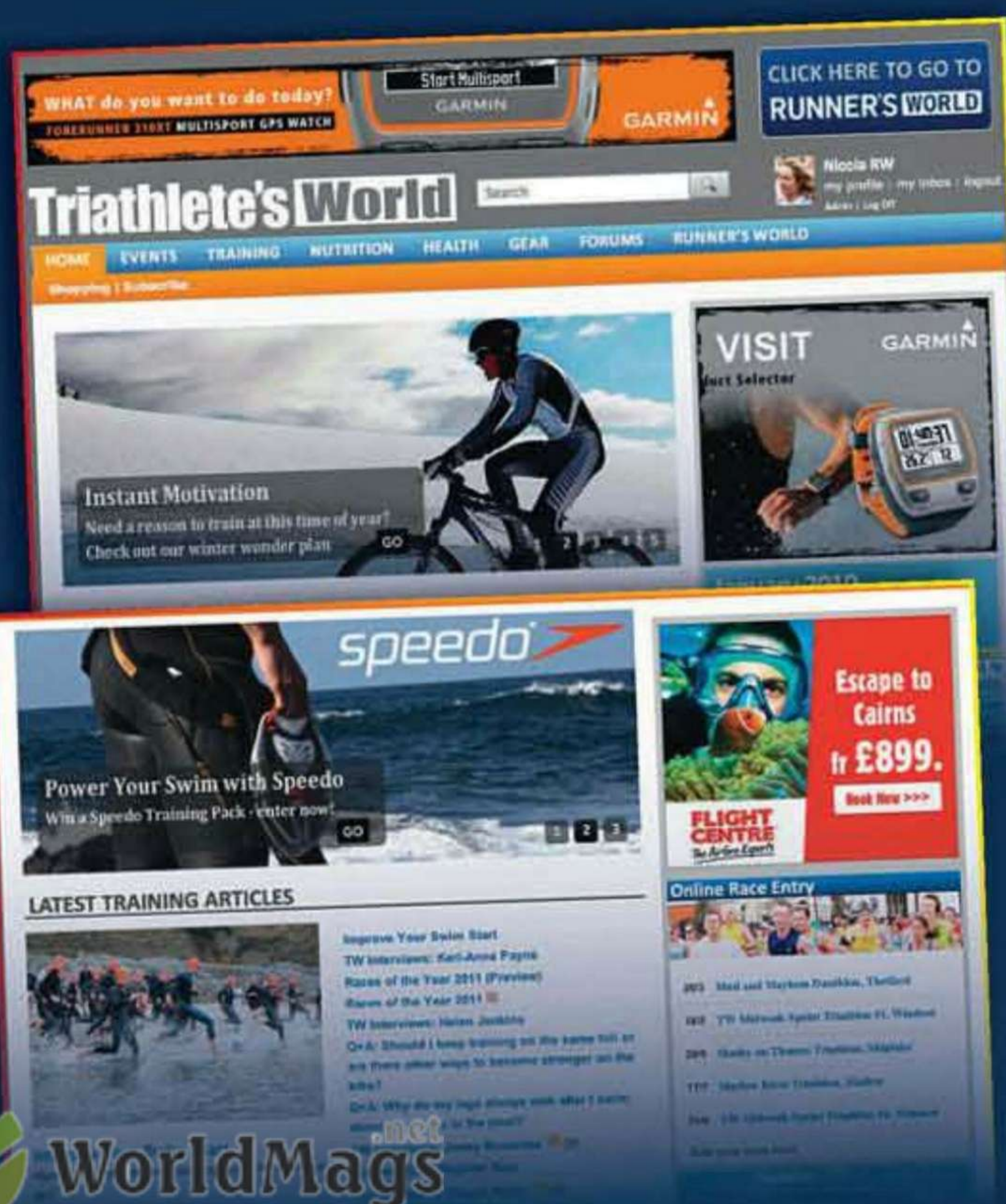
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**COST** £28/£30 C/D 23/9 E/D NO

**CHESHIRE**  
**●●● OULTON PARK AUTUMN DUATHLON (+)**  
**VENUE** Oulton Park Motor Racing Circuit, Little Budworth, Northwich, 10am  
**CONTACT** Events Manager, PO Box 662, Altrincham, Cheshire WA15 0UZ; 0161 928 6795 [day]; info@xtramileevents.com; www.XtraMileEvents.com  
**COST** £39 E/D NO

**CORNWALL**  
**●●● NEWQUAY 10K**  
**VENUE** Newquay Sports Centre, 10am  
**CONTACT** Jan Sargent, Byeways, Lewannick Rd, Cubert, Newquay, Cornwall TR8 5HJ; 01637 830 382; newquayroadrunners.co.uk  
**COST** £9.50/£11.50 C/D 20/9 E/D YES, +£2

**DERBYSHIRE**  
**●●● CARSINGTON SHORT COURSE DUATHLON**  
**VENUE** Visitor Centre, Carsington Water, Ashbourne, 8am  
**CONTACT** James Cresswell, 31 Dean Close, Littleover, Derby, Derbyshire DE3 4EF; 01332 513 299 [day]; james.cresswell@ntlworld.com; www.punishingevents.com  
**COST** £31/£36 C/D 18/9 E/D NO

**DEVON**  
**●●● BMAF 10K ROAD CHAMPIONSHIPS**  
**ONLINE ENTRY**  
**VENUE** The Pavilion, Esplanade, Exmouth, 11am  
**CONTACT** Ken Ballam, 7 Sandford Court, 32 BelleVue Rd, Bournemouth, Dorset BH6 3DR; 01395 513 611; johnperratt@talktalk.net; www.svvac.org.uk  
**COST** £10/£12 C/D 26/9 E/D YES, +£2

**●●● SOUTH MOLTON STRUGGLE**  
**VENUE** South Molton Rugby Club, 11am  
**CONTACT** Philip Pennington, 18 Whitehall Close, South molton, Devon EX36 4EQ; 07766 913 724 [eve]; 07766 913 724 [mob]; julie-clarkeandhood@fsmail.net; www.southmoltonstrugglers.co.uk  
**COST** £10/£12 C/D 1/1 E/D YES, +£2

**●●● THE BIDEFORD TRIATHLON 2011**  
**VENUE** Clarence Wharf, Bideford, 9:30am  
**CONTACT** Rob Floyd, Kilford, First Raleigh, Bideford, Devon EX39 3NJ; 01237 471 941 [day]; bidefordtriathlon@tiscali.co.uk; www.bidefordtriathlon.co.uk  
**COST** £30/£32 C/D 31/8 E/D NO

**●●● THE TEIGN VALLEY TODDLE**  
**ONLINE ENTRY**  
**VENUE** Teign Valley Community Hall, Christow, 10:30am  
**CONTACT** Sally Newton, Box Tree Cottage, 2 Rattle St, Trusham, Newton Abbot, Devon TQ13 0LU; teingtoddle@gmail.com  
**COST** £8/£10 C/D 30/9 E/D YES, +£2

**DORSET**  
**●●● HEROES RUN POOLE (+)**  
**VENUE** Poole Park, Poole, 10:20am  
**CONTACT** James Macdonald, Passing It On, Lower Ground Floor Flat, 3d Roundhill Cres, Brighton, East Sussex BN2 3FQ; 07967 189 482 [day]; 07967 189 482 [mob]; passingitonline@googlemail.com; www.heroesrun.org.uk  
**COST** £15/£16 C/D 20/9 E/D YES

**●●● HOBURNE 5**  
**VENUE** Hoburne Park, Hoburne Lane, Christchurch, 11am  
**CONTACT** Terry Byrne, Ridge House, Barnes Lane, Milford-on-Sea, Lymington, Hants SO41 0RP; 07771 803 054; ke\_ellard@lineone.net; www.runningtree.co.uk  
**COST** £7/£9 C/D 26/9 E/D YES

**ESSEX**  
**●●● MANUDEN FUN RUN 10K (+)**  
**ONLINE ENTRY**  
**VENUE** Manuden Primary School, 11am  
**CONTACT** Deborah Helliar, Old Lime Kiln Cottage, The Downs, Manuden, Bishop's Stortford, Herts CM23 1EA; 01279 814 428; funrun@manuden.org.uk; www.manuden.org.uk  
**COST** £8/£10 C/D 24/9 E/D YES. £10

**HAMPSHIRE**  
**●●● DESTINATION BASINGSTOKE 1/2M**  
**VENUE** Basingstoke, 11am  
**CONTACT** Felicity Edwards, Business Support Centre, London Rd, Basingstoke RG21 7YP; 01256 461 167 [day]; info@destinationbasingstoke.co.uk; www.basingstokehalfmarathon.com  
**COST** TBC E/D NO

**●●● QUEEN ELIZABETH TRAIL 11**  
**ONLINE ENTRY**  
**VENUE** Queen Elizabeth Country Park, Gravel Hill, Horndean, 10:30am  
**CONTACT** Simon Pearce, 468, Havant Rd, Farlington, Portsmouth, Hampshire PO6 1AB; 07824 725 020; info@enduratrail.co.uk; www.enduratrail.co.uk  
**COST** £14/£16 C/D 20/9 E/D NO

**●●● RACE READY BUPA GREAT SOUTH RUN - WEEKLY RUN**  
**ONLINE ENTRY**  
**VENUE** Port Solent Runners Meet, Snow+Rock, The

Boardwalk, Port Solent, Portsmouth, 9:30am  
**CONTACT** Byron Dudding, 5 Blythe Mews, Blythe Rd, London W14 0HW; teampowerade@sportsvision.co.uk; www.runnersworld.co.uk/poweraderaceready  
**COST** Free E/D NO

**HEREFORDSHIRE**  
**●●● HOPE VALLEY RUN (+)**  
**VENUE** Woolhope Village Hall, Woolhope, Hereford, 11am  
**CONTACT** Ronnie Scully, Pagets Spring, Hawkers Lane, Fownhope, Hereford, Herefordshire HR1 4PZ; 01432 373 020 [day]; running@pagets-spring.co.uk; hopevalleyrun.com  
**COST** £12/£13 C/D 28/9 E/D YES, +£1

**HERTFORDSHIRE**  
**●●● ABBOTS LANGLEY TOUGH 10 (+)**  
**ONLINE ENTRY**  
**VENUE** Manor House Playing Field, Abbots Langley, 10:30am  
**CONTACT** Pat Waterton, 34 High St, Abbots Langley, Herts WD5 0AR; 01923 265 256 [day]; abbotslangleytoughten@googlemail.com; www.tough10.co.uk  
**COST** TBC

**●●● EASNEYE EAGLE**  
**VENUE** Waterspace Farm, Easneye Estate, Ware, 10am  
**CONTACT** Sam Austin, 21 St Johns Court, Lady Margaret Gardens, Ware SG12 7SE; thetwistedbarbarian@live.co.uk  
**COST** £25 E/D YES, +£5

**●●● STANDALONE 10K**  
**VENUE** Standalone Farm, Wilbury Road, Letchworth Garden City, 9:30am  
**CONTACT** Jo Harbon, 19 Haselfoot, Standalone Farm, Letchworth Garden City, Hertfordshire SG6 4DE; info@standalone10k.org.uk; www.standalone10k.org.uk  
**COST** £10/£12 C/D 17/9 E/D NO

**●●● THE ST JAMES'S PLACE FOUNDATION TRIATHLON**  
**VENUE** St Albans, 7am  
**CONTACT** Melissa Campbell, East Clyffe, Salisbury SP3 4LZ; 01722 790 111 [day]; Melissa.Campbell@hopeandhomes.org; www.sprinttriathlon.org  
**COST** £15 C/D 1/9 E/D NO

**KENT**  
**●●● SITTINGBOURNE CHAS RYMAN MEMORIAL 10 MILE RACE (+)**  
**VENUE** Highsted School, Sittingbourne, 10:45am  
**CONTACT** Dick Whittingham, 85 Honeyball Walk, Teynham, Kent ME9 9TN; 01795 522 798 [day]; dick@dicksgaff.co.uk; www.sittingbournestridders.co.uk  
**COST** TBC

**LANCASHIRE**  
**●●● BLACKPOOL TO FLEETWOOD 10**  
**ONLINE ENTRY**  
**VENUE** Fleetwood Leisure Centre. Bus service from Centre to start in Blackpool 9am, Fleetwood, 10am  
**CONTACT** Race Office Committee, 55 Poulton Rd, Blackpool, Lancashire FY3 7DS; worldbest5.31@hotmail.com; Fylde-Coast-Running  
**COST** £14/£16 C/D 24/9 E/D YES, +£2

**●●● CAPERNWRAY CLEARWATER AUTUMN TRIATHLON [SPRINT]**  
**VENUE** Capernwray Dive Ctr, Over Kellet, Carnforth, 8:30am  
**CONTACT** David Newell, 7, Wilson House Farm, Lindale, Cumbria LA11 6QR; 01539 534 095 [day]; 07748 945 355 [mob]; davy@acs-events.co.uk; www.tri-south-lakes.co.uk  
**COST** £35/£38 C/D 1/6 E/D YES. £40

**●●● CAPERNWRAY CLEARWATER AUTUMN TRIATHLON [STANDARD]**  
**VENUE** As above, 8am  
**CONTACT** As above  
**COST** £60/£63 C/D 1/10 E/D YES. £65

**●●● GIN PIT 5 (+)**  
**ONLINE ENTRY**  
**VENUE** Miners Welfare Club, Gin Pit Village, End Of Ley Road, Off Prince's Avenue, Tyldesley, Manchester, 11am  
**CONTACT** Gary Stevens, 24 Highfield Ave, Atherton, Manchester, Greater Manchester M46 9LU; 01942 799 162 [day]; 01942 799 162 [eve]; stevensgary@hotmail.com; www.astleyrunners.co.uk  
**COST** £6/£8 E/D YES, +£1

**LINCOLNSHIRE**  
**●●● MABLETHORPE MARATHON (+)**  
**VENUE** Tennyson High School, Mablethorpe, 9:30am  
**CONTACT** Lynne Lamb, The Boatshed, 34 Victoria Rd, Mablethorpe, Lincs LN12 2AJ; 07546 040 146 [day]; info@mablethorpeparathon.org.uk; www.mablethorpeparathon.org.uk  
**COST** £25/£27 C/D 23/9 E/D NO

**LONDON**  
**●●● BIG FUN RUN LONDON (+)**  
**VENUE** Victoria Park, London, 11am  
**CONTACT** GSI Events Big Fun Run, North Berwick Business Centre, North Berwick EH39 4JS; www.bigfunrun.com  
**COST** £12 E/D NO

**●●● FINSBURY PARK 10K RACE (+)**  
**VENUE** Finsbury Park, Islington, 10am  
**CONTACT** Admin Team, PO BOX 395, Surrey SM1 9HP; 0845 257 1160 [day]; running@innovationsports.co.uk; www.innovationsports.co.uk  
**COST** £15.50 C/D 24/9 E/D YES, +£4.50

**●●● MORNINGTON CHASERS WINTER 10K GP SERIES**  
**ONLINE ENTRY**  
**VENUE** The Hub, The Regent's Park, London, 9am  
**CONTACT** Maurice Raynor, 2 Buckland Court, 37 Belsize Park, London NW3 4EB; 07713 327 690 [mob]; mauriceraynor@london.com; www.chaser.me.uk  
**COST** £60/£72 C/D 26/9 E/D YES. £12

**●●● WIMBLEDON AUDI 10K**  
**ONLINE ENTRY**  
**VENUE** Wimbledon Rugby Club, 9am  
**CONTACT** Marlo Kinnear, 167 Earlsfield Rd, London SW18 3DD; marlokinnear@yahoo.co.uk; www.wimbledon10k.com  
**COST** £14/£16 C/D 30/9 E/D YES. £18

**MERSEYSIDE**  
**●●● ASICS SEASIDE 10K (+)**  
**ONLINE ENTRY**  
**VENUE** Princes Park, Southport, 11am  
**CONTACT** Ann Eggington, Natterjack Running, 159 Eastbank St, Southport, Merseyside PR8 1EE; 01704 546 082 [day]; sales@natterjack.co.uk; www.natterjack.co.uk  
**COST** £10/£12 C/D 25/9 E/D YES, +£1

**●●● SPEKE HALL 10K**  
**ONLINE ENTRY**  
**VENUE** Speke Hall, Liverpool, 10am  
**CONTACT** Mark Connor, 58 Markfield Cres, Liverpool L25 9ph; www.bugruns.org.uk  
**COST** £13/£15 C/D 25/9 E/D NO

**NORTHAMPTONSHIRE**  
**●●● BRACKLEY TRY-A-TRI (+)**  
**VENUE** Brackley Swimming Pool, 68 Manor Road, Brackley, 11am  
**CONTACT** John Tanton, 10 Bricketts Lane, Flore NN7 4LU; 07963 428 727 [mob]; info@onyourmarksevents.org; www.onyourmarksevents.org  
**COST** £29/£32 C/D 18/9 E/D NO

**●●● THE RUN 11 - 10K (+)**  
**ONLINE ENTRY**  
**VENUE** Sixfields Stadium, Northampton, 9:45am  
**CONTACT** Natasha Large, White House Farm, Maltkiln Rd, Fenton, Lincolnshire LN1 2EW; 01427 718 888 [day]; info@onestepbeyond.org.uk; www.the-run.org  
**COST** £12/£14 C/D 19/9 E/D NO

**NOTTINGHAMSHIRE**  
**●●● NOTTINGHAM GOOSE FAIR GALLOP 10K**  
**ONLINE ENTRY**  
**VENUE** Kimberley Leisure Centre, Nottingham, 10am  
**CONTACT** Paul Thompson, 6 Burnt Oak Close, Nuthall, Nottingham NG16 1QR; paul@thompson2591.fsnet.co.uk; www.kadsrunning.co.uk  
**COST** £8/£10 C/D 24/9 E/D YES, +£2

**OXFORDSHIRE**  
**●●● BLENHEIM PALACE 1/2M (+)**  
**ONLINE ENTRY**  
**VENUE** Blenheim Palace, Woodstock, 10am  
**CONTACT** BHF West Events Team Customer Service, 2255 Coventry Rd, Sheldon, Birmingham B26 3NX; 0800 169 3672; northwestwalessevents@bhf.org.uk; www.bhf.org.uk/blenheim  
**COST** £22/£24 C/D 15/9 E/D NO

**SCOTLAND**  
**●●● BAXTERS LOCH NESS MARATHON AND FESTIVAL OF RUNNING (+)**  
**VENUE** Bught Park, Inverness, 10am  
**CONTACT** Rachel Phillips, Loch Ness Marathon, PO Box 26, Muir of Ord IV6 7WZ; 0844 875 1411; info@lochnessmarathon.com; www.lochnessmarathon.com  
**COST** £40/£42 C/D 1/5 E/D NO

**●●● BUPA GREAT EDINBURGH RUN 10K 2011**  
**VENUE** Edinburgh City Centre, 9:30am  
**CONTACT** Customer Services, Newcastle House, Albany Court, Monarch Rd, Newcastle, Tyne and Wear NE4 7YB; info@greatrun.org; www.greatrun.org  
**COST** £26 E/D NO

**SUFFOLK**  
**●●● MARTLESHAM HEATH 10KM (+)**  
**VENUE** Martlesham Heath Village Green, 11am  
**CONTACT** Bob Spillett, 4, Bredfield Rd, Woodbridge IP12 1JA; 01394 385 295 [day]; robert.e.spillett@btinternet.com  
**COST** £9/£11 C/D 26/9 E/D YES, +£2

**SURREY**  
**●●● JULIAN FARRELL 10K (+)**  
**VENUE** Kings International College, Watchetts Drive, Camberley, 11am  
**CONTACT** The Race Organiser, 20 Tekels Way, Camberley, Surrey GU15 1HX; 07885 764 889 [mob]; rjdunnet@gmail.com; www.camberleyathletics.org.uk  
**COST** TBC

**●●● TITSEY TRAIL 10K**  
**ONLINE ENTRY**  
**VENUE** Limpsfield Common, Oxted, 10:30am  
**CONTACT** Martin Berry, Holly Bank, Church Rd, Lingfield,

Surrey RH7 6AH; 10krace@oxtedrunners.org.uk; www.oxtedrunners.org.uk/10k/  
**COST** £10/£12 E/D NO

**SUSSEX**  
**●●● FRISTON FOREST 10K TRAIL RUN**  
**VENUE** Friston Forest, 9:45am  
**CONTACT** Graham Lee, 153 Gloucester Ave, Chelmsford, Essex CM2 9DU; mdp-triathlon@hotmail.co.uk; www.entrycentral.com  
**COST** £13/£15 E/D YES, +£5

**WALES**  
**●●● MEN'S HEALTH SURVIVAL OF THE FITTEST - CARDIFF**  
**VENUE** Roald Dahl Plass, Cardiff, 11am  
**CONTACT** Rat Race Events, Unit 4, Clifton Moor, York YO30 4WU; 0203 195 0185 [day]; info@ratraceadventure.com; www.mhssurvival.co.uk/  
**COST** £39 E/D NO

**●●● PEMBROKESHIRE 1/2M & 10K (+)**  
**VENUE** Coronation Hall, Dale, Haverfordwest, 11am  
**CONTACT** Huw Lewis, 18 Heritige Park, Haverfordwest, Pembrokeshire SA61 2QF; 07793 752 589 [mob]; pembstri-events@sporty.co.uk; www.pembrokeshire-tri.org.uk  
**COST** £15/£17 C/D 25/9 E/D NO

**WARWICKSHIRE**  
**●●● FRADLEY 10K**  
**ONLINE ENTRY**  
**VENUE** Kingsbury Water Park, 10:30am  
**CONTACT** Paul Griffin, 3 Tudor Row, Lichfield, Staffs WS13 6HH; 07947 698 147 [mob]; griffill@aol.com; www.kpevents.net  
**COST** £10/£12 C/D 30/9 E/D YES. £13

**●●● WARWICKSHIRE TRIATHLON (+)**  
**VENUE** Stratford Leisure and Visitor Centre, 8am  
**CONTACT** Sharon Bickerton, Unit 20, Cockshades Farm, Stock Lane, Wyburnbury, Cheshire CW5 7HA; 01270 842 800; sharon@uktriathlon.co.uk; www.uktriathlon.co.uk  
**COST** £45/£50 C/D 26/9 E/D NO

**WEST MIDLANDS**  
**●●● COVENTRY 1/2M (+)**  
**VENUE** Millennium Place, Coventry, 9:30am  
**CONTACT** Mike James, 10b Cairneyhill Rd, Crossford, Fife KY12 8NZ; 07846 468 664 [mob]; mikej@gbevents.net; www.coventryhalf.com  
**COST** £23/£25 C/D 14/9 E/D YES, +£4

**WILTSHIRE**  
**●●● CRICKLADE 10K**  
**ONLINE ENTRY**  
**VENUE** Cricklade Leisure Centre, 10:30am  
**CONTACT** Rob Saunders, C/o Cricklade Leisure Centre, Stones Lane, Cricklade, Swindon, Wilts SN6 6JW; 01793 750 568; www.crickladefunrun.co.uk  
**COST** £8/£10 C/D 10/9 E/D NO

**●●● CRICKLADE 1/2M**  
**ONLINE ENTRY**  
**VENUE** Cricklade Leisure Centre, 10:30am  
**CONTACT** Mike Chaplin, contact details as above.  
**COST** £9/£11 E/D NO

**●●● MARSHFIELD MUDLARK (+)**  
**VENUE** Marshfield Cricket Club, 10:30am  
**CONTACT** David Bethune, 133 High St, Marshfield, Wiltshire SN14 8LU; mudlark@corshamrunningclub.co.uk; www.corshamrunningclub.co.uk  
**COST** £7/£9 C/D 24/9 E/D YES, +£1

**WORCESTERSHIRE**  
**●●● SHUTTLE 10K ROAD RACE**  
**VENUE** Stourport Sports Club, 10:30am  
**CONTACT** Caroline Cresswell, 2 Loweswater Rd, Stourport on Severn, Worcestershire DY13 8LL; 07778 514 970 [day]; 01299 828 240 [eve]; cresswell123@aol.com; www.ksac@pitchero.com  
**COST** £6/£8 C/D 24/9 E/D YES, +£2

**YORKSHIRE**  
**●●● 3RD CUSWORTH 10K (+)**  
**VENUE** Cusworth Hall, Doncaster, 11am  
**CONTACT** Jo Parkin, Heathfield House, Old Bawtry Rd, Farningley, Doncaster, Yorkshire DN9 3DD; markhudson@talktalk.net; www.doncasterathleticclub.com  
**COST** £10/£12 C/D 19/9 E/D YES, +£2

**●●● FOSTON AND THORNTON LE CLAY 10K**  
**VENUE** The Village School Field, Thornton Le Clay, York, 11:30am  
**CONTACT** Richard Harrison, Stone Croft, Low St, Thornton Le Clay, York YO60 7TC; 07966 789 977; harrison.rp@hotmail.co.uk; www.easingwoldrunningclub.org.uk  
**COST** £8/£10 C/D 19/9 E/D YES, +£2

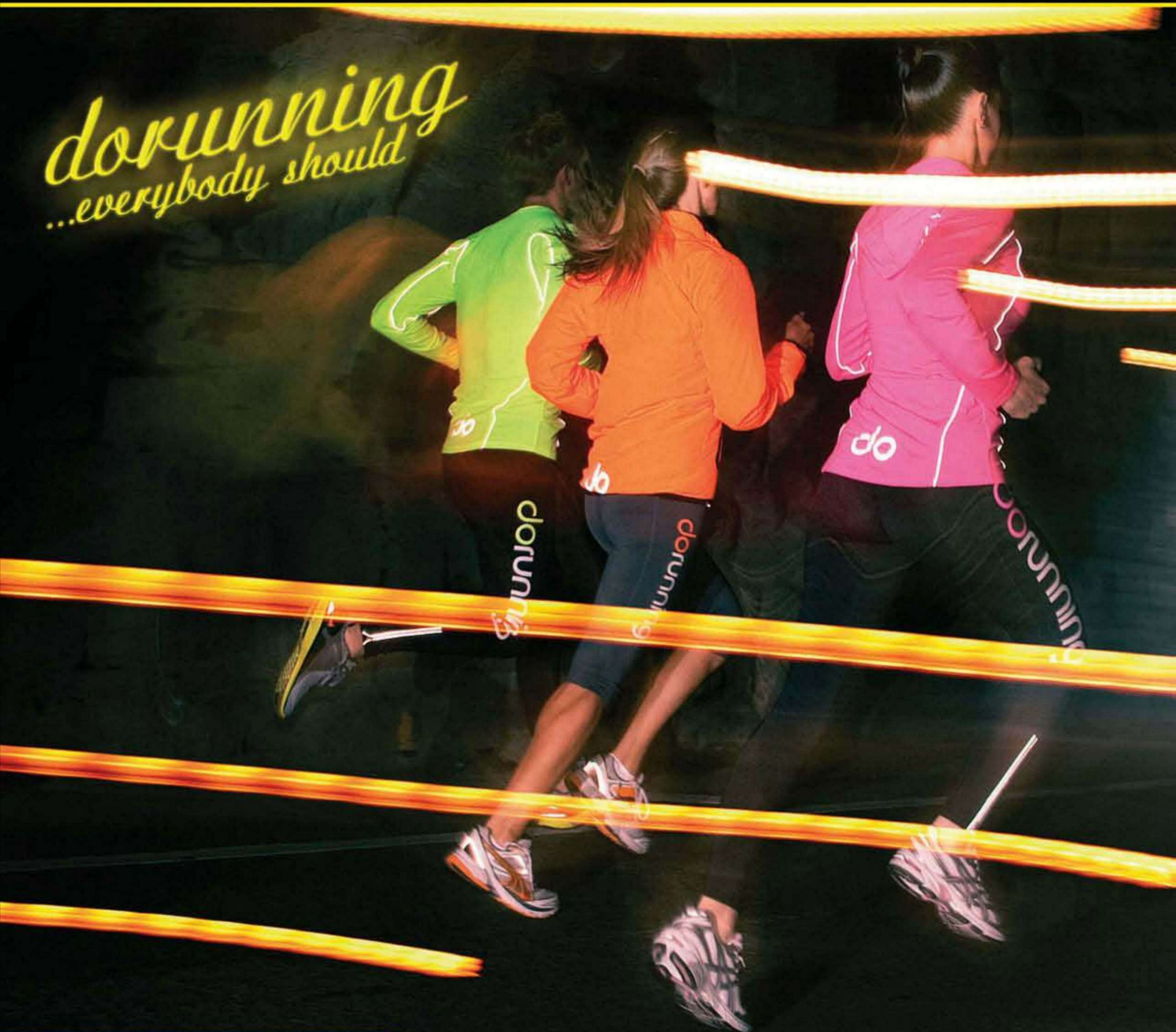
**●●● FOSTON AND THORNTON LE CLAY 6K**  
**VENUE** As above  
**CONTACT** As above  
**COST** £6/£8 E/D YES, +£2

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Welcome to the Hi Viz edition of **Pro-Direct Running Shoefinder**. In the following pages you will find the best of the best from adidas, do, Brooks and RonHill. All you need to be safe and seen this autumn. Not forgetting we've been out on the roads to source the very best shoes at fantastically reduced prices. See page 8 of shoefinder for more details.

Full New Releases and sale collections available online at [www.prodirectrunning.com](http://www.prodirectrunning.com)



adidas Hi Viz and Sequence



do Performance & After run



Brooks and RonHill Collections



Sale Collection



**TOP RATED**



**£90**

ADIDAS ADIVIS JACKET  
// QR: 36755

The adidas Adivis Jackets are designed for speed and comfort. Featuring super-lightweight ClimaCool fabric with a more aggressive ForMotion cut and ventilation in critical sweat zones. The reflective piping and Hi-vis fabric make this range a must have for any runner this year!



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// QR: 36753



**£40**

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// QR: 36756



**£25**

ADIDAS SUPERNOVA S/S TOP  
// QR: 36758



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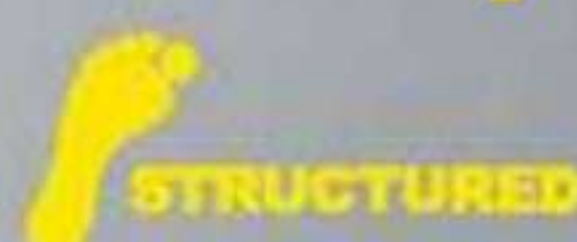
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adiWEAR<sup>®</sup>

FORMOTION<sup>™</sup>

# adidas Supernova Sequence

Men's Black/Fluoro QR: 36805 Sizes: 6 - 13 inc ½'s  
 Women's Fluoro/White QR: 36819 Sizes: 4 - 9 inc ½'s



WAS £85  
**£77**



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**NEW RANGE**

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adidas have poured all they know into the making of the Sequence and Glide. Both shoes shout out luxury, comfort and protection. The adaptive TORSION SYSTEM and improved FLEXZONES create a smoother ride and a superb feel. The Sequence is made for runners looking for added support and the Glide provides the ultimate neutral feel.

adidas **Supernova Sequence & Glide**



WAS £85  
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Men's **Supernova Glide 3** - QR 36809 - £77



WAS £85  
**£77**

Women's **Supernova Glide 3** - QR 36821 - £85



WAS £65  
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Men's **Kanadia 4TR HighVis** - QR 36812 - £59



WAS £65  
**£59**

Women's **Kanadia 4TR HighVis** - QR 36823 - £59



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ADIDAS WMNS RESPONSE TIGHTS  
 // QR: 36779



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ADIDAS WMNS ADIVIS 1/2 L/S TOP  
 // QR: 36767



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ADIDAS WMNS ADIVIS JACKET  
 // QR: 36768



**£95**

ADIDAS WMNS ADIVIS BEAM JACKET  
 // QR: 36769





dorunning  
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**TOP RATED**



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dorunning Mens Crossover Jacket  
// QR: Yellow 17506/ Red 27556/ Charcoal 17504

Ultralite Crossover Jacket in a superlite and silent non-rustle wind proof / shower proof fabric. Vented back detail for breathability, with stretch fit waistband for style and fit.



**£30**

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**PERFORMANCE**

**MEN'S AFTERRUN CLOTHING**



**£30**

dorunning Mens Ultra Lite Half Zip // QR: 27559/58  
Lightweight, breathable performance top with 360 degree reflectivity. Built in mesh placement for added comfort.



**£25**

dorunning Mens Long Run Hood // QR: 27560/63  
Comfortable, practical training top in a superlight performance fabric. 360 degree reflectivity and added ventilation. Superb value.



**£55**

dorunning Mens Half Zip Hood // QR: 27535/36  
Ultra Snug After training hood in heavy weight 360gram washed cotton fleece. Destined to be your favourite Hoody.



**£40**

dorunning Mens Heavy Weight Pant // QR: 27538/37/40  
Best selling and mega comfortable heavy cotton pant with deep waistband and pockets. One of our favourite after run pants.





**TOP RATED**



**£40**

do running Womens Crossover Jacket // QR: Neon Green 27628/ Neon Pink 27626/ Neon Orange 27630

Super stylish, highly practical and ultra light. Silent non-rustle wind proof / shower proof fabric. Vented back detail for breathability, with stretch fit waistband for comfort and fit.



**£30**

DOWNLIMITED WOMEN'S SHEER LOGO TIGHT // QR: 27617/18/16

Full length performance running legging in stretch fit breathable fabric. Rubberised cuff grip at ankle for running comfort and back key pocket.

**WOMEN'S AFTERRUN CLOTHING**

**PERFORMANCE**



**£35**

do running Womens Washed Up Pant // QR: 27589/91/90 Ladies stretch fit, super soft washed cotton training pant with low waist and tie cord. Stylish and practical 3/4 fit



**£55**

do running Womens 3 Button Hood // QR: 27585/87/86 Supersoft washed cotton heavy weight hoody. 3 button placket for easy pull on. Best selling signature piece and an after training favorite.



**£25**

do running Womens Long Run Hood // QR: 27637/38 Superlight performance training top with 360 degree reflective piping and strategic mesh placement for added breathability.



**£25**

do running Womens Capri // QR: 27612/14/13 Best selling 3/4 length performance tight in breathable stretch fit fabric. Elasticated calf grip and waist and do running 'inspiration' graphic.







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// QR: 38487



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BROOKS WOMEN'S NIGHTLIFE 1/2 ZIP TOP  
// QR: 22854



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**£24**  
BROOKS WOMEN'S INFINITI CAPRI  
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// QR: 38432



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RONHILL MEN'S VIZION WINDLITE JACKET  
// QR: 38433/34



**£41**  
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**£33**  
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**£90**  
RONHILL WMNS VIZION STORM JACKET  
// QR: 38450



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RONHILL WMNS VIZION REACTIVE 1/2 ZIP TEE  
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// QR: 38458



**£30**  
RONHILL WMNS VIZION CONTOUR CAPRI  
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**1 ASICS Men's GEL 1160**  
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**SAVE £25** **NOW £50**  
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A great performance running shoe offering high levels of comfort whilst being one of the most flexible and lighter serious running shoes on the market.



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With lightweight cushioning and a streamlined design for a featherlight, stable ride the adidas adizero Tempo 4 Men's running shoe is the lightest in the structured category.



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**2 Saucony Mens ProGrid Phoenix 4**  
QR: 17245. Was £65. **Now £40.**

The Grid Phoenix 4 is designed to provide runners of all levels with the perfect blend of cushioning, stability and performance. With ProGrid in the heel, the Phoenix is more responsive for a smoother heel to toe transition.



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**3 Mizuno Mens Wave Inspire 7**  
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The Wave Inspire 7 is Mizuno's structured classic updated and improved with added support, added comfort and improved performance. One of the most trusted long distance running shoes returns with revolutionary New Midsole material, Acceleration Polymer.

**WOMEN'S SHOES**



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**1 ASICS Women's GEL 1160**  
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The ASICS GEL 1160 running shoes are made for runners who like a lighter, lower profile shoe which still provides good arch support. The new update to the GEL 1150 now features a softer, more cushioned feel.



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**2 Mizuno Women's Wave Inspire 7**  
QR: 29399. Was £90. **Now £60.**

The Wave Inspire 7 is Mizuno's Top performing Ladies shoe with masses of underfoot comfort and cushioning. A gender specific last and an ultra breathable mesh upper keep you on the road for as long as you need.



**SAVE £30** **WAS £85**  
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**1 Mizuno Women's Wave Rider 14**  
QR: 29381. Was £85. **Now £55.**

One of the best shoes around for the neutral runner. If you train and run in shoes that require less stability, with a fairly forward footstrike these are about as good as you can get!



**SAVE £27** **WAS £82**  
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**1 Nike Women's Lunarglide+ 2**  
QR: 28952. Was £82. **Now £55.**

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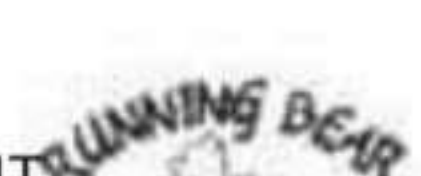


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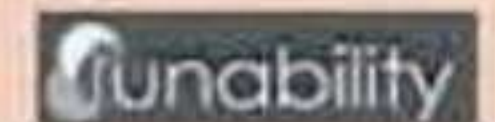
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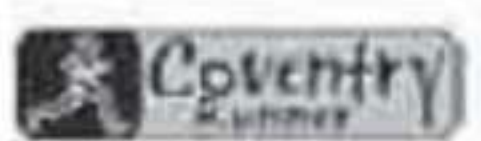
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## ▶ I'M A RUNNER

**Flea** (aka Michael Balzary)

The Red Hot Chili Peppers bassist, 48, on why he doesn't listen to music on the run

**One of the differences between training for a race and playing music** is that you run to build up your miles to a certain distance and then taper down. With music you play and play and play - there's never that tapering thing.

**I was never much of a runner** - I did maybe a jog here and there, but nothing more than a mile. Then I read *Born to Run* by Christopher McDougall [£8.99, Profile Books] last year and it affected me profoundly. I thought, "F\*\*\* it. I'm gonna run a marathon."

**I ran the LA Marathon in March [in 3:53]** to raise money for the Silverlake Conservatory, a music school I co-founded. We pick up the ball where state schools have dropped it; music education isn't being funded anymore.

**Some people at the LA Marathon had the nuttiest running styles**, you know. A guy had his shoulders bouncing up and down and elbows up by his ears - just doing some kooky running.

**Before the marathon, I ran a 5K, 10K and a half** on Catalina Island [1:58:32]. In each, seeing the finish freaked me out. It took me out of the moment and the divine experience became a finite thing.

**Midway through the half I found myself screaming**, "I'm alive, I'm alive!" I used everything to get up that mountain. All we ever have in anything is the mountain in front of us.

**Running opened up something beautiful in my life.** My Vibram FiveFingers did, too. I really love how they



**“As a musician, I’m about expressing what’s inside. With running, my body has another way to do that.”**

get me running barefoot, all natural-like.

**As a musician, I’m about expressing what’s inside.** I think everyone has a song in them that they need to get out, whatever their gig is. And with running, my body has another way to express itself.

**I don’t put earphones in when I’m running.** When I listen to music, I focus solely on what

I’m hearing, and I just don’t want to do that on the run.

**I go running in the canyons in Malibu.** It’s just beautiful up there, absolutely gorgeous.

**I really like running and the people I run with have been very encouraging.** But I also feel that I’ve found something my body is pretty good for. I’m a skinny kind of dude, and I look at those great

runners - the Ethiopians and the Kenyans, who are amazing, otherworldly runners - and I feel a bit like my body type is good for this sport.

**I love it when an hour or two into the run something opens up and I feel divine energy flowing into me.** I try to send the energy all over my body. I love the feeling of it. I’d love to be running right now. **RW**



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