

The Nailsea Runner

The hills are alive with the sound of sneezing



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Disclaimer: I'll do whatever I need to do to your stories to fit them on the page

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Nailsea Running Club

Richard Cadwgan Chairman's Corner

A warm welcome to all readers of the Nailsea Runners newsletter, first of all I would like to start off with a large round of applause to Mary Collins for completing her first ever marathon at a comfortable pace, Mary undertook the Edinburgh marathon and completed it in a very good time seeing how it was her first attempt at such a feat, this should be inspiration for us all.

Kate Underwood has already run a wonderful summary of all members achievements of late in the North Somerset Times, so I will not be giving a roundup of events here but just a well done to all competing in various events, you all know who you are-well done and keep up the good work. Whilst we are on the subject of events that you are/or have participated in can you ensure that the event details and your finish times are emailed to Kate Underwood (uwood@aol.com) or myself (chairman@nailsearunningclub.org.uk) so that we can include your moment of glory in future newsletter and press articles, after all it's not worth completing the event if you don't shout about it!

A big thank you must be given to all who helped make Tyntesfield a huge success again with close to 400 runners competing on the night, this event is now set as our premier event and attracts a large

large following from all clubs across our area and some from further afield. The format is now set for this to be a popular and well liked run in the race calendar and well supported by The National Trust, who are very generous in allowing us to stage an event such as this across their property. We are now looking for a new race director/s to take this event under their wing for next year as Emma and David Smart will be stepping down from their current role, a big thank you to them for making this event what it now is. For those taking up the challenge of race director it should be quite a simple affair as Emma and David have put in place all of the details.

The next event in our race calendar is of course the festival 10k (26th June) run from our own base and around the lanes, Dermot is in charge of this event and has assured me that there will be wonderful weather on the night and some exceptional times set by the competitors, however we are still a few short of our number of marshal's so please come forward for the last event of the calendar and then you all can have a well-earned rest from marshalling duties-all marshals who have helped out this year will I assure you be rewarded-watch this space for further news!!

Coming up on the 12th to the 14th July is the Rugby Club's annual beer and cider festival and this
(continued on page 4)

John Rooney

Rooney's Ramblings

2011 and 2012 both saw me pick injuries whilst trying to cram too many miles into a week whilst training for the Edinburgh and London Marathons, and an abortive attempt at the Liverpool Marathon last October. And as fantastic as physiotherapy is, it's a bit expensive, and the process of over-training, injury, rehab, strengthening exercises and a steady building back-up of my mileage was getting a tad repetitive. So for this year's London marathon, I decided to experiment a bit with my training plan. The goal was to run sub 3 hours, without getting injured through running too many miles.

There are two things that make the idea of running a marathon seem a pretty daunting one. The first is the idea of running 26.2 miles. The second is the idea of 16 weeks of running 30-50 miles a week, and trying to fit that round work, family, and stuff that's just a bit more fun than running in the cold. The conventional wisdom is that you need to get big miles under your belt. But looking back on my training from January 1st (with the Hangover 10k), I averaged about 3 runs per week, 22 miles per week, with the heaviest weeks being around 35 miles per week.

My weeks tended to involve a long run (progressively longer each week, by a mile or two), a shorter recovery run, and a session of intervals or hill running. I wanted to make sure I got at least 5 runs in of 18 miles plus, including a couple of 20 milers. This culminated in my final long run on the 1st April, which ended up being 22 miles, as it was only 10 miles from my house to the start of the Old Severn Crossing, and it seemed a shame to get that far and not cross the bridge! I also alternated my long runs, which were run at around a minute below target race pace, with shorter runs of 8-10 miles at marathon pace. The last one of these, a fortnight before the race, was hard work however, and so I decided to revise my target time from 2:50, to a more sensible 2:59:59.

So it was that I took to the starting line on the 21st April, feeling almost calm, fairly confident, and with not a single niggle or twinge anywhere near the vicinity of my Achilles, which just so happens to be my Achilles heel. It was a near-perfect day for running, when a cold wet day

day had been forecast the day before. I was determined not to go off to fast, not to do any weaving through the crowds, and to actually enjoy the race. Coming a week after the Boston Marathon bombing, people were definitely a bit apprehensive, but the half minute's silence was impeccably observed, and incredibly moving. The organisers and the police had offered reassurances of our safety, but I overheard more than one runner say that they would be running as close to the middle of the crowd as possible. I'll admit that I'd had pretty much the same idea.

The miles were soon passing by, and at a pace marginally but consistently within my revised target time. Running the course for the second time definitely made it easier, although it did mean that as I approached the 18 mile point where both my calves went the previous year, I was feeling a little nervous of a repeat performance. The point was passed however, and I got to run along the iconic Embankment with a smile on my face rather than a grimace. I did feel a twinge when I lifted my arms up to gee up the crowd going through one of the tunnels, and my legs were tiring towards the end, but I knew that this was normal fatigue, rather than a race-ending injury building up. With two miles to go, I was overtaken by the sub 3-hour pacer from Runner's World, but I knew from my watch that I was still going to be ok. Still, I knew that I had to dig in over the last mile to make sure of my sub-3. As I turned on to The Mall, I glanced down at my watch, smiled, and knew that I was there, and sure enough, the clock stopped on 2:59:46. An almost perfect run.

So could anyone use this training programme? I think they could (although I'm not guaranteeing you a sub 3-hour time!). It certainly makes the marathon a more achievable target that fits round the other demands on your time, and I probably ran about half as many miles as in the previous two years. With the benefit of hindsight, running my longer runs at a minute outside of target pace was a mistake, and I'd need to adapt that for next year. Apart from that though, I think the programme is pretty sound. Long runs for stamina, intervals and hill reps for strength and speed, and low mileage for injury-avoidance. Now if only I could stretch that sentence out to a whole book, I could quit my job and live off the royalties...

Greg Sturdy
**An Unlikely Triathlon and
a World Record at Bristol
10k**

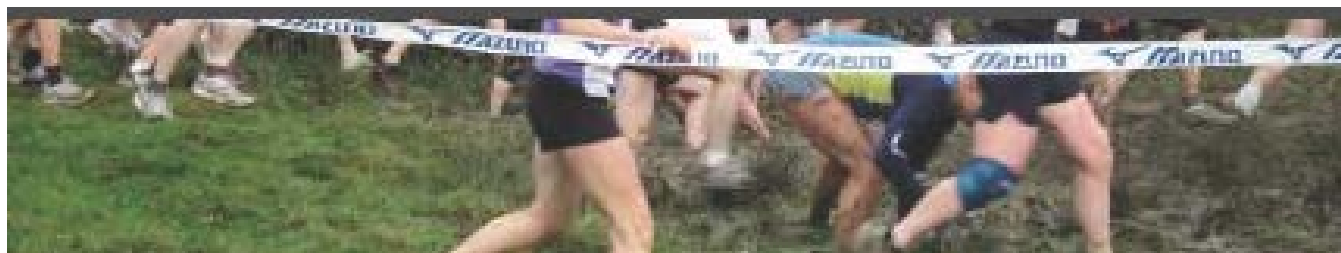
The new cycle track between Backwell and Bristol was officially declared open the same weekend as the Bristol 10k. Dave Lippiatt, Sharon and Katrina decided it would be a good warm up for me before running this event. Easily influenced, the four of us set off to test this new route. It is substantially longer than the direct route along Long Ashton High Street resulting in me being just in time to miss my 9.30 am start with the elite and club runners. Probably just as well.

Somewhat deflated, I decided to adopt tactics at the 9.45 am start that have worked for me quite well in the Autumn of my running career. Start right at the back and then no one can overtake you. What an experience in a field of 8,000. Running just outside my comfort zone resulted in me passing all classes of competitors and on a rather warm day with ten miles of hard cycling under my belt, my trustee supporters witnessed me looking decidedly off colour at Princes Street Bridge. Not to worry, old wheezy wobbly knees reached the finish line unscathed. Dave suggested I jump in the Dock just to say I had completed my first Triathlon. An idea quickly dismissed by me due to a number of reasons, lack of time not being the main one.

It was announced on Radio Bristol that the World record 10k time for vet 60 male was bettered at the Bristol 10k. A fact I have been unable to confirm, but the first male vet 60 finished in a time of 32 minutes, 10 minutes ahead of the second vet 60. I want to see his birth certificate!

As a vet 60 myself, it is some years before I receive my Bus pass and fuel allowance, but £10 reduction on the punishing entry fee of £24 for this race makes it an attractive event for us penguins.

Greg Sturdy

Robert John**April/May 2013 Race Results****Ashton Court Park Runs****06.04.13**

Martin Bird	19.33
Sally Johnson	20.35

13.04.13

Martin Bird	19.34
Sally Johnson	21.00
Jules Smailes	27.15

20.04.13

Martin Bird	19.07
Sally Johnson	20.27
Des Jones	23.01PB
Richard Stockham	25.50
Jeremy Furber	26.38
Jules Smailes	27.28

27.04.13

Paul House	21.54
Jules Smailes	27.09
Julia Windall	29.50PB

04.05.13

Martin Bird	20.10
Sally Johnson	20.28
Paul House	21.53
Richard Stockham	25.32
Julia Windall	29.38PB

11.05.13

Sally Johnson	20.35
Paul House	21.41
Jules Smailes	26.54
Colin Welch	27.40
Julia Windall	29.34PB

18.05.13

Martin Bird	19.12
Sally Johnson	20.36
Mike Rawlings	22.53PB
Richard Stockham	24.10PB
Jules Smailes	26.37

25.05.13

Martin Bird	19.03
Sally Johnson	19.59
Paul House	21.19
Martin Brasher	21.58
Kathleen Paul	25.49PB
Jules Smailes	26.47
Julia Windall	29.00
Kieran Rawlings	32.25
Mike Rawlings	32.27

Little Stoke Park Run**06.04.13**

Colin Welch	25.03
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Forest of Dean Half Marathon**06.04.13**

Betsy Bebbington	1.42.03
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Chedworth Roman Trail 10mile**07.04.13**

Mike King	1.45.48
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Riverbank Rollick (9 mile)**14.04.13**

John Mallone	1.08.46
Paul House	1.12.19
Andy Weeks	1.41.22
Kathleen Paul	1.41.22

Frenchay 10k**14.04.13**

Julia Windall	1.03.46
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Offa's 'Orror 20k**21.04.13**

Mike King	2.35.29
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Weston Prom Run**18.04.13**

Martin Brasher	34.17
Mary Collins	45.38

London Marathon**21.04.13**

John Rooney	2.59.46
Betsy Bebbington	3.31.02
Jeremy Furber	4.26.45

Wroughton Woodland 10k**25.04.13**

John Rooney	41.10
John Mallone	42.44
Sally Johnson	43.32
Jonathan Newby	47.23
Mike Rawlings	49.37
Jeremy Furber	51.47
Lucy Hegarty	52.36
Richard Stockham	54.45
Mike Salisbury	55.57
Kathleen Paul	57.53
Andy Weeks	57.53

Red Kite Half Marathon**04.05.13**

Mike King	2.39.45
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Bristol 10k**05.05.13**

John Rooney	35.52
Mike Rawlings	45.29
Greg Sturdy	50.34
Alan Durbin	1.01.02
Peter Davies	1.03.00
Ray Parker	1.23.06

Ran a race in a far flung part of the country recently?

E-mail Robert with your results at rlj@talktalk.net

Thank you to this month's contributors:

Richard Cadwgan

Robert John

John Mallone

Greg Sturdy

Kate Underwood

Got something to say? A story to tell? E-mail the editor by Friday 26th July at horfieldharriers@gmail.com

Robert John**April/May 2013 Race Results****Sarson Trail & Neolithic Half Marathon****05.05.13**

Caroline Jones	2.25.52
Sue Wellington	2.25.52

Weston Prom Run**16.05.13**

John Mallone	32.11
Derek Seddon	41.16
Terry Hegarty	41.23
Kathleen Paul	41.29
Andy Weeks	42.51
Colin Welch	42.59
Mary Collins	43.07

Tyntesfield 10k**23.05.13**

Rod Sterland	58.45
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Burrington Blaster 10k**30.05.13**

John Rooney	37.43
Martin Bird	38.31
Sally Johnson	40.30
John Mallone	40.41
Jonathan Newby	44.07
Mike Rawlings	47.11
Jeremy Furber	49.46
Lucy Hegarty	50.12
James Lockyer	50.17
Cliff Wallis	53.55
Mike Salisbury	55.44
Kate Underwood	58.00
Andy Weeks	58.45

Edinburgh Marathon**26.05.13**

Mary Collins	5.03.04
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Richard Cadwgan**Chairman's Corner***(Continued from page 1)*

year any profits raised are being channelled back into the club to make improvements which will not only help the rugby club but will also be of benefit to us. As the Rugby Club is a good host to us, it only seems fit that we assist with helping out at this year's event, so if you can spare a few hours over the weekend please see Rachel or Geoff from the Rugby Club or myself. Also required are items for the raffle which will take place over the weekend, so come on dig deep for those unwanted Christmas/birthday presents that you have lurking in your cupboards-no used socks though!!!

Before I finish this chairman's corner I'm going to have a little rant on the age old subject of segmenting, for those who aren't aware (and you all should be), the segment has always existed in the Nailsea Running Club training nights regime, where by the faster runners at certain points on the course (be it a convenient stile or road junction) will loop back behind the slowest runner, this is to give all runners a fair run and to keep the group together (the faster runners obviously get a longer run and the slower runners don't feel left behind and in turn boosts morale of all), this is what has always set Nailsea running Club apart from other

other clubs so please ensure that segmenting is adhered to (you know who you are!). There rant over!!

Until the next time

Richard

Diary dates

26th June Nailsea Festival 10K**

12th, 13th and 14th July – Nailsea Beer Festival *Volunteers needed for stalls)

21st Sept – Uphill to Wells Relay (see Kate Underwood if you wish to be part of an NRC team!)

29th Sept – Forest of Dean Half Marathon (Club trip)

** NRC races. Volunteers needed

John Mallone**League Round-Up –June 2013**

	Senior Men	Pts	Male Vet 40	Pts	Male Vet 50	Pts
1st	Jonathan Newby	55	Jeremy Furber	48	Martin Bird	30
2nd	John Rooney	50	Mike Rawlings	20	John Mallone	28
3rd	Julian Nuttall	8	Matt Lacey	9	Mike Salisbury	25

	Senior Women	Pts	Female Vet 40	Pts	Female Vet 50	Pts
1st	Sally Johnson	50	Kathleen Paul	19	Elizabeth Davy	10
2nd	Lucy Hegarty	27	Betsy Bebbington	10	Rachel Millener	10
3rd	Kate Underwood	15	Heather Mountcastle	10	Julia Windall	9

Race 5, the Burrington Blaster, saw a good turn out from Nailsea, with 13 starters. The night soon turned into an episode of 999 though, with the unfortunate Terry Hegarty injuring himself half way round. It was beautiful evening, bright and warm without being too hot. It had rained a few days earlier, just enough to soften the surface after a long dry spell, without turning the course into a mud bath. John Rooney and Martin Bird were soon up with the leaders. John (37.43) held on to beat Martin (38.31) by two places, finishing 11th. Next Nailsea runner (and second lady) was Sally Johnson in 40.30, 11 seconds ahead of John Mallone. First home in the NRC male V50 category was Mike Rawlings. Lucy Hegarty leaped into second place in the senior female class. A pleasant evening, with ideal running conditions (apart from the vicious hills, that is).

Race 6 saw Nailsea make the short trip over to Clevedon. Always a popular one with the speed merchants, since it's an absolutely flat road race, the Clevedon 10K attracted the largest turn-out of the year so far: 23 starters. Conditions were good, with a warm evening that was tempered by a cooling breeze. John Rooney closed the gap in the senior men's class, with another victory over Jonathan Newby, this time by almost 7 minutes. Sally Johnson led the Nailsea women home as usual, and finished 3rd woman overall. There were victories for Jeremy Furber and Kathleen Paul in the V40 classes, while the V50 honours went to Andy Seeley and Rachel Millener. John Mallone set a personal worst, by pulling up literally in the first stride (perhaps some kind of record for shortest race ever?).

If you haven't entered the league yet, all you have to do is turn up to any of the nominated races, put on your Nailsea Running Club vest and run. Remember, if you want to use your joker (one per year) and score double points, you need to let me know (j.mallone@btinternet.com) at least two days before your nominated race. Happy running!

John

Upcoming League Races

July 16 th	Nailsea Running Club 6 mile Handicap Championship
August 10 th	Ashton Court 5k Park Run
September 29 th	Forest of Dean Half Marathon OR Weston Half Marathon
October	To be Confirmed
November 28 th	Weston Prom 5 mile race
December 15 th	Weston Christmas Cracker

Further details of all races can be found in the race diary section.

Race Calendar 2013

Date 2013	Day	Time	Event	Comment
JUNE				
June 22nd	Sat	720am	Salty Sea Dog Triathlon, sprint and super sprint distance	www.votwo.co.uk
June 23rd	Sun	11am	Cheddar Gorge Series 5km, 10km and Half	www.relishrunningraces.co.uk
June 23rd	Sun	9am	Torbay Half Marathon	www.torbayhalfmarathon.co.uk
June 23rd	Sun	10am	Over the Hill & Farway 10k	www.farway.devon.sch.uk
June 25th	Tues	730pm	Beacon Batch	www.westonac.co.uk
June 25th	Tues	730pm	Pomphrey Sports 5k <i>race 3 of 4</i>	www.bristolandwestac.org
June 26th	Wed	730pm	Nailsea Festival 10k - NRC race	marshals needed
June 29th	Sat	7am	Cotswold Way Relay - <i>ENTRIES FULL</i>	www.cotswoldwayrelay.co.uk
June 30th	Sun	1130am	Llanelli John Hartson Foundation 10k	www.healthylifeactivities.co.uk
June 30th	Sun	730am	Portishead Triathlon	www.dbmax.co.uk
June 30th	Sun	930am	North Devon Half and Full Marathon	www.northdevonmarathon.co.uk
JULY				
July 1st	Mon	715pm	Blaise Blazer 2	www.westburyharriers.co.uk
July 4th	Thur	730pm	Tintern Trot	www.chepstowharriers.org.uk
July 5th	Fri	730pm	Towpath Series 10k: <i>race 3</i>	www.greatwesternrunners.org.uk
July 6th	Sat	9am	Ashton Court Park Run 5km	www.parkrun.org.uk
July 6th	Sat	230pm	Charmouth Challenge 8 miles m/t	www.charmouthchallenge.co.uk
July 6th	Sat	2pm	Avon Valley Relay	www.avonvalleyrunners.org.uk
July 6th	Sat	8am	Bath Tri Fest Sprint Triathlon	www.nakedstrength.co.uk
July 7th	Sun	8am	Bath Tri Fest Middle distance and Super Sprint Triathlons	www.nakedstrength.co.uk
July 7th	Sun	11am	Quantock Beast 5.7 M/T	www.quantockharriers.co.uk
July 8th	Mon	730pm	Frampton 10k	www.Stroudathleticclub.co.uk
July 10th	Wed	730pm	Easy Runner 5k Summer Series <i>3rd race of 4</i>	www.bittonroadrunners.co.uk
July 10th	Wed	7pm	Castle Coombe Time Trial 4	www.dbmax.co.uk
July 11th	Thur	730pm	Sundayshill 10k	www.thornburyrunningclub.co.uk
July 13th	Sat	9am	Ashton Court Park Run 5km	www.parkrun.org.uk
July 13th	Sat	1030am	Otter Rail and River Run 10k	www.sidmouthrunningclub.co.uk
July 13th	Sat	10am	Wiltshire Questars Adventure Race - <i>inc mountain biking and kayaking</i>	www.questars.co.uk
July 14th	Sun	9am	Bridport Jurassic Coast Run 10k and 5k	www.bridportrunners.co.uk
July 14th	Sun	1030am	Wellington 10k & 10miles	www.thewellingtonten.co.uk
July 14th	Sun	11am	Legion Lollop 5.5 mile	www.warminsterbritishlegion.co.uk
July 14th	Sun	9am	3/4 Lake Logic Triathlon, Aqua bike (no running) and Novice Duathlon	www.eventslogicuk.com
July 14th	Sun	1115am	The New Forest 10 mile	http://www.nf10.co.uk/
July 14th	Sun	11am	Roman 10km	www.relishrunningraces.co.uk
July 16th	Tues	7pm	NRC Handicap for NRC members	
July 20th	Sat	9am	Ashton Court Park Run 5km	www.parkrun.org.uk
July 20th	Sat	4pm	The Great Bustard 5 mile	www.pewseyvalerunningclub.org
July 21st	Sun	10am	Frome Half Marathon, 5km and 10km	www.fromehalfmarathon.co.uk
July 21st	Sun	8am	Great Weston Bike Ride	www.greatwestonride.com
July 25th	Thur	715pm	Dundry Thunder 10k ish	www.tach.org.uk
July 27th	Sat	9am	Ashton Court Park Run 5km	www.parkrun.org.uk
July 28th	Sun	1030am	Magor Marsh 10k	www.chepstowharriers.org.uk
July 28th	Sun	10am	Exmoor Sea View 17 (<i>ish</i>) miles	www.mineheadrunningclub.co.uk
July 28th	Sun	10am	Bath Running Festival, 5k, 10k, Half and Full	www.relishrunningraces.co.uk
July 28th	Sun	745am	Westonbirt Challenge Triathlon	www.dbmax.co.uk
July 30th	Tues	730pm	Pomphrey Sports 5k <i>Race 4 of 4</i>	www.bristolandwestac.org
AUGUST				
Aug 2nd	Fri	730pm	Towpath Series 10k: <i>race 4</i>	www.greatwesternrunners.org.uk
Aug 3rd	Sat	9am	Ashton Court Park Run 5km	www.parkrun.org.uk
Aug 3rd & 4th	Sat & Sun		Lake Logic Standard Distance Triathlon	www.eventslogicuk.com
Aug 4th	Sun	11am	Totnes 10k	www.teignbridgetrotters.co.uk
Aug 5th	Mon	715pm	Blaise Blazer 3	www.westburyharriers.co.uk
Aug 7th	Wed	715pm	Haselbury Trailrace 10k	www.haselburytrail.btck.co.uk

Race Calendar 2013

Aug 10th	Sat	9am	Ashton Court Park Run 5km	www.parkrun.org.uk
Aug 11th	Sun	11am	Standish Woodland Chase – approx 10 miles	www.stroudathleticclub.co.uk
Aug 11th	Sun	9am	Isle of Man marathon & half marathon	www.marathon.iomvac.co.uk/2.html
Aug 11th	Sun	10am	Lacock Abbey 10k	www.relishrunningraces.co.uk
Aug 11th	Sun	215pm	Castle Coombe Summer 10k	www.dbmax.co.uk
Aug 11th	Sun	415pm	Castle Coombe Time Trial 5	www.dbmax.co.uk
Aug 11th	Sun	am	Salisbury 54321 Trial Marathon plus 5k, 10k, Half Marathon and 50k Ultra (walkers allowed)	www.salisburyfirestation.info
Aug 17th	Sat	9am	Ashton Court Park Run 5km	www.parkrun.org.uk
Aug 18th	Sun	TBC	Cheddar Gorge 5k, 10k, Half and Full Marathon	www.relishrunningraces.co.uk
Aug 18th	Sun	8am	Sodbury Sportive, 30m, 60m or 100m	www.sodbury sportive.co.uk
Aug 18th	Sun	745am	Wiggle Mendip sportive, 61 mile and 91 mile	www.ukcyclingevents.co.uk
Aug 18th	Sun	8am	Frome Sprint Triathlon	www.frometriclub.co.uk
Aug 21st	Wed	7pm	Crook Peak Cake Race	
Aug 21st	Wed	730pm	Dalwood Fair 10k ish M/T	
Aug 24th	Sat	9am	Ashton Court Park Run 5km	www.parkrun.org.uk
Aug 24th	Sat	11am	Jurassic Coast 10k	www.jurassiccoast10k.co.uk
Aug 25th	Sun	11am	Battle of Sedgemoor 10k road race	http://www.langportrunners.co.uk/
Aug 25th	Sun	1030am	Vale of Pewsey Half Marathon	www.pewseyvalerunningclub.org
Aug 25 th	Sun	745am	Westonbirt Classic Triathlon	www.dbmax.co.uk
Aug 25th	Sun	1030am	Winchcombe Hill Climb 10k	
Aug 30th	Fri	730pm	Towpath Series 5k: <i>race 5</i>	www.greatwesternrunners.org.uk
Aug 31st	Sat	9am	Ashton Court Park Run 5km	www.parkrun.org.uk
Aug 31st	Sat	11am	Malmesbury 10k	www.dbmax.co.uk
Aug 31st	Sat	12noon	Smugglers Run 24 hour endurance event (solo, pairs of teams of 3)	www.brutalevents.co.uk
SEPT				
Sept 1st	Sun	8am	Llanelli Standard distance Triathlon	www.healthylifeactivities.co.uk
Sept 1st	Sun	11am	Ash Excellent 8	http://www.ashexcellenteight.com/
Sept 7th	Sat	930am	Somerset Levels & Moors Marathon & Half M	www.langportrunners.co.uk
Sept 7th	Sat	9am	Ashton Court Park Run 5k	http://www.parkrun.org.uk/
Sept 8th	Sun	1030am	Woodchester Park - approx 8 miles	www.stroudathleticclub.co.uk
Sept 8th	Sun	945am	Run to the Beat, Music Half Marathon	www.runtothebeat.co.uk
Sept 8th	Sun	755am	Cotswold Sprint Triathlon	www.triferris.com
Sept 8th	Sun	10am	Great Wishford Run 3k and 10k	www.greatwishfordrun.co.uk
Sept 8th	Sun	8am	Midsomer Triathlon	www.midsomertriathlon.co.uk
Sept 8th	Sun	10am	Melksham 10k	www.stampedesports.co.uk
Sept 14th	Sat	9am	Ashton Court Park Run 5k	http://www.parkrun.org.uk/
Sept 14th	Sat	8am	Kennet and Avon 21 mile Trail Race and 56 mile Ultra Marathon	www.ultrarun.co.uk
Sept 14th & 15th			Isle of Wight Fell Races	www.rydeharriers.co.uk
Sept 15th	Sun	930am	Bristol Half Marathon	www.runbristol.com
Sept 15th	Sun	930am	Chippenham Half Marathon	www.chippenhamharriers.co.uk
Sept 15th	Sun	TBC	Cheltenham Half Marathon	www.cheltenhamhalf.co.uk
Sept 15th	Sun	11am	Badminton 10k	www.dbmax.co.uk
Sept 15th	Sun		Purbeck Marathon	www.purbeckmarathon.co.uk
Sept 21st	Sat	9am	Ashton Court Park Run 5k	http://www.parkrun.org.uk/
Sept 21st	Sat	9am	Camelot Challenge Half Marathon	www.facebook.com/camelotchallenge
Sept 21st	Sat	11am	Uphill to Wells Relay	www.uphilltowells.com
Sept 21 st & 22 nd			Bath Triathlon and Multisport Weekend	www.nakedstrength.co.uk
Sept 22 nd	Sun	11am	King Alfred's Torment, 7 Irish miles	http://www.yeoviltownrrc.com/
Sept 22 nd	Sun		Bath Running Festival 10k, Half Marathon and Marathon	www.relishrunningraces.com
Sept 22 nd	Sun	11am	Malmesbury Half Marathon	www.malmesburyhalfmarathon.co.uk

Race Calendar 2013

Sept 22 nd	Sun	8am	Bristol Belter, 155k, 115k and 75 k sportive	www.bristolbelter.com
Sept 26 th	Thur	730pm	Weston Prom 5-miler 1 st of 9 races	www.westonac.co.uk
Sept 28 th	Sat	9am	Ashton Court Park Run 5k	http://www.parkrun.org.uk/
Sept 28 th	Sat	TBC	Weston Super Mare Triathlon	www.freakevents.co.uk
Sept 29 th	Sun	11am	Mells scenic 7 miles m/t	http://www.fromerunningclub.org.uk/
Sept 29 th	Sun	TBC	Oldbury Power Station 10	www.thornburyrunningclub.co.uk
Sept 29 th	Sun	TBC	Forest of Dean Autumn Half Marathon	www.forestofdean-halfmarathon.co.uk
Sept 29 th	Sun	9am	Weston Half Marathon	www.freakevents.co.uk
OCT				
Oct 5 th	Sat	9am	Ashton Court Park Run 5k	http://www.parkrun.org.uk/
Oct 6 th	Sun	TBC	Portishead 5k & 10k MT	portisheadrunningclub.co.uk
Oct 6 th	Sun	9am	Cardiff Half	www.cardiffhalfmarathon.co.uk
Oct 6 th	Sun	1030am	Cricklade Half Marathon and 10k	www.crickladefunrun.co.uk
Oct 6 th	Sun	8am	Bournemouth Half and full Marathon	www.run-bmf.co.uk
Oct 6 th	Sun		Burnham-on-Sea Half	www.burnham-on-Sea-harriers.com
Oct 6 th	Sun	11am	Horseless Team Event, Badminton Park	www.hte-rcsc.co.uk
Oct 6 th	Sun	830am	Clarendon Marathon and Half Marathon <i>can enter relay team of 4</i>	www.clarendon-marathon.co.uk
Oct 6 th	Sun	1030am	Teign Valley Toddle 10.25miles	www.teignvalleytoddle.co.uk
Oct 12 th	Sat	9am	Ashton Court Park Run 5k	http://www.parkrun.org.uk/
Oct 13 th	Sun	TBC	Mendip Muddle, 20k	www.westonac.co.uk
Oct 13 th	Sun	10am	Swindon Half Marathon and 5km multi terrain	www.bhf.org.uk
Oct 13 th	Sun	TBC	The Great West Run, half marathon	http://www.thegreatwestrun.co.uk/
Oct 13 th	Sun	1030am	Marshfield Mudlark 11k	www.corshamrunningclub.co.uk
Oct 13 th	Sun	10am	Castle Cary 10k	www.1610.org.uk
Oct 9 th	Sat	9am	Ashton Court Park Run 5k	http://www.parkrun.org.uk/
Oct 20 th	Sun	9am	Portishead Half Marathon	www.freakevents.co.uk
Oct 20 th	Sun	11am	Exmoor Stagger & Stumble	www.mineheadrunningclub.co.uk
Oct 20 th	Sun	10am	Birmingham Half Marathon	http://www.greatrun.org/
Oct 20 th	Sun	TBC	Exmoor Beast sportive, 100k or 100m	www.exmoorbeast.org
Oct 20 th	Sun	11am	Ron Skilton Memorial Half Marathon	www.greenevents.co.uk
Oct 24 th	Thur	730am	Weston Prom 5-miler 2 nd of 9 races	www.westonac.co.uk
Oct 26 th	Sat	9am	Ashton Court Park Run 5k	http://www.parkrun.org.uk/
Oct 27 th	Sun	10am	Stroud Half	www.stroudathleticclub.co.uk
Oct 27 th	Sun	10am	Bleadon Levels 10k	
Oct 27 th	Sun	10am	Shepton Mallet 10k	www.1610.org.uk
Oct 27 th	Sun	1030am	The Stickler 10.1 miles	www.thestickler.co.uk
NOV				
Nov 2 nd	Sat	9am	Ashton Court Park Run 5k	http://www.parkrun.org.uk/
Nov 2 nd	Sat	10am	Monster Race 10k and 5k <i>team and individual entries</i>	www.monsterrace.co.uk
Nov 3 rd	Sun	10am	Over the Hills 12k	www.avonvalleyrunners.org.uk
Nov 9 th	Sat	9am	Ashton Court Park Run 5k	http://www.parkrun.org.uk/
Nov 10 th	Sun	1105am	Sodbury Slog	http://www.sodburyslog.co.uk/
Nov 16 th	Sat	9am	Ashton Court Park Run 5k	http://www.parkrun.org.uk/
Nov 17 th	Sun	10am	MoRun 5k and 10k	www.cardiff.mo-running.com
Nov 17 th	Sun	10am	Circencester Off Road duathlon	www.triferris.com
Nov 17 th	Sun	11am	AVR Wiltshire Half Marathon	www.avrwiltshirehalfmarathon.org.uk
Nov 23 rd	Sat	9am	Ashton Court Park Run 5k	http://www.parkrun.org.uk/
Nov 24 th	Sun	11am	Bath Hilly Half and Ultra 10km	www.trionium.com/bathhillyhalf
Nov 24 th	Sun	1030am	Castle Combe Chilly 10k and duathlon	www.dbmax.co.uk
Nov 24 th	Sun		Brent Knoll Race	www.burnham-on-sea-harriers.com
Nov 28 th	Thur	730am	Weston Prom 5-miler 3 rd of 9 races	www.westonac.co.uk
Nov 30 th	Sat	9am	Ashton Court Park Run 5k	http://www.parkrun.org.uk/
DEC				
Dec 15 th	Sun	11am	Christmas Cracker	www.westonac.co.uk
Dec 26 th	Thur	11am	Clevedon 4 miles	Clevedon AC