



Oxted Runners

Monthly Update - February 2012

Dear Club Member

Tuesday and Thursday runs, a cross country race and perhaps join fellow members in external races

Tuesday 7 February - 1st Tuesday of the month Social drinks/Reverse route

Saturday 11 February - Cross-country, Ladies at Esher at 12pm, Men at Lloyd Park at 3.00pm

Tuesday 14 February - "Pairs" run

Tuesday 28 February 2012 - 4th Handicap run

Tuesday 7 February - First Tuesday of the month route run in reverse, followed by social drinks in the Club Bar (don't forget to pre-order your food at the Bar before you run)

Thursdays - An additional/alternative weekly run with different routes from the Tuesday route, and depending on attendance, may include interval training or other variations. The runs start, as usual, at 7.15pm.

Saturday 11 February - Last Cross Country of the season - Ladies at West End Common, Esher, 12pm 8k, Men at Lloyd Park, Croydon 3.00pm - If you are interested, please e-mail Barbara or Nigel (barbara@thepilot.co.uk nigel@bongers-home.co.uk), or Oxted Runners and Jane will forward on to Barbara and Nigel. This is a great team event and worth running for Barbara's infamous chocolate brownies!!

Tuesday 14 February - Monthly "Pairs" run.

Tuesday 28 February - sees the fourth run in this year's Winter handicap series. Dates for the complete series are shown on the website.

http://www.oxtedrunners.org.uk/club_diary.shtml

EXTERNAL RACES

As a follow up to the extensive interest in participating in local races, we have selected the following six events as enjoyable and attractive races. We hope you will join us at some or all of these races.

11 March	Knole Park 10K (cross country/parkland)
15 April	Hartfield 10K (village cross country near Ashdown Forest)
13 May	Hillcrest 10K, Warlingham (pleasant low-key race)
4 July	Reigate Summer 10K (Club championship race)
23 Sept	East Grinstead 10K (popular with excellent reviews)
25 Nov	Crowborough 10K (very popular)

There are already club members signed up to participate in the following races. Why not join them or go along to cheer them on?

19 February - Brighton Half Marathon
26 February - Tunbridge Wells Half Marathon
4 March - Eastbourne Half Marathon

Membership subscriptions - If you haven't already responded can you kindly let Wendy (or one of the other Committee members) have your 2012 subs fees.

ICE numbers - If you haven't already responded please send Jane your contact numbers or give them to her on a Tuesday evening.

Forum - Don't forget the Forum which is a great way of communicating with other club members on anything to do with running, such as getting together to go on training runs or to go to races, asking questions, discussing club issues - anything that takes your fancy.

The link to the Forum and to guidance about how to use it, is on the Oxted Runners website. We've given the links below.

Link to the Forum - <http://www.oxtedrunners.org.uk/phpBB3/>

Link to Forum guidance - <http://www.oxtedrunners.org.uk/forum.shtml>

Club photo gallery - Please let us have a photo in running gear for our gallery. Please supply a photo to Martin (hollybank.2000@virgin.net), or have your photo taken by Roger on a Tuesday evening before the run. There is a link to the photo gallery on the Forum.

Keep on running!!

Kind regards,
The Committee