



# The Oxted Runner

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**Greg Sherriff displays some signs  
of the effort he puts into his races**

## EDITORIAL COMMENT

Another Newsletter. And well, better late than never I suppose. It's been a strange old running year for the Editor. For most of last winter my decision to go back to school scuppered my Tuesday evening run with the Club, but I knew that would change. And so it has. But I did not allow for my current medical predicament which has meant I have lost most of the summer months as well. But now I am entering yet another 'come back' era, even though for a while I fear it may be from the position of a Tuesday evening 'back-marker' or shepherd. I just hope Keith is kind to me when allocating the early season handicap times for the Winter Handicap runs.

However being away from the Club, and therefore missing the weekly gossip and chat during the regular 'de-brief', makes it harder to put together a hands-on and relevant Newsletter. I would like to thank those I have pestered recently to brief me on what has been going on and also to those who keep me updated with regular e-mails.

It is a reflection on the strength of Oxted Runners when, following a period of absence from the Club, one returns and discovers so many new faces. There was a time, not so long ago, when I knew every Club member, but that was when we discussed the threat to the Clubs' existence with an average age approaching that of a winter fuel allowance recipient.

The transformation of the Club can perhaps only be appreciated following a period of absence. The turnout for the Tuesday runs is higher than ever with something like thirty-five runners out for the last summer run. Race interest and entries are on the increase, a reflection of Joan's hard work this last year and perhaps of the many new youthful members now dominating the Club. This Club is not under threat, it is very healthy and seems to grow week by week. That is even more reason, if I ever needed one, to continue with the come-back, even if it means watching the rear-end of almost everyone else for a few weeks (which is not all bad!).

*Terry 'Newsletter Ed'*

## SOME NON-RACE DATES FOR YOUR DIARIES

**BARN DANCE - Saturday 25th October**

**CLUB A.G.M. - Tuesday 25th November**

**CHRISTMAS RUN & PARTY - Sunday 21st December**



**2008 CLUB 10k CHAMPIONSHIP**  
(Report from Martin Berry)

The Crawley 10K, in aid of St Catherine's Hospice, was the venue for this year's Oxted Runners' 10 kilometre championships. Seventeen runners from the club took part in the race. Matt Readwin once again carried off the men's championship, finishing 12<sup>th</sup> overall in a time of 38:10, while Joan Wingfield became the women's champion, finishing the race as 6<sup>th</sup> lady overall in 43:43. In the club's age-graded competition, Tony O'Brien took first prize for the men with an age-graded time of 37:45, while Maggie Statham took the ladies' prize with 38:19. Second and third place prizes went to Les Huitson and Chris Silvani for the men, and Emma Proto and Karen Farnham for the ladies. For Joan and Maggie it was a case of double triumphs. In addition to her own club championship, Joan received the race's plaque for first veteran lady aged 40-49, while Maggie won the plaque for first veteran lady aged 50-59.

The first half of the largely off-road course was both interesting and challenging, following undulating trails that climbed steadily through dark woods and which crossed the M23 into Tilgate Forest. There the course looped through sandstone heathland before returning around the northern perimeter of Tilgate Country Park. The race started and finished on the K2 centre's athletics track, which gave the 600 plus runners the novel experience of a last 300 metres dash round the track to the finish, urged on Olympics-style by supporters in the grandstand.

After the race there were reports of many PBs having been set. Unfortunately, it turned out that the course was short, by two-tenths of a mile. The race organisers had shortened it after criticisms last year that it was too long, but had over-compensated!

This was a surprisingly pleasant and varied course, and the race well-organised with good marshalling, lots of water to quench runners' thirsts, and the back-up facilities of the K2 centre. We'll be back. A full schedule of the results are shown on page three.

### CRAWLEY 10k CLUB CHAMPIONSHIP RESULTS

Name	Race Position	Club Position	Chip Time	Age Graded Position	Age Graded Time
Matthew Readwin	12	1	00:38:10	1	0:35:37
Tony O'Brien	45	2	00:41:42	2	0:37:45
Les Huitson	77	3	00:44:40	3	0:39:28
Chris Silvani		4	00:47:53	9	0:47:00
Martin Berry	147	5	00:48:00	4	0:41:21
Jonathon Buxton	160	6	00:48:29	7	0:43:53
Derek Bliss	219	7	00:50:55	8	0:44:37
Mike Noorbaccus	233	8	00:51:28	6	0:43:34
Graham Pullen	237	9	00:51:42	5	0:42:35
Joan Wingfield	65	1	00:43:43	2	0:40:11
Maggie Statham	98	2	00:45:43	1	0:38:19
Emma Proto	146	3	00:48:05	6	0:48:05
Karen Farnham	153	4	00:48:21	3	0:44:03
Maria Adaway	189	5	00:49:40	5	0:46:50
Clarissa Wortley	318	6	00:55:11	7	0:55:11
Barbara Towers	355	7	00:56:38	4	0:46:01
Anja Silvani	438	8	01:00:13	8	0:58:39

### WINTER CROSS-COUNTRY DATES

The Winter Cross-Country Season is soon to begin and Nigel Bongers has forwarded the following dates and locations. If you are not already involved and think cross-country is for you then please contact **Nigel** on **07710-404122** or e-mail him on **nigel@bongers-home.co.uk** .

Further details regarding the Ladies fixtures can be obtained from Barbara Towers.

Date	Location	Host	Men / Ladies
11th October 2008	Nork Park, Banstead	Tadworth AC	Both Ladies 12-15pm & Men 3pm
8th November 2008	Lightwater Country Park	Runneymede Runners	Both Ladies & Men
10th January 2009	Farthing Down, Coulsdon	South London Harriers	Ladies
10th January 2009	Lloyd Park, Croydon	Croydon Harriers	Men
7th February 2009	Lloyd Park, Croydon	Striders of Croydon	Ladies
7th February 2009	Wimbledon Common	Vets AC	Men

### MARSHALLING THE MARATHON

As a result of the Clubs marshalling efforts at the London Marathon this year we have received a Cheque for £85 from the organisers via Reigate Priory AC. A great effort from all those who took part, a welcome boost to the Clubs funds. Our special thanks should of course go to Barbara who every year organise the Team from Oxted Runners.

### WINTER RUNS RETURN and THE HANDICAP DATES

The last of the summer runs is now behind us and the winter Oxted circuit has already been experienced, for many new members for the first time. But looking on the bright side we have the winter Handicap to look forward to.

Keith will be carefully allocating each and everyone of us with a handicap time as we set off on our lone pursuit towards achieving a time better than the last. So the dates he has selected are as follows:

2008

Tuesday 21st October and 25th November

2009

Tuesday 27th January, 24th Febuary and 24th March

Please remember, you will help Keith if you turn up earlier than normal to allow a more relaxed flow in starting the runs. So dates in diaries....

### CHRISTMAS APPROACHES

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Christmas is only about 10 weeks away, as if we need reminding. The Christmas Run will this year take place from outside the Leisure Centre on **Sunday 21st December**, starting at 10-30am. The traditional 'entry fee' (a festively wrapped present to the value of about £5.... not necessarily bottle-shaped) is all that is required and festive fancy dress is optional. That same day the annual Christmas party will take place in the Red Cross Hall. Presents will be 'awarded' in accordance with the run position acheived, London Marathon places will be available to those who qualify to eneter the draw AND rumour has it that dear old SANTA will again make an appearance and will be generously giving out presents to all the children.

### A.G.M.

The A.G.M. this year will be held on **Tuesday 25th November at 8pm** immediately following the Tuesday training run.

It will be held opposite the Leisure Centre in the Red Cross Hall. Please attend if you can as the future of the Club is in your hands.

### BANSTEAD WOODS TIME TRIALS

Suggested by one of our members recently for those who want to get involved in another discipline and certainly something different are the **Banstead Woods Time Trials**.

**What** is it / are they?....A 5km run with just you against the clock. **When?**....Every Saturady at 9am. **Where?**....In Banstead Woods, 200m from the car park. **Cost?** .....Free. **How fast?**....everyone runs for their own enjoyment, whatever your pace. **Organisers?**....volunteers.

**Want to know more?**.....visit [www.parkrun.com](http://www.parkrun.com) to register in advance (a must)

OR e-mail [bansteadHelpers@parkrun.com](mailto:bansteadHelpers@parkrun.com) OR speak to Les Huitson.

## COMMITTEE

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## WALKING

There is apparently still some interest in going out for a longish country walk with a pub lunch.

So **Sunday 30th November** is a date that stands out as a possible opportunity to explore some countryside at a more leisurely pace.

So if anyone is interested please contact either Tony Pearson or myself as soon as possible.

Now I know the date clashes with the Crowborough 10k but feel that those likely to go walking are unlikely to be entering the run. If I am wrong then the run must take precedent, after all we are a running club.

## BARN DANCE

The Club's Barn Dance to be held at the **Oxted Community Hall** on:-

**Saturday 25th October.**

Dancing starts at 7-30pm with our very own 'Callers' leading the way through some traditional and fun dances.

Those who have been to previous dances will know what great fun they can be. Please bring your own drink(s), glasses and nibbles.

A fish and chip supper will be included in the £6 price per ticket.

So, put the date in the diary and tell Barbara if you are coming

## Oxted Runners Hash – 14 September 2008

*(report from Martin Berry)*

A fresh, sunny, early September morning saw a large group of Oxted Runners gather expectantly outside the Carpenter's Arms on Limpsfield Chart for the second edition of the club's annual hash.

Guided by Gary Spring, who had devised and laid out the cunning trails with splashes of flour the night before, and ably assisted by Les Huitson, acting as sweeper, the 18 runners took off on a magical mystery tour of the Chart. The route was punctuated with junctions requiring us to choose between paths leading up blind alleys and the correct routes. At these points, while some of us took a welcome breather, the more energetic ones ran off to check the alternative routes (blind alleys marked by crosses, the right route marked by a splodge of flour).

The course took us southwards, dropping down steeply to Tenchley's Manor before making the long climb back onto the Greensand ridge. A long run across Limpsfield golf course was followed by a short stint alongside the A25 (fortunately, no runners were misled by the flour-like patches that had been dropped in the middle of the road by the local quarry lorries!). We then turned southwards and climbed back up onto the Chart, finishing where we had started, by the Carpenter's Arms.

Well done to Gary and Les for organising this most enjoyable event, and also for making sure that we didn't go too far off track – though it was slightly worrying when at one point, towards the end of the run, Gary seemed to be as

mystified as everyone else about what the correct route was.

I'm pleased to say that the same number of runners arrived back as had started out an hour earlier!



## RACE RESULTS

Thanks go to many of you who keep me updated with results from various races and runs throughout the year. However a special thanks must go to Martin Berry who not only sends results but some great articles on the races.



## Oxted Runners Race Series

The last remaining race that has been suggested by Joan as a designated 2008 Club runs is the **Crowborough 10k**.

A testing, but popular two-lap course with a ford to negotiate unless the easy option of the bridge is selected! No P.B.'s here though.

When is it? - **30th November** - See Joan for details.

## SUMMER BARBEQUE

The annual BBQ was once again held at the Crown p.h. in Old Oxted following the Club 10k championship run at Crawley (see report) on Sunday 13th July.

Thanks go to Barbara and Keith for organising the event which was supported and enjoyed by about 75 Club members and their families. It is an ideal location for this event and a chance for members to socialise, eat good food and relax.

## Sevenoaks Seven - 11th May 2008

The club returned to Knole Park in Kent for the second event in the 2008 race series being co-ordinated by Joan Wingfield, the Sevenoaks Seven.

The beautiful, undulating deer park which surrounds stately Knole House once again provided a very attractive setting for this popular multi-surface seven mile race. The hills and the extra distance beyond a normal 10K would make this a challenging race at any time, but this year the early May heatwave meant the 470 plus runners were confronted with brutally hot, energy-sapping conditions that made the race doubly difficult. The water table at 2.5 and 4.5 miles with cups of water and wet sponges handed out by the many helpers in this well organised race were more than welcome in the dehydrating heat.

Despite the gruelling conditions, our runners ran heroically to produce great performances. Pride of place must go to our women runners. The first team, comprising Joan Wingfield (124<sup>th</sup> in 55:12), Maggie Statham (176<sup>th</sup> in 58:17) and Christine Farnham (186<sup>th</sup> in 58:50), finished in an excellent 5<sup>th</sup> position out of 20 teams in the women's race, while the club's second team, comprising Emma Proto (210<sup>th</sup> in 60:06), Karen Farnham (217<sup>th</sup> in 60:21) and Stella Scordellis (310<sup>th</sup> in 65:54), finished in 8<sup>th</sup> place and was the first B team home. Well done!

For the men, the first team – comprising Matt Readwin (46<sup>th</sup> in 49:18), Stuart Dickinson (56<sup>th</sup> in 50:46), Tony O'Brien (74<sup>th</sup> in 51:47) and Martin Berry (206<sup>th</sup> in 59:54) – finished in a commendable 14<sup>th</sup> place out of 36 in the men's team race. While not quite making it into the team places, mention must still be made of Mike Noorbaccus, who completed the course in 66:12, giving him 315<sup>th</sup> place. Commiserations also go to Greg Sherriff, who had to pull out after little more than a mile owing to a pulled stomach muscle. Better luck next time, Greg. All in all a great day out. Photograph above shows some of the finishers.

## Lindfield Village Run - 26th May 2008

It's morning. Rain driven by gale force winds whips into your face when you open the back door. Your fingers go numb in the cold. Leaves and branches blown down from the trees lie strewn across the lawn. The Met Office issues severe weather warnings and warns you to take care on the roads because of floods and fallen trees. It must be a Bank Holiday Monday in May. And time for the Lindfield Village Run.

It's billed as a true cross-country race, with much running over wet, often very muddy tracks that climb steeply up and down the heavily wooded claylands of the Sussex Weald. Lots of stiles and kissing gates too. But there are also long stretches of firm if rough track, and smooth tarmac. A scenic highlight is when you emerge from dense woods to be rewarded with a lovely view of Ardingly reservoir. A few minutes later, you run through the grounds of Ardingly College.

Three Oxted Runners braved the conditions to take part. Greg Sherriff, who decided to run at the last minute, was outstanding, finishing 8<sup>th</sup> in 45:39. Maggie Statham was 3<sup>rd</sup> woman, and 33<sup>rd</sup> overall, in 55:43. Martin Berry slogged through to finish in 46<sup>th</sup> position in 57:49. There were 171 runners, mostly unaffiliated.

In summary, the Lindfield Village Run offers an attractive, hilly, often muddy, and challenging run through diverse and pretty countryside. Although the organisers refer to it as a 10K race, it is actually 6.72 miles on GPS. It's well organised, with lots of direction signs and good marshalling. Recommended.

*(Both reports thanks to Martin Berry)*

## MORE RACE RESULTS / REPORTS

Entries to races / runs has certainly picked up in the last year as the results and reports in this Newsletter reveals. It is great to see Oxted Runners represented so well in these events. Keep it up all of you & encourage others to join you.

### Reigate Summer Evening 10K - 9th July 2008

(report from Martin Berry)

10 Oxted Runners braved premature darkness & torrential rain (weather recently referred to by the media as the 'European Monsoon', in other words a typical British summer) to take part in the Reigate Summer Evening 10k.

Pre-race instructions to drink water & keep well hydrated seemed rather irrelevant as the rain teemed down throughout the race. At the finish a warmly dressed David Millen, who had been lending vocal support from beneath a huge golf umbrella, rapidly attracted a small huddle of dishevelled Oxted Runners seeking shelter from the rain - he never knew he had so many friends!

Maggie Statham was first home for the ladies, crossing the line in 46:53. Maggie won the plaque for the first W55 & finished 7th woman overall. She was followed by Karen Farnham (49:53), Judith Ladd (52:56) & Barbara Towers (58:15). It was great to see Judith in good shape & racing again after the arrival of baby Charlie 6 months ago.

In the men's race Greg Sherriff was first home, recording a time of 34:54 despite still carrying an injury & easing off in the last 3k to protect his calf. He finished a commendable 21st overall. He was followed in by Michael Chappell (42:43), Les Huitson (46:36), Martin Black (47:04), Brian Gifford (48:48) & Martin Berry (48:59).

All our runners recorded good times despite the weather conditions, the undulating course, & an unexpected final kilometre excursion around the lake & along a dark, muddy & slippery track through the woods, well known to anyone who has done a X-country race in Priory Rark.

### Angmering Park 'Bluebell 10k - 27th April

Matthew Readwin (10th) in 39:31, Christine Farnham (125th) 49:36, Karen Farnham (132nd) 50:22 and Judith Ladd (306th) 59:44.

A X-country race with bluebells everywhere, and with what is described as a 'lovely hill' at the end. Judith was competing in her first race since the birth of young Charlie. There were 399 finishers.

### Morden Park 5k - 1st May

Matthew Readwin (9th) in 18:43, Christine Farnham (43rd) 23:27, Karen Farnham (47th) 23:59. There were just 67 finishers.

### SAAB Solomon Race series - 10k - 18th May

In a race 253 strong Greg Sherriff came in 16th in a very commendable 35:39. The effort shows on his face (see page 1)

### Tour of Epsom - Various distances - 9th to 13th June

Five races completed by Karen and Christine Farnham during this series of races held at locations in Surrey resulted in Karen being placed 60th out of 113 finishers of all five races. She was awarded 3rd place in the V45 category. Well done Karen.

### Epsom 10k - Sunday 15th June

Karen was the only Oxted Runner here and finished in 48:30 which earned her 136th place out of 297 finishers.

### Elmore 7 mile - 19th July

Greg Sherriff (16th) 43:35, Matthew Readwin (23rd) 45:21, Karen Farnham (133rd) 56:55, Keith Towers (214th) 65:25, Barbara Towers (215th) 65:38. There were 273 finishers.

### Gatton Park Summer 10k - July

Greg Sherriff (11th) 42:40, Karen Farnham (69th) 55:31, Brian Gilford (76th) 56:24, Phil Saville (84th) 59:19, Graham Pullen (95th). There were 128 finishers.

### Arundel Castle 10k - Sunday 31st August

Matthew Readwin (26th) 40:04, Greg Sherriff (27th) 40:06 & Karen Farnham (270th) 51:28. There were 642 finishers.

### DRY HILL 10

(report from Martin Berry)

On Sunday 7th September 7 Oxted Runners turned out at Lingfield racecourse on a damp, autumnal morning for the Dry Hill 10, the penultimate event in the club's annual race series.

Despite the heavy rain that preceded it, a larger field than normal, 180 plus, gathered to take on this hilly, scenic challenge, whose first six miles are mainly uphill, culminating in the climb of the eponymous hill, 565 feet high. Our runners contended with surfaces ranging from smooth tarmac through grassy tracks to thick mud.

First home, in a very good time of 67:35, earning him 9<sup>th</sup> place overall, was Greg Sherriff. He was followed in two minutes later by Matt Readwin (69:27, 14<sup>th</sup>). First home for the women was Becky Kirk, in a very good time of 81:07 (56<sup>th</sup> overall). Our other runners were Mick Chappell, a long training run the previous day in his legs (83:36, 72<sup>nd</sup>), Karen Farnham (89:33, 101<sup>st</sup>), Nikki Jupp (95:00, 129<sup>th</sup>), and, last but not least, our latest recruit, Jane Hollowell (101:28, 145<sup>th</sup>). Mention must also be made of Maggie Statham's son, Andy, running for sister club Holland Sports, who in his first 10 mile race, and despite a very late night out clubbing in Brighton, stopped the clock at 73:28 for 24<sup>th</sup> place.

These were all great performances given the toughness of the hills and the tricky surface conditions, spurred on perhaps by the prospect of munching into the mass of delicious homemade cakes available at the finish. Some runners may also have been excited by the prospect of cash prizes for the first man under 60 minutes, and the first woman under 67. In the event, the woman's prize was unclaimed, but Chichester Runners star James Baker did win the £100 men's prize by finishing in a truly magnificent 56:57 (and what's more, he crossed the finish line looking like he'd only been out for a jog).



Mass start at the Dry Hill 10

## AN OXTED 10K RACE ?

It was briefly reported in the last Newsletter that Oxted Runners were considering venturing into the world of race organisers. This was news that I admit drew an immediate reaction from myself of 'whew...they know not what they are letting themselves in for!' I admit I did not think we had the will or the resources to take on such a challenge. But what do I know...Ye of little faith.

Since then a Committee has been formed under the stewardship of Tony Pearson and they have been meeting and investigating the very possibility of an Oxted Runners 10km Race.

Initially there were many more questions than answers. Questions of 'our motives' for holding such an event, suitable locations and route, landowners permission, cost to the Club, policing and stewards and whether there would be enough support from within the Club to cover all the essential tasks and responsibilities required to organise the event.

Well a draft route, starting from or near Limpsfield Chart Golf Clubhouse has been identified. Leatherhead Running Club have been consulted with a view to obtaining advice on such matters as permits, insurance, and risk assessments. Discussions have been held with the Titsey Foundation regarding the use of tracks within the Estate being used for part of the route and Limpsfield Infants School have been approached regarding the use of the school premises on the day.

There is now a call to all Oxted Runners to come out on **Sunday 12th October** to 'Test Run' the proposed route. The route has been devised by Richard and Maddy. Its a 10k off road course and will start on the 12th from the car park at **Limpsfield Common Golf Clubhouse** at **10am**. If you can turn up not only will you get a good training run in but you will then be in a position to comment on the route during any future discussions concerning the proposed event.

Anyone within the Club who thinks they have something to offer whether it be as a potential start/finish steward, time keeper, course steward, drinks/refreshment organiser, or just a helper on the day, or just want to add your comments or ideas please contact Tony Pearson or Richard and Maddy Williams.

So watch this space and do turn out on Sunday 12th if you possibly can.



Michael Chappell, Karen Farnham, Greg Sherriff and Becky Kirk finishing the Dry Hill 10 off-road race

**IF YOU HAVE AN ARTICLE, REPORT OR STORY YOU THINK SHOULD REACH A WIDER AUDIENCE AND IS SUITABLE FOR INCLUSION IN THE NEWSLETTER THEN PLEASE SEND IT TO ME, IN ANY FORM, AND I WILL DO MY BEST TO FIT IT IN THE NEXT EDITION. ALSO IF YOU EXPERIENCE DIFFICULTY IN RECEIVING THE NEWSLETTER IN ELECTRONIC FORM PLEASE LET ME KNOW.**

**THE NEXT NEWSLETTER - JANUARY 2009**