



**Little Feet \* FOOTNOTES**
**The Little Feet Annual Awards Edition**


Congratulations to our 2007 Award winners. As always, very difficult decisions have had to be made when choosing the recipients as so many of you are worthy of receiving one of the Awards.

**Little Feet Award winners 2007**

<b>Improvers Award</b>	<b>Cecelia Hedberg</b>	For gradual and steady improvement since joining us and for leading groups.
<b>Achievers Award</b>	<b>Gary Bridger</b>	For running the London Marathon, being part of the LF Green belt relay, plus many other races and for leading groups.
<b>The Karen Claydon Award</b> a new open category Award.	<b>Harry Franklin</b>	This year it is to recognise Harry for being one of the regular group leaders, and someone who has encouraged so many of us new runners to enjoy our running and to improve.
<b>Founders Award</b>	<b>Sue Waters</b>	For all her hard work that she has done at LF and Stragglers, and for always being ready to help out when needed.
<b>The Good Foot Award</b> - for the people who make Monday nights happen	<b>The Albion - Pat and his team</b>  <b>Annie Mackie</b> <b>Barry Alexander</b>	For allowing us to use the facilities and the great hospitality.  For leading groups on a regular basis. For organising the groups and helping with the organisation of LF.

**Hi Everyone,**

Here we are almost at the end of another year, and the completion of the first year of Helen and myself organising LF. I must say I don't know where the time has gone; it only seems like yesterday that we took over from James.

Firstly we would like to thank all those who have helped with the running of LF.

The list is pretty long, apologies if we have missed you out.

So a very big thank you to all of the following:

- James and Sue for giving us great support and guidance.
- Barry for organising the groups.
- Sue for taking the exercises on a regular basis.
- Jackie, Les and Colin, the founding members of LF, for giving us their guidance and support.
- All the group leaders, for volunteering to lead us on our runs.
- Pat and his team at the Albion for their hospitality.
- James for producing footnotes.
- Jan for producing this edition of footnotes and for the February edition.
- Emma and Steve for organising the LF team for the Green Belt Relay and the members of the LF team.
- JD and Annie for organising the Little Feet walks
- For all of you for coming along and joining in with the runs and other social events that have taken place this year.

The awards evening will be the last Little Feet running evening of 2007. We will start back again on Monday 7 January 2008 at the usual place and time.

And finally, all our best wishes to everyone for the Festive Season and for a very happy and prosperous 2008.

**Steve and Helen**

**A note from the editor**

You may be wondering whether we've run out of yellow-paper, but as we're all dreaming of a white Christmas and the current temperatures are certainly promising, I thought we'd have a change for this edition. If you've got this far you will already know who the annual award recipients are, but do read on as we also have details of Boxing Day and New Year's Day meets etc, some race reviews which you may like to make a note of for 2008 as well as a forthcoming trip to Amsterdam in May and a **very** good excuse to celebrate in June. Also you will come across a couple of ideas and don't miss the stop-press on the back page.

**Merry Christmas Everyone**

**Jan**

 **Festive events/races**

 **Wednesday 26<sup>th</sup> December - Stragglers Boxing Day Run - 11.00 - The Cabbage Patch**

- Entry is a present wrapped and put in the box - value about £2.50 - four chilly alcohol-clearing miles along the towpath and then a couple of pints of good Fullers Ale - families welcome.

 **Tuesday 1<sup>st</sup> January - Happy New Year! - 12.00 - Kingston Gate Car Park, Richmond Park**

Blow away the excesses of last night. One hour walking, running, stumbling - whatever, and then off to the Wych Elm to stuff the New Year Resolution that you will NEVAH drink again. The beer at the Wych Elm is stunning.

 **Wednesday 2<sup>nd</sup> January - Mob Match with Thames H&H at The Hawker Centre 5 miles. Starts at 15.00.**

 **Race Results - September to December 2007**

Race	Time	Comments	Race	Time	Comments
<b>Stockley 5</b>			<b>Leatherhead Fire Station 10k</b>		
Chris Palmer	50:49		Noel Hollingsworth	39:23	
<b>First Richmond time trial 5K</b>			Chris Palmer	62:54	
Cecelia Hedberg	22:01	First lady	Bill Stewart	48:54	
<b>Wimbledon 10K</b>			Janice Villadar	48:43	
Bill Stewart	50:26		Paul Hutchings	42:02	
Janice Villadar	50:22		Vanessa Mitchell	45:44	
<b>Victory 5 Portsmouth</b>			Danka Wigley	50:57	
Gary Bridger	40:07	PB	Glynda Mortimer	76:01	
Jenny Gatfield	41.48	PB	Jan Prince	76:22	
			Graham Mortimer	52:14	Very good cakes!!
			Steven Brett	54:26	

## London Santa Run, 8<sup>th</sup> December 2007



Left to right:

Steve  
Jan  
Glynda  
Les  
Jackie  
Barbara  
Una  
Helen  
Graham  
Christina

So here we are, the third running of the Disability Snowsport UK London Santa Run - 2,500 Santa's causing mass confusion for any toddler who happens to be out for a walk with Mum and Dad in Battersea Park. But our biggest challenge seemed to be getting the aspiring Santa's to Battersea Park - Jan and Barbara had train problems at New Malden and we nearly lost Una altogether! Anyway, we eventually all arrived safely and, having collected our Santa outfits, we all lined up for a photo call .

We then headed for the start - in the rain. The prospect of running 6k in a wet felt Santa suit wasn't great, but fortunately it was mostly drizzle and didn't stop us enjoying the run. Not surprisingly Graham and Steve were first home and the rest of us gave it our best shot. Sadly we won't be able to embellish our performance this year as they introduced timing chips.

Anyway, with the race over, we all set off home to our grottos and a very busy couple of weeks ahead as we have to get all those presents delivered on time!

Disability Snowsport is a charity that provides opportunities for people with disabilities to participate in skiing and snowboarding. The race was very well organised and in aid of a very worthwhile cause it would be great to get a few more Little Feet Santas signed up next year. Like dressing up, like running, then this is the event for you!

## Santa Helen

### Reviews from our roving reporter.....

I had a chat with Jenny Gatfield who started running with us 2 years ago. Jenny's first race was the Valentine 10K in 2006.

This year she took part in the Portsmouth Victory 5. She tells me that the race was very well organised and a good course for a PB because it is very flat. It's a lovely route and if the weather is good you almost forget what you are there for! However the

course does take you along the sea front and the wind can be a bit of a problem. It attracts a largish field of around 2,000 and Jenny is pleased to say she completed it in 41.48.

Jenny also found the Brighton 10k very enjoyable and again good for a PB as you run along the front. Again Jenny completed it in very good time.

The Hogsback 8 organised by Guildford and Godalming Athletics is another enjoyable race. This year Gary Bridger, Emma Saville and Jenny ran it. It is, as you might expect, a very scenic route with some undulation - approx half uphill following by half downhill or flat. Finishing at Loseley House - can't you just taste the icecream! And wow wouldn't you have earned it!

**Brenda  
Foster**

### **Forthcoming events/races**

#### **...Tulips from Amsterdam..... 24<sup>th</sup> May**

Following on from the successful Berlin trip last year we are going Dutch in 2008. On May 24<sup>th</sup> Amsterdam is hosting a half-marathon, a 10k and a 5k run. Non-runners will also be welcome so there is something for everyone.

As with the Berlin trip, the plan is that we book the hotel and travel to our own requirements, so you can build in time for sight seeing before or after or just keep it to a short weekend.

It is the Spring Bank Holiday weekend and Amsterdam is a city with plenty of variety. A trip to nearby Kuekenhof for the tulips is sure to be high on your list.

Please have a chat with me if you are interested.

**Les Brown**

Let's Celebrate .....



Little Feet is coming-of-age - yes, it was 18 years ago next June that the very first Little Feet evening took place under the expert direction of Colin Jones who took up and ran (quite literally) with Jackie Brown's inspirational idea of forming a group for beginners. Some of us are now far from beginners but still enjoy the atmosphere and structure of a club where the taking part with encouragement and advice are considered as important as actual performance.

..... Now, that's worth celebrating!

Watch this space or put forward suggestions on how you would like to celebrate.

### 'Networking' ideas

An idea from Annie.....

If you are trying to improve or are preparing for a specific race its good to get out for an extra run in the week at a time/place that's convenient. So why don't we set up a register of peoples' details then we can 'match' running companions. After all its so much better, as well as safer, to run with someone. The info we would need would be: Name; Address or area; Tel; e-mail; Distance; and Speed.

We could then distribute these details and people could either contact each other direct or, say send out a general e-mail or text stating when and where they'd like to run and those it suits would then reply and arrange to meet. Or alternatively we could have one organiser who on a Monday night receives requests and puts people in touch.


And one from Steve.....

#### **Do you want to enter your first race?**

But you are not sure which race to run in or and you would like to travel to the venue with someone from LF for some company and to share the experience/travel costs. If this sounds like you, please speak to me and I will try to put you in touch with a fellow runner at LF who will help.

*If you think these are good ideas do let us know and we will take them forward.*

## Jan

 **Race Results** - Please note your results in the diary and maybe add a comment or two. Why not write a short article for Footnotes.

**Don't forget that the results written in the diary will be taken into consideration when next year's LF award winners are chosen.**

 **New Little Feet members - since June 2007**

#### **A big welcome to:**


Tony, David, Charlie, Tom, Claire, Lisa, Sarah, Becka, Amanda, Vicky, Simon, Catherine, Fran, Valencia, Kate, Jonathon, Alison, Sam, Sebastian, Mark, Sylvia, Esther, Jenny, Janice, Emma, Alex, Katie, Chloe, Nick, Anand, Julie, Ann, Armajit, Ferhiz, Therese, Trudy, Mary, Brin, Liz, Nicky, Fiona, Sylvia, Lucy and Mika. **We hope you enjoy running/walking with us.**

We are always interested to get feed back from new members about Little Feet. If you have any comments please speak to Helen or me. If you feel like putting pen to paper or finger to keyboard an item for these Footnotes would get you into print.

### **Group Leaders**

We're looking for new group leaders. Every group leader, however proficient they appear, did it for the first time once. So, why not you? Just give your name to Helen. You can choose your own route and pace or there is a selection of route maps kept with the Diary for you to browse through.

The *Group Leaders Guidance* notes are worth reading, even if you don't lead a group, they will give you an idea of how the groups are organised and what we expect of the runners. (Helen or Steve can let you have a copy)

 **Could you take the exercises?** From time to time the regular people who take the exercises are away, so it would be nice to have a few extra people to call on. You may have picked up a routine elsewhere or you may just have studied one of our regular people, either way if you would like to be the person standing in the middle telling us all what to do, please let me know.

### **Club Kit**

Sue Waters brings kit down on a regular basis. Have a look in her box, do your Christmas shopping!


### **Thursday Night at the Hawker Centre in Richmond Road - 7.30 pm**

Thursday is not only for the elite. There is usually a walking group as well as running groups from 3-4 miles, upwards. Last Thursday of each month is handicap night.

 **Membership - You can now become a member on line via the online membership store on the Stragglers website: [www.stragglers.org](http://www.stragglers.org). Fees start at £5 per year.**

It is worth becoming a member just for the discounts you will receive at The Sweat Shop and Max Sports when you buy your running shoes etc, also race entry is cheaper if you are a member of a club (England Athletics registration).

If you would like further details about membership please see Helen Brett or visit the website.

 **Little Feet Footnotes - James will be wearing the editor's hat for the next edition so get writing/keying and keep him busy! E-mail: [jamesjog@hotmail.com](mailto:jamesjog@hotmail.com)**

**Bye for now**

## **Jan**

STOP-PRESS - Mob-match - Stragglers sweep the board! Yes, yesterday we triumphed over our arch rivals the 26.2 club. Graham Brook came first in just 20.14 and our Phyllis Flynn was first Lady in 24.10. Fortunately for them the 26.2 junior champion, Jonathon Wilson, took the prize in that category. We also took the team shield by fielding 108 and 26.2 took the packet of Paxo with a paltry 65 entrants. However as their chairman Simon Finch playfully pointed out their 65 persons represented a whopping 46% of their total membership whereas our 108 is a mere 21% of our membership! We even brought home the 'Buster' trophy - this was presented to the 4 fast legs of Pip Martindale. Much merriment and cheering was to be heard in Berrylands throughout the event, initiated early in the proceedings when a group of Little Feet Father Christmases were caught trying to strap, Gerard Bear, into a pushchair belonging to the opposition! If you weren't there you certainly missed a great exciting and fun occasion!