



Little Feet * FOOTNOTES
The Little Feet Annual Awards Edition

 Congratulations to our 2008 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 2008

Improvers Award	Anne Woods	For rapid improvement since joining LF in Nov 07, culminating in running her first half marathon in 1hr 56 this summer.
Achievers Award	Vanessa Mitchell	For running in the London Marathon, plus many other races and for keeping the fast boys group under control.
The Karen Claydon Award a new open category Award.	Ann and Ray Coward	For regularly leading groups on Monday and Thursday evenings and for the time that they dedicate to the organisation of the Bushy Park time trials.
The Good Foot Award - for the people who make Monday nights happen	The Albion - Pat and his team	For allowing us to use the facilities and the great hospitality.
	Paul Levene	For leading groups on a regular basis and taking the exercises.
	John Dixon (JD)	For organising LF walks, leading groups and helping with the organisation of LF.

Hi Everyone,

Here we are almost at the end of another great year, and the completion of the second year of Helen and me organising LF. 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 thanks you to all of the following:

- All the group leaders, for volunteering to lead us on our runs.
- 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.
- Pat and his team at the Albion for their hospitality.
- James for his continuing support and producing footnotes.
- Jan for producing this edition of footnotes.
- JD and Graham for organising the Little Feet walks
- To all of you who helped with the organisation of the LF 18th Birthday celebrations - Jackie, Les, Jan, Kevin, Glynda, Graham, Una and Paul.
- For all of you for coming along and joining in with the runs and other social events that have taken place this year, and for making Monday nights so successful and enjoyable.

Monday the 29th December will be the last Little Feet running evening of 2008. We will start back again on Monday 5th January 2009 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 2009.

Steve and Helen


A note from the editor

Lots to read about in this edition, as well as the awards we have articles to encourage you to run at other times and places and also lots of inspiration for our walkers make a note of the JD dates and Bill's article. The London Marathon is in the sights of several of you and we have news of two member's innovative ways of raising support. So, no excuse for allowing those extra Christmas lbs to stay around!

Merry Christmas Everyone

Jan


Festive events/races and other dates for your diary


 **Monday 22nd** our last regular night before Christmas, so you may feel you want to get in the mood by sporting a piece of tinsel, a few reindeer antlers or other Xmas garb.

 **Friday 26th December - Stragglers Boxing Day Run - 11.00 - The Cabbage Patch pub Twickenham**


A great way to run off too much Christmas turkey and pudding!

Entry fee: Take a wrapped present to value of £3 and put in the tub, at the end of the race pick out a gift OR Pay £3 and do not get a gift (all money goes to charity)

 **Monday 29th December** - our last regular Monday evening of 2008


 **Thursday 1st 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.

 **Monday 5th January 7.30** our first normal Monday evening of 2009

 **Sunday 11th January** our first JD walk for 2009 - The Holmbury Hurt - 10.30 start

 **Sunday 8th February** - JD walk - The Friday Foray (on a Sunday) - 10.30 start

 **Sunday 15th March** - JD Walk - Boxhill Long Walk - 10.30 start

 In the pipeline for the warmer months -

Camping for Softies - a weekend in the South Downs
A repeat of our successful summer Hash in the Surrey woods
Another 'Experience Skiffing' evening on the Thames with Adrian
Les is investigating the possibilities for a few days a bit further a field - a race in Milan maybe.



Is there more to running than doing the mileage?

Yes of course there is, for me its enjoying being outside, especially in the parks or countryside.

I have had the good fortune to live in a couple of very beautiful areas in the UK.

North Devon where the scenery is very dramatic and changes from the flat sandy beaches to the rocky and cliffy bays to some very isolated farmsteads, and plenty more. Without doubt some of the best (but hilly) running routes you will ever do.

The Lynton Grizzly (10 miles I think) is without doubt one of my best races.

Why not stay in North Devon for a long weekend and try some routes out. You will be amazed how enjoyable the weekend will be . . . albeit tough.

But nearer to home. . .

Dorking was another area I lived in, and a very enjoyable running area too. Nestling in the North Downs, there are lots of hills, 3 major ones surround the town, so a flat route is difficult to find. Dorking was an old roman gap town so there are plenty of isolated homesteads, farms, ruins to enjoy running past. Also, there is a maze of bridle paths and farm roads which are almost traffic free!

You can get to Dorking by bus or train probably both under the hour or by car in 40 minutes or so. So this area should be considered for a different weekend run when you have a little extra time. And, of course why not have lunch at one of those special pubs serving real ale and generous food helpings. You will definitely need a map and compass and keep an eye on landmarks, as there are lots of paths that are not on the ordnance survey map.

Straggler runners are lucky, as we too live in an area where running is a pleasure, several parks and the river path make it varied and enjoyable, but variety is the spice of life and we all occasionally crave for a change.

More local than Dorking is of course West End that links in with Fairmile common linking in with Oxshot woods that leads into Esher common. All have very enjoyable and varied bridle paths.

Why not take a map and try theses enjoyable quiet places out for a change, you will be surprised how your running will improve when you break that routine and run elsewhere.

Graham

Mob-Match - Sunday 7th December

We again trounced the 26.2 club in our annual fun-run. This year's race was held on home turf and what a beautiful day it turned out to be - cold crisp and sunny - the frost still sparkling on the grass and hedgerows as we wound our way through Petersham Meadows. We returned along the tow-path via Teddington Lock where the sun-shimmered silver water was a sight to behold - certainly spectacular enough to do any Christmas card proud!

A few Little Feeter's were caught on camera after the Mob Match. (For more pictures see LF website)



April 2009 is writ large in several LF calendars.

It is of course the **London Marathon**. **Charlotte** is running for **The National Osteoporosis Society** and **Kelly** and **Ness** are both running for Tadworth-based **The Children's Trust**, that admirable charity that **provides care, education and therapy for children with multiple disabilities**.

Charlotte's fund-raising has been enhanced by the sale of mum Ann's delicious cakes - I've already sampled the coffee one and am salivating at the thought of trying the lemon-drizzle - hopefully in the new year Ann, you'll be doing some more baking. Also the whole family were recently involved in organising a most enjoyable '60s and '70s evening at The Lion. Several LF were there and maybe there will be another such evening later on.

Kelly is donating £2 from the sale of each purchase of her book to The Children's Trust. Kelly and Ness although they live locally, are fairly new members of LF but are now running regularly with us. Kelly not only runs but she also rows! Kelly's book 'Sally's Odd at Sea' recounts the extraordinary adventures and experience she had when she and her mum (how brave is that?) set out to row the Atlantic! 105 days later they became the world's first mother-and-daughter pair to row an ocean. Kelly has already sold copies of her book (complete with personal dedication) to several LF but there are more available - please see our Notice Board or Kelly herself for details and have a good read!

As well as running we also do WALKING

When you were new to Little Feet and uncertain whether you were able to jog continuously for 3 miles then you may have been on some of our Monday evening walks - from 2 to 4 miles long with one group usually including some jogging to get the legs used to a higher intensity of exercise. As fitness improves, the progression is onto the 3, 4, 5 miles starting with the slow groups in each distance before joining the 5 - 7 mile groups. It is this format that helps make Little Feet keep its niche as a beginner friendly club.

It is a mistake however just to view walking solely as a sort of transit camp on the way to getting running fit. Walking can be an integral part of getting fit, staying fit and keeping weight under control. One strategy is to gradually extend the amount of time on a walk. So begin by choosing walks that are likely to take an hour. Consider something like a walk around the perimeter of Bushey Park and maybe Home Park as a start. The next step might be a walk around the perimeter of Richmond Park, which is something like 7 miles and should take about 2 to 3 hours. Exercising for this length of time will increase your endurance/stamina, consume a goodly number of calories and can have a positive spin-off effect on your running. Once you can manage a 7-mile walk without feeling too shattered you are in a position to consider a walking organisation such as the Ramblers Association

(RA). The Kingston walking group has regular walks Wednesdays, Saturdays and on Sundays. You may wish to participate in these on the weekends when there are no specific Little Feet walks.

Walking can involve extra expense over and above the outlay on trainers and running gear you have probably already made. For longer organised walks a good pair of walking boots are desirable. You need a knapsack and some lightweight waterproof pull-on leggings and a similar top with hood to put in the knapsack. Gloves and something to put on your head may also be a good idea.

Transport costs to the start of organised walks can be quite high but most walking groups have a shared car scheme.

Food and drink figures in almost all longer walks. Lunchtime breaks mean either homemade/bought sandwiches or refreshments or into whichever pub has been selected for the lunch stop.

Final point - unlike running there is no need to feel guilty about not turning up for a walk because it's raining. Walking in the rain for a number of hours is no fun. The convention is for the group leader to take the walk no matter what the weather if only one person turns up. If the rain is really persistent you are probably doing everyone a favour by staying at home!

Bill Stewart

This and That

Who.....overheard on a Monday run.....

'I'm going to Stratford-on-Avon to see Hamlet'

'Oh, I didn't know you were into Shakespeare'

'Well, no I'm not, but I sorta just like looking at David Tennant.... and so do my friends'

couldn't agree more. Ed

And I bet that runner knows that the skull David holds on stage is real and was bequeathed in the sixties specifically for such a production, whereas the rest of his body was donated to the NHS! -Ed



You know that you are a runner when...

Your toenails are black

You find yourself saying, "It's not really a hill..."

You have chafing in strange places

You combine phrases like "10 mile run" and "Easy Run" in the same breath

You can eat your own weight in spaghetti

You start to crave Power Bars

You spend more on your running clothes than any other clothes

You feel lost without your water-bottle

You can say "I like to run" in over five different languages

You are always thinking of your next PB

You always see a fellow runner who you know when you are out on a training run

Your Christmas list includes more than one pair of running shoes

The Bushy park time trial is becoming a habit

You tell people that you are always busy on Monday and Thursday evenings


The LF gossip



 **New Little Feet members - since September 2008**

A big welcome to:

Hanna, Steve, Hanna, David, Cathy, Liz, Katie, Holly, Damian, Harriet, Michael, Nick, Field, Lucia, Alberto, Sarah, Lyndsey, Catherine, Bart, Sally, Vanessa, Lucy, Jane, Laura, Tom and Grace. **We hope you enjoy running/walking with us.**

 **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.

 **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. There are always a fair number of LF runners there, so come along and join us.

 **Membership** - You can now become a member on line via the online membership store on the Stragglers website: 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).

 **Little Feet Web Site**

We now have a dedicated web site for LF; find it by going to The Stragglers main site and follow the link on the left for Little Feet or follow this link. <http://www.stevebrett.net/littlefeet/> If there is an item that you would put on the site please contact Steve.


 **Runners' ID tags-£2.50**

For more details see either Ann Coward or the notice board or order on line: www.clubtags

 **Group leaders**

One of the real strengths of Little Feet is the group leaders. That band of loyal members who, in the spirit of running, regularly lead your run each week, keep an eye on the pace and, most importantly, make sure that no-one gets left behind. We are very fortunate that there are a number of LF who don't hesitate to volunteer their services, week in week out. So I would like to give a special mention to James, Hugh, Les, Harry, Ann, Sue, Ray, Ann, Steve, Paul, Annie, JD, Barry and Noel, who don't mind, when yet again, clutching my clipboard, I ask them if they are 'ok to take a group this week! There are of course others who lead the groups from time to time, and we really appreciate this but it would be great if a few more of you could get involved - many of you run regularly so you will be familiar with the routes, so why not go MAD (Make A Difference!) and volunteer to take a group from time to time. It's not an onerous task, and we have a fact sheet with a few top tips and guidelines, just to clarify what's involved. If you're interested, please let me know - I'm particularly keen to have more volunteers for easier 4 and 5 mile groups

Helen

 and Finally, James Long, whose brainchild Footnotes was, has run out of ink!! Yes he's threatening to hang up his pen on account of other commitments.....what other commitments could there possibly be that are more important!?! He says he and Sue are off for a long stay in Australia to welcome there first grandchild into this world.....should we believe him? He'd better prove it by sending in photographic evidence at the very least!.....and a message from daughter and ex-little-footer, Sarah.....we still miss you Sarah and send our best wishes.

-Ed for the time being, Jan



 **Race Times from the Diary September to December 2008**

Race	Time	Comments
Leatherhead Half Marathon		
Graham Mortimer	1:49:20	
Steven Brett	1:49:52	PB
Bushy Park Time trial - 5K		
Nigel Abbot	22:45	
Theresa Abbot	31:03	
Hampton Court 10K Race for Life		
Rob Markless	58:37	
Nigel Abbot	49:00	
Theresa Abbot	1:10:00	

Race	Time	Comments
Leatherhead Half Marathon		
Run to the Beat Half Marathon		
Emma Perrin	2:21:00	
Royal Parks Half Marathon		
Anne Woods	1:56:00	
Emma Saville	2:20:00	
Steve Saville	2:12:00	
Sue Long	3:11:00	Power walking
James Long	3:11:00	Power walking
Kingston 8.2 Miles		
Faye Curtis-Kay	1:13:16	
Stuart Boucher	1:07:00	
Charlotte Bezzant	1:14:26	
Ann Coward	1:22:00	
Cabbage Patch 10		
Faye Curtis-Kay	1:28:59	
Charlotte Bezzant	1:34:07	
Abingdon Marathon		
Gary Bridger	4:05:36	PB
Thrupton Mass Attack Duathlon		
Steve Saville	1:46:42	5K-30K-5K
Leatherhead Fire Station 10K		
Gary Bridger	47:08	PB
Steven Brett	48:55	
Bill Stewart	48:57	
Danka Wigley	52:07	