

The 'In Between' LF Footnotes Newsletter November 2009

Dear LF runners,

So that you are all able to keep up to date with events at Little Feet and The Stragglers and for general information for newcomers here is the November Newsletter.

LF Events coming up - go to the [LF web site](#) for further information

Monday 9th November - Pat and Alan will be at LF selling Stragglers running kit, an ideal time to buy your winter running gear

Sunday 29th November - LF walks. Organised and lead by JD or Graham, listen out for further details

Monday 14th December - the 2009 LF awards evening will be held at the Albion, starting at 8:30. Tickets are £6.00, this includes a hot and cold finger buffet and a £1 donation to charity. We need raffle prizes, as this is a fund raising event, please bring your prizes along on the evening of the event **Please see Helen for your tickets**

Other dates for your diary

Thursday 12th November Charity Auction at the Hawker Centre in aid of The Princess Alice Hospice [follow this link for further details](#)

Donations for auction items or pledges (from car washing to baby sitting) are need. Please speak to Merran or Jim Sell at the main Stragglers evening

Sunday 29th November - The Princess Alice Hospice Santa Run at Bushy Park

Saturday 12th December - The Princess Alice Hospice Santa Run at Kempton Park

Take part in our 5k Santa Fun Run - or for younger supporters, a 1k Jingle Bell Walk and raise money for Princess Alice Hospice whilst having lots of festive family fun!

Follow the link for further details [Santa Runs](#)

Sunday 20th December - The annual festive Mob match **The Stragglers versus the 26.2 road runners**. Great fun with plenty of 'après-run' socialising. For further details, see the poster in our changing room or have a look at [The Stragglers web site](#)

General reminders

Little Feet Web Site

We 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.

www.stevebrett.net/littlefeet - a great way to view LF photos and find out what is happening at LF

That's all for now, I hope that you enjoy your running at LF and The Stragglers, and are able to take part in our various runs and social events that are coming up.

Steve