



CHAIRMAN'S REPORT by Nigel Bramley

Dear Oddballs,

Spring is in the air and the days are getting longer, as are the marathon training runs! We are almost through the worst of the winter weather. It's time to start thinking about those spring and summer races and getting in shape to knock out some age graded PBs!

SURVEY

Thank you to everyone that completed the club survey. 50 respondents is great feedback for a club of our size. The results are on the next page of the newsletter for your perusal. The committee are now looking at ways to address the points raised and we have a committee meeting scheduled at the end of March when these points will be on the agenda. Thanks to Vicki for all her efforts in pulling the survey together and for compiling the feedback.

TRAINING

Sue and Martin Day have let the committee know that at the end of the winter training block they will hang up their stopwatches. They have been training us for many years and have given so much of their time to us without any form of payment and we owe them big time for this! Think about the races you have run, or PB's that you have achieved with the club and chances are this has been on the back of the training sessions they have run. I am sure that you will thank them for this when you next see them! We hope to see them back at training with us in the summer, this time running rather than taking the session. The committee are currently looking at how we will fill the gap that they leave.

COMMITTEE VACANCIES

As I mentioned previously I will not be standing for re-election as Chairman at the AGM. I have also decided to stand down as Men's captain at the same time and will therefore leave the committee. Other commitments mean that my free time is limited. For the Men's Captain role my view is that two years is about the right time before giving someone else the opportunity to get involved and generate additional interest and turnout at club races. Please give some thought to joining the committee. It does not necessarily have to be in these roles, as all of the positions are up for renewal each year. We need to have a full committee to help the club run smoothly and to ensure it's moving in the direction that members want. If you would like to know more about what's involved then please speak to one of the committee.

SURREY ROAD LEAGUE (SRL)

As per the email you will have received a week or so ago, the club have decided to pay for SRL entry fees for eligible runners. This brings the league into alignment with the Cross Country and MABAC races and will hopefully encourage some of you that are predominantly road runners to represent the club and score League and Bob Neville points.

Happy running Oddballs!

Nigel

THE EPSOM ODDBALLS SURVEY RESULTS compiled by Vicki Brown



We received, a brilliant, 50 responses and below is a summary of the answers:

1. Do you currently attend club training?

- 54% - Tuesdays
- 29% - Thursdays
- 10% - Sundays
- 35% - Don't attend training



2. Would you be more likely to attend if the training was held on a different day/time?

- 27% - Likely
- 68% - Not likely
- 4% - Wouldn't attend

3. How good do you find the current locations for training?

- 83% - Good
- 4% - Bad
- Don't attend – 13%



4. Do you feel the club should look for new training locations/routes?

- 65% - Yes
- 35% - No

The general view from members is that we should look at some fresh locations for training. There were also some suggestions also for a club house.

5. What are you hoping to achieve from training with the club?

- 91% - General fitness and all round running
- 45% - Training for a specific race or event



6. Do you feel the club is offering you the training/coaching to achieve your running goals?

- 35% - Yes fully
- 61% - Partially
- 4% - Not at all

The majority of members are interested in introducing a qualified coach for alternate training sessions and looking for more variety.

7. Does the training meet your level of running ability?

- 51% - Definitely
- 43% - Partially
- 6% - Not at all

8. Would tailored training for a particular distance/event encourage you to attend training?

- 58% - Yes
- 15% - No
- 27% - No preference

The most popular distances that came out of the survey were 10k, half marathon and marathon distances.

9. Would you like to see other coaching and training periodically, such as marathon training, circuits, track sessions etc?

85% - Yes

15% - No

This was a very popular question, which reflected a high interest for introducing all of the above; marathon training, circuits and track sessions. But particularly, track sessions.

10. Have you taken part in any of the following league events, as an Oddball?

73% - Surrey Cross-Country League

47% - Surrey Road League

82% - MABAC

12% - None of the above

This one goes to Ian Strong, for his regular emails/reminders and posts on Facebook, encouraging members to take part! Well done Ian! It also shows that maybe more could be done to encourage members to take part in the cross country and road league events.

11. Regarding club kit, would any of the following be of interest to you?

54% - Training top

37% - Rain jacket

39% - Hoodie

11% - Running cap

22% - None of the above

12. Do you use the club website to find out information about our events/races/training etc?

65% - Yes

35% - No

13. If yes, is it easy to find the information you are looking for?

18% - Very easy

58% - Fairly easy

24% - Difficult

A lot of the feedback suggested that the website is fairly easy to use, however, could do with a revamp and perhaps a new look, to make it more user-friendly.

14. Do you follow the club on social media?

64% - Facebook

19% - Twitter

32% - Neither

15. If yes, how helpful do you find the communication via social media?

33% - Very helpful

43% - Fairly helpful

7% - Not helpful

17% - Not applicable

Some feedback suggested that Facebook posts need to be more regular, to help remind members of events coming up and details about training sessions. Since then, Facebook activity has increased and details on training sessions can be found here and on the website.

16. How likely is it that you would attend the club's social events?

- 49% - Likely
- 11% - Unlikely
- 40% - Not sure

There were some great suggestions for social events, some of these were:

- Comedy night
- Summer BBQ
- Pub run
- Talks from dietitians/physiotherapists/fitness experts

We would be happy to discuss these and see how much interest we receive.

17. How likely would you attend a regular club pub meet?

- 38% - Likely
- 25% - Unlikely
- 37% - Not sure

Members mainly seem to enjoy social running, which tends to be more popular than the pub meet. But members are also open to the idea, so maybe we should give this a try and see what happens.

Thank you to members for taking the time to respond to the survey and for giving us your honest feedback, which is what we wanted hear! There were a few key points raised from the survey, and also some individual comments/concerns that the committee have taken on-board and will be discussing over the coming weeks. Some of the points raised are already in discussion and we will hopefully have some updates on these very soon!

CAPTAINS' CORNER by Nigel Bramley and Vicki Brown



Nigel:

We had an improved season in the league this year with a performance that saw us finish two places higher in the league this year in seventh place rather than ninth.

We closed teams in 3 of the 4 races and could potentially have finished in sixth place had we closed a team at Cranford.

In all we had 24 different male runners representing the club this season, which an excellent effort: Mick Ritchie, Gordon Turpie, Nigel Bramley, Peter Drummond, Adrian Murphy, Daniel Wade, Tristan Abrahams, Les Worthington, Paul Carter, Mick Child, Lee Goddard, Andy Goldsmith, Peter Dry, David Porter, Stuart Dean, Steve Nevard, Colin Garrod, Ian Strong, Ramon Benitez, Mathew Taylor, Mike Barrett, Jermaine Leow and John Brooker. Thank you to all those people and in particular Peter Dry and Lee Goddard who man in all four league fixtures.

For the race results and final League table – please see the results at the end of the newsletter.

Hopefully, with the club funding the Surrey Road league this year we will have a much improved turnout in those races. Thanks again for all your support!

Vicki:

We saw a great turnout for the ladies cross country this season. Fielding an impressive 11 runners for the first race at Nonsuch, 7 runners for the second race at Mitcham Common and 7 runners for the third at Lloyd Park. Sadly, we weren't quite able to close a team in the last race at Coulsdon, due to sickness and injuries, but well done to Ceara and Kasumi for still taking part.

Our two team scores saw us finish 20th and 36th out of a total of 42 teams (please see table in the results section), so a huge well done to all our ladies who took part throughout the season. This included: Becky McNicholas, Denise Hume, Karen Plumstead, Ceara Joyce, Susannah Earl, Fiona Lewis, Lauren Hyett, Jenny Child, Lauren Nelson, Kasumi Brooker, Christiane Schroeder, Alex Payne, Justine Dade and myself (Vicki).

Events for your diary:

- Surrey Road League 2017 - www.surreyathletics.org.uk
- Richmond Half Marathon Sunday 30th April
- Sutton 10km Sunday 7th May
- Dorking 10 miles Sunday 4th June
- Richmond 10km Sunday 18th June
- Elmore 7 miles Saturday 15th July
- Elmbridge 10km Sunday 23rd July
- Wimbledon 5km Sunday 13th August

With seven events in the League, it will be the best five scores to count.

The Richmond Half Marathon, Dorking 10m, Richmond 10km and Wimbledon 5km will also serve as county championships.

(Please note that the club will now be reimbursing entry fees for all Surrey Road League races, once the season is complete)

Keep up the good work team!

Vicki & Nigel

MABAC LEAGUE by Ian Strong



We had a tremendous start to the season at Windsor, with 31 members taking part and a number of notable performances from those taking part. The club finished 3rd team on the day which bodes well for the rest of the season.

A full list of fixtures is available on the MABAC website and also on the club's event calendar. The next 3 fixtures are as follows.

- Winterfold forest 2nd April
- Farnham Park 21 st May
- Holmwood common 11th June

There is a real chance we could win one of these fixtures, so please try and put the dates in your diary.

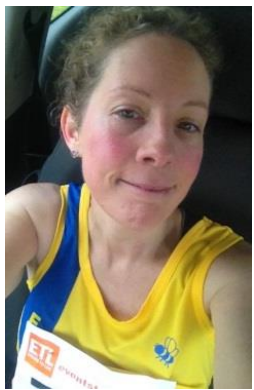
You will notice that the Hogsmill 5 clashes with the fixture at Farnham Park – so don't let me see any of our ladies on the start list! The race at Farnham also just happens to fall on my birthday. 😊

Alcohol has already been purchased and there will be food laid on. If anyone else would like to contribute with cakes, goodies or anything then please do – let's make it a good day.

There has been tremendous support over the last 9 months in this league – let's try and keep this going all year.

Ian

THE POLESDEN LACEY TRUST 10K RUN by Alexandra Payne



Absolutely, positively, no walking!

It was bitterly cold, icily bejeezussly cold. I realised I really wasn't wearing enough clothes! I actually needed two hats, a down jacket, warm gloves (rather than the wretched cheap running ones) and thermal socks in addition to my usual winter kit.

I was picked up by Jenny and Mick at Epsom Downs where we meet for the regular Sunday run and we got to Polesden about 15 minutes before the start of the run at 9am. We parked in the National Trust car park (£5 for non-members) and went to register. There were around 40 hardy runners, all doing a variety of star jumps, high knees, hand slaps, probably not to reap the benefits of dynamic stretching, but more to keep their core temperature from dropping towards hypothermic. Four Oddballs eschewed the Sunday club run to do this – Jenny, Mick, Lee and myself – plus Anne (honorary Oddball). Anne took a photo to prove we'd been here, then we went to register.

This is an untimed, un-marshalled monthly run. Registration involves adding one's name to a list (elf and safety) so that we could be counted back in again after facing the treacherous terrain of the environs of Polesden.

Following a brief talk by the organiser and him standing on his van to take a photo (bit risky, that), we were off.

My plan was to stick to Jenny like a nervous child on their first day at school (to keep my pace up) and NOT TO WALK THE HILLS.

Following a brief downhill along the gravel drive, we are into lovely countryside – almost distracting enough to make me forget about not having any feeling in my hands. We ran first through cleared woodland where the frost and the chalky trails required

lots of concentration so as not to stumble and turn an ankle. Next, a sharp left turn the running surface became much gentler on the feet as we ran down through sparse woodland with the long-dropped autumn leaves having insulated the ground.

Then came the first long hill. I managed to keep running (small steps, head up, use your arms) as the frosty trail corkscrewed the hillside.

After another long straight bit, another hill with a very steep bit. My resolve was faltering. Jenny ran ahead like a mountain goat and I tried to keep moving, keep running. I was overtaken by a runner who shouted “I’m determined not to walk today!” Jenny gestured to me and said that I was too, but soon after I stopped running and hiked the rest of the uphill. Do you ever have those times when someone overtakes you and you just think “F*** it! I don’t care anymore”? I do.

Anyway, the hill ended and there was more long straight trail. Suddenly, a view of the house sitting in its tidy elegant grounds. Jenny stopped and took a picture and I took a break for a few seconds.

Soon we were going downhill again. Asphalt path. Lovely! Jenny told me to take the brakes off, to push myself on this stretch, to get out of my comfort zone. Good advice, otherwise how will I ever be faster? In my head we were Anton Krupika and Kilian Jornet chasing down Geoff Roes in the Western States 100!

This exhilarating stretch was followed by a short uphill again towards the finish. Now Polesden was busier, with dog walkers and Sunday visitors along the drive. Great to have got in a 6 mile run and be leaving for home just as other people were easing into their morning. And I had only walked a little bit.



Race Results from 5 Dec 2016 to 19 Feb 2017

(and earlier results not previously included)

Oddballs events and Championships

Club 10k Championship

Ron Hill Surrey Classic

Race 3, Horton 10k

18 Dec 2013

Finishers: 199

1st M/F 36:24 / 39:08

Pos	Name	Time	Age cat	Oddballs
4	Ramon Benitez	37:30	M	
6	James Sawyer	37:51	M	
28	Adrian Murphy	40:52	M	
30	Tristan Abrahams	41:08	M	
33	Michael Worger-Ritchie	41:57	M40	
42	Leslie Worthington	43:07	M	
46	Paul Carter	43:42	M50	
51	Michael Barrett	44:10	M60	
	3rd M60 in race			
59	Lee Goddard	45:10	M50	
60	Gareth Pemberton	45:24	M60	
61	Stephen Bottom	45:30	M60	
64	Andy Goldsmith	45:54	M40	
69	David Porter	46:25	M40	
71	Peter Dry	46:41	M60	
72	Karen Plumstead	46:46	W40	

76	Ceara Joyce	47:09	W40
78	Ryan Goodwin	47:22	M
94	Stephen Nevard	48:03	M60
98	Susanna Earl	48:38	W
117	Ian Strong	51:09	M50
123	John Brooker	51:46	M60
124	Vicki Brown	51:55	W
138	Kasumi Brooker	53:37	W50
139	Gerald Milton	53:46	M60
141	Christiane Schroeder	53:57	W
161	John Dorrington	58:54	M60

Oddball age grade results

1	Michael Barrett	74.13%
2	Stephen Bottom	73.90%
3	Paul Carter	73.01%

MABAC League (8 clubs in league)

Windsor MABAC (approx 8 miles)

15 Jan 2017

Finishers: 152

1st M/F 43:30 / 51:53

Pos	Name	Time	Points
1	Andrew Brooker	43:30	74
4	Joel Wiles	47:29	71
8	Ramon Benitez	51:09	67
12	Charlie Holland	52:30	63
14	Paul Ralton	52:36	61
16	Adrian Murphy	53:17	59

17	Mick Ritchie	53:23	8
19	Tristan Abrahams	54:18	8
23	Les Worthington	55:00	8
28	Daniel Wade	56:32	8
35	Matthew Taylor	57:28	8
36	Paul Carter	57:35	8
39	Denise Hume	58:07	43
46	David Porter	59:29	8
51	Lee Goddard	1:00:06	8
55	Karen Plumstead	1:00:59	33
65	Steve Nevard	1:02:25	8
69	Peter Dry	1:03:11	8
70	Susannah Earl	1:03:18	27
74	Ceara Joyce	1:04:03	8
86	Simon Morris	1:06:38	8
93	Ed Djemal	1:07:49	8
101	Fiona Lewis	1:09:06	8
103	Simon Bailey	1:09:24	8
109	John Brooker	1:10:58	8
114	Kasumi Brooker	1:11:55	8
117	Graham Hickman	1:12:13	8
122	Jennifer Child	1:14:49	8

Joggers & Walkers (approx 4m)

14	Alex Payne	36:52	4
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Joggers & Walkers (approx 2m)

1	Ian Strong	17:52	2
2	Mick Child	17:54	2

3rd Club

658

Surrey Cross Country League – Ladies Div 2 (24 clubs in division)

Surrey XC League Ladies Div 2

Match 3: Lloyd Park

14 Jan 2017

Finishers: 189 (39 teams)

First: 31:42

Pos	Name	Time
60	Karen Plumstead	40:49
73	Ceara Joyce	41:59
91	Justine Dade	43:34
103	Fiona Lewis	44:21
105	Vicki Brown	44:37
151	Jennifer Child	49:26
177	Alex Payne	53:44

A team: 16th

B team: 37th

Surrey XC League Ladies Div 2

Match 4: Farthing Down

11 Feb 2017

Finishers: 160 (34 teams)

First: 31:06

Pos	Name	Time
92	Ceara Joyce	43:22
121	Kasumi Brooker	47:33

27th Team

Surrey XC league

Ladies Division 2 final league table

Pos	Club	Points
1	Woking AC A	222
2	Stragglers A	411
3	Fulham Running Club A	438
4	Advent Runners A	577
5	Windrush AC A	717
6	Woking AC B	1011
7	Stragglers B	1041
8	Striders of Croydon A	1099
9	Epsom Allsorts A	1351
10	Guildford and Godalming AC A	1423
11	Advent Runners B	1444
12	Collingwood AC A	1496
13	Sutton Runners A	1528
14	Fulham Running Club B	1541
15	Tadworth AC A	1726
16	26.2 RRC A	1789
17	Runnymede Runners A	1886
18	Kingston & Poly A	1891
19	Elmbridge Road Runners A	2020
20	Epsom Oddballs A	2023
21	Lingfield Running Club A	2208
22	Windrush AC B	2272
23	Dulwich Park Runners A	2467
24	Walton AC A	2471
25	Epsom Allsorts B	2582
26	Barnes Runners A	2688
27	British Airways	2897

28	Croydon Harriers	2965
29	26.2 RRC B	3056
30	Holland Sports A	3062
31	Striders of Croydon B	3078
32	Lingfield Running Club B	3416
33	Dulwich Park Runners B	3513
34	Sutton Runners B	3517
35	Sutton and District AC A	3573
36	Epsom Oddballs B	3584
37	Collingwood AC B	3605
38	Runnymede Runners B	3641
39	Holland Sports B	3789
40	Tadworth AC B	3790
41	Elmbridge Road Runners B	3897
42	Kingston & Poly B	3973

Surrey Cross Country League – Men Div 4 (10 clubs in division)

Surrey XC League Men Div 4

Match 3: Cranford Park

14 Jan 2017

Finishers: 107

First: 26:35

Pos	Name	Time
20	Ramon Benitez	31:39
30	Adrian Murphy	32:35
59	Nigel Bramley	35:33
67	Mike Barrett	36:29
81	Lee Goddard	37:39
83	Mick Child	37:50

107 Peter Dry 1:02:03

9th Team

Surrey XC League Men Div 4

Match 4: Lloyd Park

11 Feb 2017

Finishers: 114

First: 28:08

Pos	Name	Time
13	Ramon Benitez	32:18
45	Tristan Abrahams	35:40
59	Daniel Wade	38:17
70	Mick Ritchie	39:23
84	Lee Goddard	41:42
86	Mike Barrett	42:16
93	Steve Nevard	43:13
96	Peter Dry	43:43
98	John Brooker	44:14
104	Ian Strong	46:18

9th Team

Surrey XC league

Men Division 4 final league table

Pos	Club	Points
1	Advent Runners	636
2	Woking AC	1069
3	Holland Sports	1508

4	Barnes Runners	1881
5	Elmbridge Road Runners	2272
6	Veterans AC	2482
7	Epsom Oddballs RC	2531.5
8	British Airways	2552
9	Windrush Tri Club	2615.5
10	Lingfield RC	2653

Other multi-stage races and relays

Ron Hill Surrey Classic

Total of 3 10k races

For results of Horton race see Club 10k Championship above

Results of other 2 races were in the previous newsletter

Finishers: 86

First M/W: 1:47:54 / 2:03:08

Pos	Name	Time
24	Lee Goddard	2:16:53
27	David Porter	2:18:58
28	Peter Dry	2:19:26
	2nd M60	
34	Ceara Joyce	2:22:28
	3rd W40	
36	John Brooker	2:23:20
46	Andy Goldsmith	2:31:35
56	Kasumi Brooker	2:42:50
	2nd W50	

Other races in distance order

Royal Parks Half Marathon

9 Oct 2016

Finishers: 15,962

1st M/F 1:09:39 / 1:21:20

Chip

Pos	Name	Time
3578	Eileen Sawyer	1:49:06
3615	Susannah Earl	1:49:14
9178	Jenny Child	2:08:21

Wokingham Half Marathon

12 Feb 2017

Finishers: 1820

1st M/F 1:05:48 / 1:18:04

Chip

Pos	Name	Time
419	Sophie Wiles	1:33:51

Hampton Court Half Marathon

19 Feb 2017

Finishers: 3042

1st M/F 1:12:54 / 1:22:32

Chip

Pos	Name	Time
71	James Sawyer	1:23:29
347	Michael Worger-Ritchie	1:30:32
641	Matthew Taylor	1:38:07
688	Denise Hume	1:38:27

991	Mike Barrett	1:43:51
1382	Simon Morris	1:49:40
1736	Ersoy Djemal	1:52:51
1913	Eileen Sawyer	1:56:23
2617	Jermaine Leow	2:07:02

Tadworth 10m

9 Jan 2017

Finishers: 486

1st M/F 56:30 / 1:04:12

Chip

Pos	Name	Time
37	Charlie Holland	1:09:05
62	Michael Richie	1:11:50
73	Tristan Abrahams	1:12:51
92	Adrian Murphy	1:14:44
118	Denise Hume	1:16:59
144	David Porter	1:19:26
190	Lee Goddard	1:22:20
221	Stephen Nevard	1:25:06
310	Fiona Lyall	1:35:05
323	Vicki Brown	1:34:08
344	Simon Morris	1:36:07
390	Kasumi Brooker	1:42:03
434	Harriet Daw	1:47:36

Denbies 10m

22 Jan 2017

Finishers: 323

1st M/F 1:03:13 / 1:16:20

Pos	Name	Time
146	Ceara Joyce	1:33:34

262 Paul Davies 1:51:57

Rosebud Australia Day 10k

(Victoria, Australia)

26 Jan 2017

Finishers: 724

1st M/F 31:30 / 37:04

Pos	Name	Time
629	David Gill	1:03:53

The Vale Gallop 10k

29 Jan 2017

Finishers: 179

1st M/F 38:59 / 44:55

Pos	Name	Time	Chip
6	Jon Paget	41:31	
36	Lee Goddard	50:44	
50	Karen Plumstead	52:06	
69	Mick Child	54:22	
79	Ersoy Djemal	55:59	
83	Ian Strong	56:27	
114	Jennifer Child	1:01:47	
135	Alexandra Payne	1:06:33	

Bookham 10k

5 Feb 2017

Finishers: 196

1st M/F 43:49 / 48:03

Pos	Name	Time
2	Jon Paget	44:32
136	Paul Davies	1:08:21

Cancer Research UK

London Winter 10k

5 Feb 2017

Finishers: 13,147

1st M/F 33:45 / 37.59

		Chip
Pos	Name	Time
45	James Sawyer	38:02

Valentines 10k

Chessington

12 Feb 2017

Finishers: 429

1st M/F 30:39 / 35:40

		Chip
Pos	Name	Time
52	James Sawyer	42:21
83	Lee Goddard	45:10
128	Ceara Joyce	48:11
146	Ersoy Djemal	49:45
208	Eileen Sawyer	53:59
229	John Brooker	55:35
248	Kasumi Brooker	56:02

Forthcoming races

For further information and updates see <http://epsomoddballs.org/races.php>

Date	Start	Event	Location	Priority
26/02/2017	09:30	Dash for the Splash	Wimbledon Common [Committee says:]	
26/02/2016	09:00	Brighton HM	Brighton	
26/02/2017	09:00	Thorpe Park Half Marathon	Thorpe Park [Committee says:]	
12/03/2017	09:00	Surrey Half	Woking	
19/03/2017	09:00	Hampton Court Palace Half	Hampton Court [Committee says:]	
19/03/2017	10:00	Reading Half Marathon	Reading	
19/03/2017	10:00	Surrey Badger Half Marathon	Denbies Vineyard near Dorking [Committee says:]	
26/03/2016	09:00	Cranleigh 21M & 15M	Cranleigh [Committee says:]	
26/03/2017	8:00 or 8:30	Kingston Breakfast Run (8.2, 16.2 or 20.1m)	Kingston	
28/03/2017	8:30?	River Thames Spring Half Marathon	Walton-on-Thames [Committee says:]	
02/04/2017	09:15	Croydon Half Marathon	Sandilands Club House, Lloyd Park	
02/04/2017	11:00	Winterfold MABAC (tbc)	Winterfold	MA
09/04/2017	08:30	Thames Towpath 10M	Nr Chiswick Bridge [Committee says:]	
09/04/2017	09:15	Brighton Marathon	Brighton	
23/04/2017	09:30	London Marathon	Grenwich Park	
30/04/2017	08:30	Ranelagh Richmond HM	Petersham Road, Richmond [Committee says:]	RL
30/04/2017	10:00	Leatherhead Rotary 10K Headley	Headley Heath [Committee says:]	
03/05/2017	19:30	Dave Clarke 5K	Nonsuch Park [Committee says:]	
07/05/2017	10:30	Sutton 10K	Nonsuch Park [Committee says:]	RL
09/05/2017	19:15	Club relay (tbc)	Horton Country Park [Committee says:]	EO
21/05/2017	10:00	Allsorts Hogsmill women's 5M	Harrier Centre, Epsom [Committee says:]	
21/05/2017	11:00	Farnham Park MABAC	Farley Heath	MA
24/05/2017	19:30	Woodman 5m	Ashtead Common near station	
25/05/2017	19:30	South London Harriers 10k XC (tbc)	Farthing Downs, Coulsdon	

29/05/2017	10:00	London Vitality 10k	St James' Park	
04/06/2017	09:00	Dorking 10 Mile	Brockham (off A25 east of Dorking) [Committee says:]	RL
04/06/2017	10:30	London 10 Mile	Richmond Park [Committee says:]	
05/06/2017	Evenings	Tour of Epsom Week	Various around Epsom [Committee says:]	
11/06/2017	11:00	Holmwood MABAC	Holmwood	MA
18/06/2017	09:00	Ranelagh Richmond 10K	Ham [Committee says:]	RL
20/06/2017	19:15	Predict a time (tbc)	? [Committee says:]	EO
29/06/2017	19:30	South London Harriers 10k XC (tbc)	Farthing Downs, Coulsdon	
05/07/2017	19:00	David Davies Relays Nonsuch	Nonsuch Park [Committee says:]	BN
15/07/2017	14:00	Elmore 7	Chipstead [Committee says:]	RL
23/07/2017	09:00	Elmbridge 10k	Excel Leisure Centre, Walton on Thames [Committee says:]	RL
23/07/2017	10:00	Surrey Slog Half Marathon	Duke of Kent School, Peaslake [Committee says:]	
27/07/2017	19:30	South London Harriers 10k XC (tbc)	Farthing Downs, Coulsdon	
13/08/2017	09:00	Wimbledon 5k	Wimbledon Park Arena [Committee says:]	RL