

HOGWEED EXPRESS

"wisely and slow; they stumble that run fast." (William Shakespeare)

Hogweedie Express - December 2008 Edition

MESSAGE FROM THE CHAIR

Every member of the Hogweed Trotters Road Running Club should applaud themselves on their contribution in ensuring another fine year of achievement and success in all aspects of our popular clubs' activities. We had record entries at the Bristol Half Marathon, Westonbirt's 10K the Cotswold Way Relay and were the biggest participating club at the Sodbury Slog. The Triathletes continued to attract new members and our training sessions were well supported resulting in many personal best performances - long may this continue

Your club is a respected, successful and important member of the athletics fraternity and is proud to support both England Athletics (EA) and the Association Of Running Clubs - also the British Triathlon Federation.

During the year. We've organised - camping (under canvas), Skiing, Rambling, Golfing, Rowing, Spinning, Power Walking, Swimming, Dining, Dancing, Duathlons, Triathlons, Aquathons, Trail Questing, Carousing, Singing! Karaoke-ing, journeys to foreign climes, trips on the Charabanc and much much more. Oops! - and I had nearly forgotten the reason we joined the club in the first place. To enjoy our chosen sport of long distance road running.

Always friendly and supportive, attracting people from far and wide; we thank our more experienced members who continue to give up their personal Friday evening runs to help beginners and newer runners who regularly join us. Help and support will always be here to assist you in achieving your individual goal in whatever discipline you choose during 2009

So, in the thought that red pickled cabbage and a glass wine are for life, and not just for Christmas, please try always to run with the wind behind you and remember - "The first bastion of democracy is physical fitness"!

Finally. Please charge your glass for The Hogweed Trotters Christmas Toast.

"Absent Friends"

Happy Yuletide and Wishing you a PB every time in 2009
Chairman Bob

Bob Bell

President:-	Colin Axford
Chairman:-	Bob Bell
Vice Chair:-	Anthony Febry
Secretary:-	John Conway
Treasurer:-	Rebecca Febry
Membership Secretary:-	Ann Wells
Club Coach & Club Welfare Officer:-	Mandy Spedding
Committee:-	Linda Morgan
Committee:-	Stephen Chandler
XCountry Coordinator:-	Vacant
Webmaster:-	Stephen Chandler
Press Officer:-	David Wells

From the Committee

Christmas opening hours:

- **Christmas Eve** - normal Wednesday evening club session
- **Christmas Day** - 8.30 am from the club 4/6 miles very social - sheep dogging run
- **Boxing Day** - Friday morning run - from 9.30 am, gentle sheep dogging social run. Club closed on the evening.
- **Friday 26th/Sunday 28th** December normal club runs.
- **Wednesday, New Years Eve** - normal club runs from 6.30 pm
- **New Years Day** - 9.30 am from the club & a gentle start to the new year.

HOGWEED EXPRESS

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There are many great running events over the whole festive season in our area. Please check the clubs racing calendar or RW events pages to get the best from your winter break.

A new initiative - The Hogweed Trotters Walking/Power Walking group will meet for the first time on Sunday 4 January at 9 am to help in those first, early steps.

As a club we have more to achieve - and in 2009 wish to attract people who will relish the task of coordinating our participation in some of the numerous team challenges that are available throughout our area and beyond. Club Welfare Officer and Head Coach Mandy Spedding also welcomes enquiries from any member who wishes to become a qualified EA coach during the year. There is no cost to yourself - the club will pay all fees.

Looking for someone to coordinate the Xcountry events

RACE REPORTS

• **In Search Of Nessie (Loch Ness Marathon Oct 5th 08)**



First things first. It has to be said that 26.2 miles is a LONG way! Whichever way you look at it, however you approach it there is no getting away from that fact.

At the beginning of this year I found myself entertaining going the full distance for the first time. Entering a marathon is easy. You give your details, pay your money and hope you get a place. I never realised how much kudos simply entering afforded you. People are overwhelmingly impressed that you are going to run a marathon – despite the fact that at this stage you haven't actually run a stride. If I had known this previously I would have been entering events for years.

But which event to run for my first marathon? I didn't fancy a big city race as I prefer to run with some elbow room. My main criteria was for a scenic route and so it was that the Loch Ness Marathon was proposed to me. And I am so happy that I chose this race for my inaugural marathon, because what a race it is!

Belonging to such a supportive club as Hogweed Trotters made training so much easier. Hogweeders may not be aware that they lend such a helping hand, but I assure you that my club runs were invaluable. So, a big thank you to everyone. As for buying you all a drink – I'll take the Scottish stance on that!

The Loch Ness Marathon is run up the East side of the Loch into the city of Inverness, finishing in the sports stadium. This entails ferrying 1500 runners to the start line 26 miles away. The sight of 30+ coaches lining up in the city centre was awesome. The local Honda Goldwing motorcycle group escorted the convoy on the first part of its journey, lending a celebrity like status to the proceedings which vanished all-too-soon when you had to queue for the portaloos at the start line.

A traditional Scottish piped band started the race, which really was in the middle of nowhere. I had demanded a scenic route and was rewarded in abundance. What a beautiful part of the world the Highlands are, especially on a rare dry day. Yes, believe it or not the sun shone (almost) all the way around.

The route is undulating (used truthfully in this instance) for the first 5 miles, through woodland gradually heading towards the waterside. After the first glimpse of the famous Loch it stayed on my left shoulder for the majority of the rest of the way into Inverness, alas with no sightings of Nessie. The hill at mile 17 dragged on and on, made less tortuous by a hearty level of support from people braving the cold and from those few individuals handing out jelly babies. A very welcome sugar boost.

Entering the city is when the distance hit home and I have to admit that miles 22 to 25 hurt (a lot). It was at this point that I wish I had run longer than 15 miles in training. A point that at least 3 people on the morning of the race expressed their opinions on. They were right. I should have run longer.

The finish line was a short run down the sports track in the stadium with huge cheers from a tireless crowd and music from the piped band once again. Surely they hadn't run all 26 miles as well? I was aiming for a sub 4 hour time and actually achieved 3:44:51, much to my satisfaction. More importantly; I could still breathe, walk and talk afterwards.

I would whole heartedly recommend the Loch Ness race to anyone, whether it be (like me) as a first marathon or simply as a different race to run. The organization was exemplary, the atmosphere very friendly and the post race meal was spot on. As for Nessie....we may not have seen her but who's to say that she wasn't having a sneaky look and wondering what the hell 1500 lunatics were doing disturbing her peace and quiet?

HOGWEED EXPRESS

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I should have included (and it was rude of me not to) the fact that my partner Michelle Edgell (with me in the photo) ran the 10K race on the same day. Loch Ness has a festival of running with the marathon itself and also a 10K and a 5K race.

And complaining that I didn't see Nessie, she is quite plainly right behind us in the photo (albeit a 30' high inflatable one!).

Chris Lewis

• STROUD ½ Marathon 26.10.08

Who are the Hogweed Harriers? They sound a bit fleet of foot for us old Trotters. One inadvertently appeared in the form of Peter Willoughby at the Stroud Half Marathon in October. Peter was the first "Hogweed Harrier" home in 1:27:25 (2nd M60). Authentic Trotter Will Grey was the first male Hogweed to finish in an excellent 01:23:25. First lady was Sue Leyden with a p.b. of 1:50.02. Many other very good times were achieved by the 20 or so various Hogweeds on the pretty flat course and near perfect conditions.

Julian Lewis

Results:

Firstname	Lastname	Gun Time	Gun Pos	Chip Time	Chip Pos	Category	Cat	Gun Pos	Club
198	WILLIAM GRAY	01:24:03	92	01:23:25	83	M45	12		HOGWEED TROTTERS
	PETER WILLOUGHBY	01:27:25	--	--	--	M50	2		HOGWEED TROTTERS
954	JULIAN LEWIS	01:34:53	314	01:33:40	296	M45	49		HOGWEED TROTTERS
260	RICHARD FINCH	01:39:43	437	01:38:60	439	M40	74		HOGWEED TROTTERS
1719	DEREK JOHNSON	01:39:49	442	01:39:37	456	M40	76		HOGWEED TROTTERS
1321	IAN HARRISON	01:40:58	471	01:40:46	490	M40	78		HOGWEED TROTTERS
888	MICHAEL FROGGATT	01:41:45	495	01:40:31	480	M45	73		HOGWEED TROTTERS
1812	DEAN MASTERS	01:43:19	547	01:42:19	547	MSEN	242		HOGWEED TROTTERS
1774	JOHN CLAPP	01:48:23	705	01:47:39	719	M55	24		HOGWEED TROTTERS
955	SUSAN LEYDEN	01:51:15	801	01:50:02	806	F40	22		HOGWEED TROTTERS
342	MARTIN COOK	01:51:30	811	01:50:17	817	M45	116		HOGWEED TROTTERS
993	HAZEL FRIIS	01:57:07	1019	01:55:49	1023	F35	55		HOGWEED TROTTERS
484	JULIE BOYNES	01:57:23	1028	01:56:08	1037	F40	32		HOGWEED TROTTERS
1140	DIRK VAN EEDEN	02:01:02	1137	01:58:16	1110	M45	152		HOGWEED TROTTERS
1005	BECKY DANTON	02:04:60	1242	02:03:60	1249	F35	76		HOGWEED TROTTERS
901	CLAIRE SEARLE	02:06:37	1275	02:04:30	1265	F40	47		HOGWEED TROTTERS
1141	ANTHONY GRIFFITHS	02:08:46	1323	02:05:60	1303	M55	55		HOGWEED TROTTERS
1337	TED ATKINS	02:08:56	1326	02:06:46	1314	M50	75		HOGWEED TROTTERS
887	JULIE FROGGATT	02:09:14	1330	02:07:07	1325	F40	52		HOGWEED TROTTERS
1538	JOHN WHEELER	02:12:54	1403	02:10:21	1384				

• AMSTERDAM MARATHON 19th OCT 2008

I woke about 20 minutes before my alarm was due to go off, I knew it was marathon day and I felt calm and ready for it. I looked out, and the weather was just right. The only thing that was slightly worrying me was getting to the start, I'd been given 3 different sets of instructions and was totally confused. So my plan was to have breakfast, get ready nice and early and then just hang around in the hotel lobby with the intention of following other runners. I wandered out of the hotel to look for and signs of which direction I needed to take but the streets were deserted. "Get a grip Trinity" I told myself, and went back to reception and asked which way to the metro...! As I was walking down the still deserted street, a French couple came running up to me, looking lost and stressed. Like me, they had also been told that the busses would be running, but found that they weren't so with the aid of my little map I directed them to the metro. got to the 'Sporthallen' and it was heaving with runners going in all directions. I found some free lockers, which you access via a machine... you type in your pin number and it allocates a locker to you. gratis! And it can only be accessed by your pin number...cool. Everything was just falling into place...I seemed to hit everything just at the right time. I started to feel a bit concerned about how calm I was, I'd never felt like this on the morning of a marathon before.

Soon enough it was time to head over to the Olympic Stadium for the start. When I got there I couldn't resist going up into the stands to have a look... it was immense! The track was packed with runners, the stands were packed with supporters, the atmosphere was incredible and I couldn't wait to be a part of it. I ran back down the stairs and got myself where I needed to be... within the pink band of sub 3.30..

It was 10.30 and we were off... the Kenyans and speedy guys were already leaving the stadium by the time I got across the start line! We went half way round the track and then out... the crowd cheering as we left the stadium was amazing, I can't describe the feeling it gave me. But I was conscious that I had to keep the pace down for the first few miles while I settled in. With the support, it was so easy to run fast without even feeling it, so I kept checking my garmin... the fastest it got up to was 7.52, and I dropped right off that pace as soon as I realised. I had my garmin set to give me my average pace throughout the race and I settled into a relaxed easy running pace, breathing nice and easy, at 7.56's.

HOGWEED EXPRESS

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The kilometres ticked over... past 5k... 10k... 15k...all on course for sub 3.30.

At about 18k I got that old familiar feeling in my right leg, all the time the pain was getting worse and worse. The choice was stop and run/walk it, or DNF. Not much of a choice. Still holding the pace... pain still getting worse... So I considered dropping out... I can't drop out... I've worked so hard for this. I got to the 20k chip mat, my pace was still 7.57's

I started to feel sick and dizzy with the pain. I'd made it the 21.1k marker... half way. The choices were still there... walk/run or DNF... suddenly a mantra came into my head from nowhere... "just keep running just keep running just keep running..." so that's what I did. But then something happened... the endorphins kicked in. I've never experienced anything like that before... I'd pushed my pain threshold to the limit, and the body responded with... 'ok then, if you insist on carrying on, I'll give you a break'. Isn't the human body such an amazing machine!! The pain subsided, I could still vaguely feel it, but I could now get some focus back on my running. From 22k I started to count down the kilometers to go... 20k to go, that's only just over 12 miles... you can do this Trinity, you've got another chance, don't blow it. Going through 27k miraculously I was still holding on to average pace 7.57's. I knew I was going to PB no matter what.



At 32k I checked my pace and garmin said 7.56! At 39k I told myself just 2 miles to go. I took my last caffeine gel. My body responded quite quickly to it and I felt a rush of energy. I moved forward and we went down an underpass...OMG, and immediately saw the hill up the other side! I thought this was supposed to be flat! I really had to work hard getting up the other side, my heart was pounding out of my chest. I looked at my garmin, and the pace was back at 7.57. We ran through a park and I remembered it from when we had set out over 3 hours ago. The spectators were fantastic, really willing us on. I remember one american girl shout "Go Hogweed... you've got it girl, it's in the bag, you've got it!". I knew she was right, I'd got my PB in the bag, and barring disaster I had the sub 3.30 too. I smiled. The gel was working so well and I finished off the drink that I was carrying. The crowds were getting thicker, the cheering was getting louder. We crossed the street, turned a bend, and I think another one... then I could see it... the entrance to the Olympic Stadium. Then the noise distracted me... I ran into the stadium.. the cheering, the track, the music, the announcer, and above all.. the finish line...it all blended into such a fantastic experience. I crossed the line and immediately looked at my garmin.. I couldn't work out if it said 3.29-something or 3.28-something but I didn't care... I had a PB, and I had a sub 3.30. I got choked up... I'd made it, my body gave me everything I asked for, and more. I wanted to cry but tears wouldn't come. I shuffled to the side and removed my chip, went on and got my medal, and then laid down in the sun, on the side of the track right by a huge speaker playing loud music... Amy Winehouse was blasting out 'Valerie'. I checked my garmin again, and it said [3.28.42](#).. wow! 6th LV45

Now I just have to get my leg fixed, because I know I can run faster, next target... sub 3.15 :)

Postscript

In tears... is how I've been since (and also during) seeing my consultant, Mr Robinson. I feel sorry for him because I know he didn't want to give me the bad news, in that my marathon and ultra running days are over, he apologised so sincerely and I actually think he had got a bit upset too.

So it was last resort time... I asked him about steroids and how long I could get away with having repeated steroid injections. All the way home my mind was racing as I sobbed my heart out. What races are the most important? How can I fit them into next year? Ok so, it could work... steroid in March takes care of Boston and London, and possibly Comrades. A steroid at the end of May after Comrades could take care of Dartmoor Discovery and 50 Challenge. Then a final one in September could take care of another marathon and London to Brighton. I feel like I'm in a panic to get the races that I want to do in... like there's a time bomb ticking.

Running is the only thing that I have been successful at, and distance running is how I define myself. I am Trinity and I am an ultra runner. And I've not reached my potential yet either. But now each steroid injected race has a number on it... only the numbers are counting down to zero.

Trinity Booth

- **MARATHON ERYRI (or Snowdon Marathon) 26th Oct**

Men's Health magazine recently did an article on the 100 things you should do before you die and the Snowdon Marathon was in there. As a Welsh man there was something romantic about having a go at this event. It was always going to be a significant challenge and you don't have to be a geographic genius to realise that it wasn't going to be flat.

7 Hogweeds travelled North with the Steve Weekes-Andy May charabanc, heading for Caernarvon as our base camp. Also with us

HOGWEED EXPRESS

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were Neil Hopkins, Paul Kent, Dave Wintle, Ronan Conlon and girl friend Kate Hoskins acting as driver, photographer, pack-horse for wallets, phones and cameras. She also had full responsibility for feeding Ronan as he was completely incapable of doing it himself. This was clear at our first pit stop when he covered himself, the table, floor, other customers and ceiling of the roadside diner with ketchup from over compression of a plastic ketchup bottle. None ever did land on his chips which he had happily covered in sugar anyway, thinking it was salt. Kate had a tough weekend ahead but did we laugh!

The evening before the race we went out to carbo load taking the opportunity to cross examine Andy, Steve and Neil about the gradients and frequency of the hills in a lovely Italian restaurant in Caernarvon. No one sat opposite Ronan in case he exploded with food again but we all took in the best advice from the veterans who did it last year. Staggeringly not one Hogweed consumed alcohol shattering all my illusions on my first Hogweed away trip.

The morning of the race produced the worsted running conditions imaginable. Freezing temperatures, with driving rain and gale force winds, on the same day that the Mountain Marathon in the Lake District was cancelled. After parking the cars we stood in the freezing rain waiting for the bus to take us to the start and I have to say I was hoping they would cancel it as my enthusiasm was rock bottom feeling so cold, wet and miserable. But we were all pleased that Ronan had managed to get through breakfast without incident and get to the start unscathed. Kate was doing an amazing job.

The race began and within minutes of the start my spirits rose as I got warm, taking the opportunity on the first climb through Pen Y Pas to take in the stunning scenery that wraps around the runners. The atmosphere was absolutely brilliant in those conditions with people lining the route cheering the runners on looking at us as though we were absolutely mad.

The route travels circuitously route around Snowdon itself and has 3 major climbs. The first at Pen Y Pas is about 3 miles in length. The second at Beddgelert, which is about 2 and a half miles and finally at Waunfawr, which is about 2 and half miles arriving at about 21 miles. Every step of this marathon is absolutely breathtaking. It felt incredible ticking off the miles through this amazing backdrop. I was now beginning to understand Men's Health magazines enthusiasm for this race. The final climb at Waunfawr is by far the worsted of the climbs especially arriving at that point in the race. It is steep and unrelenting. When you clear the summit you can see the town of Llanberis way below knowing that is the finish. At that altitude the wind and rain was so strong I literally saw people being blown of their feet. The descent however is very steep which produces its own problems straining quads and calves to the point of cramping.



The finish is in the centre of Llanberis with an enthusiastic crowd welcoming the runner's home in the most appalling weather imaginable. This finish produced the greatest feeling of pride I have ever felt in any of the races I have competed in.

Andy May was the first Hogweed home getting a P.B. for that event taking 10 minutes off last years time. Dave Wintle had led for a substantial part of the race but he knew that Andy was closing him down having been told by another runner that "An old git" and a fellow Hogweed, was now very close. Andy May did pass him and got his P.B. We all congratulated him but made sure he kept the tartan blanket on his knees and scarf around his neck to keep him warm. An amazing performance from a man in his 60's!!

Every Hogweed finished and there was definitely a feeling that we all had survived a near death experience. It was a great Hogweed performance which we celebrated enthusiastically in the Black Buoy in Caernarvon. My faith in Hogweeds was restored as copious amounts of food and alcohol were quaffed in celebration. We also congratulated Ronan in the pub on achieving a P.B. for consuming 3 meals consecutively without covering himself in food.

This was a brilliant weekend at an amazing event. I can see why Runners World rated this marathon as one of the best in Britain. It is superbly organised and marshalled with the runner coming first on every level. The route is indescribably stunning. My fellow Hogweeds, who indulged massively in the banter and the spirit of the occasion, made it a weekend to remember. Special thanks to Kate for not only looking after Ronan but was there, all over the route shouting encouragement and taking photographs urging us all on.

The consensus is that we would do this again. There are a group of Hogweeds who have expressed serious, serious interest to me in doing this in 2009. You know who you are! I know you have even approached a Hogweed coach to train you and I know that he is keen to do the job!!! Be brave. Just go for it. You will not regret it.

Darhyl Davies.

HOGWEED EXPRESS

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What a day! pouring rain for the entire race and gale force winds gusting to 80mph which, at times were blowing people off their feet, especially on the high climbs, but all 9 Hogweeds ran firm and made it home safe and a special thanks to Kate for supporting us all around the course in horrible conditions you kept us going when it would have been easy to stop.

Andy May

Snowdon marathon results

Andy May 3.40.08 196th
 Dave Wintle 3.50.05 268th
 Neil Hopkins 4.11.30 517th
 Darhyl Davies 4.13.19 530th
 Darren Hobbs 4.22.26 629th
 Paul Kent 4.26.29 668th
 Steve Weeks 4.50.31 886th
 Dave Hope 4.59.21 948th
 Ronan Conlan 5.10.21 1003rd

• HOGWEED MUGGLES 18th Oct



On October 18th a group of mad runners got ready
 For a 15.5 run to be completed at a pace set for steady.
 It involved many hills, some slight and some steep
 With a few inclinations that could make seasoned runners weep!
 The run was ominously called the Hogweed Muggle
 Which was a hint that it might be more than just a struggle!
 The plan and choice was to opt for a major, mimsy or mini
 With the objective to sift out the heroes from the whinny's
 Once sorted we set off towards Tresham and Ozleworth
 With the added name of 'bottom' causing some much needed mirth!
 Through Hawkesbury Upton and beyond we slipped and staggered,
 With bums in the grass and faces growing haggard.
 We ran with the pheasants imagining them in stews
 Whilst savouring the countryside and the simply stunning views.
 We found Burma Road and some gully's steep and wide
 And reached the bottom as though on a slippery slide!
 We sloshed through the mud and panted and puffed,
 And as we approached the finish, felt exhausted and stuffed!
 A tough run but great fun and full of highs and lows
 Which made me more than ready for a pint, chair and doze!

Duncan McArthur

Hogweed Results

MAJOR			MIMSY			MINOR		
Place	Time	Name	Place	Time	Name	Place	Time	Name
4	2:04:23	PATTISON, Lee	1	1:17:21	POOK, Adrian	6	00:43:20	ALLISTON, Alex
8	2:11:59	WILLOUGHBY, Peter	9	1:27:11	MARTIN, Chris	10	0:55:06	BROOK, Hayley
15	2:21:27	CURTIS, Pat	10	1:27:26	POWELL, Richard	13	0:57:12	CLARK, Paul
16	2:23:01	CURTIS, John	13	1:29:32	RICHARDSON, Amanda	14	0:57:19	RUSHTON, Nicola
23	2:29:34	RANSHAW, Stewart	14	1:30:50	FEBRY, Anthony	15	0:57:39	STEWART, Niall
25	2:33:54	SPEDDING, Mandy	16	1:33:22	TYACK, JAMES	17	0:59:38	BATES, Geraldine
40	3:21:24	MACARTHUR, Duncan	24	1:38:41	JOHNSON, Derek	18	0:59:44	CONNORS, Pete
			29	1:42:17	MASTERS, Dean	20	1:00:29	CHARD, Paul
			30	1:42:22	SMITH, Rob	24	1:01:36	GREEN, Mike
			32	1:44:08	PAICE, Neil	25	1:01:37	DAINTON, Rebecca
			35	1:46:28	MCCALLUM, Jenny	26	1:02:05	BARLOW, Julie
			40	2:01:38	WELLS, David	30	1:11:11	PAICE, Amy
			41	2:01:39	BRETHERTON, William	31	1:19:48	CHANDLER, Margaret
			46	2:19:13	FROGGETT, Julie			
			47	2:19:14	SEARLE, Claire			

MUGGLES FUN RUN			10 & Under Boys			12 & Under Girls		
Place	Time	Name	Place	Time	Name	Place	Time	Name
		<i>8 & Under Boys</i>						
1	03:43	Simon Alliston	1	04:46	Max Sawyer	1	04:47	Scott Meses
2	06:24	Alex Gray	2	04:48	Mitchell Carslake	2	05:33	William Ainsly
		<i>8 & Under Girls</i>	3	04:49	Elliot Chard	3	08:28	Harry Wood
1	04:24	Libby Hemmings	4	05:18	Tom Hemmings			<i>12 & Under Girls</i>
2	04:46	Niamh Conlon-Jones	5	05:49	Aran Paiel	1	05:31	Danielle Mason
3	05:22	Hetty Rodgers	6	06:01	Richard Ainsley	2	08:28	Louise Chandler
4	06:45	Winnie Rodgers	7	06:16	Toby Sawyer			
5	07:56	Erin Conlon-Jones	8	06:23	Jack Wheeler			
			9	08:28	Ben Chandler			
					<i>10&Under Girls</i>			
			1	05:17	Lucy Denning			

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And a very big Thanks from Jo Butters and Philippa Crocker to all those who helped out making the event such a success including: Rebecca and Anthony Febry, Martin Cook & Wendy, Sarah and John Phillips, Thelma Gardener, Steve Weeks, Mike Mitchell, Donna and Ronan Conlan, Colin Axford, Andy May, Jo Parry, Derek Fletcher, Bob Bell, The Hudson Family, Linda and Dave Morgan, Bill and Jean Shackcloth, Ian and Kim Freestone, The Butters Clan, Dahryl Davies, Mark Wolf, Geoff and Julie Doyle, Rich Hemmings, Ann Wells, Emma French, Nicki & girls, Sue Mundy and kids, Steve Chandler, Dirk Van Eeden, Jo and Al Wilson, Andy Shields, Serena and Lyn Griffiths, Justin Littlechild and Steve EW and anyone else I've forgotten.



Remember no race can take place without the marshals and other helpers!

- **Hoy Half Marathon 15th June**



Rackwick Bay

A cycling holiday his summer in the Orkney's coincided with the Hoy Half marathon. So I thought I'd enter it as a bit of fun. The start was at the very scenic Rackwick hamlet which was very convenient as I was staying in the Youth Hostel just a stone's throw from the start.

On race day morning I turned up in good time, there was no one else around and only a line on the road assuring me that it was the START. Then about 10 minutes to go, coaches, full of runners, rived. Who promptly



made use of the facilities, i.e. the black plastic you can see behind me on the photo. And we were off.

There must have been about 100 runners of all ages, shapes and sizes. The start was up a hill, that soon split us up and kept us warm (as the air was quite cold and damp). The route went over a col from the W to E side of the island then carried on down the E side to the town of Lyness. The views of other island and the coast along the way were brilliant, though there were many climbs and near the finish you went past the empty buildings that make us the Scapa Flow visitors centre, a reminder of the significant history of the place. And, although it was all on a B roads, there was very little traffic but fortunately there were plenty of watering station and surprisingly several bands of spectators. The atmosphere from other runners and supporters was brilliant.

As you approached the finish you were encouraged to sprint for the line (though it wasn't actually marked). Once across it was into the village hall to get your shower and food, (the catering was equal to Rebecca Febry's). A really warm party atmosphere at the HQ meant everyone stayed for the prizes and raffle. Not a fast course (I did 2.20.31) but a brilliant experience and highly recommended if you find yourself up there.

Philippa Crocker

- **Midland TrailQuest Autumn Series**

Since the Cotswold Way Relay in June I've been suffering from my recurring ankle injury and generally losing my motivation for running after all the training for FLM this year. Rather than become a complete couch potato I persuaded Kaye Hall to join me in some cycling and to take part in the relatively new sport of TrailQuesting.

What is a TrailQuest I hear you cry? Well I'll try and explain....

A trailquest is a mountain bike orienteering event where the competitors have to navigate from control location to control location, punching a score card at each location. Competitors may ride solo or as a team of two (that must ride together).

Control locations vary in the amount of points they are worth and competitors may use any legal route to ride between them. The rider or team of two who scores the highest number of points within the time limit is the winner. Events vary between three, four or five hours long.

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At the start a colour map is provided which is marked up with the control points, along with a sheet describing the exact location of the control on the ground once you have navigated to it. Competitors then have to navigate to as many control points as they possibly can and ensure they return to the HQ within the time limit - there are score deductions for being late.

It's not necessarily the fastest rider that will win as route choice and navigational abilities are equally important.

I had competed in a number of these events in the past before having kids forced me to hang up my padded shorts for a bit so I was really looking forward to having another go.

The first event we tried was at Chedworth in July which was four hours long. We both found it quite hard going with only a few practice rides under our belts. We also found that we needed to work on our team work a bit. At one point we were at the top of a long sweeping down hill, "the controls a fair way down", I said to Kaye so she went flying off downhill. Having read the control description I knew we were looking for a gate so kept my eye open for the right one. However by the time I found it Kaye couldn't hear my frantic yelling and so disappeared off to the bottom of the hill. According to the rules we should have stayed together so I should have followed her to the bottom of the hill and cycled back up. I'm not proud to tell you that in fact I cheated and got out my mobile and phoned her to tell her to come back up the hill. I'll not repeat her reply here!

Despite this inauspicious start we decided to try the Autumn League organised by Midland Trailquest which consisted of five events with your best four to count towards your league score. All the events were three hours

Our first event took us to Bredon Hill in Worcestershire on a foggy, wet day. Bredon Hill offers great views across the surrounding countryside apparently but not on the day we were there! My route choice for this event wasn't great and saw us having to drag our bikes up a steep slippery bridleway to try and get a high scoring control that we then couldn't find!

Next up was Lutterworth in Leicestershire. Here the organiser evened things up by making all the controls worth the same number of points. As your league score is based on your percentage of the event winners score this was our highest scoring event and probably the one we both enjoyed the most. The only downside was that having ridden through a slurry filled farmyard we had to drive all the way home with the bikes in the back of the car and the windows open!

The third event was Cannock Chase in Staffordshire. Cannock Chase is a great place for mountain biking, a bit like the Forest of Dean, but navigation is difficult with more tracks on the ground than are shown on the map. Local knowledge is a big help here.

Finally it was back to Leicestershire for the Congerstone event. The trails were very muddy and an early start time before it all got churned up was an advantage. I was pleased with my route choice as there was no obvious circular route with a lot of the controls on dead ends. However technical difficulties (Kaye's brakes failing completely and me losing one brake) hampered our progress and we arrived back 8 minutes late losing eleven hard earned points.

Our Overall Results

1. Bredon Hill	11 controls	210 points	580 league points
2. Lutterworth	14 controls	140 points	700 league points
3. Cannock Chase	13 controls	260 points	520 league points
4. Congerstone	10 controls	199 points(after penalty)	480 league points

This gave us an overall position in the league of 19th and also won our category. (F50)

Although I must confess we were the only competitors in our category to complete the full four events!

I can recommend TrailQuesting to anyone wanting a change. Details of events organised by the Midland TrailQuest group can be found here

www.midlandtrailquests.co.uk

There is already an event planned for Dursley in March and another near Gloucester in April and Kaye and I will be organising a local event in July.

If anyone wants any hints about how to get started then feel free to ask us!

Anne Draper

OTHER REPORTS

• **HOGWEED CHRISTMAS DO (ONE OF TWO) Fri 5th Dec**

On the 5th December more than 60 Hogweeds gathered at the Beaufort Arms in Hawkesbury Upton for the second year running for a Christmas meal. A big thank you must go to Mark Wolf for once again organising this social event. He had even

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brought a print out of every ones meal choices to the pub for those of us who, like me, can never remember what they had previously ordered!

The food was every bit as good as last year and at £17 for three courses plus coffee, mince pies and mints was excellent value. As you would expect for a Hogweeds social, the atmosphere was also excellent. Anthony Febry proposed a toast to the Hogweed Ladies although he said he didn't recognise many of us with our clothes on! I'm hoping he just meant proper clothes rather than running kit! The toast to the men was proposed by Ann Wells and Will Gray was brave enough to give a brief, amusing after dinner speech.

Thanks are also due to Dave Mullins for organising the raffle with some great prizes ranging from gift vouchers donated by local shops to the Hogweeds favourite prize, the pineapple which was joined this year by some bananas and a mango. How can we top that next year? Proceeds from the raffle stand at £125 which will be given to the Wallace and Grommit Appeal for the Bone Marrow Transplant and Oncology Unit at Bristol Childrens Hospital. Mark chose this charity after a friends nine year old son lost his five year battle with a rare form of leukaemia. Dave hopes that some further money can be added after the Chairman's Christmas Run.

By the end of the evening several club members seemed to be keen to uphold our reputation as a "drinking club with a running problem" but no names will be mentioned here. Everyone was so full of sprouts that we couldn't fit in the mince pies so Colin collected them all up to be enjoyed with a cuppa after Sundays runs.

Anne Draper

- **Heroes Parade**



Weren't the Olympics and Paralympics fantastic! I'm sure you, like me, were glued to the very good coverage, which not only showed our top stars winning medals (a daily occurrence) but also showed the exciting, nail biting competitions, even if he we had no one in contention. So it was that on the 16th Oct I went along to the "Heroes Parade". This was a brilliant spectacle, shown live on TV, where at least 15, and maybe 20, double decker buses full of athletes went from Mansion House to Trafalgar Square. There were loads of people, it being a sunny lunch time, and loads of freebees being given out too. The buses arrived one by one and the athletes came onto a stage, between 2 huge screens, to much cheering and waving of flags. One screen was showing Olympic clips of those athletes and the other side was showing the TV coverage of the live interviews. Once interviewed the athletes went down onto seating to be replaced by the next bus load and more cheering and flag waving – very tiring on the arms



after a while. And the finally there was a very amusing speech by Boris. Altogether it was a tremendous occasion to celebrate an absolutely amazing result 4th in the Oly medals table and 2nd in the Para, can't wait for 2012.

Philippa Crocker

MISCELLANEOUS

- **RACE PREDICTION CHARTS**

If you know you're race pace for one distance you can use either of these 2 race pace charts below to give you a prediction of your pace (or time) for other distance.

<http://www.runningforfitness.org/cal c/rp.php>

http://www.jeffgalloway.com/resource s/predict_performance.html

or try searching google for "race time predictor"

- **Running Overtraining Injury and how to Prevent them.**

I took up running in May 2006. My fondness for distance running meant I quickly found out about overtraining and injury.

The Salisbury 5-4-3-2-1 trail event boasts "5 rivers, 4 hills, 3 large country estates, 2 castles, and 1 Cathedral with England's highest spire". The scenery was breathtaking but the (over) ambitious plan to do a 20 mile trail run as a first race ever meant crippling iliotibial (ITB) band problems for 4 months thereafter, often reducing me to a hobble after a mere 4-5 miles.

Overtraining is defined as "excessive frequency, volume, or intensity of training, resulting in fatigue (which is also due to a lack of proper rest and recovery)".

I visited a podiatrist (who suggested neutral running shoes rather than my support ones) and a sports therapist who sorted out the ITB. They both emphasised warming up and cooling down to minimise the risk of running related injuries.

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Why should we care about injury prevention? Because running and injuries go hand in hand. **According to *Runner's World*, over 50 percent of all runners get injured every year.** If we are planning of being runners for some time, therefore, injury may be unavoidable. This does not mean we cannot prevent a lot of the injuries though.

Warming up

The key aims: getting the heart rate high enough to ensure the circulation is ready to tackle the run, the joints loosened up (through stretching) and the limbs ready to start pounding the ground with forces many times our body weight.

A 12 stone runner imparts a ton (1000 kgrs, or 2205 pounds) of pressure to the knee joint with each stride, even more so later in a race, when the tired quads can no longer absorb the impact (or during downhill running, when gravity increases the load on the quads).

Dynamic warm up

This is based on doing some basic leg stretches while moving/walking:

Do each of the following sets for about 30 seconds to 1 minute. Remember to keep good posture and think about the motions and technique of each movement.

1. **Heel Walking:** This is pretty obvious. Walk on your heels. Pay particular attention to not have your forefoot touch the ground. You should feel a good stretch in your calf muscles.
2. **Toe Walking:** Again, obvious. Walk on your toes, taking care to not touch your heels to the ground. You should feel a good stretch in your shins and the tops of your feet.
3. **Front Grabs:** Walk forward lifting your forward moving leg up high to your chest. Grab the front of your lower leg and pull your knee up to your chest. Alternate each leg with each step. You should feel a nice quad stretch.
4. **Twist Grabs:** Similar to Front Grabs, but pull your shin toward your chest rotating your knee outward. You should feel a glute stretch.
5. **Hurtle Steps:** Good warm up for your hip flexors, groin, and glute. As you take each step swing your leg up and out as if stretching it over an imaginary hurdle at the side of your body.
6. **Skip:** You know... just like when you were a kid! 😊 It might look funny, but it's good for you.
7. **Forward Lunge:** Do a forward lunge with each step. Feel the stretch in your hip flexor for the back leg and a slight stretch in the quad of your front leg.
8. **Strides:** Take short running strides focused on proper technique. Remember good trunk rotation, stride length, and speed.
9. **Grape Vines:** Running side-ways; start with right foot forward, left foot back; bring left foot forward toward the front of the right foot (heel of left foot passes in front of toes of right foot); step right foot forward; then bring left foot forward, this time behind the right foot (toes of left foot pass behind heel of right foot). Do this for 30 seconds, then face other direction and repeat leading with left foot.
10. **Butt Kicks:** Run with exaggerated knee bend such that back of lower leg kicks back of hip and heel touches your glutes.

How to prevent injury

This sounds simple but is not always easy to attain:

- **Plan your training ahead:** "failing to plan is planning to fail"
- **avoid overdoing it:** "too much is worse than too little" (at least with too little you can start a race; with too much you get injured before it)
- **plan your rest:** it is during the rest/recovery phase that your body regroups from the training load you have applied and learns how to get stronger. Skimping on rest is dangerous and a sure-fire way of getting injured.
- **Listen to your body:** if you start getting discomfort or pain, pay attention to it and act accordingly. The rule of thumb: if the discomfort does not prevent you from running, you can run with it, but adjust your goals accordingly. If the discomfort increases with running, it's best to stop and rehabilitate otherwise.
- **Rehabilitate appropriately:** I found stationery cycling an excellent rehabilitation tool when I got injured 2 weeks before my 30 mile moonlight challenge last February. With a bad calf sprain, I could not push off the foot to walk fast, let alone jog. But by cycling for 15-20 minutes 2-3 times a day I found that within a week I was able to jog slowly. Cycling quadruples blood flow to the legs and speeds recovery significantly, provided it is done with recovery (and not speed) in mind. Without it I would not have made the starting line last year, so I recommend it highly.
- **Danger runs:** long runs and speed sessions are key to building stamina and speed. They are also the most likely sessions to cause injury. With this in mind it is worth observing the following rules: (1) reduce the length of your long run by 20-25% every 3 weeks to allow recovery; (2) allow at least one-preferably 2-days between hard sessions; (3) adjust your targets sensibly according to weather, level of training, and level of difficulty of the course ahead; (4) rest and hydrate appropriately: dehydrated muscles and ligaments are more brittle and prone to injury.

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Cooling down



Once the core part of the workout has finished, the temptation is to stop straight away. We are all short of time most of the time, anyway. If time allows though, it is better not to do this, but to use the next few minutes as active recovery:

- **walking** for 400-800 yards is often a good form of low impact recovery
- **light stretching** of ankles, calves and shins is helpful
- **immersing the legs in cold water** (or dousing them with a hose) is a good way of reducing inflammation after a long/hard run
- **plenty of hydration** helps remove toxic by-products of running from muscles and kidneys quicker
- ensuring **carbohydrate and protein replenishment** starts within the first 15-20 minutes after the run is key to a faster recovery. There is a narrow window of opportunity when your body is most receptive to this, and making use of this window is wise (if possible).

I hope this helps fellow runners suffer less injuries in the future...Happy Running.

Harry Minas

MEMBERS PROFILE

Name:	Dave Dutton	Sonia Cross
		
Age	36	47
Live:	Live: Emerson Green, Bristol	Gloucester for last 10 years
Family:	Partner Sharon, 2 year old son Kyle and 16 year old step daughter.	Have a Partner Nigel and a "pet" antelope in the garage. (have no children of my own but being an auntie is fun)
Work:	Chartered Accountant	Product Sales Manager for ABB Ltd (Instrumentation Division) travelling in Europe. What kind of instrumentation??? Water Analysers, Flow Meters. (Your water bills will probably have been confirmed by the readings taken from ABB's meters!)
Running history:	Joined Hogweeds in 2002 for a couple of years then gave up due to persistent back pains. Rejoined in February 2007 and had nearly 2 years injury free.	Started "jogging" very short distances with a group of friends in the early 2000's and tried a Race for Life in 2003. Struggled to make it up to the top of even the slightest incline on the road!! Decided I wanted to get fitter and run further. Jenny McCallum (already a Hogweed) suggested that we come along to the beginner evening(s). Eventually joined in 2006 and now I can even "run" (well.... jog) up many of the Hogweed territory "undulations".
Why Hogweeds:	I can honestly say it gives everything I could ask for in a running club. Great people, beautiful traffic free runs and fabulous conversations on the way round.	The beginner sessions, already knowing a few people who ran at Hogweeds and the friendly supportive nature of all the people there made it easy to join in 2006
Favourite things:	Running and chatting. The time goes so quick. Then getting back to the club house for a nice cuppa - heaven!!	Italian food and Italian wine (I lived there for a number of years), Sunday morning runs, theatre (although haven't been for a while) live shows.
Ambition:	So many for 2009 - Breaking 1:30 for a half, first marathon and first triathlon. (I'm gonna be busy!!)	To manage to get that elusive 2 hour half marathon time (I still have a very long way to go...maybe I should cut down on the pasta and vino). Next goal is also to manage a 55 minute 10k (who knows maybe this year)
Biggest disappointment:	getting 1:31 at Bristol HM in 2007. I thought I'd timed it just right but the course was apparently 0.4 miles longer than it should have been!!	Getting injured right at the beginning of the Forest of Dean half earlier this year!!
Best running moment:	Again, so many but the one that sticks out was running the Toulouse HM with Mark Wolf. The whole experience was fantastic!!	There have been lots of them since I joined Hogweeds.. but those Sunday morning cups of tea after a gentle jog up "monument hill" are always good! Finishing my first 10K which was my first 10k ever (Hogweed Trot in 2007)

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DATES FOR YOUR DIARY

<p><i>Mallorca Full and ½ Marathons</i> Date: Sunday 14th December Contact: Martin Wood martin@woodentop38.freemove.co.uk</p>	<p>All singing all dancing all swimming all night clubbing all sight seeing and 'more'. Running both 13.1 & 26.2 is a hindrance, gets in the way a tad!</p>
<p><i>Hogweed Xmas Do (Two of Two)</i> Date: Saturday Dec.20th at 7.30pm Venue: Tudor Raj Contact: Pat Hall (pathall18@talktalk.net)</p>	<p>We now have 40 Hogweeds & partners attending the 2nd Hogweed Christmas curry on 20th December. Should you wish to join the Curry extravaganza please and missed the list up the club please contact the Tudor Raj direct, the table is booked for 7:30 PM in the name of Hall.</p>
<p><i>The Chairmans Christmas Run</i> Date: Sunday 21 December 9am Venue: Club House Contact: Thelma Garner, President Colin Axford & William Gray w.gray@mmdltd.co.uk</p>	<p>The annual club Christmas 'Santa Run' takes place from the club house off St Johns Way on Sunday 21 December at 9.30 am. Everybody is welcome to enjoy this very gentle 4 mile jog through the streets of our local towns - providing they are in fancy dress with a Christmassy theme</p>
<p><i>Hogweed New Year's Eve Do</i> Venue: Old Sodbury Village Hall. Time: from 8pm Contact: Linda and Dave Morgan Cost: £8 BYO</p>	<p>On December 31st 2008 Woolly Bully will be sung at Old Sodbury Village Hall with my new backing group The Bellenders. The Hogweed Trotters are indeed holding a Ball. Bring your own tippie. New years resolutions begin at Midnight..</p>
<p>The <i>2009 Avon Athletics Assoc Fixture list</i> is always available in the events folder - thanks Dave Dutton</p>	<p>Dave Dutton keeps an up to date race entry diary at the club for your information, plus constant news of events on the club notice board and our Forum</p>
<p><i>'The Hogweeds'</i> Date: Sunday February 15th Venue: at Horton Village Hall. Time: 12.30pm for 1pm Contact: Linda Morgan Cost: £7 per head includes lunch</p>	<p>The annual awards of the Hogweed Trotters Road Running Club - 'THE HOGWEEDS 2008' - will take place at Horton Village Hall on Sunday 15 February 2009. Please feel free to nominate your choice for any of the 16 category awards at the 'Hogweeds'. The Annual Awards Ceremony of the Hogweed Trotters RRC. A fully licensed bar - if required - will also be there!! As ever, your club awards dress code remains. NO admittance without a favourite event T-shirt or medallion. Look forward to your company on the day.</p>
<p><i>7th Annual Hogweed Ski Trip</i> Date: 7th/8th or the 14th/15th March 2009 tbc Contact: John Clapp</p>	<p>The annual Hogweed Ski Trip is provisionally planned for either the week commencing 7th/8th or the 14th/15th March 2009. All standards from beginners to advanced are welcome. Non-Hogweeds are also invited so the trip is open to family & friends, although not children under 18. There is no commitment at this stage but we need provisional numbers within the next two weeks to enable us to explore accommodation & flight options. Last year the group was 8 strong. Anyone interested can either e-mail their contact details to me or phone me on 07768-445907 for more information.</p>
<p><i>Charabanc to Forest of Dean 1/2 Marathon</i> Date: Sunday March 15th Venue: Club House depart time tbc Contact: Mark Wolf (mwolf@blueyonder.co.uk) Cost: £5 return</p>	<p>March 15 and the Charabanc does the Forest of Dean half marathon for the third consecutive year. £5 return - see Mark Wolf mwolf@blueyonder.co.uk for details</p>
<p><i>Hogweed Hilly Half V</i> Date: Sunday March 30th Venue: Horton Village Hall Contact: Bob Bell</p>	<p>We are soon to be recognised as one of THE top half marathon road races in the country as voted for by the readers of RW magazine. Be a part of the day, either run the tough course or volunteer to marshal and help out - you won't be disappointed either way Entry forms are available already for this prestigious race (and entries are already coming in so get yours in quick)</p>
<p><i>LONDON MARATHON</i> Date: Sunday April 13th</p>	<p>Many other opportunities if you didn't get in this time</p>
<p><i>The Hogweed Trotters Annual Pub Run</i> Date Sunday 3 May 2009 Details from Bob or Colin.</p>	<p>Choice of distances - 5, 9 or 14 miles. Destination The Carpenters Arms, Sherston, Wiltshire, All runs join each other en route and arrive together at the Pub noonish for lunch and refreshment!!!</p>
<p><i>The Hogweed Trot</i> Date: Monday 18th May Contact: John Conway Start: 7pm</p>	<p>Yet again the club is running it's 'the extremely popular or acclaimed or successful 10km road race and in 2009 sponsored by the Sodbury Pavilion Sports Shop, High Street Chipping Sodbury . Marshals always needed</p>
<p><i>The Hogweed Trotters Trail Quest</i> Date: June 2009 Contact: Anne Draper anne.draper@blueyonder.co.uk for details</p>	<p>An exciting new event to add to the Hogweedie set of races new event a sort of cycling orienteering competition. Watch this space for details. The Hogweed Trotters Trail Quest in June 2009 is at the planning stage - another club success!</p>
<p><i>Hogweed Muddy Muggle</i> Date: 17th Oct 2009 tbc Contact: Jo Butters/Philippa Crocker</p>	<p>After the success of this years races we'll be repeating this event for next year.</p>

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Sodbury Pavilion your local running specialists and proud sponsors of The Hogweeds, 27 High Street Chipping Sodbury Tel 01454 329560" would be ideal. Happy running many thanks

Tim lund
Sodbury Pavilion

enquiries: 01454 329560
www.sodburypavilion.co.uk

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