

# thebiggadebear



## **August 2007 Issue** **(yes the 2<sup>nd</sup> one! BGB on time all the time)**

**CONGRATULATIONS** - Everyone who took part in the South Downs Relay marathon, We had 2 teams which came second (Bill, Vince, Guy and John for the men in 2 hrs 59mins, and Lisa, Sandra, Vicky and Clare for the ladies in 3hrs 35)-The other 2 teams came a very creditable 9<sup>th</sup> (Russ, Bill, Martin and Olly in 3hrs 20mins) and 33<sup>rd</sup> (Simon, Andy Jackie and Paula in 3Hrs 50 mins) which out of 77 teams is a superb result for everyone involved-A great time was had by all, especially by the ladies of Bognor marvelling at Dion "Rubber pelvis" Percival's disco dancing antics at the post race celebrations!!

**CLUB HANDICAP RUN** –Next ones will take place on first Thursday, August and September (2 August and 6 September)

You need to run 3 of these to have a qualifying time. Its a great event and only about 4 miles to run as well.

**ANNUAL GENERAL MEETING**-Will take place on Thursday 27<sup>th</sup> September-If anyone wants to stand for any of the positions, please attend or let any of the committee know, otherwise **IT WOULD BE GREAT IF EVERYONE** could turn up, especially if you want your opinions known. There will be food etc as normal! **REMEMBER THIS IS YOUR CLUB AND WE NEED YOUR INPUT**

**DATES FOR YOUR DIARY**-Chiltern Cross Country League-dates are (All Saturdays) October 13<sup>th</sup>(Watford),November 10<sup>th</sup>,December 2<sup>nd</sup>,January 12<sup>th</sup> and February 17<sup>th</sup> (Wing)-the other venues are yet to be confirmed.

Leighton Buzzard Runners are holding a 5 mile run down the new (as yet unopened) Leighton Buzzard-Linslade bypass on Sunday 9<sup>th</sup> September 11am start, also a 2 mile fun run and walk same day-I'll put entry forms on the board in the club-would be good to get a good showing there from GVH.

### **RACE NEWS.....DUBLIN MARATHON**

There are quite a few of us doing this let us know who else is going

**Date:** Saturday 22nd September 2007

**Location:** Phoenix Park (Dublin)

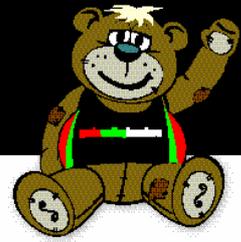
**Race Fee:** E20 and you can enter online

**Race details re on this URL below:**

[http://www.dublincitymarathon.ie/race\\_series\\_halfmara.php](http://www.dublincitymarathon.ie/race_series_halfmara.php)

**Any results,p.b.'s or any other race info please forward to Andy or Helen either via the slips on the club notice board or email to [andyt 321@yahoo.co.uk](mailto:andyt321@yahoo.co.uk) or [Helen.Terry@xerox.com](mailto:Helen.Terry@xerox.com)**

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## Social Stuff

### Caption Corner-

Best caption for this wins a GVH Training top, answers to Martin, Helen or Andy. Last month's winner was –

**Sandra Mogan - 'The passengers cheered with relief as Bob rescued their driver from the evil bus pixies'**

This editions picture is.....



**Come on don't be shy like some of us are, clearly not the above, get your thinking caps on and get your captions in to Martin, Andy or Helen!!**