

PUFFERS NOTES
MONTHLY NEWSLETTER OF THE PYRFORD PUFFERS
FEBRUARY 2005 (24th EDITION)

Puffers ethos

Puffers conspire to promote health, a love of running and good comradeship through regular recreational runs, occasional competition, optional cross training and the congenial company of friends.

RECREATIONAL RUNS

- ❖ Saturdays 08:15 at Old Parvis Road Bridge
- ❖ Sundays at venues various, normally 08:00
- ❖ Tuesdays 19:00 Cannons Car Park, Pyrford
- ❖ Thursdays 19:00 Cannons Car Park, Pyrford

RECENT RESULTS

9 Jan 05 Mabac League Windsor Great Park

Our first 4 senior runners, Jason, Roger the Younger, John and Will came in well to the fore, in the first 17 runners home and we scored 40 points more than last year, at 408 points, with thanks to the walkers who contributed much of the difference. After this first event we are 7th in the table. The race organisers were team Magic and they were out in some numbers and so collected lots of points which they are unlikely to repeat. The other strong clubs such as Runnymede Runners and Wimbledon Windmilers scored handsomely and will continue to do so - after all, Wimbledon have some 400 runners to call on. In spite of our lowly position, the Puffers are well placed! Results on the Mabac web site. The walkers had a disappointing, boring route. We complained and it is likely that next year the walkers will have a 4-5 mile scenic route over which to show off their skills.

Surrey XC Champs Croydon Jason 68th 50.32 Will 81st 51.33

Surrey XC League Jason 21st 33.15 Will 25th 33.55

Southern Champs, Parliament Hill 9 miles Will 344th 61.15

Epsom Perch 10.1km XC - Will 11th 37.58

Guildford 3 Peaks 22 Jan

Dave P and Ian W took a break from the normal boathouse run and lined up with 198 others on the start line. On a beautiful crisp morning the runners followed a course which started at Newlands Corner, taking in St Martha's going as far as The Chantries before looping back again over St Marthas to finish with a vengeance with a final ascent up to the finish at Newlands Corner. Both Dave and Ian agreed that it had been a very enjoyable (in a masochistic sort of way) event set in lovely surroundings. The race was won in a time of 40:05, Ian was 83rd in 60:14 and Dave 131st in 69:45.

WALKING

Mon, Wed & Fri 19:00 Contact Jan, Ellis or Derek

FEBRUARY EVENTS

13 Feb Mabac League Farley Heath 11 am

Please try to support the second 2005 event, over the woodland Farley Heath course where we hope to gain ground in the Mabac league. Co-ordinator is Roger the Elder. A convoy will meet at Parvis's Bridge at 9.45 as usual.

FOR YOUR DIARY

13 Mar Mabac League Richmond Park

20 Mar Cranleigh 15/21 mile run (non Mabac league)

3 Apr Woking 10

10 Apr Mabac League Winterfold

Chris Ashfield

Chris has been running on and off since he was about 18 - usually as part of a resolution to get fit and lose weight. He was recruited into the Puffers in June 04 when out for a gentle jog with wife Robyn and happened to cross the path of recruiting general Derek. Chris aims to run around 20 miles a week - two at 5.5 miles and one a 9 miles. However, his shift work sometimes prevents this. One of Chris's prime domestic duties is to motivate Robyn to jog a couple of miles once or twice a week. Chris trains with Woking Rugby Club on Wednesday evening and plays a match on alternate Saturdays - rugby injuries have been known to prevent running. Chris has only competed in organised races twice, first in the Gibbets Hill 10K a few years ago, and the second was the January Windsor Mabac. His New Years resolution is to take part in a few more Mabac's and, longer term, run the London Marathon.

CHANGES AT THE HELM

The Puffers pride themselves on minimal, nay optimal, structure and organisation. In concert, to satisfy the need of a growing and evolving club, we have introduced new "co-ordinators" and some minor changes to help the machinery run smoothly.

Firstly, in recognition of the periodic requirement to find money to pay for such things as deposits for kit purchases, materials for our host Mabac event and selected group entries, Wade will co-ordinate Puffer funds (a sort of 'Hash Cash'). Initially, he will have the modest balances from the annual supper and last summers kit profit to play with but this will reimburse costs associated with our December Ashtead promotion. It is proposed that we contribute annually to a Puffers account to the tune of just £5 an individual or £7.50 a family household. If you agree then please give Wade your cash asap and thereafter each January. All expenditure will carry a consensus and be recorded. Secondly to maintain focus and interest but at the time respect the busy lives we all live, Rob has become our events co-ordinator. The aim is to decide what we want to support and get the dates diaries, if only provisionally. Already there is talk of a Summer BBQ, expeds to France and Devon and a project for 2006 in addition to attending monthly Mabacs and local events. On! On! Other changes concern communication. Will is now webmaster, assisted on the electronic front by John B, and Dave R is taking over as Editor of the Newsletter with effect from the next issue. A modern and fresh approach here should be welcomed. It is hoped that the above changes will help maintain the Puffers 'esprit de corps' and pave the way for a successful club future.

IN BRIEF

Please let Andrew R know by mid Feb if you would like to do the Ruby Run ½ Marathon on 12 Jun with overnight in Holsworthy
Thanks Derek for organising an excellent 8 Jan Annual Supper
