

The Barnes Bugle, news from...



October 2008

‘THANK YOU FOR A LAPTIME’



Congratulations to **Pete Woodroffe**, the first Barnes Runner home in the September Last Saturday of the Month Handicap race.

September's race attracted our best turn-out yet, with 20 runners from four clubs taking part. We were joined by new faces from Fulham Running Club, West 4 Harriers and Sheen Shufflers (hello again Bob).

Mark Grove of Fulham Runners won by a margin of 46 seconds. As race director Sam Allpass put it, clearly we need to give the new runners tougher handicaps!

Barnes Runner **David Allen** shattered the course record by 56 seconds to record 27 mins. 25 secs.

You can see more photographs from the event [here](#).

This month's handicap race takes place on Saturday, October 25. Meet at Barn Elms track from 0830 for a prompt 0900 start.

BARN ELMS TRACK BREAKTHROUGH

For those who haven't heard the news, here it is from the council:

“Richmond Council announced at the Cabinet meeting on Monday 22 September that it will be keeping the all-weather athletics track at Barn Elms and agreed an outlay of up to £30,000 to clean and repair it.



“The track is popular with local schools, running groups and individuals and the decision to make the funding available for the regeneration of the track will allow recreational and leisure use to continue for years to come.

Cllr Liz Jaeger Cabinet Member for Youth, Culture and Leisure said:

“We are delighted to announce £30,000 of funds for the regeneration of the running track at Barn Elms.

“The track is important to community life in Barnes and is used by children, recreational runners and competitive athletes.

“The funding will rejuvenate the track for the run up to 2012 and beyond”.

Congratulations to all those at Barnes Vision and elsewhere for making the council think again.

The project still needs finance. Read more [here](#).

The track is used by runners and amphibious athletes alike.....





One of our new friends from West 4 Harriers has been in touch to offer special deals on his physio services.

Scott Mitchell offers Barnes Runners discounts for

Physiotherapy assessments:

Biomechanical assessments and

Sports Massage (4 x 30min £100)

Scott told the Bugle: “I am also more than happy for people to call with any queries and give advice about any problems they might be having.”

You can e-mail Scott via info@moveclinics.com or check out his website for other deals at www.moveclinics.com or call him on 020 8994 8328.

YOUR CLUB NEEDS YOU!



Ok, Lord Kitchener can't spare the time to join the Barnes Runners committee, but can you/

We urgently need new blood to freshen up the committee.

We need help leading runs, liaising with the Barnes Community Association, publicising the club and recruiting new members.

The club needs a new chair - and, yes, The Bugle needs a new editor. If you can spare a few hours now and then please see David Cornock or Nick Willan.

Otherwise, we'll have to reshuffle the committee and bring back someone who's already resigned twice. You know how it is.....