

Re: Hampstead Hockey Club Bulletin: Marathon Special

As most of you know by now a sponsored Marathon has been organised to help raise money for the drainage funds. Just in case you have forgotten or did not know in the first place here is some up-to-date information.

The date is Saturday June 2nd. Starting time of the run will be around 9.00 am. Everbody involved should be at the Club by 8.30 am. for a briefing.

As far as we know the following will be running!

Richard Ball, Brian Owles, Norman Borrett, Richard Chapman, Nick Coleman, David Dixon, Tim Dixon, Tony Elliot, Robin Francis, Andy Galloway, Brian Guest, Stuart Waugh, Tom McCabe, John McDougall, Bill Taylor, Adrian Rice, David Walker, David Dunk, Hugh Smith, Guy Stobart, Rod Tippen, John Tipping, Jeff Wilmot, Blaise Coonan, Rory Coonan, Philip Freeston, and Ron Hart.

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And the following people will be Marshalls:-

Peter Dale, Mike Earp, Mike Laven, Steve Pennington, Hugh Illingworth, Izzy Coleman, Viji and Wendy, Ram Chitra, Hazel Furness, Peter Owles, Martin Garrett, Richard Cresswell, Jim Carmichael, Tim Ware, Arthur Soares, Dave Teale, and Dave Wickert.

Andy Hughes will be in charge of medical assistance.

A Note For The Runners:-

Rub Surgical Spirits into your feet every day! Eat no carbohydrates on Wednesday 30th or Thursday 31st May. Then on Friday 1st June eat as much carbohydrates as possible. On the big day, tea and toast for breakfast but not much more unless it is glucose drink. Carbohydrate = Bread, Potatos, Rice, Pastry, Alcohol!

A note for Marshalls

Please try and have a bucket and sponge. Other useful items will be issued to you on the day.

A note to Runners and Marshalls

Important meeting. ~~Wednesday 30th May~~ ^{Friday 1st June} 8.00 pm. at the Club. Please make every effort to be there. If you cannot be there please phone Adrian on 226- 3116 (evening). I shall not be available between Friday 25th May and Tuesday 29th May. Please get to the Club by 8.30 am. on June 2nd.

An Appeal to All

A lot of hard organising has gone into this Marathon. Begging letters, phone calls, etc. As you can see there is a large number of people already involved but we can use more Marshalls or Runners. If your name does not appear on our lists and you can help on the day in some way please give Adrian or Dave a call on 226- 3116 or Brian on 994- 6629.

If it is impossible for you to run, marshall, or even just physically encourage then please sponsor somebody.

We hope to see as many Hampstead Club Members as possible on June 2nd.