



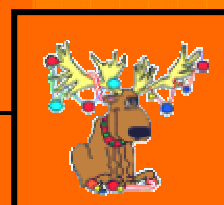
# “the maggot's mouth” Christmas Special 2009

Yes, the holiday season is, once more, just around the corner. Hopefully the information here will keep everyone informed as to where to be and when during the holidays. Mostly we will be keeping to our usual schedule, but please note that there will be no Club run on the evening of the 31<sup>st</sup>, due to the run in the afternoon at 2.00pm.

What better a way to finish 2009 than with a leisurely run. Your choice of 5, 7 or 10 miles complete with jelly babies. Everyone is welcome.

## CLUB FESTIVE RUNNING GUIDE

Mon	14 <sup>th</sup>	Club Run	Westerlea @ 7.30pm	
Wed	16 <sup>th</sup>	Club Run	Westerlea @ 7.30pm	
Thurs	17 <sup>th</sup>	Club Run	Community Centre @ 7.30pm	
Mon	21 <sup>st</sup>	Club Run	Westerlea @ 7.30pm	
Wed	23 <sup>rd</sup>	Club Run	Westerlea @ 7.30pm	
Thurs	24 <sup>th</sup>	Club Run	Community Centre @ 7.30pm	Meet outside. Centre closed.
Sat	26 <sup>th</sup>	Turkey Trot (see ad)	Sailing Club @ 11.00 race start	Reg from 10.00am
Mon	28 <sup>th</sup>	Club Run	Westerlea @ 7.30pm	
Wed	30 <sup>th</sup>	Club Run	Westerlea @ 7.30pm	
Thurs	31 <sup>st</sup>	Last Run O' the Year	Westerlea @ 2.00pm	Your choice – 5,7 or 10 miles No club run tonight
Fri	1 <sup>st</sup>	New Years Day Run	Westerlea @ 11.00am	5 easy miles maximum
Mon	4 <sup>th</sup>	Club Run	Westerlea @ 7.30pm	



## NAIRN TURKEY TROT – 26<sup>th</sup> DEC



“What do you mean I look like Danny Bow!”

The annual **Nairn Turkey Trot** on Boxing Day.  
Approx 5k run around the River Nairn.  
Registration is at the Sailing Club at Nairn Harbour from 10.00am.

After race refreshments are also at the Sailing Club.

Entry fee - £2.50 (no pre-entries available)  
*Special prizes for best fancy dress runners*  
also – bring a prize win a prize!

**A predicted finishing time race.**  
**No watches etc. to be worn.**

**Any contributions of cakes / sandwiches etc will be gratefully received**

### and finally....

Season's Greetings to everyone involved in making the club such a success during the last 12 months.

To the runners and helpers, volunteers and conscripts.....

Many Thanks and a very Merry Christmas and a Happy New Year.

