



“the maggot's mouth”

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THURSDAY AT THE MAGGOT

Yes! It's finally arrived. British Summer Time is here and with it comes one or two changes for the club. Over the winter months we have enjoyed having the use of the Nairn Community Centre as our meeting place, and I'm sure you will all agree that it has been a good move during the cold winter nights, especially having the luxury of a flushing WC.

The time has now come though for us to return to our ancestral home for the summer months, and we shall therefore be resuming our Thursday Club night meetings at The Maggot hut as of **Thursday 16th of April.**

CLAVA HILL RUNS

"Oh ye'll tak' the high road and I'll tak' the low road, An' I'll be up Clava before ye'...."

There is only one Clava, the name that sparks fear into the heart of many a runner and this coming **Wednesday (8th)**, we'll be resuming our weekly Clava hill runs.

Meeting at the Westerlea layby at 6.00pm we will make our way to Clava Hill ready to run at 6.30pm.

Whether or not you've been up Clava before, please feel free to join us. Clava is for everyone - some run and others walk. Whatever your ability you will enjoy this challenging ramble whilst being rewarded with some of the best Highland scenery anywhere.

MARATHON TRAINING

This Wednesday @ 6.30pm (8th) at the "Run4it" shop in Inverness. - Mel Edwards will be presenting a talk on marathon training and preparation. Entry is free - simply log on to www.run-4-it.com.

PARIS MARATHON

As previously mentioned, 2 of our members Laura Marshal and Jonny will be running in the Paris Marathon on Sunday 5th, raising support for "Get Kids Going" which helps disabled children take part in sport. If you would like to add your support by sponsoring them then please visit their fundraising page at - www.justgiving.com/jonnyandlaura

AGM 2009

We hope to hold the club AGM on **Thursday 7th May**, once again at the Sailing Club by the Harbour - please try and keep this date free in your diaries.

As in previous years, we plan to run the Turkey Trot route prior to the meeting and then have some cheese and wine refreshments before getting down to business.

This is your opportunity to raise any points for discussion etc. and any items of new business must be submitted in writing to Marsaili no later than 7 days prior to the AGM.

THANKS

Big thanks again to everyone that helped out at the recent club events. A busy but rewarding time for all those who endured wind, rain, snow and sunshine to help support their club.

The 10k was a particular success, attracting a record entry field. Bring on 2010!!

Finally, advance notice of the Half Marathon on the 15th August. Keep the date free in your diaries.

Details of all the above, along with forthcoming runs and events, can be found on the club site - www.nairnroadrunners.co.uk.

If you have news or reviews of races etc. please get in touch with Geoff our Webmaster on - sgmain@btinternet.com

Alistair