

event.

in 31:04. At the **Stoop Fell Race**, **Ian Holmes** won, apparently unhampered by his unusual choice of headgear. **Glynda Cook** took the women's event.

Wednesday December 25th

At the traditional **Paarlauf** run in Wimbledon, international miler **Simon Fairbrother** teamed up with **Don**

Not all runners have fully grasped the concept of 'layering'.

