



## RRR 5 Mile Event Eid Compound 9<sup>th</sup> November 2012

Pleasant conditions (for Riyadh) saw a total of 60 runners start the race with 52 completing the full distance.

Sadly this was Liz Laughton's last race with RRR and we wish her well in both her future career and racing. Going out on a high Liz recovered from her defeat in the 10 mile to reverse positions this time with Claire Rutherford and win with a 7 second cushion.

In the absence of you know who, new chairman Gary McGregor led the field home in 29.59 followed by Bengt Lofgren in his first race of the season and Paul Farrell in third.

Nice to see a number of Juniors competing and led home over the full distance by Ernest Arminjon in a very creditable 42.02.

Elsewhere (as in other countries!) Pdraig Cusack marginally failed to break three hours in the Dublin marathon (3.03.59), Chris Nixon completed the Beirut Marathon in 3.46.50 and the man with no head (or should that be Mo head?) finished 8<sup>th</sup> overall in the Abu Dhabi half Marathon.

Modesty prevents me from mentioning that I finished 4<sup>th</sup> over 60 in the Palma (Spain) 10km and before you ask there were more than four wrinklies in it.

On a sensible note (for a change) it was great to see that (very nearly) everyone turned up at Eid in good time so that the race could start promptly.

And finally:

Just been to the gym.

They have a new machine.

Could use it for only half an hour, as I started to feel sick.

It's great though. It provides me with everything I need

- KitKats, Mars Bars, Snickers, Potato Crisps, the lot...

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A man calls 999 and says "I think my wife is dead".  
The operator says, "How do you know?"  
He says "The sex is about the same, but the ironing is piling up!"

I was explaining to my wife last night that when you die, you're  
reincarnated but must come back as a different creature.  
She said she would like to come back as a cow.  
I said, "Obviously you haven't been listening."

My wife has been missing a week now.  
The police said to prepare for the worst.  
So, I had to go down to the charity shop to get  
all of her clothes back.

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