

▶ YOUR LETTERS

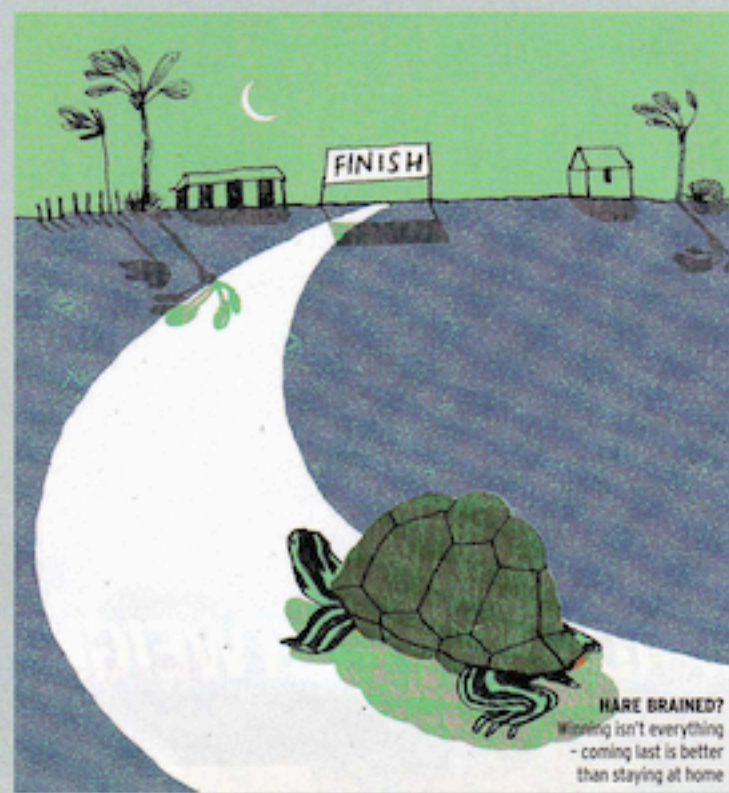
We welcome your letters on any topic related to running.

Please address them to: Letters, *RUNNER'S WORLD*, 33 Broadwick St, London W1F 0DQ, or email us at letters@runnersworld.co.uk with the subject line 'Letters'. Don't forget to give us your address, telephone number and shoe size.*



THE WRITER OF EACH MONTH'S LETTER OF THE MONTH WILL RECEIVE A PAIR OF SAUCONY PROGRID HURRICANE 14 RUNNING SHOES, WORTH £115

LETTER OF THE MONTH



EVERYONE'S A WINNER

I just read your *Last But Not Least* article in the August issue, and I couldn't agree more. I'm a member of a small, friendly running club on the Wirral called Birkenhead Athletic. We have members of all abilities and some come first and some come last (or nearly last) in all race distances - and we don't mind at all. We have an inspirational club secretary called Norman Grundy, 68, whose mantra is: "I don't mind where I finish, as I always come first out of those who don't turn up at all." Just think about it: there are millions of people who never experience the joys of running and racing - and they're all behind us! With running we are all winners, and those at the back often get the biggest cheer when they come in.

Margaret Delaney, via email

HARE BRAINED?

Winning isn't everything
- coming last is better
than staying at home