



Striders of Croydon AC

Autumn 2004 newsletter

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Striders of Croydon A.C.

Founded in 1982 as Philips City Striders

Affiliated to :

UK Athletics, Amateur Athletic Association (AAA)

English Cross-Country Union (ECCU)

South of England Athletic Association (SEAA)

Surrey County Athletic Association

Surrey Road League,

Surrey Cross-Country League

Surrey Ladies' Cross-Country League

East Surrey Amateur Athletic League

South of the Thames Cross-Country Association

Southern Counties Veterans' Track & Field League

Honours :

Surrey Cross Country League, Men Division 3 winners 2001-2, runners up 1992-3, 1994-5

Surrey Cross Country League, Ladies Division 2 runners up 2000-1

East Surrey League winners 2002-3

Committee :

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Secretary - Chris Morton, 020 86671017, chris.morton@bbc.co.uk

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also - Mike George, 020 75872601, croystride@aol.com

Team managers :

Women's team manager - Emma Hailay

Vets' team manager - Kevin Burnett, 01883 625547

Men's team - Chris Morton

Web site : <http://www.stridersofcroydon/>

Group email : striderslist@yahoogroups.com

Headquarters at : Sandilands Clubhouse, at the top of Sandilands Rd, Addiscombe, Croydon.

Club runs : leave the clubhouse on Wednesdays at 7.30 p.m. & Sundays at 8.30 a.m. Also track

training sessions are held at Croydon Arena on Tuesdays at 7.30 p.m. 'Social runs' at 10 minute per mile pace are on Fridays at 7.30 p.m. from the clubhouse.

Direct From the Chair: Chairman's Report Autumn 2004

John Gannon

It must be a sign that I'm getting older as the past year has just flown past and it doesn't seem like five minutes ago I was recalling in this newsletter what sort of year the club had enjoyed during 2002/3 and now its time to do the same for 2003/4!

Club membership has continued to grow I'm pleased to report, at the end of the club's subscription year membership stands at 130 although I dare say that figure is even now out of date! Of course club subscriptions become due again on 1st October and as always there will be those that, for whatever reason, chose not to renew although I can't think of any reason why they should leave apart from the fact that they have moved away from the area much like Gerry Crispie and Steve Chandler, who we wish good luck to. (Apologies for the outrageous reminder for club subs by the way!) It was good to see that an ex-member Jane Lansdowne has re-joined the club now that she has returned from overseas. Unfortunately Jane has not returned to our part of the UK but hopefully we will see her soon.

One of the highlights of the past year, well for me anyway, were Dave and Morgan's London to Brighton run last October, a fantastic effort from both of them. I understand that Dave is also taking part in this year's event and is currently trying to recruit two fellow Striders to join him in an effort to win the men's team prize. So if there are any of you out there that Dave has not tried to tell that a 56 mile race is quite easy really, then please contact Dave directly. Morgan has wisely declined Dave's offer to join him this year as it would appear he has been doing some training other than running with the news that he and his wife Jackie are expecting their first child at Christmas! This year seems to be the year for the sound of little Strider feet as we also saw the birth of Oliver Furze to club treasurer Neil and wife Helen. Congratulations to them all!

On the subject of youth it is good to see that quite a few of our new members are less than 40 years old! Not only that but it would appear that some of the male newcomers are fleet of foot, which should help the men's cross country team regain promotion to the Surrey Division Two. Even with the introduction of the Sandilands Trophy last year (well done to the winner, Justin Macenhill by the way) with one of its aims was to encourage members to take part in cross country races we were still relegated from this division. Hopefully the Ladies team will also gain promotion to their top division something I'm sure they could have done last season if they had shown some consistency. (It maybe a good idea if Jane could arrange visits to Croydon at the same times as the XC races!)

It was a new member, Tracy Carpenter that won the final race and therefore the series that makes up the three races that are held during the summer as part of the Club Handicap. Well done to Tracy, although eyebrows were raised about how the handicaps were set when committee member Kevin Bannister won the first race by a canter followed by club stalwart, Michelle Lawrence winning the second but it was good to see that the handicap times were right by the last race. Well done also to the handicapper Chris Morton and all those that helped marshal the races and record the finishing times.

Other races the club organised or assisted in were the Switchback 5 that while never seems to attract more than 80 runners seems to be a popular race with local runners. By the time you read

this newsletter we hopefully would have held another successful race. On the other end of the scale the club assisted for a second year in the Croydon Race for Life 5K that saw over 3,000 women running around Lloyd Park on a hot summer's day (remember those?) in June. While I think that number proved to be perhaps too many on the day I think that this is an event we should continue to support as it's a very good cause plus it puts something back into our sport. And on this subject the club has contacted the London Marathon and offered the services of the club to assist in next year's event. Not only would we be taking part in the organisation of one of the biggest race in the world but it would gain us an extra place in the marathon! We've yet to hear if the London Marathon will take up our offer but if they do hopefully it will be to marshal or man a water station so the usual marathon 'watchers' can just do what they do every year! We also hosted our invitation Grass Relay race in June. Although the number of invited clubs was down on the previous year, possibly due to a 5 mile race being held in Dulwich Park on the same night, I understand it was an good event, enjoyed by everyone that took part.

I would like to take this opportunity to thank Alan Dolton, who has decided to stand down as club secretary after four years, for all his hard work in this role. During this time the club has gone from strength to strength, no small part due to the experience and knowledge of local athletics and running that Alan brings with him. The club will still be able to call on Alan's expertise if required while I'm also sure that Alan will be able to offer any help to the two people that are replacing Alan, Chris as club secretary with Karen in the new role of membership secretary. I'm also pleased to report that Robin Jamieson has come forward to fill the vacant role of Newsletter Editor caused by Chris taking on the role of club secretary. As far as I'm aware everyone who served on the committee this year is willing to remain in their current roles for another year as does Nigel, who represents the club at the Sandilands committee meetings. Of course this has to be confirmed by the club membership at the forthcoming AGM but I would just like to thank all of the above for their time and commitment over the last year and I look for to working with them over the next year.

For all of you that have recently joined, welcome to one of the best running clubs in the area! I'm sure that you'll enjoy your running with us as we will enjoy the experience of running with you!

SECRETARY'S REPORT 2004

Alan Dolton

The club is continuing to grow quite significantly. In September 2002 we had 77 members (57 male, 20 female). By September 2003 that figure had risen to 101 (72 male, 29 female). By August 2004 we had risen to a club record of 130 members (86 male, 44 female).

From a competitive viewpoint, we met with mixed fortunes during the year, with some good performances on the road and some disappointment at cross-country. We did very well to finish second of the 13 clubs in the East Surrey League. Particular credit must go to Chris Morton for his hard work as team manager. Our men did well to take third place in the Surrey Half-Marathon Championships, held in conjunction with the Richmond Half-Marathon on a surprisingly hot day in May. In the Surrey Road League, our men again did well to take sixth place out of the 28 clubs, while our women also did well to place seventh. Particular credit must go to Justin Macenhill, who was the only one of our members to make the scoring team in every match.

In the Surrey Cross-Country League, our men fielded large teams numerically, but we badly missed the services of three of our leading scorers from the previous season. With relatively few of our runners capable of placing in the top 50, we finished ninth in Division Two, and were duly relegated. Our women had a mixed season : they lost their chance of promotion when they failed to finish a complete team in the match at Lightwater, but they improved in the second half of the season and finished seventh in Division Two. We also fielded an under-13 girls' team, who finished the season in 11th place out of 18 clubs.

On the track, both men and women competed in the Southern Veterans League. We made a disappointing start to the season, but our men showed their potential by taking a good third place in the final match at Croydon Arena, finishing the season in sixth place of the eight clubs. Our women were short of numbers but managed the same final position. Particular credit here goes to Linda Daniel who was our leading points-scorer: indeed, in the match at Ewell she was our only competitor !

One Strider who performed very well during the year was one of our youngest members, Daisy Collingridge. She produced some excellent performances in the East Surrey League and the Surrey Cross-Country League, while on the track she placed third in the Surrey Under-15 800 metre Championship. Her best time of 2 minutes 25.2 seconds was faster than any of our senior women have ever managed, and it seems safe to say that most of our men would be unable to match it.

On the subject of track competition, Striders joined the Southern Veterans League in 1996. Since then, we have provided track competition for our veterans (men aged 40+ and women aged 35+) but have not provided any track competition for our younger members. We are proposing to rectify this in 2005 by applying to enter the Rosenheim League, to provide some track competition for our 'non-veteran' members. I am very pleased that Paul Weir has volunteered to act as team manager for this competition.

As most people already know, I will be standing down as club secretary at this AGM, but I wish my successor the best of luck, and I hope that the club continues to grow. I will of course continue to do my best to encourage Striders of all standards at our weekly track sessions.



Striders of Croydon

The Annual General Meeting will take place on Wednesday 29 September 2004 at the Sandilands clubhouse, starting at 8.30pm. (The club run will start at 7.00pm and will last for about 45 minutes.)

AGENDA

- 1) Minutes of the 2003 Annual General Meeting.
- 2) Matters arising from the minutes.
- 3) To receive the Chairman's annual report.
- 4) To receive the Secretary's annual report.
- 5) To receive the statement of accounts and Treasurer's report.
- 6) To set the membership fee for the 2004/05 club year.
- 7) To vote on changes to club rules. The committee has proposed amending the first sentence of Rule 3 from:

"The management of the club is vested in a committee consisting of Chairman, Secretary, Treasurer, Newsletter Editor, Kit Officer and three other members, all to be elected annually; four to form a quorum."

to:

"The management of the club is vested in a committee consisting of Chairman, Secretary, Treasurer, Membership Secretary, Newsletter Editor, Kit Officer and two other members, all to be elected annually; four to form a quorum."

- 8) To elect the Committee for 2004/05:
 - Chairman
 - Secretary
 - Treasurer
 - Membership Secretary (if committee amendment to Rule 3 is passed: see above)
 - Newsletter Editor
 - Kit Officer
 - 2 other Committee members
- 9) Presentation of Club Awards.
- 10) Proposal to apply to join Rosenheim League for 2005 (to provide track & field competition for 'non-veterans')
- 11) Discussion of proposed track & field trophies.
- 12) Any Other Business.

Nominations for Club Officers should be submitted to the Secretary at least 14 days before the date of the AGM. All nominations should be proposed by a Club member and should have the prior approval of the nominee.

As part of a local running odyssey Dave Batten

Our club is usually very well represented in local running events, and I have been told many stories (all true, I'm sure), where Striders of Croydon have travelled far and wide, to other continents, and even run across them!

While the urge to roam can be a very strong and enjoyable one, there are at least a couple of running oddities that are closer to home, but the Striders seem to have mostly missed this year. If you want to break up the "road" season in July, and don't mind climbing some small hills, on the road and across country, the Orpington 10k is an interesting event (www.orprunners.com). Starting from Darrick Wood school, in Locks Bottom, and out over the High Elms country park, this route is perhaps only just too far away to reach on a long run from our clubhouse (the ultra runners may go this way though!). There is the added bonus with this event that the younger family members can be involved in their own 2k races, for school years 3 to 6 and 7 to 11, and they get their own finishing medal. 296 runners took part in the 10k, this year, with only three being Striders!

My other oddity is a bit farther afield, while not being too far from home (I don't think that even our ultra runners would run to Bushy park on a training run, but I stand to be corrected). The Wedding Day race (www.stragglers.org) is run over a completely flat 7k course, over road, grass, and trail at 7.30 on a Friday evening at the end of July. As there aren't many 7k races, it should be a PB! This event is a very popular event, with 534 Brides & Grooms trailing behind Sonia O'Sullivan this year (including one Strider). The T-Shirt that is given away at the end of the race could be a problem, unless like me, you have no fashion sense.

Next year, could these races be part of your "local" Odyssey?

Croas Deanas Straeders 410AD - 1066AD

Robin Jamieson

.....having frightened off the Romans with their running prowess the next 600 years were a bit chaotic. The South and East of England was overrun by successive waves of barbarian tribes who became known as the Anglo Saxons. By the 600s the kingdoms of Kent, Sussex, Wessex, Essex and Middlesex were established with minor Kingdoms sandwiched in between such as King Frithuwold of Surrey and of course the Kingdom of Croas Deanas Straeders.

The Striderii had thought it advisable not to have a latin sounding name and renamed themselves after the valley full of Crocuses just to the West of the tribal hut. Crocuses had been grown there since Roman times to make saffron colouring and the the green fields and golden yellow crocuses inspired the tribal colours we have had to live with ever since.

During this period the history of the Straeders followed the history of the Kings of Kent. Starting with Hengist in 455 through Aethelbert in 590 several Egberts to Baldred in 825. From then on the kingdom of Wessex dominated beginning with King Alfred in 871 considered the first king of England. After him a succession of increasingly powerful Kings such King Edgar in 959, Aethelred the unready, Canute and finally Harold in 1066. But more on Striders contribution to 1066 and all that in the next episode.

During this period the Croas Deanas Straeders were having trouble describing the routes for their Sunday morning outings so started naming the main features in the area. They named the small village in the Crocus valley after themselves - Croas Deanas which then became Crogdean, Croham Hurst is crows' home in the wood, Addington is Aeddi's farm, Shirley boundary meadow, Wallington settlement of strangers, Coombe Road - valley road, Wandle is water dale, Riddlesdown cleared woodland and many more.

The Straeders and their fellow Saxon left many remains around Crogdean including burial mounds, boundary ditches, sites of farms and a Saxon graveyard on Park Lane. Several of the borough's churches had Saxon origins, including the parish church in Addington village.

Some of the local athletic events seemed to have had a gruesome ending. A grave on Farthing Down contained a woman's body, contorted as if she had been buried alive. Apparently women, generally slaves, were often killed (after drinking vast quantities of alcohol) to accompany a man in the afterlife. (*Anything to avoid running up Farthing Down*) Headless burials have been found on Cane Hill and some warrior burials at Riddlesdown include extra skulls.

The Straeders also had close links with the early Archbishops of Canterbury as their training advisers and encouraged them to build a summer palace in Crogdean. They trained all the archbishop from St Augustine installed in 597 and another 34 incumbents up to 1066 including St Cuthbert, St Dunstan and the more interestingly named Oda the Severe, Sigeric the Serious and Stigand.

Straeders also played their part in early parliaments. It is recorded that In 809AD King Coenwulf of Mercia held his Witan on the site of the future Summer Palace in Crogdean and by 1066 there was certainly a Palace of some sort as Stigand and his successor stayed there.

By 1066 Crogdean population had risen to 385 as recorded soon after in the Domesday Book. It is unclear how many were Straeder Members. However there were enough of them familiar with the fastest foot routes to the coast and across Sussex and Kent that when Harold and his army jogged all the way from Stamford bridge to meet William the Conqueror the Straeders were able to escort him on the last leg to Battle itself.....

South Counties Vets track & field - Crawley : 4th May 2004

Kevin Burnett

D. Lovell 400m - 63.4; 1500m - 5.21.7
N. Riches 100m - 14.2; 400m - 65.0; Long jump - 3.63m
N. Bongers 2K walk - 12.21.3; Shot - 2.75m; High jump - 1.00m
D. Hoben 2K walk - 13.42.4
K. Burnett 100m - 17.1; 2K walk - 16.15.1; Shot - 5.56m

A showery evening at Crawley for our first fixture where we finished 6th with 56 points in the men's competition. Unfortunately we had no women competitors. Dave Lovell and Neil both ran well in the 400m with Neil winning his race - a rare occurrence for us as a club in this competition. Nigel enthusiastic as ever competed well in the walk being 5th overall but unfortunately injured his back in the high jump. With only 5 we were unable to cover all events.

Southern Counties Vets track & field - Ewell Court : 7th June 2004 Kevin Burnett

D. Lovell 200m - 28.7; 800m - 2.24.7
N. Bongers 200m - 36.0; 3K steeplechase - 12.26.1
A. Dolton 800m - 2.35.1; 3K steeplechase - 11.38.6
C. Cotton 800m - 2.33.5; 3K steeplechase - 12.04.0
G. Pullen 3K steeplechase - 12.57.3; Discus - 13.35m; triple jump - 7.51m
N. Riches Discus - 15.70m; Javelin - 24.17m
L. Daniel 200m - 34.7; 800m - 3.02.8; Long jump - 2.99m
K. Burnett 200m - 35.4; Discus - 22.41m; Javelin - 20.52m
4x400m relay - 4.53.3

A better evening at Ewell in our second fixture. We had 7 men and Linda our sole lady competing. Linda did 3 events with the 200 and 800 her best to score 16 points and therefore register us in the women's league table in 6th place. Hopefully we can improve this in the remaining 2 fixtures. Our men finished 5th on the night but remain 6th in the table. We had two second placings - Colin in a well run 800 and Graham in the 3K. The hardest points to win, in my view, are the A string 40's events where Dave L and Neil have been competing for us. Alan had a 3rd placing in the B 800 as well as running the 3K and a relay leg. Colin also did the same 3 events. Alan is also busy drumming up club support for these fixtures in the days preceding them.

We wish Nigel Bongers a speedy recovery from his broken ankle suffered at Farthing Downs with his Holland Sports teammates. Not only is he keen to compete in whatever event there is a need, he is invaluable as an official in the track or in the field.

Southern Counties Vets track & field - Kingston : 21st June 2004 Kevin Burnett

D. Lovell 100m - 14.1; 400m - 62.5
K. Burnett 100m - 16.7; 400m - 82.5; Shot - 6.40m; Hammer - 13.04m
D. Batten 400m - 65.5; 1500m - 5.02.9
A. Dolton 1500m - 5.06.9; 5K - 19.04.9
C. Cotton 1500m - 5.16.7
I. Campbell 5K - 19.33.9
G. Pullen 5K - 22.07.9; Shot - 4.50m; Long jump - 3.25m
N. Riches Shot - 7.89m; Long jump - 3.55m

Eight of us competed at Kingsmeadow on a fine evening where we again finished 6th and thus remain 6th in the table after 3 fixtures. We had no women and now drop to 7th in the table. Our best performances were Dave L in the 400 and Dave B in the 1500 where they both finished 3rd. Ian made a welcome debut in the 5K. Neil was carrying an injury and unable to compete on the track.

Southern Counties Vets track & field - Croydon : 5th July 2004 Kevin Burnett

G.Pennells	Discus - 15.72m; 3K steeplechase - 13.49.3
K.Burnett	Discus - 18.20m; 800m - 3.28.9; Javelin - 19.19m
A.Dolton	2K walk - 13.39.1
D.Hoben	2K walk - 13.36.8
Steve Smith	Triple jump - 8.09m; 200m - 29.6
D.Lovell	800m - 2.22.9; 200m - 28.8
D.Batten	800m - 2.25.9; 200m - 29.7; Javelin - 15.80m
C.Cotton	800m - 2.34.3
N.Davidson	3K steeplechase - 11.34.4; Javelin - 19.18m
I.Campbell	3K steeplechase - 13.06.7
K.Custis	Shot - 5.75m; Discus - 15.91m
M.Lawrence	2K walk - 14.18.7; 800m - 3.42.6; 200m - 45.7
L.Daniel	800m - 3.01.3; 200m - 34.4; Long jump - 3.07m
C.McFadzean	5K - 22.46.3

A very good attendance at Croydon on another fine evening - 4 women and 10 men. The women were 5th and rose to 6th in the final standings. Kate competed in both throwing events with discus her better performance. Michele competed in 3 events including 2nd in the walk. Claire ran well in the 5000 on her first appearance. Linda also did 3 events and over the last few years has been our most regular competitor in the track and field league.

Probably a first for the men since we competed in this league - we had 3 event winners in one fixture. Dave B and Colin in the M50 800m and Nigel in the steeplechase who convincingly won the race where we also had Ian and Geoff competing. Backing our 3 winners we had several 3rd placings where everyone did well to finish 3rd on the night behind Epsom and Croydon. We had Steve making his first appearance and after competing well in the triple jump and 200m unfortunately suffering injury in the relay. Alan having competed in the walk then acted as track judge for the rest of the evening. Dave L did well all season, competing in all fixtures in track events like sprints where we don't have too many volunteers and led our points scorers in the two younger age groups.

All in all a good evening for the club.

Season appearances / points

D. Batten	2 / 27	N.Bongers	2 / 17	K.Burnett	4 / 55
I.Campbell	2 / 11	C.Cotton	3 / 25	K.Custis	1 / 11
L.Daniel	2 / 28	N.Davidson	1 / 13	A.Dolton	3 / 24
D.Hoben	2 / 12	M.Lawrence	1 / 19	D.Lovell	4 / 34
C.McFadzean	1 / 5	G. Pennells	1 / 3	N.Riches	3 / 31
Steve Smith	1 / 9				

Final league tables:	Men		Women	
Epsom & Ewell	589	32	Epsom & Ewell	554 32
Croydon	510	28	Croydon	381 27
Kingston & Poly	420	22	Kingston & Poly	275 24
Dorking & Mole Valley	354	17	Dorking & Mole Valley	237 21
Crawley	329	17	Sutton & District	44 13
Striders	292	16	Striders	63 8
Redhill / Surrey Beag.	117	8	Crawley	24 4
Sutton & District	19	3	Redhill / Surrey Beagles	0 0

Caption Competition 5



Young Oliver Furze proudly wears his Striders top. If he could speak, what would he be saying? Please send your answers to Chris.

Results of caption competition 4

Thanks for your entries for the fourth competition. Bob Pullen was the first person to identify Peter Yarlett - second from right, front row. The photo was sent in by John Keen - second from right, back row. It shows the Whitehouse Manor team from 1963, playing in the Junior Schools Cup Final at Selhurst Park.



40 YEARS AGO: ATHLETICS IN SUMMER /AUTUMN 1964

Alan Dolton

The Olympic Games took place in Tokyo in October 1964. British athletes won four gold medals. There was a 'double' in the long jump, where Lynn Davies won the men's event with a leap of 8.07 metres, and Mary Rand won the women's event with 6.76 metres. Mary also took the silver medal in the pentathlon.

A more surprising winner was 22-year-old Ann Packer. She had been entered for both the 400 and 800 metres, but was considered to have more chance in the 400m: this was her first season of racing at 800m and indeed she had only raced that distance five times before the Olympics. Having gained a silver medal in the 400 metres (52.2), she ran a well-judged race to win the 800 metres in 2 minutes 01.1 seconds. Her training was also quite a contrast to most British male 800 metre runners: she did not like running for more than two miles, and most of her training consisted of fast 200 metre repetitions with a relatively short recovery. She retired from athletics after the Olympics and married the British 400 metre runner, Robbie Brightwell. Britain's other gold medal came from Ken Matthews in the 20 kilometre walk, with a time of 1.29.34 (faster than many Striders could run this distance !) In the marathon, Basil Heatley of Coventry ran well to gain the silver medal in 2.16.20, outsprinting Tsuburaya of Japan in the last 200 metres. Another Coventry runner, Brian Kilby, placed fourth in 2.17.03. Abebe Bikila of Ethiopia, who had won the marathon in Rome four years earlier, retained his title in a time of 2 hours 12 minutes 12 seconds. This was a new world record, beating the previous time of 2 hours 13.55 which Heatley had set in the Polytechnic Marathon from Windsor to Chiswick four months earlier.

Other British athletes to win silver medals were Maurice Herriott in the steeplechase, John Hooper in the 400 metre hurdles, and Paul Nihill in the 50 kilometre walk. Paul's time of 4 hours 11 minutes 32 placed him only 19 seconds behind the winner. He had been brought up in Addiscombe and was a member of Surrey Walking Club. He now lives in the Medway area. British teams also placed second in the men's 4 x 400 metre relay and third in the women's 4 x 100 metre relay.

New Zealand's Peter Snell retained his 800 metres title (1.45.1) and completed a double by winning the 1500 metres (3.38.1). Bob Schul of the USA won the 5000 metres (13.48.8), while the 10000 metres saw an exciting finish with native American Billy Mills, who was of Sioux descent, producing a very fast last 200 metres to win in 28.24.4, ahead of Mohammed Gammoudi (Tunisia) and Ron Clarke (Australia). Another memorable race came in the 100 metres where Bob Hayes of the USA equalled the then world record of 10.0 seconds, although heavy rain left the cinder track in a condition resembling a cross-country course. Hayes later anchored the US to victory in the 4 x 100 metres, having been in fifth place when he received the baton at the start of the last leg. Poland won the women's 4 x 100 metre relay in a new world record of 43.6, but were subsequently stripped of the record when one of their runners failed a sex test.

Turning from international level to local level, May 1964 saw the formation of the Rosenheim League (a track and field league for clubs in the South London area). The inaugural winners were Herne Hill, with Croydon Harriers second, Mitcham AC third, Wimbledon AC fourth and Hercules AC fifth.

The Surrey Cross-Country league began its third season in October 1964, with seven clubs competing, the six founder-members having been joined by Croydon Harriers. The opening match, at Wimbledon Common, was won by Belgrave Harriers. Croydon placed sixth. They had 25 runners (more than they have managed in recent years!) Some of them are still active locally, including Mike Fleet (84th), Mike Caudwell (95th), Phil Fenton (107th), Ken Croke (133rd) and Don Webb (144th). Don Faircloth placed fourth in the Under-17 race.

20 YEARS AGO: ATHLETICS IN AUTUMN 1984

Alan Dolton

The fourth annual Croydon 10-mile road race took place on 21 October. It was held on the same course as the two previous years: a relatively fast two-lap course starting in Oaks Road and finishing in the grounds of John Ruskin School (which has subsequently been demolished). Surrey Beagles' international Bob Treadwell repeated his victory of 1981, finishing almost two minutes clear in an impressive time of 49 minutes 22 seconds. R Higgins of Portsmouth AC was second in 51.13, ahead of two South London Harriers: teenager Adrian I szatt placed third (51.23) with Ray Marriott fourth (51.32). Roger Maxwell of Forbanks AC was fifth (51.50) with Francis Upcott of SLH sixth (52.07) and Alan Dolton seventh for host club Croydon Harriers (52.25). Twenty years later, four of these seven are still competing locally. Other runners in the top 40 who still compete locally included Dave Warren (Croydon, 21st in 56.39), Julian Dillow (Croydon, 23rd in 56.42), Norman Hemming (Croydon, 36th in 58.12) and John Quaintance (SLH, 38th in 58.23).

Mick Firth of South London Harriers ran 58.05 to place second in the over-50 category, while his son Robin ran 53.45. Twenty years later, both Mick and Robin are active as coaches, while Robin's wife Natalie Harvey holds the Surrey women's 5000m record, and ran for Britain in this year's World Cross-Country Championships. South London Harriers also had the first woman finisher in Caroline Letchford, who ran an impressive 63 minutes 04 seconds (and beat all Striders' male runners). Striders distributed recruitment leaflets after the race to demonstrate that, despite the club name, membership was no longer restricted to people who worked for Philips. The most prominent recruit was Alan Purchase, who had placed 88th in a personal best 61 minutes 46. Another future Strider, Mike Jaras, placed 123rd (63.49).

The race organiser was Croydon's international marathon runner Don Faircloth, who was still competing regularly. He placed fourth in the Wimbledon 10-mile road race (51.35) and three weeks later won the Kent 20-mile road race in 1.45.49.

The Surrey Road Relay was held on a new venue at Battersea Park in September, and was won by Woking. The Surrey Women's Road Relay was held at Brockwell Park in October, and was won by home club Herne Hill.

The Surrey Cross-Country League began its 23rd season. The first three Division One matches were all won by defending champions Aldershot, with Herne Hill taking second place on each occasion. SLH placed third in the opening match, with Ranelagh third in the next two. Woking won the first three Division 2 matches, with Thames Hare & Hounds second in the first two, and Croydon taking second in the third match. In Division 3, Mitcham won the opening match with Guildford second, while Guildford won the next two with Mitcham second.

The Surrey Women's Cross-Country League began its sixth season. Croydon Harriers won the team event in the first two races. Only one of their scoring team still competes locally : Juliet Waters now runs for Stragglers under her married name of Cleghorn (she ran 43.20 in this summer's Sutton 10K). The first race was won by their outstanding 17-year-old Niobe Menendez, who now lives in Sussex and competes for England as a race walker. Gill Drake (Downland) won the second race.

The East Surrey League held its annual cross-country race at Lloyd Park in October. The winner was Jerry Lamont of Epsom, with Croydon's Alan Dolton second . Hercules-Wimbledon won the team event with Epsom second.

		STRIDERS OF CROYDON		<i>updated 01/09/2004</i>
Key :		Sandilands Cup		
Owen Trophy	main events	newly added event		
<u>Fixtures for September 2004 onwards</u>				
<u>Date</u>	<u>Start Time</u>	<u>Venue</u>	<u>Name of Event</u>	<u>Distance</u>
11-Sep	8:00 AM	Battersea Park	Sri Chinmoy	10K road
11-Sep		Wimbledon Park	Surrey Road Relays	2.9 miles - relay
12-Sep	10:30 AM	Farnham, surrey	Alice Holt Forest 10K	10K trail
12-Sep	12:00 AM	Portsmouth	Promenade 10K	10K - road
12-Sep	10:30 AM	Victoria Park, Hackney	Middlesex & Open 10K road race	10K road - NO ENTRIES ON THE DAY
19-Sep		Havant, West sussex	Stansted Slog half	Half marathon - multi terrain
19-Sep		Hove, East Sussex	Hove Prom 5	5 mile road
19-Sep	8:30 AM	Margate, Kent	Quikcsand 15	15 miles - multi including beach
19-Sep	11:00 AM	New Milton, Hampshire	New Forest Half	Half marathon - road - ENTRIES NOW CLOSED
19-Sep		Tunbridge Wells	Eridge Park 10	10K - multiterrian
19-Sep		Wimbledon	Wimbledon 10K	10K - road
25-Sep	2:30 PM	Lloyd Park	Switchback	5 miles XC
26-Sep		Bexhill on sea, East Sussex	Bexhill Seafront 10K	10K - trail / promenade
26-Sep		Camberley	Julian Farrell 10K	10K - road
26-Sep		Epsom	Epsom college 10	10 miles
2-Oct		Wimbledon Common	East Surrey League XC - 1.9 miles relay	
3-Oct		Reigate	North Downs 10	10 miles - multi
3-Oct		Southend	Southend Classic 10K	10 K - road
3-Oct		Wimbledon Park	Wimbledon 10	10 miles road
3-Oct			London to Brighton 54	54 miles - road
9-Oct		Epsom Downs	Men's Surrey League XC division 3	Sandilands
9-Oct		Wimbledon Common	Women's Surrey League XC division 2	Sandilands
10-Oct		Portsmouth	Great South	
16-Oct		Petersham	SCAA Vets XC champs	
17-Oct		Croydon	Croydon 10K	10 K road
17-Oct		Twickenham	Cabbage Patch 10	10 miles road
30-Oct		Lloyd Park	East Surrey League XC - 5 miles	Sandilands
13-Nov		Richmond Park	South of Thames junior - 5 miles XC	Sandilands
14-Nov		Coulsdon	Pirie 10	10 miles XC
20-Nov		Parliament Hill	London XC champs	
21-Nov		Brighton	Brighton Reebok 10K	10 K road - NO ENTRIES ON THE DAY
27-Nov		Kingston	Women's Surrey League XC division 2	Sandilands
27-Nov		Lightwater	Men's Surrey League XC division 3	Sandilands
4-Dec		Richmond Park	Ellis Trophy & Dysart Cup	
18-Dec		Wimbledon Common	South of Thames senior - 7.5 miles XC	Sandilands
8-Jan		Lloyd Park	Surrey XC championships	Sandilands
15-Jan		Lloyd Park	Men's Surrey League XC division 3	Sandilands
15-Jan		Richmond Park	Women's Surrey League XC division 2	Sandilands
29-Jan		Parliament Hill	Southerns XC championships	Sandilands
12-Feb		Priory Park, Reigate	Men's Surrey League XC division 3	Sandilands
12-Feb		TBC	Women's Surrey League XC division 2	Sandilands
19-Feb		Birmigham	National XC championships	
12-Mar		Box Hill	East Surrey League road relays - 2.1 miles	
5-Apr		Ewell	East Surrey League road - 4 miles	
21-May			Green Belt Relay	

SANDILANDS CUP 2004/5 : PROVISIONAL CATEGORIES

Category A

Simon Alexander
Bob Ewen
Don Kayum
Duncan Lancashire
Justin Macenhill
Lee Morgan
Ciaran Osborn
Dave Shaw
Tony Sheppard
Tom Thrower

Category B

Dave Batten
Colin Cotton
Gerry Crispie
Nigel Davidson
Alan Dolton
John Foster
Neil Furze
Damian Macenhill
Chris Morton
Simon R Smith
Mike Willans
Peter Yarlett

Category C

Elliott Bance
Matthew Batten
Tim Bett
Ian Campbell
Steve Chandler
Peter Dixon
Mark Eardley
Greg Evans
Paul Finch
John Gannon
Nick Kandemir
Ken Low
Dave Lovell
John McGilvray
Steve Muntzer
Geoff Pennells
Alan Purchase
Neil Riches
Gary Smith
Morgan Steele

Category D

Richard Barrett
Kevin Bannister
Jonathan Burke
Kevin Burnett
Ron Carver
Patrick Chartron
Cecil Chisholm
Adrian Clark
Peter Coats
David Denton
George Duncton
Roy Easto
Barry Finch
Nigel Finch
Mick George
Colin Golding
Al Gomes
David Goodall
Dave Hoben
John Humphries
Nick Kyritsis
Robin Jamieson
John Keen
Zia Khan
Tom Littlewood
James Mason
Phil Mazur
Daniel Pires
Steve Pitman
Bob Pullen
Wayne Riches
John Scanlon
Don Smale
Clive Smith
Simon T Smith
Steve Smith
Richard Stirling
Matt Takanishi
Stephen Tyler
Adrian Webb
Paul Weir
Gresham Williams

Category E

Kerry Backshell
Diane Ballard
Kate Custis
Linda Daniel
Emma Haillay
Elene Kayum
Jane Lansdown
Clare McFadzean
Serena Stracey
Stephanie Upton

Category F

Mary Alexander
Andrea Bryant
Emma Callaghan
Tracey Carpenter
Patricia Carr
Becky Carter
Cress Davidson
Marcia Dillon
Yvonne Harrison
Anne Hawkins
Susan Haynes
Lorraine Hunte
Michele Lawrence
Winsome Levy
Natasha Ling
Sarah Lloyd-Jones
Karen McDermott
Michele Meech
Lynn Nation
Teresa O'Donnell
Liz Orange
Karen Peake
Benne Peto
Jenny Plant
Sian Roberts
Lyn Simmons
Zoe Twidle
Sandra Willans