

Striders of Croydon

Autumn 2005 Magazine



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- Men's Road Ranking 1st Justin Macenhill
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 also noted Pat Edwards 1st Womans vet 55
 - Handicap Trophy Trophy Race: Peter Shew
 Race 1: Mick George
 Race 2: Matt Morgan
 Race 3 Karen McDermott 1st across line
 - Sandilands Cup 1st Justin Macenhill & Paul Weir
 3rd John Foster
 - Club Man of the Year Chris Morton
 - Club Woman of the Year Serena Stracey
- Presentations were also made for Team Prizes at Heatherley 10 (Serena Stracey, Helen Furze and Karen McDermott) and Thanet Half (Justin Macenhill, Damian Macenhill and Bob Ewen)
 - A special presentation of the Old Women's XC Trophy was made to Elene.
 - Swimming presentations were made for Most Improved: Robin Jamieson & [] to be announced at a later date.

La Santa – Lanzerote September

Tom Littlewood

This being my sixth visit to Club La Santa I knew pretty much what to expect. The usual warm weather plenty of running and good evenings. Things were done a bit differently this time. I only ran twice in the whole week and my main activity was cycling be it road bikes, spinning on the exercise bikes or believe it or not staying upright on the Mountain Bike ride. This was a refreshing change, apart from the spinning, and during the Mountain Bike ride I ventured a bit further out of Club La Santa than usual.

We saw Puerto del Carmen for an evening trip out, not as seen twice before snorkelling around the bay.

My one disappointment, I am still waiting for my first badminton victory be it in the beginners level tournament or the social event. Oh well, there's always next year.

Photos by Mick George on following page



Chairman's Corner

Direct From the Chair: Autumn 05

I always find this time of year a busy and exciting time for club, summer is over, everyone is back from holiday, those off road evening runs around the woods are a thing of the past, we've had our AGM, another Switchback has taken place. The annual pilgrimage to Club La Santa has just finished.

October sees the first XC race, which means the start of another Sandilands trophy and we also take part in our local race, the Croydon 10K that heralds the end of this year's Owen trophy. Which after 8 races sees Dave Denton make his final push for fame and glory! Some striders will miss the Croydon 10K as the Striders Aboard Tour sees a large party return to Amsterdam for both the Marathon & ½ Marathon distances while the 24th of the month is I believe your last chance to send off your applications for the FLM. Phew! I'm tired just writing about that lot!

The club man & woman of the year were announced at the AGM. Serena thoroughly deserved to win for the ladies, not only for her performances over the past year on both road and cross country as well for the effort Serena put in into getting such a good team out for the XC league that we won promotion to the top division. I also expect people voted for her outgoing and friendly personality and willingness to speak to everybody, although after some of the long Sunday runs I'm not sure about her ability to talk non stop while still running at pace!

Chris pick up the men's award, which is not nearly enough reward for what he puts into this club and I, as club chairman, can not thank my luck enough for someone like Chris to act as club secretary, team manager for the men's XC, road and track teams as well as act as a brake for some of my wilder ideas!

Elene was also presented with the Ladies XC Trophy at the AGM for last year and, as she has won this award four time outright she keeps it for good! Well deserved for the support that Elene has put into the XC events over the years.

This year we held the Switchback on a Sunday morning, instead of Saturday afternoon, for the first time. One reason was to see if we could attract both more runners and Striders to take part. Although numbers were up slightly on both counts it remains to see if this idea will continue for next year. However one runner we attracted for the first time was a National Champion in the form of National Hunt Jockey, Richard Dunwoody! Richard got round the testing course in a very creditable 35 minutes and reports reach me that he highly enjoyed his race without his horse and may return next year, perhaps we could ask him to present the prizes if he does.

The Club La Santees have returned and the Amsterdam tour will be on its way. This year's trip includes Susan Haynes's hen weekend, I just hope they saved the main drinking until the evening after the race otherwise they'll be some very sorry sights turning up on the start line! Of course tour rules will be very much in force; what goes on tour stays on tour. But if I heard anything juicy I'll let you all know, not unless my silence can be bought of course!

As the darker evenings creep in it will remind us of the importance of being seen at night and therefore wearing lighter coloured or even better, reflective running gear. We are covered by insurance for organised club runs should there be an accident with the traffic whilst we are running around the roads in the evening but it might make any claim more difficult for any of us that should be unfortunately involved if we were dressed like a Ninja! It also makes it difficult for those leading a run to spot you if dressed in dark clothing so please wear something we can see you in! I would recommend a reflective running Gilet, not only are the highly visible but also do keep some of the evening chill out.

Thoughts will soon turn, to training for next year's FLM and as usual the club will try to assist in organising longer training runs on Sunday mornings. The club usually picks up new members at this time as people find training on their own difficult without the motivation of others as well, if its their first time, advice and encouragement of those that have been there before and survived to tell the tale! After all the main reason why this club was formed was for people to prepare for the 1982 London Marathon and found the attitude of existing clubs some what unhelpful. (Shame on you Croydon Harriers) With this in mind one of my wilder ideas is to have a Beginners night, yes I know we have one already on Fridays but for that we assume that people can manage at least 40 minutes, however what I had in mind was for people that have never run before but would like to but need something or someone to get them started. When I say never run before I mean would find 5 minutes non stop a challenge. So if you know of anyone like that try to steer them in our direction. Of course I would need member's involvement so if anyone would like to get involved with something like this or has ideas of how to attract non runners who want to be runners please forward them to me. Again Chris may advise me that this is not a good idea and we would be mad to try it but who knows perhaps we could find a budding Paula Radcliffe out there!

See you all in a reflective top soon!



Your Committee

For the benefit of newcomers and those who do not run regularly during the week here is a reminder of your committee. Contact details are also on the website. - Ed

John 'The Knowledge' Gannon - Chairman,

mobile no. 07880506305 email : johngannon2001@yahoo.co.uk



'never knowingly lost leading a club run'.

Likes - Running, beer, cycling, beer, Chelsea FC, beer, laughing

Dislikes - runners not coming back for others on club runs and just standing around, people playing personal stereos to loud, owners of 4x4 vehicles who live in city's/towns, people who only talk about themselves or put themselves before others

Proudest Running achievement - Organising Switchback so no one got lost for the first time ever! Assisting in Race For Life.

Running ambition for the future - Stop going backwards in races, help people achieve their running goals, turning more people onto running, build up the club membership to 200+

Chris Morton - Secretary, Web site, Men's team



home phone no. 020 86671017, email : chris.morton@bbc.co.uk

Likes : cross country races in mud, especially team events.

Dislikes : Fun runners who line up at the very front of race starts despite being told not to.... But also elite runners warming down by running a course backwards and getting in the way of those still running.

Proudest Running achievement. Either 37.27 at Croydon 10K in 2003 - still don't know how I did that, or Rotterdam marathon in 2005 running through the 'wall' for the final 5K. Also the men's xc team getting promoted from Surrey League division 3 last season - a real thrill!

Running ambition for the future :

1. Striders to continue to grow, expand and prosper
2. To see Striders men's cross country established in the top 2 Surrey divisions;
3. Striders to be in the top 5 every year in surrey Road League;
4. the Sandilands Cup and Owen Trophy to attract large numbers of Striders of all abilities; 5. Personally - to run a sub 1.25 half marathon, but mainly to keep running and enjoying it for as many year's as possible.

Neil Furze - Treasurer, Rankings



email : neil@furze.plus.com

Likes Chocolate or anything sweet that is not good for you

Dislikes - Anything not covered in Chocolate.

Proudest Running achievement -

I did once break the hour for 10 Miles. (Canterbury 2000)

Running ambition for the future.

Keeping up with Helen

Kevin Bannister - Kit, Social



mobile no. 07968087830, email : kevin@kbannister77.freemove.co.uk

Likes - Beer, Bacardi, Holidays, Movies, Running, Windsurfing

Dislikes - Cross country racing, Coat hangers

Proudest Running achievement - - Finishing my first London Marathon

Running ambition for the future.- To keep running for as many years as possible & to do another marathon before my body parts give out!!!

Serena Stracey - Women's team, Social



phone : 07968163249 email: S.Stracey@Kennedys-law.com

Likes: Laughing, good food, rugby, wine, festivals, adventure sports, Johnny Wilkinson, Liam Neeson - in that order.

Dislikes: Brussel sprouts, meanness, running in the rain,...and not much else.

Proudest Running achievement: London Marathon 2005.

Running ambition for future: The Comrades (I am kidding!!). No ambition in this regard at present. Awaiting inspiration!

Serena banned me from publishing her photo – however one of the prize winners on the front page bears an astonishing resemblance - ed

Susan Haynes - Women's representative, Social



email : susan.haynes@bromley.gov.uk

Likes: Red wine, champagne & chips

Dislikes: Hills, working for a living and Marmite.

Proudest Running achievement: Completing my first London Marathon (in my pre-Striders days) having done most of the training for it on my own. It was slow, it was painful but at least I didn't die (which was a major concern).

Running ambition for future: Getting through next year's FLM injury free and in a faster time than 2004.

Gordon - club Mascot

Likes: Sleeping, eating and chasing squirrels

Dislikes: Cats, slippery floors, and Staffordshire Bull Terriers

Proudest Running achievement: Chasing next-door's cat out of the garden

Running ambition for future: To catch next-door's cat

Karen McDermott - Membership secretary, Social



email : karen.mcdermott@bevanbrittan.com

Likes: anything that is bad for me; I love chocolate, crisps and takeaways and of course, I have always happy to join in with the social side of the running club as I am rather partial to the odd beer or two. I wonder if thats why I am never achieved my ambition of that illusive sub 4.30 for a marathon? Oh, I quite like running and swimming too.

Proudest running achievement: crossing the finishing line at my first marathon. The second is the memory of all my friends (I am including striders supporters in this) and family supporting me along the way. Apart from a sub 4.30 marathon I hope to get a few PBs with the assistance of "JG's plan of pain" as it is now known. I also hope to complete my first triathlon next year."

Robin Jamieson - Newsletter Editor



phone : 07802641773, email : robin@jmsn.me.uk

Likes: Running through sunlit forests, The lake district, red wine, real ale, contributors to the newsletter..

Dislikes: Airports

Proudest running achievement: Finishing my first marathon in 2002

Running ambition: Same as Kevin to finish one more marathon before I fall apart.

To find some more different routes to run on a Sunday morning.

Sandilands Cup Rules for 2005/06

The idea of the Sandilands Cup is that all Striders have a reasonable chance of winning. You need to run at least 6 of the 10 races listed in the table below and if you run them well by your own standards then you will do well in the Sandilands Cup.

Each runner will be put into a category. Then bonus points will be scored based on performances against other runners in higher categories.



Races in the 2005/06 Sandilands Cup

Surrey League cross country - 1	8 th October
East Surrey League	22 nd October
South of Thames – 1	12 th November
Surrey League cross country - 2	19 th November
Pirie 10	3 rd December
South of Thames – 2	17 th December
Surrey County Championships	7 th January 2006
Surrey League cross country – 3	14 th January 2006
Surrey League cross country - 4	4 th February 2006
National cross country Championships	11 th February 2006 (TBC)

Categories

The categories have been created by taking into account the runner's recent performances and their record in cross country races.

Runners may be re-categorised after the 3rd and 6th Sandilands Cup Race to prevent someone benefiting from being miss-categorised.

Scoring Rules

- 20 points –**
For each runner finishing or helping to marshal a Sandilands Cup Race.
- 1 bonus point –**
For each runner finishing or helping to marshal a Surrey League cross country race
- 1 bonus point -**
For each runner finishing a Sandilands Cup Race when there are 8 or less Striders finishing (both men and women totalled together).
- 1 bonus point**
 - In any race, for each runner from a higher category that they finish ahead of (there are no limits to the number of bonus points available).
 - The Sandilands Cup Committee has the discretion to discount a runner when calculating other runner's bonus points when:
 - The runner runs the race slower than their expected speed to aid someone else (i.e. running with friends, family).
 - Other exceptional circumstances occur.
- 1 bonus point**
For the first Strider to finish. In single gender races a point for first male and first female Strider to finish.

Total Score

Each runner's total score is calculated by taking their 6 best Sandilands Cup race scores from the 10 Sandilands Cup races.

Eligibility

The Sandilands Cup is open to the following runners

- All paid up - First claim members of Striders of Croydon, who to scores points should where possible enter the races stating their club as Striders of Croydon and ideally run wearing some form of Club Kit.
- All paid up – Second Claim members of Striders of Croydon, who enter as Striders of Croydon and wear Club Kit.

Winner of the Sandilands Cup

The winner of the Sandilands Cup will be the runner(s) whose sum of points gained in their best 6 Sandilands Cup races is the greatest. If more than one runner finishes on equal points the Sandilands Cup will be shared. Trophies will be awarded to the first three places, and presented at the Striders of Croydon A.G.M.

Opening categories

Duncan Lancashire	A	Alan Dolton	G	Alvaro Gomez	L
Justin Macenhill	A	Colin Cotton	G	Dave Denton	L
Scott Anthony	A	Elliott Bance	G	Gemma Clark	L
Bob Ewen	B	Paul Weir	G	Linda Daniel	L
Damian Macenhill	B	Phil Richards	G	Peter Shew	L
Dave Shaw	B	Adrian Webb	H	Roy Easto	L
Don Kayum	B	Barry Finch	H	Amalia Da Silva Lima	M
Iain Harrison	B	Clare McFadzean	H	Karen McDermott	M
Matthew Morgan	B	Faye Stammers	H	Karen Peake	M
Neil	B	Kerry Backshell	H	Lyn Simmons	M
Tony Shepperd	B	Steph Noyce	H	Michele Meech	M
Alex Aronberg	C	Morgan Steele	H	Patricia Carr	M
Andy Allison	C	Steve Smith	H	Robin Jamieson	M
Chris Morton	C	Adrian Clark	I	Tracy Carpenter	M
John Foster	C	Dave Goodall	I	Kevin Bannister	M
Nigel Davidson	C	Gary Smith	I	Carol Hollingworth	N
Dave Batten	D	Nigel Finch	I	Clive Smith	N
Ian Campbell	D	Elene Kayum	J	Don Smale	N
Paul Finch	D	John Gannon	J	Michele Lawrence	N
Toby Watson	D	John Humphries	J	Pat Edwards	N
Geoff Pennells	E	John Ralf	J	Sarah Lloyd-Jones	N
Helen Furze	E	Mark Armstrong	J	Stephen Tyler	N
Mike Willans	E	Matthew Batten	J	Winsome Levy	N
Nik Allison	E	Simon Reay-Jones	J	Dave Hoben	N
Serena Tracey	E	Steph Upton	J	Jenny Plant	O
Tim Bett	E	Greg Evans	K	Kevin Burnett	O
Alan Purchase	F	James Mason	K	Liz Orange	O
Dave Lovell	F	Mike George	K	Susan Haynes	O
Mark Eardley	F	Neil Riches	K	Anne Hawkins	O
Neil Furze	F	Phil Mazur	K		
Peter Yarlett	F	Tom Littlewood	K		
Simon Smith	F				

Athletic Heroes

John Walker CBE - The Man in Black - John Keen

When times are bad in British sport and “our lads” are getting a hell of a beating sometimes you can miss the real reason for defeat – class. I used to tire of Gary Player winning the golf, Brazil winning the footie, Billie-Jean King winning the tennis. But the obvious one day dawned on me and I relaxed to enjoy some the best sport in the world.



The same applied to John Walker the New Zealand athlete. The so-and-so kept on winning. Quiet simply he did so because he was one of the greatest middle distance runners of all time. He became the first runner to do a sub 3:50 mile, the first to 100 sub four minute miles (eleven and a half years after running his first) and in total ran 129 sub fours. Damn it all, he was good looking as well!

Walker, born in Papakura, New Zealand in January of 1952, first finished inside a world record at the 1974 Commonwealth Games 1500m race at Christchurch. Alas, he was beaten into second place by Tazmanian

Filbert Bayi who front ran to win by 0.3 of a second. The following year Walker took the mile record, the first sub 3:50, and so followed throughout his career more records.

When it came to championships the 1976 Olympics gold over 1500m at the Montreal was the highlight, winning in a time of 3 mins 39.2 secs, covering the final 300 metres in 37.9 secs to beat Ivo Van Damme of Belgium and Paul-Heinz Wellmann from West Germany. Whilst there was Commonwealth Games medals to go with this Olympic gold the haul was perhaps miserly for someone so talented. Politics, injury and pure bad luck put paid to more honours.

The enduring athletics career of John Walker owed much to his coach, Arch Jelley. When Walker, at the age of eighteen, first approached Jelley the matter of a schedule was bought up by the coach. “Schedule?” Walker, at that time, wasn’t doing any training, mainly on the basis that he hadn’t lost a race for over a year so why bother with training? That changed and although the training over the next two decades was mainly based on quality the mileage had to be put in.

John Walker, throughout his athletic career, accepted pain as the cost of success. The pain of training, the pain of competing. Winning costs. In 1997 a new pain came into his life. He was diagnosed with Parkinson’s disease.

He has been told that he will end up in a wheelchair. He hopes that is not for many years. Now, he struggles to control movements to the right side of his body. He can no longer tie his own shoelaces, clean his teeth or use a knife and fork properly. He uses his left hand for just about everything. And, as he says, he is bloody hopeless with that. Yet he still works long hours in his shop as he lives just outside Auckland with his wife Helen.

In New Zealand John Walker, the man in black, is a national hero. He’s mine too.

The Striders in the 17th Century

Following the success of the Striders in creating the Marathon during Henry VIII reign. Running went into decline during Elisabeth I reign. The lazier members of the tribe spent their time watching Bill Shakespeares plays. The more adventurous followed in Drakes footsteps and went to discover the Americas.

During James I reign in order to encourage sport various competitive associations were set up which polarized into the rather purist and town based track and field associations and the more relaxed or cavalier cross country based clubs.

The Track and Field associates came to be governed by a committee based at their main running track at Westminster Square. The cross country clubs on the whole followed the King and his Lords.

The strength of antagonism between the two groups was already strong in 1605 when a rather obsessed runner call Guy Fawkes attempted to blow up the Track and Field headquarters on November 5th.

By the time Charles 1st came to the throne the rivalry between the two camps had become intense. Each wanted sole charge of the running scene in the UK. In attempt to resolve their differences there were a series of major competitive events around the country in the 1640s. such as the Battles of Newbury, EdgeHill, Naseby and the real killer at Marston Moor near York in July 1644. In general track and field won out and in 1649 they took control of the whole running scene by executing King Charles.

For the next 11 years under the chairmanship of Oliver Cromwell it was track and field or die. Fortunately people began to realize what they were missing and when Cromwell died there was some behind the scenes dealing, the two factions resolved there differences, Charles II was reinstated and a more amicable distribution of power between the King and Parliament was established.

During all this Striders generally supported Cross Country and stayed friendly with the main land owners of the area. Lord Eldon who owned most of Addiscombe and Shirley and Lord Gresham at Titsey who owned most of the North downs and Selsdon. But they were not averse to switching sides and joining in with one of the London based Track and Field when it suited them.

For the second half of the 17th Century Striders stayed in their own territory and on Sunday mornings ran to the top of Shirley hills to see how the city on the horizon was developing. In 1665 The Great Plague struck and killed about 15% of the population. Fortunately Striders were far enough away not to be badly affected, though it did no good to the few who did catch it. Before you died a horrible death your skin turned black in patches you developed inflamed glands or 'buboes' in the groin, compulsive vomiting, swollen tongue and splitting headaches. A lot worse than the last miles of running the marathon.

In 1666 a large area of London burnt to the ground in the Great Fire of London. It made spectacular viewing from the hills as a great plume of smoke and flames rose on the horizon.



In 1665 a Professor Newton from Trinity College Cambridge and a keen runner had to visit London but decided to stay in the country near Croydon, to avoid the plague.

He decided to join Striders for their Sunday morning run. As they all slogged up Shirley hills a debate started on why it was so hard running up hills and such fun running down them. Newton had not experienced hills before but in a flash of inspiration he realized the answer was gravity.

Thus, contrary to the popular story Isaac Newton discovered gravity on the top of Shirley Hills with the help of Striders. And not by an apple falling on his head.

Sir Isaac in the running kit of the day

100 YEARS AGO:

ATHLETICS IN 1905 - Alan Dolton

In 1905 neither Striders, nor our local rivals Croydon Harriers, existed. There were no running tracks in Croydon. The nearest track was apparently the old cinder track at Crystal Palace. (The Crystal Palace stadium had a much larger spectator capacity than the current stadium does, and was used for FA Cup Finals.) The leading local club was South London Harriers, who were one of the strongest clubs south of the Thames. They were based at the Swan & Sugar Loaf in South Croydon, although they used a track at Kennington Oval (home of Surrey County Cricket Club) for their track meetings. The area to the south and east of the Swan & Sugar Loaf was still largely open countryside, so that it was possible to use it as a base for cross-country courses. Soon after the First World War, when the area began to be developed for housing, SLH moved further south, to their present base at Coulsdon.

South London Harriers had a number of wealthy members, and were able to employ a well-known coach, Harry Andrews, who was also a pioneer in the art of sports massage and author of a popular book on 'Massage and Training'.

South London Harriers' leading runner was Alf Shrubbs, who won the National Cross-Country Championship on four successive occasions, from 1901 to 1904. He also won the AAA four-mile and ten-mile track championships in each of these years. (These races have subsequently been replaced by the 5000 metres and 10000 metres.) In May 1903, competing at Stamford Bridge, Shrubbs set a world record for three miles of 14 minutes 17.6 seconds. A year later, on the same track, he set a world record of 24 minutes 33.4 seconds for five miles. (The Stamford Bridge track had been the headquarters of the London Athletic Club since 1867. In 1904 it was purchased by the Mears brothers, who increased the capacity of the stadium, and offered a tenancy to Fulham FC. When the Fulham chairman declined their offer, they formed a new club of their own. Our chairman will be happy to give details of its recent history.)

Shrubbs lived in Horsham and began his career with his home-town club, but was persuaded to join SLH in the

autumn of 1900 in order to get better competition. He remained with Horsham as a 'second-claim' member, enabling him to run for them in the Sussex Championships.

Shrubbs did not compete in the 1905 National Cross-Country Championship, as he was on an extended visit to Australia where he competed in a number of races. His career as an amateur came to an abrupt end in



September 1905, when he was suspended from amateur athletics by the AAA for having received unauthorised expenses, in breach of AAA rules. Shrubbs was by no means the first athlete to suffer this fate: in 1896 no fewer than six current AAA champions had been suspended for similar offences. The AAA rules at the time were very strict: cash prizes were not allowed, and meeting promoters were not allowed to pay travelling expenses to competitors.

Shrubbs's suspension was accompanied by the suspension of Thomas Sinnott, who had been the treasurer of South London Harriers, and had been responsible for persuading Shrubbs to join SLH. Sinnott had admitted to the AAA that in 1901 and 1902 he had paid Shrubbs travelling expenses of more than £30 to enable him to attend major races, and had also paid more than £2 on running kit. (The sums may sound trivial, but £30 at 1905 prices equates to about £1,500 at 2005 prices.) Under AAA rules, a club was allowed to pay travelling expenses for its members to compete at official competitions, but the payment of training expenses (such as new running kit) was not allowed.

Anyone seeing photographs of track races from 100 years ago will notice a difference in athletes' kit. The type of sleeveless vests which are almost universal nowadays were forbidden under AAA rules (although they were quite common in the USA). AAA rules required the whole of the torso to be covered, so that athletes competed in short-sleeved T-shirts, rather than in sleeveless vests. The rules also required shorts to extend to the top of the athlete's knees.

40 YEARS AGO:

ATHLETICS IN SUMMER /AUTUMN 1965



The AAA track championships were held at White City on 9 and 10 July. Two of the medallists from the previous year's Olympic Games 10000 metres competed. The silver medallist, Mohammed Gammoudi of Tunisia, won the six miles in 27 minutes 38.2 seconds, with Ron Hill of Bolton placing second (27.40.8). The bronze medallist, Australian Ron Clarke, competed in the three miles and won in a new world record of 12 minutes 52.4 seconds. This was the first time that anyone had run three miles in less than 13 minutes.

The AAA ten-mile track championship (an event which is no longer held) was held separately, at Kirkby in early May. Ron Hill won in a sprint finish from Jim Alder (Morpeth), both runners recording 48 minutes 56.0 seconds.

On 21 July Bolton organised a track race over the relatively unusual distance of 25 kilometres (ie 62.5 laps of the track !). The winner was Ron Hill, setting a new world record of 1 hour 15 minutes 22.6 seconds, just over a minute inside the

previous world record set in October 1955 by the Czech runner Emil Zatopek.

The leading inter-club event for clubs in the South London area was the Brockman Trophy, held on 17 July at Wimbledon Park. Twelve clubs competed, with Blackheath Harriers and Surrey AC placing equal first with 58 points each. Surrey AC were based at Motspur Park: they no longer exist, having subsequently merged with Belgrave in 1981. Thames Valley Harriers placed third with 48 points, while Walton AC were fourth (42). South London Harriers placed ninth, with Croydon Harriers twelfth.

The Rosenheim League completed its second season. Herne Hill retained the championship, winning the first three of the five matches. Mitcham placed second with Croydon third, Hercules AC fourth and Wimbledon fifth.

Kent AC held a 20-mile road race at Hayes on 22 May. The winner was Jim Derham of Herne Hill in 1 hour 48 minutes 54 seconds. Derham had an excellent season, and on 23 October he won the inaugural Harlow Marathon in 2 hours 26 minutes 55.

The Polytechnic Marathon was held on 12 June, on the traditional course from Windsor to Chiswick. Croydon Harriers' club coach Brian Proctor set a lifetime best of 2 hours 39 minutes 18 seconds. This still places him 15th in Harriers' all-time rankings (and is faster than any Strider has ever run).

In July Bob Roath of Walton AC won the Belgrave 20-mile road race, on a tough course which included four climbs of Copse Hill, in 1 hour 46 minutes 13 seconds. This race has subsequently been discontinued because of increasing traffic.

On 16 October, Walton AC organised a track race over the unusual distance of 30 kilometres (ie 75 laps of the track !). Tim Johnston of Portsmouth won in a new world record of 1 hour 32 minutes 34.6 seconds. Jim Alder placed second (1.33.51.6), while Ron Hill failed to finish.

The Surrey Cross-Country League began its fourth season, still with one division and just seven clubs. The opening race was held on Wimbledon Common on 23 October, and was won by Bob Holt of Hercules AC. Hercules also won the team event. The under-17 race was won by Don Faircloth of Croydon Harriers. Five years later Don was to place third in the Commonwealth Games Marathon in Edinburgh.



20 YEARS AGO:

ATHLETICS IN AUTUMN 1985



The 1985 track season ended with the IAAF World Cup, held in Canberra in early October. The USA won the men's event, while the German Democratic Republic dominated the women's event, winning all the track races from 100m to 3000m inclusive, plus both hurdles and both relays. There were no British winners; the best British performance came from Fatima Whitbread who was third in the javelin (65.12).

The Chicago Marathon was held on 20 October. Steve Jones (Newport) won in a new British record of 2.07.13, just one second outside the world record set by Carlos Lopes of Portugal six months earlier. Jones ran the first half of the race in 61 minutes 43. The first woman to finish was Joan Benoit-Samuelson (2.21.21). Veronique Marot (Leeds) set a new British women's record of 2.28.04 when placing fifth.

The Glasgow Marathon was held on 22 September. The race was won by David Lowes of Chester-le-Street in 2 hours 15 minutes 34. David is now a prominent coach in the Gateshead area. Further down the field, Striders' chairman Steve Owen ran a lifetime best of 2 hours 49 minutes 40 seconds. Twenty years

later, this time still puts Steve in fifth place in Striders' all-time club rankings. Club colleague Ron Carver also ran a lifetime best, recording 2 hours 58 minutes 44.

The fifth annual Croydon 10 mile road race took place on 20 October, over the same two-lap course as had been used for the previous three years. (This was the final time that the race was held over ten miles: in 1986 it changed to a one-lap race over the current distance of ten kilometres.) The race was won by Lawrence Marsh of South London Harriers in 51 minutes 41. Host club Croydon Harriers had the next two finishers with Alan Dolton second (52.11) and John Lee third (52.17). Of runners who are still competing locally, Tony Harran (Herne Hill) was sixth (53.29) while Peter Yarlett (then with Croydon Harriers but now with Striders) was tenth (55.26). Striders' first finisher was John McGilvray, who placed 25th in 57 minutes 54. The first woman was Fiona McDaniel (66.31), with Croydon's Heather Fenton second (67.10).

The Surrey Cross-Country League began its 24th season. Aldershot had won Division One for 13 successive years, but Herne Hill Harriers produced a strong challenge and won both the first two Division One matches, at Wimbledon on 12 October and at Lloyd Park on 23 November. On each occasion Herne Hill also had the individual winner in Dave Glassborow. In Division Two, Hercules-Wimbledon won the first match while Thames Hare & Hounds won the second. The newly-formed Boxhill Racers dominated Division Three, winning both the first two matches by large margins.

The Surrey Womens Cross-Country League began its seventh season. Woking AC, who had finished fourth the previous season, made a strong start by winning the first two matches, at Morden and Ewell.

The East Surrey League introduced a cross-country relay on Wimbledon Common, to add to its three established races. The relay was won by Boxhill Racers, who included several runners who had previously been with Epsom. Boxhill also won the team event at the East Surrey League's annual cross-country race in Lloyd Park; their total of 22 points placed them well clear of Croydon (34) and Epsom (55).

The Surrey Veterans Cross-Country Championships were held on 27 November at Richmond Park. The winner was defending champion Steve Warzee of Guildford, with Robin Dickson of Croydon Harriers placing second.

Race Reports

Doncaster Town Races (Vets 5km) - 20th July 2005 - John Keen

Everyone has to start somewhere. After years out with injury and illness 2005 was meant to be my comeback year and I worked hard in the winter to try to get some fitness back. Alas, amongst the trauma that was the first few months of the year I managed to tear an adductor muscle in three places towards the end of a speed session and then a few weeks later kiss a road at speed whilst out cycling.

Still, little steps, very slow little steps. Doncaster is a good place to run for those of an injured disposition and little training. It has slopes as opposed to the rest of Yorkshire which has great big hills. Being an evening race it is well supported albeit from the multitude of bars. The roads are easily closed to traffic but the speed humps and other "calming" ideas are not the best for runners.

I started from the back and basically stayed there for most of the three laps, trying to get used to having others running in close order. The first lap and a half I managed to cotton on to the rear of a local runner until she became seemingly upset at me breathing heavily down her neck. Story of my life!

After that it was a case of trying to survive the warm evening smog and stagger across the line in a pathetic time of 25 mins 46 secs to the sound of "..... and all the way from Croydon ". I didn't have the heart to tell the p.a. man that I'd driven all of two and a bit miles for the race!

Armthorpe 10km - 29th August 2005

Into the local pit village of Armthorpe for my second comeback race, a bank holiday affair with two fun runs to start before the main event. Alas, you can't really do much to stop all the traffic in and around and cars and runners don't go very well. A few well chosen words to errant drivers from those of us at the tail end of the race.

Billed as "flat and fast" (as opposed to "undulating and fast") there are some subtle slopes around the village which slowed me down. I've never been that fast anyway but I almost ground to a halt towards the last mile. Perhaps it was just too hot for me.

In the "you must be mad" stakes two runners decided to run barefooted aka Zola. Not the wisest of moves considering the surface of some of the roads/paths but everyone to their own I guess.

Another pathetic time, 54:09, but I learnt more from this race, about myself and about what training I need to do. And, of course, don't you just know "..... ".....and all the way from Croydon ". Should I have let on that of the three miles I'd driven to the race two of them were trying to find somewhere to park?

And now it's onto the Croydon 10km. So if you feel me breathing down your neck then you know you are having a bad one. One thing is for sure though. You won't hear the p.a. man saying "..... all the way from Doncaster".

After Croydon it's back to Sheffield for the Percy Pud 10km race in December. Surely I can only get better?

Leagues

Kevin Burnett

Rosenheim League

Match 3 - 8th June Wimbledon Park

A Aronberg 100m 13.8, 200m 28.7, 1500m 4.54.1
K Burnett Discus 14.45, Hammer 13.71
D Lancashire 400m 59.1, 800m 2.09.6
J Macenhill 3000m 9.47.5
M Morgan 1500m 4.30.7, 110H 24.4
C Morton HJ 0.90, TJ 6.27

Again our regular team of 6 competed at the underused picturesque Wimbledon Park track. Duncan had two good races where in the 400 he finished a very close 2nd in 59.1 and in the 800 was 3rd. Matt finished 4th in the sprint hurdles and later ran the 1500 where he was 5th. Alex covered both sprints and also ran a non scoring 1500. Justin finished 11th in the 3000 in a large field of 31. Chris our team manager contested for us the technical events of high jump and triple jump.

For the 1st time we were last of the 6 competing clubs and are now adrift of the others in the current league table.

Match 4 - 22nd June Tooting Bec

A Aronberg 100m 13.9, 200m 29.1, 3000m 11:37.1
D Lancashire 100m 59.2, 800m 2:09.6, 3000m 10:01.4
Justin Macenhill 400m 56.4, Shot, 6.97(n/s)
Matt Morgan, 1500m 4:36.4, 400H 75.2 LJ 4.48
Tom Littlewood 3000m 12:00.5
Chris Morton LJ 3.58
John Gannon, Shot 5.17 Jav 21.25(3)
(Alex/Matt/Duncan/Justin) **4x200**, 1:51.8(3)

We again finished 5th beating Hercules Wimbledon but remain 6th after 4 fixtures. I have my doubts that some of the points allocation in the league table are correct. For example, we were given 4 points in the 100m where obviously we should only have scored 2 as Duncan was 5th in the race.

Duncan had a good 400m finishing 2nd. Matt had two 3rd placings in the 1500 and 400 hurdles. 'Chair' John had a 3rd place in the javelin on his debut in the Rosenheim League. Tom also competed for the 1st time in the 3000m. Disappointingly we again had no female competitors and thus remain 5th in the women competition – Sophie being our only scorer in a previous fixture.

This was our 'host' fixture. By all accounts we coped well with several Striders assisting. Thanks to all for helping etc on the night.

Match 5 - July 13 Tooting Bec

A Aronberg 100m 14.0, 1500m 5.14.9
B Ewen 800m 2.26.2 3000m 10.37.2
D Lancashire 200m 26.7, 800m 2.10.4
J Macenhill 400m 55.9, 3000m 9.57.0, Shot 6.87
M Morgan 1500m 4.44.7, 110H 24.6
C Morton TJ 7.78 Shot 4.96, Discus 6.97

As in the previous fixture there was some dodgy points allocations. We 'scored' 3 in the pole vault where we had no competitor. Conversely we were given nil points in the 200 where Duncan finished 5th.

Bob became our 11th club member to participate in the Rosenheim running a non scoring 800 and 3000m. We only had two 3rd placings tonight with Justin in the 400 and Duncan in the 800m. With only a bare minimum competing we have to double up to cover all events thereby affecting performance in each event. Everyone did at least 2 events in addition to the relay. Chris was our man the field tackling 3 events but did not fancy the pole vault. Alex was 4th in the 100m and also ran a non scoring 1500m. Matt got us underway in the 1st event (110H) finishing 4th and later did the 1500m.

This time we beat South London Harriers (how many times have we been able to say that) to finish 5th but still remain last in the league table.

Match 6 - 27th July Tooting Bec

A Aronberg 3000m 11.2.6
K Burnett Shot 5.46, Javelin 18.14
D Lancashire 100m 13.7, 200m NTT, 3000m 9.51.1
J Macenhill 400m 57.2, 800m 2.04.7, LJ 4.36, SP 6.90
M Morgan 1500m 4.33.5, 2000SC 6.58.3
C Morton 3000m 11.17.9, HJ NH, Shot 4.74

A wet evening for the final league fixture, our hard core of 6 covered everything and again outscored South London Harriers. Matt won the steeplechase to get us going - a rare and deserved win for us in this competition. Justin had two good runs in the 400 and 800 as well as doing 2 field events. Duncan ran the two sprints as well as the 3000 where he was 5th in a field of 21. Alex did a no scoring 3000 instead of the usual sprints and Chris did 3 events all non scoring where he no-heighted in the high jump. For the 5th time out of 6 we finished 5th with 33 points and finished up 6th in the table as follows:-

Croydon Harriers	314.5	31.5
Herne Hill Harriers	276	26
Serpentine	250.5	22
Hercules Wimbledon	197	18
South London Harriers	202	16.5
Striders of Croydon	174	11

In the womens competition we finished 5th with 3 points as we only had one competitor throughout. Surely we can improve on this.

Appearances / Points

A Aronberg	6	16
K Burnett	4	13
B Ewen	1	-(NS)
J Gannon	1	5
D Lancashire	5	34
T Littlewood	1	-(NS)
J Macenhill	5	28
M Morgan	6	44
C Morton	6	16
D Shaw	1	-(NS)
S Shaw	1	4

Summary

Something to build upon. A successful season with a few event winners. An enthusiastic team but we do need more club members to compete. Come on its free, the club covers the cost from club funds.

Southern League Division 4

7 May Tooting Bec

E Parker	400H 80.5, 110H 26.8, 3000SC 11.30.7, LJ 4.11, PV 2.20, TJ 8.07
K Burnett	100m 17.4, 200m 35.9, Hammer 13.35, Jav 13.26, Shot 5.57, Discus 15.59
G Pullen	100m 17.5, Hammer 6.93, Shot 3.31, Discus 11.66
A Dolton	800m 2.43.5
M Morgan	5000m 17.29.3, 3000SC 11.35.8
N Riches	400m 66.8, Javelin 19.56

Our first fixture on a blustery sunny day at a pleasant tree lined Tooting Bec. In all we had eleven competing but were well beaten into 4th place by Tunbridge Wells and Langton, Serpentine B and Herne Hill B.

Matt on his debut for Holland was our only event winner in the B steeplechase having also run the 5000m. Alan also running for the 1st time for Holland unfortunately was carrying an injury from our vets fixture at Crawley. Neil competed well in the 400m and javelin also suffered injury running a leg in the 4 x 100 relay. As usual Eric was keen to compete as much as possible although with eleven, the events were able to be spread around more. Graham as well as team manager duties competed in 4 events.

21 May Horsham

E Parker	400H 77.4, 5000m 17.43.1, 110H 30.3, 200m 30.9, 3000SC 11.50.4, LJ 3.86 HJ 1.00, PV 2.00, TJ 8.32
K Burnett	100m 16.5, 200m 35.1, Hammer 13.06, Jav 17.11, Shot 5.54, Discus 15.36
M Morgan	800m 2.24.0, 1500m 4.41.3, 3000SC 11.11.2
G Pullen	5000m 22.47.1, LJ 3.14, Hammer 10.03, Shot 4.47, Discus 11.26

Another blustery day down at Broadridge Heath where we finished a close 3rd behind Fleet and Crookham and Istead and Ifield being a depleted Kingston and Poly B team.

We won several events and with a competitor in the B 400 hurdles and B pole vault we would have won the fixture. Nevertheless we contested well elsewhere. Eric was his usual busy self with 2 wins in the B 110 hurdles and B steeplechase and four second places. Matt considerably strengthens the team running well in the 800 where he was 2nd and winning the 1500 and steeplechase as well as competing in the relays. Ever willing Graham filled in where there was a need for team points as well as officiating duties.

We are now 12th in the league table of 16 clubs.

26th June Horsham

E Parker	400H 81.1, 5000m 19.01.0, 1500m 4.53.5, 3000SC 11.43.5, LJ 4.50
K Burnett	100m 17.4, 400m 84.1, 200m 35.9, Hammer 13.46, Jav 18.28, Shot 5.10, Discus 16.09
J Macenhill	800m 2.11.9, 5000m 17.27.9, 1500m 4.53.0, 3000SC 12.08.2, Shot 6.76
M Morgan	400H 71.1, 5000m 19.01.0, 1500m 4.53.5, 3000SC 11.43.5, LJ 4.50
G Pullen	TJ 7.36, Hammer 9.31, Jav 13.77, Discus 11.92

A strongish Haywards Heath/Lewes beat us at Horsham where 6 of us competed. Also competing were a weakfish Medway and Maidstone C and Swale Combined. Matt and Justin won 4 events each on the track which principally enabled us to total 110 points. Matt's wins came in the 400H, 3000 steeplechase, B 4000 and B 1500 with his best being the steeplechase. Justin won the 800, 1500, 5000 and B steeplechase with the 800 and 1500 his best. Eric had to return early to Southampton but still managed to do 5 varied events ranging

from pole vault to 100m to 400m. Graham competed in 3 of the throws where there was a team need as well as the triple jump.

Our 2nd placing moved us up to 10th place in the league after 3 fixtures.

9th July Croydon

N Riches	LJ 2.88, HJ 1.00, Hammer 17.44, Javelin 20.56, Shot 7.61
K Burnett	100m 16.2, 200m 34.5, Hammer 12.82, Jav 17.85, Shot 5.36, Discus 15.24
J Macenhill	800m 2.09.9, 5000m 17.45.2, 1500m 4.30.4, HJ 1.00
M Morgan	110H 20.6, 1500m 4.37.5, 3000SC 11.15.6

Seven of us competed at our home track where we finished 3rd behind Worthing Harriers B and Redhill Surrey Beagles but beat Crawley B. Matt and Justin had 5 event wins between them in the distance events – both running very well. They were both competing against former clubs – Matt for Worthing and Justin for RSB. Neil also had a busy afternoon jumping and throwing before having to leave early. Also Rob Hall in his only appearance to date and had to leave early, otherwise we may have won this fixture.

30 July Lewes

K Burnett	100m 16.4, 400m 83.6, 200m 35.3, Hammer 14.16, Jav 19.99, Shot 5.71, Discus 15.40
M Morgan	400H 73.1, 800m 2.22.5, 5000m 17.34.0, 1500m 4.53.7, 3000SC 11.41.2, LJ 4.50
E Parker	400H 77.0, 100m 15.3, 800m 2.23.1, 5000m NT, 200m 32.6, 1500m 5.18.1, 3000SC 12.27.8, LJ 4.29 HJ 1.30, PV 2.00
G Pullen	400m 83.4, LJ 3.34, TJ 7.61, Hammer 9.97, Jav 14.89, Shot 4.81, Discus 13.32

Our first ever visit to Lewes on a blustery sunny day where we only had 4 competing but we all pulled together to cover all but 4 slots out of a possible 42. We had no event winners but did sufficiently well to finish 2nd behind Paddock Wood but pipping Brackness B and Tonbridge B. Matt had 3 second A strong placings and did well in all of his 5 individual and 2 relay leg events. He competed in all 5 fixtures adding considerably to the strength of the club. We were fortunate to have him compete this season. What can I say about Eric I haven't said each season? He travels from Southampton on public transport quite often with tent etc, will complete in any event where there is a need with a smiling face and performs competently in all. Again Holland are fortunate to have him compete for us. Graham also did well competing in 9 events across track, jumps and throws scoring valuable points although feeling below par.

Summary

We finished 10th in the final table out of the 16 competing clubs. We missed some of the regulars this season, particularly Rob Hall but on the plus side had good support from Striders (7 of us took part) and had 4 young athletes competing which hopefully bodes well for the future.

	Appearances	Points	
		A	B
A Dolton	1	-	2
J Macenhill	2	33	10
M Morgan	5	55	20
E Parker	4	51	50
G Pullen	4	3	53
N Riches	2	11	8
K Burnett	5	38	47

Veterans Track and Field

20th June Kingston

C Morton 100m 15.4, 400m 70.6, 1500m 5.13.6, Shot 5.63, LJ 3.98
K Burnett 100m 16.8, 400m 85.8, Shot 6.08, LJ 2.55, Hammer 12.50
D Batten 100m 14.7, 400m 67.5, 1500m 5.06.7, Shot 5.76
B Ewen 1500m 4.59.9, 5000m 18.45.3
A Dolton 5000m 20.34.3
I Campbell 5000m 18.55.3
M Statham 1500m 5.37.0

Our 6 men did well to finish 4th on a warm evening at Kinston in the 3rd fixture and are now 5th in the table.

Maggie was our only woman competitor but she ran well to win the W 50 1500m in 5.37.0 to score 8 points and thus retain our 5th place in the table. Let us hope we have a better turnout at Croydon.

Including the relay Dave competed in 5 events and Chris in 6 as well as officiating in the shot. They both compete willingly in these events (e.g. sprints) other than their preferred events where the club has a need.

Bob carrying a 'knock' won his category in the 1500 and followed this with a good run in the 5000. Alan returning from an injury layoff also ran the 5000 in 20.34.3 to score good points. Finally Ian led us home in the 5000 in 9th place in a large field of 20. Chris, Dave, Alan and Ian ran the Medley relay with Ian holding off the Epsom ladies who have beaten us in the past where there has been a mixed/combined relay race.

25 July League Sutton

N Bongers 2000Walk 12.46.3
D Hoben 2000Walk 12.58.9
C Morton 2000Walk 15.28.7, 200m 31.4, TJ 6.8, Jav 18.03, HJ 0.90
B Ewen Discus 12.38, 800m 2.27.8
J McGilvray 800m 2.41.2, 200m 31.7
D Batten 2.28.3 200m 30.4 Jav 18.35
K Burnet Discus 16.19 800m 3.31.6 Jav 18.20

The final fixture was held at Sutton Arena on a greyish evening. Postponed from Croydon Arena on 4 July because a double booking. The men again did well to finish 3rd behind Kingston and Poly and Epsom and Ewell. This was Epsom's first defeat in this competition since inception.

We had 2 event winners – Nigel in the M 50 walk and Bob in M 50 800m. Chris arriving from America earlier in the day had his usual busy evening covering 6 events. Bob as well as his win in the 800 had his first taste of the discus. Dave B running as a M 40 also had a good 800 and was our fastest runner in the 200m. John Mac over from Spain for his daughter's wedding run well in the 200 and 800 as well as a leg in the relay. Dave H completed the team when 3rd in the M 40 walk. Disappointingly we had no women competitors.

Appearances/Points

D Batten	3	45
N Bongers	1	8
K Burnett	3	49
I Campbell	2	10
L Daniel	1	15
A Dolton	2	15
B Ewen	3	33
D Hoben	2	13
J McGilvray	1	13
M Meech	1	9
C Morton	4	80
G Pullen	2	37
N Riches	1	17
M Statham	2	16

League tables

	Men		Women
Epsom and Ewell	610	31	588 32
Kingston and Poly	505	29	409 28
Croydon Harriers	368	20	276 23
Striders of Croydon	336	20	
Drkng Mole Valley	314	19	243 21
Striders of Croydon			40 11
Crawley	152	12	
Sutton and District	32	6	
Redhill Sry Beagles	39	4	49 7

Summary

In the mens competition we maintained our mid table position equal on match points with Croydon Harriers but with fewer event points. A very satisfactory season.

We only had 3 women competing this season and consequently finished 5th. Hopefully next season we can improve the numbers.

We again appreciate the support given by our friends from Holland Sports.

Key : track & field
 Owen
 Trophy Sandilands Cup

Fixtures for September 2005 onwards

<u>Date</u>	<u>Venue</u>	<u>Name of Event</u>	<u>Distance</u>
25-Sep	Lloyd Park	Switchback	5 miles xc
1-Oct	Wimbledon Common	Eat Surrey cross country relay	4x2 miles xc
2-Oct	Camberley	Julian Farrell 10K	10K road
2-Oct	Wimbledon	Wimbledon 10	Owen Trophy
8-Oct	Epsom Downs	Surrey League XC - div. 2 - men	Sandilands Cup
8-Oct	Wimbledon Common	Surrey League XC - div. 1 - women	Sandilands Cup
9-Oct	Dulwich	Dulwich Runners Charity 10K	10K road
9-Oct	Kingston	Kingston Running Festival	8 & 16 miles - road
9-Oct	Portsmouth	BUPA Great South Run	
15-Oct	Richmond Park	Surrey Vets xc championships	
16-Oct	Croydon	Croydon 10K	Owen Trophy
16-Oct	Abingdon	Abingdon Marathon	Marathon
16-Oct	Amsterdam	Amsterdam running events	10K, Half & Marathon
22-Oct	Lloyd Park	East Surrey League cross country	Sandilands Cup
23-Oct	Maidstone	Maidstone Half marathon	half marathon road
	Farthing Downs,		
29-Oct	Coulsdon	Gibbs Cup	5 miles xc
29-Oct	Eastbourne	Beachy Head Marathon	Marathon
29-Oct	Battersea Park	Sri chimney 10K	10K road
30-Oct	Horsham	Barns Green Half	half marathon road
5-Nov	Reigate	Priory Relays	xc relays
6-Nov	Marlow, Bucks.	Marlow Half	half marathon road
6-Nov	Stevenage, Herts.	Stevenage Half	half marathon road
12-Nov	Lloyd Park	South of Thames junior - 5 miles cross country	Sandilands Cup
13-Nov	Epsom downs	Epsom 10 (inc. Vets AC Champs)	10 miles road
19-Nov	Richmond Park	Surrey League XC - div. 2 - men	Sandilands Cup
19-Nov	Reigate	Surrey League XC - div. 1 - women	Sandilands Cup
20-Nov	Brighton	Brighton Reebok 10K	no entries on the day
26-Nov	Parliament Hill	London xc championships	xc
3-Dec	Coulsdon	Pirie 10	Sandilands Cup
4-Dec	Margate	Thanet Coastal 10	10 miles road
4-Dec	Luton	Luton marathon	Marathon
11-Dec	Peacehaven, sussex	Mince Pie 10	10 miles road
17-Dec	Wimbledon Common	South of Thames senior - 7.5 miles corss country	Sandilands Cup
18-Dec	Reigate	Holly run	
7-Jan	Lloyd Park	Surrey xc championships	Sandilands Cup
8-Jan	Tadworth	Tadworth 10	10 miles road
14-Jan	Lloyd Park	Surrey League XC - div. 2 - men	Sandilands Cup
14-Jan	TBC	Surrey League XC - div. 1 - women	Sandilands Cup
28-Jan	Exmouth, Devon	Southern xc champs	xc
4-Feb	Richmond Park	Surrey League XC - div. 2 - men	Sandilands Cup
4-Feb	Richmond Park	Surrey League XC - div. 1 - women	Sandilands Cup
11-Feb	Parliament Hill	National xc champs	Sandilands Cup
11-Mar	Box Hill	East Surrey - Box Hill relays	road relay
11-Apr	Ewell Court	East Surrey - road race	4 miles road
23-Apr	London	London Marathon	