

Striders of Croydon

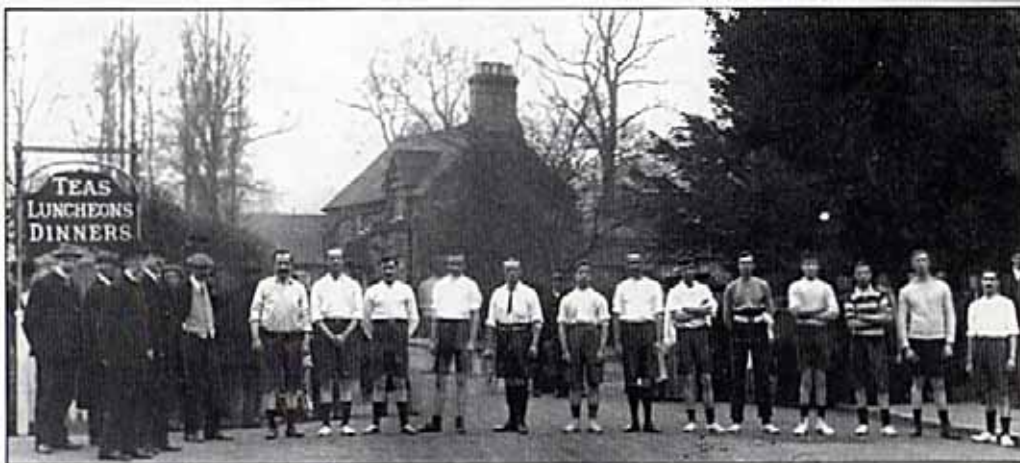
Autumn 2006 Magazine

New kit manager plans some changes

Claire and Nora at the GNR model the new ladies kit



The new mens kit at the start of the Addington 4



Participants in the annual race on 8 April 1910 in which the Addington Park estate workers took part in the 4-mile course. W.H. Mills recorded the names. From left to right are: J. Smith (Gardener), ? Turner (Butler), Batchelor (secretary), Williams (footman), ? Davis, Henry ?, Shurman (coachman), Herbert Boatwright, ? Mills (gardener), Percy Alexander, Fred Mills (gardener), and Harry ? (gardener). Williams the footman, who completed the run in twenty-three and half minutes, won a silver-plated biscuit barrel.

AGM 2006

Chairmans report to the AGM

Another year has passed and I find myself again writing the chairman's report for the AGM. It seems as I get older time has seemed to have speeded up, perhaps that explains why my running times have slowed down!

I am also pleased to note that numbers for club membership have also speeded up following last years consolation, we have now grown from a club of 130 into 167 members. This has been helped, in my opinion, by the club's open policy of attracting all standards of runners and trying to accommodate everyone's abilities. During the past year we have, for the first time, held two courses that were aimed at people who were new to running or wished to take up running, the 'Absolute Beginners' course that was held for a 10 week period. This in part has led to more and more people coming along to the Wednesday evening club run, so many in fact, 56 being the all time record, that we decided, for both safety and enjoyment reasons, to split the run into two groups based around people's 10K speed. So far the feedback from members that are in both groups has been in favour of this idea and the committee will continue to monitor the situation. Of course we would be more than interested to receive anyone's view point of this issue, good or bad. I must say that at first I was a little reluctant to move to splitting the run as it seemed to go against the club ethos but these runs were getting very difficult to marshal and ensure that everyone kept together as a group while also ensuring that everyone got a good run.

The last year has seen some changes on the committee with both Neil and Serena standing down during the year while Kevin has also decided to stand down at this year's AGM. However I'm pleased to report that Robin has kindly stepped into the club treasurer role vacated by Neil while continuing to carry on as Newsletter Editor, just as well Robin took early retirement this year! It has been proposed that Phil Mazur should take over the management of the club kit from Kevin with John Ralf coming in as the Ladies XC Manager's position that Serena departed from at the end of the last XC season. Of course all these appointments are subject to your, as the club membership, approval at this year's AGM. I would like go on record to thank Serena, Kevin and Neil for all of their hard work and commitment to the club while serving on the committee, their contribution will be sorely missed. I believe that Kevin is or was the longest standing committee member with almost 10 year's service most of which has been in charge of our club kit, Kevin has also been Mine Host on several committee meetings where his Pizzas have been enjoyed by all but especially Chris. Neil has served as both Newsletter Editor and as treasurer. While in this latter role Neil has made a huge contribution having taken over the club books when they were in a terrible mess, Neil has turned this around and left the role with the club in the sound financial state that it now enjoys.

I would also like to take this opportunity to thank the remaining committee members for all of their hard work over the last year as well as welcome the proposed new members on board. As most of you know Chris gets through a lot of paperwork as club secretary as well as organising the men's XC, track and road teams and can be also found leading most of the Wednesday evening club runs. Chris also organises an alternative speed session on Tuesday evenings for those unable to attend or wanting a change from Alan's track sessions. Robin I'm sure you all agree produces a great newsletter, please keep those articles coming by the way, Karen has taken up her role as club membership secretary with much gusto and I'm sure this has helped swell the club numbers. Susan, with assistance from Karen and Serena, produced another highly enjoyable club Christmas party, she has also assisted me with the beginner's courses as well, like most of the other committee members, helped out or led club runs over the past year. I would also like to thank the two Alan's, Dolton and Purchase for their contributions for the track session (Alan D) and for leading club runs when asked or required. (Alan P) Especially to Alan P for not taking the Friday night run out to Westerham! I would also like to extend these thanks to Nigel, who represents the club at the Sandilands



Justin Macenhill
1st Mens Road Ranking
Men's Road Age-Graded
1st Mens XC
3rd Sandilands Cup



Bob Ewen
3rd Mens Road Ranking



Steve Smith
Track & Field athlete of the
year



Karen McDermott
Club woman of the year

committee meetings and Kevin Burnett, who is the club's Vet Track and Field Manager.

The club was honoured to be asked to assist once again in organisation of the Croydon Race for Life 5K in May on behalf of Cancer Research. I think that this is an event we should continue to support as not only is it a very good cause plus it puts something back into our sport. Sadly the club assisted in the annual London to Brighton Road Race last October for the very last time by providing a water station and marshals when the race passed through Croydon. I say sadly as the organisers of this race had decided after some 55 years, due to ever increasing road traffic and the lack of support from the running community, not to hold the race this year. It also looks likely that this race will disappear from the sporting calendar for good unless someone can be found to take on the organisation of this event. However the club did provide our services in assisting in the London Marathon in April of this year. We manned the stairs of Hungerford Bridge keeping them clear of the general public, we also assisted any runners that had dropped out of the race and headed back to the Embankment tube station. Finally we fielded questions/enquiries from the public about the marathon. For doing this not only did the organisers make a contribution to the club funds but they also granted us an extra three guaranteed places for this year's race to go along with the three we are already granted by being an affiliated club. This arrangement will continue as long as we continue to support our sport and this event in this manner.

But for all the up things that have happen to the club over the past year there was one very big down as we saw the sad passing away of one of the more popular Striders in David Goodall. As most of you will know, Dave, or David as he liked to be called, was diagnosed with terminal Cancer in January of this year with this illness quickly spreading that David lost his battle against it on 30th June. David will be sorely missed both from the club's and personal point of view, it was a mark of how popular the guy was that it was decided to name the trophy that we present to the winner of the club handicap races held during the summer in David's honour and memory.

September not only sees the taking place of the AGM but also the club's annual race, Switchback 5 : The 5 mile race up to the top of Addington Hills and back. This year's event saw a slight increase in numbers taking part (80) and I'm pleased to report that the race seemed to be enjoyed by all and was well supported by the club in the form of the number of people helping the race being a success by either setting up or marshalling the course, recording finishing times and places and/or handing out drinks or t-shirts to the finishers. Of course this means there were less Striders running the race but with the members numbers being such as it is it was disappointing to only have one female Strider take part and no Striders in the top 6 places this year. Perhaps people don't like a tough race even if it is on their doorsteps. However I would like to express my thanks to those Striders that took part in either racing or supporting the race.

I do hope that you'll all enjoy this year's AGM; I would ask you personally to support and vote in those that are standing as club committee members, I would further ask you to continue to support the committee through out the next year, which will make the 25th anniversary of the forming of the club so I expect it will be a busy one! If anyone has ideas or suggestions about how we can celebrate this moment in time please don't be backwards in coming forward to the committee with your idea. As most of you may be aware we are already arranging a dinner ball to mark the occasion in October of next year at the Croydon Park Hotel so be ready to put your posh frocks on!

Finally, it's been a great pleasure to serve as chairman of this club over the last 12 months and I look forward to seeing the club grow and becoming more successful over the next 12. Of course this would not be possible without the support of you the club membership so I would ask to continue to carrying on entering races that form the basis of our club completion's such as the Sandilands and Owen trophies as well as more team events in the form of the Cross Country fixtures during the winter plus the track and field meetings through out the summer. Especially in this our 25th year, it would be fitting if as a club we could win as many trophies and/or promotions over the next 12 months for both ladies and men's competitions



David Batten
1st Sandilands Cup
Surrey Road League 2006 MV50



Mike George
Handicap Trophy



Robin Jamieson
Club Man of the year

All awards at the AGM

Men's Road Ranking	1 st 2 nd 3 rd	Justin Macenhill Damian Macenhill Bob Ewen
Ladies' Road Ranking	1 st 2 nd 3 rd	Serena Stracey Kerry Backshell Faye Stammers/Stephanie Noyce
Men's Road Ranking Age Graded		Justin Macenhill
Ladies Road Ranking Age Graded		Kerry Backshell
Men's XC	1 st 2 nd 3 rd	Justin Macenhill John Foster Duncan Lancashire
Ladies' XC	1 st 2 nd 3 rd	Serena Stracey Clare McFadzean Stephanie Noyce
Handicap Trophy		Michael George
Sandilands Cup	1 st 2 nd	Dave Batten John Foster & Justin Macenhill
Track & Field		Steve Smith
Surrey Road League MV50		Dave Batten
Club Man of the Year		Robin Jamieson
Club Woman of the Year		Karen McDermott
Surrey Road League		David batten

SwitchBack

The weather was perfect and we had 80 runners on the day for the Switchback. There are lots of photos from Tony. Mike Phil and the editor on the website at www.jmsn.me.uk/Striders/switchback_2006 These are couple of composites Before the start and climbing the hill by the view point.



Some Inspiring Quotes

"The ultimate measure of a man is not where he stands in moments of comfort & convenience, but where he stands at times of challenge & controversy." - mlk

"Only those who will risk going too far can possibly find out how far one can go." - T.S. Eliot

Follow your dreams, except for that one where you're naked at work.

If you're running ahead of the herd, take a look back every now and then to make sure it's still there.

Red meat is not bad for a runner. Fuzzy green meat is bad for a runner.

If at first you don't succeed in getting a PB, redefine success.

The sooner you fall behind the more time you'll have to catch up.

If a man stands in the middle of the forest speaking and there is no woman around to hear him, is he still wrong?



Running is the ultimate individual sport. It doesn't matter how fast or slow you are relative to anyone else. You set your own pace and you measure your own progress. You can't lose this race because you're not running against anyone else. You're only running against yourself, and as long as you are running, you are winning.

--Amby Burfoot, Runner's World executive editor and winner of the 1968 Boston Marathon

Where did the Gravel come from?

While we were laying out the course for the Switchback and struggling to hammer stakes into the rock hard surface at the top of the hill we got into discussion on where all the gravel came from. From a river or beach is the obvious answer but how and when?

This prompted me to do a bit of "digging". So here is the short history of the first 2000 million years of Strider Park

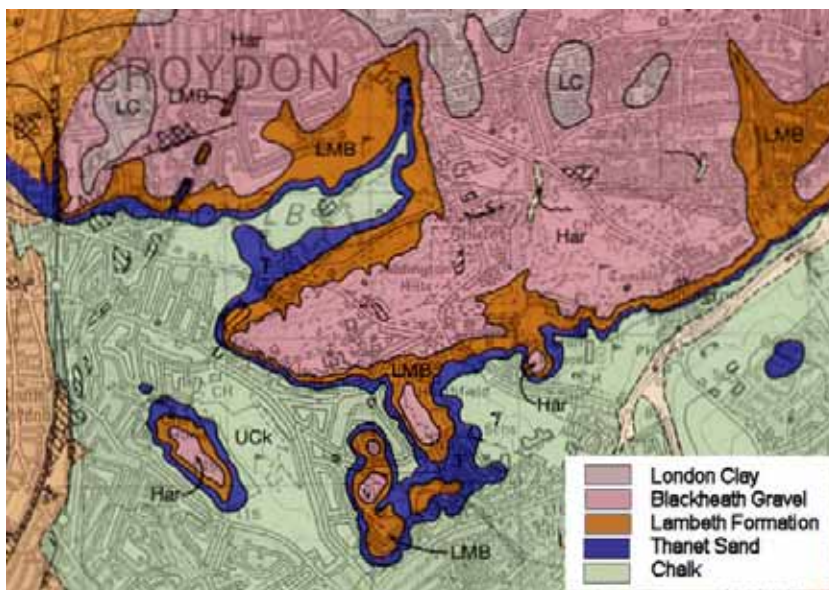
By about 540 million years ago when life started to appear on earth, The bedrock a few K below our feet was on the edge of Gondwanaland close to the South Pole. Over the next 400 million years it drifted slowly north. Picking up Scotland on the way and accumulating more bedrock, coal deposits and much more. About 145 million years ago it was roughly the latitude of Spain, initially in shallow seas estuary which deposited Greensand. Sea levels the sea then rose some 300m and for 80 million years the shells of a marine algae rained down on the seabed accumulating some 500m of Chalk. The chalk contains flint nodules formed by silica accumulating in ancient sea sponges..

During this time Strider Park continue to drift north to roughly its present position. The chalk buckled due to huge volcanic action off Scotland. This forming the beginnings of the London basin and a dome of over Kent which subsequently eroded away leaving the Greensand way and the weald.

Most of this time Strider Park was under the North Sea, collecting first a layer of sand named Thanet sand, then clay and gravel named the Lambeth Formation then a fairly hard layer of pebbles and flints named the Harwich Formation or Blackheath Pebbles. The Thanet sand came from erosion of the Scottish highlands drifting down the coast. The pebbles are actually flint from chalk erosion elsewhere which must have been reduced to round pebbles in a river estuary or beach. Which then consolidated into a form of concrete.

The buckling continued giving the Blackheath pebble lay a gent slope towards the Thames. Finally some 50 meters of clay filled the basin to north of us with London Clay. All this happened about 50 million years ago

Over the next 50 million years erosion has removed nearly all the London clay from the higher ground and cut through much of the Blackheat pebbles to expose the softer sand and chalk below. Croham Hirst is an island of Gravel Most of the higher ground from Shirley Hills and Spring park across to Blackheath is the same, Where the sand and clay layers have been exposed round the edges of Lloyd Park and in Spring Park springs appear then soak into the chalk. Which is why it can be so muddy,



The Joy of Jogging



1. For every mile you jog, you add one minute to your life. This enables you, at the age of 85, to spend an additional five months in a nursing home at £5,000/month.
2. The only reason I took up jogging was to hear heavy breathing again.
3. I joined a health club last year, spending £400 in the process. I haven't lost a pound. Apparently you have to show up.
4. I have to exercise early in the morning, before my brain figures out what I'm doing.
5. I like long runs, especially when they are taken by people who annoy me.
6. The advantage to exercising every day is that you die healthier.
7. I have flabby thighs but fortunately my stomach covers them.
8. If you are going to take up cross-country running, it helps to start with a small country.
9. I don't jog; it makes me spill my milk shake.
10. Actually, I don't exercise at all. If we were meant to touch our toes, we would have them farther up on our body.

La Santa

Well being a new boy, I was a little concerned about the trip, but going with such a friendly group of Strider's, where everyone meets up for the evening, what more could one want? I damaged my knee the week before, doing the Margate ½ marathon, which meant that running and cycling were out for me. But I did enjoy the two daily exercise classes (lead by the very fit green team), the badminton, windsurfing, snorkeling, swimming etc. One highlight was being collected by a surf chick that made the Baywatch babes look amateurs. I was whisked off to a sandy beach with rolling waves breaking into fast moving surf. The instructor was an absolute enthusiast and had been teaching for 25 year, he did his utmost to pass on a life time of surf coaching in a day. I came away knowing lots about oceanography and rip tides etc. Even managed to stand on the board for a few short periods and surf the waves in. Highly recommend the week to others thinking of going to la Santa.

Barry Finch

CLUB LA SANTA ON MY MIND.

Where does one start? Club La Santa has so much to offer: You can punish the body to complete exhaustion or simply relax near to a state of comatose. I went somewhere between the two. I don't recommend a Badminton lesson, my very first, straight after a grueling Duathlon, I kept slipping over pools of my own sweet sweat. Mind you I haven't been put off by the experience and endeavor to follow up the sport. Any offers of a game?

I remember watching, holding onto a tub of scrumptious ice cream, a mass participation group doing a 'Sniff and Stretch' session better named Stretch and Relaxation exercise. I was so chilled out simply watching that I dozed off only being woken up by the sound of my empty ice cream tub being battered in the gentle warm breeze.

An arduous 35k road bike ride inspired me to try out some precarious mountain bike stuff. We planned to meet up with one of our potential surfers but the intense heat and difficult terrain made it a very hazardous proposition. And after carrying out a dynamic risk assessment it was decided to go no further then the nearest bar, a couple of Km. to our destiny, to down a pint of exquisite thirst quenching ice cold coke. In any case we could see our surfer from afar, our thoughts were with him.

After doing 8 laps flat out, eyeball stuff, around the track and being monitored by one of the excellent coaches who calculated my current fitness level, it has inspired me to do a very calculated and systematic approach for next years FLM. He provided me with all the necessary training schedules and more importantly the need for recovery; a necessity for us more mature runners. I've regained that old desire, sparkle of motivation, the type I had for my very first Marathon. So watch this space I have the potential of running at least a 3hr. 45min. Marathon.

Some of the group would have you believe that I spent 80% of my time pampering myself in the Wellness centre and eating loads of ice creams—sauna's, steam room and Jacuzzis etc. Not true. But I do firmly believe in the old adage 'Work hard. Play Hard'. I must have spent 32 Euros on the fine experience. I strongly recommend it.

I learnt some basic massage techniques(don't worry, Alan. You haven't got any competition) , legs only unfortunately. I need some more practice. Any volunteers out there? The lady I did it on thought I was a natural.

Just a few experiences to whet anybody's appetite for next years trip.

Lastly, thanks, it was a privilege to be associated with a fine supportive group.

Best wishes

Mick George.

Thanks for arranging, John.

It was a good trip. Everybody enjoyed themselves.

My highlight was the mini triathlon - great competition between Justin and Neil's / Karen's teams. Heroic run from Serena. Not sure about her quote that "she was scared I would tell off if she didn't keep ahead of Helen" .

I am sure if Mick George returns he will be getting a season ticket for the Wellness Centre.

Barry Finch warned me about his snoring - he was right to!!

See you at the AGM.

Nigel Davidson

Hi John,

Thanks once again for all the organisation, I enjoyed the whole trip, well maybe not the last day and a half.

Here are a few lines as requested.

Being a Club La Santa Virgin I did not know what to expect from the trip, I had downloaded the activities from the La Santa Web site, and waited to find out what it would really be like on the ground.

With a group of 15 from the club, we had a range of abilities and interests. However what surprised me the one thing we ALL had in common was the get up and go to put your our names down for anything, and the support given to each other was fantastic, from the early morning call in the half marathon to the different types of Triathlon, Duathlon, Aquathlon.

It was really inspiring to see nearly a hundred people on the body toning exercises, trying to follow the ever enthusiastic but understanding instructors, and I know some of the Striders loved showing off their moves !!.

If you did ever get tired of the activities around the Club or just fancied a change, I know some of us really enjoyed the snorkeling and the surfing, apparently the surfing instructor was a real babe !. If at the end of the day you did manage to feel a little tired, we now have some one in the club who is almost an expert at giving a relaxing massage, any volunteers?, see fireman sam.

Cheers

John. Foster



La Santa

Another trip to La Santa! This year was to be my third visit and Justin's first. I therefore had to introduce him to the "cult worship" as it has been renamed which for those of you who don't know is the aerobic warm-up before the morning runs. On the first day you are presented with a weekly programme and before I knew it Justin had signed himself up for the aquathlon, triathlon and duathlon - the same ones amongst us did most of these events as teams.

It gave me great pleasure to exit the pool after the swim during the triathlon just 16 seconds behind Justin (have I been rubbing this in - of course not!) to hand over to Nigel who did the bike element and Serena who stormed around the 5km run to bring our team home first amongst the Striders! Needless to say, Justin beat all of us! This year, as others we all tried many different classes such as pilates, step, spinning and Thai Bo much to the amusement of the strider spectators. Neil organised a badminton tournament one day and I still laugh when thinking of myself and Carol playing doubles when all you could hear from our side of the net was one of us shouting "yours" and then fits of giggles! You don't need me to tell you we didn't win the match..

For those of you who are concerned that I may be turning into some sort of athlete - worry not - I together with my fellow striders were often found in the bar discussing whatever activity they did that day with a beer or glass of wine in hand and the evening ending with one of the girls uttering the infamous words of "one more Amaretto for the road?"

Would I recommend this holiday to anyone - definitely - it was a great laugh, John "The Shadow" Ralf did a brilliant job of organising and encouraging everyone in whatever events they tried. Thanks also to the whole group for making for a good holiday.

Same time next year?

Karen McDermott

ROOM 70'S SOIREE AT CLUB LA SANTA.



Winter Tanner

Steve Tyler

In the last Striders newsletter, I regaled the membership with the undoubted joy experienced on the first Sunday in July when three members walked (and one ran) the Summer Tanners, a gentle thirty mile jaunt through the gently undulating Surrey countryside.

A number have intimated that they want to walk the Winter Tanners which is scheduled for Sunday, 14th January with a flexible start time of between 0730 and 0930 hrs. The meeting point will be the municipal car park in Leatherhead town centre (it's in the middle of the one way system and close to the Sports Centre).

However, you must be prepared for inclement weather bearing in mind the time of year and I would suggest an earlier start rather than a later one to take advantage of the reduced daylight hours. A bright top, a number of layers, embrocation, tissues etc and some food supplies eg fruit, glucose tablets.

Summer 2006 saw us come east, my suspicion is that we will be heading south and west and may well take in the likes of Leith Hill (the highest point in Surrey). You can bet that it will be a tad muddy (and less sunny) but it's a great event for increasing your endurance in preparation for the London some twelve weeks later!

The Surrey LDWA have some rudimentary details on their website and these should be updated closer to the New Year.

<http://www.ldwasurrey.co.uk/>

Box Hill Bash

In the same general area as the Winter Tanner, as many of you were enjoying La Santa as select few us did the Box Hill Triathlon.

A 10 mile run round and up Box Hill in lovely weather, a leisurely swim in Dorking and the toughest stage of the lot. Sunday lunch at Old Windmill.

Next year we will make sure we don't conflict with La Santa.

From the Editor.

A slight change in style as an experiment. Partly to make the newsletter slightly easier to read in a browser and partly to include as much of the humorous stuff supplied by **Phil Mazur**.

Most of the items down the right hand side have come from Phil and there is still more to come in the next newsletter.

Ed





The run of a lifetime

Found by Phil Mazur an article by James Davis of the London Observer

Japan's athlete monks run up to two marathons a day for 100 days on their path of enlightenment

Some of the world's best athletes will give a very good run for their money in today's London Marathon, others will just pick up their appearance fee and potter round without threatening to win. The world's top distance runners are well rewarded - the best earn one million dollars a year - and they reckon to run only two or three marathons a year.

What a comparison that is to a group of men who can claim - though they never do - to be the greatest, toughest, most committed athletes in the world. They run for no other reward than spiritual enlightenment, hoping to help themselves along the path of Buddha towards a personal awakening. They are the so-called 'marathon monks' of Mount Hiei, Japan.

The monks, known as Kaihigyō, are spiritual athletes from the Tendai Sect of Buddhism, based at Mount Hiei, which overlooks the ancient capital city of Kyoto.

The ultimate achievement is the completion of the 1,000-day challenge, which must surely be the most demanding physical and mental challenge in the world. Forget ultra-marathons and so-called iron-man events, this endurance challenge surpasses all others.

Only 46 men have completed the 1,000-day challenge since 1885. It takes seven years to complete, as the monks must undergo other Buddhist training in meditation and calligraphy, and perform general duties within the temple.

The first 300 days are basic training, during which the monks run 40km per day for 100 consecutive days. In the fourth and fifth years they run 40km each day for 200 consecutive days. That's more or less a full marathon every day for more than six months.

The final two years of the 1000-day challenge are even more daunting. In the sixth year they run 60km each day for 100 consecutive days and in the seventh year they run 84km each day for 100 consecutive days. This is the equivalent of running two Olympic marathons back-to-back every day for 100 days.

Author John Stevens, in his book, *The Marathon Monks of Mount Hiei* describes the running style which dates back over a thousand years. 'Eyes focused about 100 feet ahead while moving in a steady rhythm, keeping the head level, the shoulders relaxed, the back straight, and the nose aligned with the navel.'

What makes all these distances even more amazing is the manner and the conditions in which the monks run. These runs are usually begun at night and are over mountain paths that are uneven and poorly marked. During the winter months the low temperatures and snow are a great hindrance to the runners. These monks do not wear the latest in footwear and clothing, but run in straw sandals, an all-white outfit and a straw hat. They also run on a diet of vegetables, tofu and miso soup, which modern athletes and nutritionists would deem to be unsuitable for endurance events.

Not only do they wear clothes and shoes unsuited to running, but they have to carry books with directions and mantras to chant, food to offer along the way, candles for illumination, as well as a sheathed knife and a rope, known as the 'cord of death'. These remind the monk of his duty to take his life if he fails, by hanging or self-disembowelment. The course is littered with unmarked graves, marking the

More running Quotes

"Somewhere in the world someone is training when you are not. When you race him, he will win."

Tom Fleming's Boston Marathon Training Motto

"Who runs in circles never gets far."
Thornton W. Burgess, *Bowser the Hound*

"There ain't no shame looking at a good runner's back. Now, if the runner sucks, that's something else entirely..." *The Rage, Training Tips "Comeback"*

"No doubt a brain and some shoes are essential for marathon success, although if it comes down to a choice, pick the shoes. More people finish marathons with no brains than with no shoes." **Don Kardong**

"There is no time to think about how much I hurt; there is only time to run." **Ben Logsdon**

"I am in a world of pain, but I'm happy. I survived the water obstacle and I can't even swim."

Briton Mark Hawkins, finisher from Bristol, in the 2002 World Wife-Carrying Championships

"Road racing is rock 'n roll; track is Carnegie Hall." **Marty Liquori**

"I ran for myself, not Finland."
Paavo Nurmi

"It's the road signs, 'Beware of lions.'" **Kip Lagat, Kenyan distance runner, during the Sydney Olympics, explaining why his country produces so many great runners**

"If you can't win, make the fellow ahead of you break the record."
Unknown

The difference between the mile and the marathon is the difference between burning your fingers with a match and being slowly roasted over hot coals.

Hal Higdon, "On the Run from Dogs and People"

"While a man is racing he must hate himself and his competitors."
Percy Cerutti

spot where monks have taken their own lives. However, there have been no cases of monks' suicides since the nineteenth century.

During these long runs the monks must make stops at temples of worship that can number up to 260. This means that the 86km run can take up to 20 hours to complete leaving the monk with very little time for recovery or rest, but as an old saying goes: 'Ten minutes' sleep for a marathon monk is worth five hours of ordinary rest.' They also learn to rest sections of their body while running, such as their arms or shoulders.

And then there is the doiri, where the monk faces seven days without food, water or sleep or rest. During this time the monk will spend his entire day reciting Buddhist chants and mantras - perhaps up to 100,000 each day. The only time the monk will leave the temple is at 2am to walk the 200m to a well and return with water to make an offering. He is not allowed to drink any himself and the 200m walk can take up to two hours in the final days of the fast. During his time spent meditating there are two monks who are in constant attention to ensure that he does not fall asleep.

For several weeks before doiri, the monk will reduce his food intake so his body can cope with the fast. The first day is no problem, but there is some nausea on the second and third days. By the fourth and fifth days the hunger pangs have disappeared, but the monk has become so dehydrated that there is no saliva in his mouth and he will begin to taste blood.

The purpose of doiri is to bring the monk face-to-face with death. During this fast, the monks develop extraordinary powers of sense. They talk of being able to hear the ashes of incense sticks fall to the ground and, perhaps unsurprisingly, of the ability to smell food being prepared miles away.

Even today thousands will turn out to watch a monk nearing completion of a 1,000-day term, as he runs the old course that now passes through Kyoto's shopping streets and the entertainment district, complete with its bars, restaurants and strip joints. Many turn up hoping to be blessed by these special monks whom they believe have powers to heal.

Japan has the largest number of marathon runners per capita in the world. From the Arctic northern island of Hokkaido to the balmy tropical islands of Okinawa in the Pacific, each and every town will organise a number of long-distance runs and each school will have a strong running club.

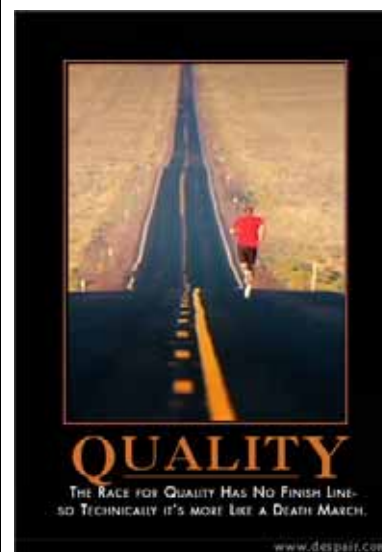
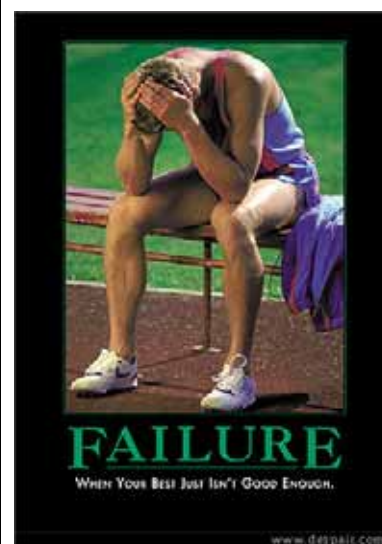
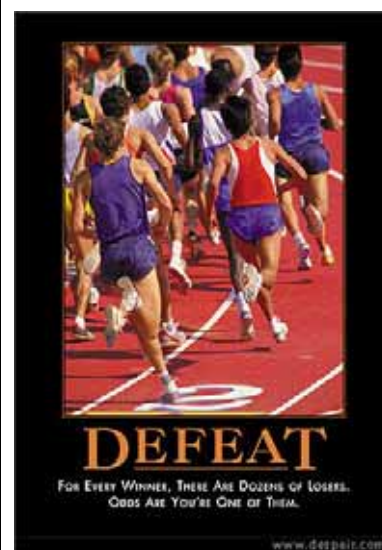
There is even a corporate-sponsored running league, whose teams are even allowed to have one foreigner in their team. Jeff Schiebler, a Canadian Olympic runner, is the only non-African foreigner who competes. He described what it is like to run in Japan. 'It is totally different from anything in North America. They have multimillion-dollar contracts, team chefs, great training facilities. That kind of thing makes Japan a power in long-distance running. They go mad for road races. Kids there grow up wanting to be the next marathon champ.'

Japan's love of marathon running was epitomised with the incredible outpouring of emotion that followed Naoko Takahashi's victory in the women's Olympic marathon in Sydney last year. The race and the prize-giving attracted a massive 84 per cent TV rating as the fresh-faced girl from the mountains of Gifu became the first Japanese woman to win an Olympic gold medal.

She became an overnight superstar and her face was splashed across newspapers, magazines and on talk shows. She even received The People's Honour (only the third woman ever to do so) from the then prime minister Yoshiro Mori, who said: 'You have given inspiration and encouragement to youngsters as well as a whole people by crossing the finish line with a refreshing smile.'

Very few runners will cross the finish line in London today with a 'refreshing smile' after 26 hard miles. Grimaces of exhaustion and relief will be a more common sight. However, after looking back at the 26 miles and a bit, there will be a feeling of great personal pride and achievement in their performance. Many will have achieved personal best times and others will have raised hundreds of pounds for charity. But will many of them be able to say they have gained something spiritually, as with the 'marathon monks' of Japan?

You can find more on the marathon monks at www.runpunxsyrun.org/tendaimonks.html



40 YEARS AGO:

ATHLETICS IN SUMMER /AUTUMN 1966

By Alan Dolton

In the summer of 1966, athletics predictably received less press coverage than usual, because of the Association Football World Cup which was held in England in July, culminating in England's 4-2 victory over Germany in the Final on July 30th.

The most prestigious British marathon was the Polytechnic Marathon, held on the traditional course from Windsor to Chiswick on 11 June. This was used as the trial race for both the European Championships (held in Budapest in early September) and the Commonwealth Games (held in Kingston, Jamaica, in August). The Polytechnic Marathon saw an outstanding run from 21-year-old Graham Taylor (Cambridge Harriers), making his marathon debut. He won in 2 hours 19 minutes 4 seconds, covering the last quarter-mile (on the track at Chiswick) in 63.4 seconds. Jim Hogan was second

(2.19.27) and Ron Hill third (2.20.55). These three were all selected for the European Championships. Bill Adcocks was fourth (2.24.09), Brian Kilby fifth (2.24.48) and Jim Alder sixth (2.25.07); they would have to run their next marathon in the heat of Jamaica.

The AAA Championships were held at the White City in July. The six-mile race saw a very exciting finish with the Olympic silver medallist Mohammed Gammoudi of Tunisia winning in 27 minutes 23.4, just ahead of Bruce Tulloh (Portsmouth) and Meeser (Hungary), both of whom recorded 27.23.8.

Jim Alder, of Morpeth and Scotland, produced two excellent performances in the Commonwealth Games. In the six miles, on Saturday 6 August, he placed third in 28 minutes 15.4. The race was won by Temu of Kenya (27.14.6)

with Ron Clarke of Australia second (27.39.4). Clarke also placed second in the three miles, behind Kenya's Kip Keino. Keino also won the one mile in 3.55.34.



On Thursday 11 August, Alder won the marathon in 2 hours 22 minutes 08 seconds. Bill Adcocks of Coventry and England was second, just five seconds behind. The marathon started at 5.30 in the morning to avoid the worst of the heat and humidity – but the temperature was still 81 degrees Fahrenheit at the start, and got hotter during the race !

The European Championships Marathon, on Sunday 4 September, was won by Polytechnic Harriers' Jim Hogan, born in Ireland but representing Britain, in 2 hours 20 minutes 04.6 seconds. Of the other British runners, Ron Hill was 12th (2.26.04.8) and Graham Taylor 25th (2.38.26.0). 40 years on, Graham still competes occasionally as a veteran for Dorking.

Twelve reasons why a Runners make the best Partners.

1. People who run know what commitment is! If they can commit to a training schedule to prepare for an event that is anything from a 5K run to London to Brighton, there's hope.
2. A Saturday night dinner date with these guys is a cert - provided you're smart enough to suggest a good pasta restaurant before the big run on Sunday morning.
3. They don't think it's unmanly to be seen pushing a baby stroller. Just as long as it is a snazzy, latest-model jogging stroller, male runners will push the kids for miles.
4. Fancy fresh-baked croissants after a sleep-in on a Sunday morning? Just remember to pin £5 to the inside of his running shirt and map him a course that has the home stretch past Purley's Tesco's.
5. Romantic weekends away are not a problem. Just make sure you time it to coincide with the major running event of the year at your destination. Rotterdam is "beautiful" in early April.
6. Want a partner who will go shopping with you? Easily achievable with the runner. Start with the health store for a few energy bars and vitamin supplements, head over to the bookstore for the latest "how to go faster" book and this month's edition of your favourite running magazine, and end up at the sports store to road test a few dozen running shoes.
7. This guy won't shy away from going into a jewellery store either. You will probably end up over at the watch counter comparing features of digital sport watches and heart-rate monitors, but at least you will be in the vicinity of the sparkly stuff!

Britain's only other gold medal at the European Championships came from Olympic long jump champion Lynn Davies.

The British team was captained by Scottish sprinter Menzies Campbell (now better known as leader of the Liberal Democrats).

At club level, the Rosenheim League completed its third season, still with just the original five clubs. Croydon Harriers narrowly won the league with 19 points, ahead of Herne Hill (18), Hercules AC (16), Mitcham (16) and Wimbledon AC (5). The Brockman Trophy was held at Wimbledon on 16 July, and was won by Thames Valley Harriers, with Polytechnic Harriers second. Of our local clubs, Croydon Harriers were eighth and South London Harriers tenth.



The Surrey Cross-Country League began its fifth season with a match on Wimbledon Common on 22 October. The winner was Bob Holt of Hercules AC, who won the team event. In 28th place was Stan Allen of Herne Hill. 40 years later, Stan is still active as a coach at Tooting Bec, and helped us by acting as a field judge when we staged our home Rosenheim League match this summer. For many years Herne Hill Harriers had used Addington for their home cross-country fixtures, but in the autumn of 1966 they moved to Streatham Common, much nearer their original home.

In the Harlow Marathon on 25 October, Mike Caudwell set a Croydon Harriers club record of 2 hours 34 minutes 58 seconds (more than five minutes faster than any Strider has ever achieved). Forty years later, Mike still competes occasionally in local road races.

20 YEARS AGO:

ATHLETICS IN AUTUMN 1986

The Chicago Marathon was held on Sunday 26 October. Toshihiko Seko of Japan was the winner in 2.08.27. Britain's Charlie Spedding ran well to place third (2.10.13). The women's race was won by Ingrid Kristiansen of Norway (2.27.08).

South London Harriers held their annual 30-mile road race at Coulsdon on Saturday 6 September. The winner was Alan McGee of GEC Avionics in 2 hours 58.04. The first local runner was Herne Hill veteran Don Claxton in fifth place (3.08.07). Among runners who are still competing today, Herne Hill's Tony Harran placed 18th (3.20.16). The first woman was Hilary Walker of Serpentine (4.06.54).



Surrey Beagles' former marathon international Bob Treadwell won the Southend Half-Marathon on Sunday 21 September in the very impressive time of 66 minutes 28 seconds.

The Surrey Cross-Country League began its 25th season with matches on Saturday 11 October. Aldershot won the Division One match at Wimbledon

8. You can happily put up a sexy pin-up of your favorite sports personality (NB. I can do signed copies for a small fee) without being accused of ogling.

9. Fancy a picnic in the park? This is easily accomplished with Mr. Runner. Just load the hamper into the car, head for a well-loved trail and enjoy a training session for two. Your reward will be a cozy brunch on your return.

10. Your running partner will understand why your first 5K/10K finisher's certificate cannot possibly be removed from the fridge door. If he does suggest moving it, most likely it will be to put it in a more appropriate place-like framed over the mantelpiece.

11. Running guys are the only straight men with whom you can discuss the physique of another male. This usually occurs on a hot summer day as a shirtless runner crosses your path during a training session.

12. The best reason to date/mate a runner? You are guaranteed the biggest, loudest, ear-shattering yell of "Come on, you can do it!" when you are 200 metres from the finish line and your legs feel like mush.

A Strider was out jogging one Sunday afternoon when he saw a new-looking tennis ball in the road. He stopped to pick it up and as he had no pockets, he put it down the front of his running shorts. He then continued with his run.

He soon came up to a Croydon Harrier, who was also out jogging. The Harrier looked at him and pointed to the bulge in his shorts. "What's that?" the Harrier asked, smiling.

"Tennis ball," replied the Strider. "I know how you must feel," The Harrier said, "I had tennis elbow once and that was bloody painful"

Common, led by their former Olympic marathon runner Bernie Ford. Belgrave placed second with Herne Hill third. Ranelagh won the Division Two match at Guildford, led by 1982 London Marathon champion Hugh Jones. Boxhill were second with Guildford third and Croydon Harriers fourth. Bob Treadwell won the Division Three match at Epsom by more than a minute, but Epsom won the team event with Mitcham second. This match saw Striders make their debut at cross-country; they mustered an encouraging total of 15 runners (and the team photo appeared in the Winter 2005 edition of this newsletter). Their best result of the season came in the match at Mitcham on November 22, when they placed fourth. Of that original team from 1986, Nigel Davidson is still a scoring member of our cross-country team twenty years later.

The Surrey Cross-Country Womens League, still with just one division, began with a match at Wimbledon Common on 11 October. Woking won the team event, led by individual winner Jane Harrop. Thames Hare & Hounds were second and Epsom third. Individually South London Harriers' veteran Anne Roden ran well for second place.

Boxhill Racers gained an easy win in the East Surrey League cross-country relay at Wimbledon on 4 October. Ken Penney (Boxhill) won the annual cross-country race at Lloyd Park three weeks later. Croydon Harriers won the team event with Boxhill second.

Croydon Harriers' annual road race took place on Sunday 19 October and was held over 10 kilometres for the first time, replacing the previous distance of ten miles which had been used since the race began in 1981. The course was less hilly than the one used today, but was significantly hillier than the two-lap course which had been used previously. The race continued to start in Oaks Road and finish in John Ruskin School (which has subsequently been demolished and replaced by Postmill Close). The route was lengthened by including the uphill climb from Lower Addiscombe Road to Grimwade Avenue for the first time. From Grimwade Avenue it followed the current route until the roundabout at the north end of Park Hill Road. From there it followed the old route west past the Law Courts before returning along Park Lane and Coombe Road (whereas the current route turns left up Park Hill Road and includes a further climb into Selborne Road).

Croydon Harriers had the first two finishers, with Graham Hansen winning in 31 minutes 26 and Alan Dolton second (32.07). Francis Upcott of South London Harriers was third (32.47). The first Strider to finish was Nigel Davidson in 27th place (34.52). The first woman was Jeanette Yeowell of Bromley Ladies, in 38 minutes 27. Among other local runners who are still competing today were Julian Dillow (7th, 33.36) and Nigel Costiff (48th, 35.33).

Surrey Beagles staged their third annual ten-mile road race at Coulsdon on Sunday 9 November. Colin Walker of Gateshead won in a course record of 49 minutes 3 seconds, with Bob Treadwell second in 49.49. Croydon Harriers won the team event: their team comprised Graham Hansen (8th, 52.56), Alan Dolton (11th, 53.48), Don Faircloth (16th, 55.04) and Robin Dickson (21st, 56.01).

SPORTS MASSAGE THERAPY

**HELPS REDUCE MUSCULAR
SORENESS AFTER TRAINING
OR COMPETITION**

HELPS RECOVERY FROM SOFT TISSUE INJURY

ALAN DOLTON, LSSM Dip, ITEC Dip, MSMA, MISRM

UK ATHLETICS LEVEL 3 CLUB COACH

70 WARREN ROAD, ADDISCOMBE, CROYDON

TELEPHONE 020 8656 0532

Tony and Cherie

Tony Blair started jogging near his home in Chequers. Every day, he'd jog past a hooker standing on the same street corner. He learned to brace himself as he approached her for what was almost certain to follow.

"Fifty pounds!" she'd shout from the curb.

"No! Five pounds!" Tony would fire back.

This ritual between Tony and the hooker became a daily occurrence. He'd run by and she'd yell, "Fifty pounds!" He'd yell back, "Five pounds!"

One day, Cherie decided that she wanted to accompany her husband on his jog.

As the jogging couple neared the working woman's street corner, Tony realized she'd bark her £50 offer and Cherie would wonder what he'd really been doing on all his past outings. He figured he'd better have a darn good explanation for the 'Boss'

As they jogged into the turn that would take them past the corner, Tony became even more apprehensive than usual. Sure enough, there was the hooker. Tony tried to avoid the prostitute's eyes as she watched the pair jog past.

Then, from the sidewalk, the hooker yelled, "See what you get for a fiver!!"

Track and Field Results

Kevin Burnett

Southern League Division 4S

20 May K2 Crawley Match 2

M Morgan 5000m 17.03 3000SC 11.04.8
E Parker 5000m 17.42.0 1500m 4.45.9 3000SC 11.59.8
N Riches Hammer 16.37 Shot 7.70 Discus 18.32
K Burnett Hammer 14.6

Crawley B gave us a close match at their new K2 stadium track. With Tonbridge not appearing and Winchester with only a few competitors it was between us and Crawley.

On a showery day we had a good turnout and performed well to win by 11 points mainly because Crawley had no competitor in 5 of the events. Neil had 2 event wins in the throws and both Matt and Eric had one event win.

Holland 156 Crawley B 145 Winchester 30

3 June Tooting Bec Match 3

D Piper 800m 2.30.3 400m 65.7
M Morgan 5000m 17.18.8 1500m 4.47.8 3000SC 11.26.6
E Parker 5000m 17.46.2 110H 29.0 1500m 5.00.1 3000SC 12.17.1
TJ 8.01
N Riches Hammer 17.28 Shot 7.85
K Burnett Hammer 13.36 Jav 19.23 Discus 15.67

Another very hot sunny day at Tooting Bec for our 3rd fixture. A fine performance all round enabled us to win comfortably. In his two events, before having to leave early, Neil scored maximum points in the A hammer and B shot. Matt as ever ran well winning his three A category events. Eric did 5 individual events only dropping one point. Darren ran for the first time acquitting himself well in the 400 and 800. He gave us added strength in the B races. We are currently doing well in 2nd place behind Haywards Heath/Lewes who have scored more event points than us. It was good to beat our neighbors and friends from Redhill and Surrey Beagles

HS 168 RSB 115 Kingston Poly B 34.

8 July Erith Match 4

D Piper 800m 2.22.4 400m 60.2
M Morgan 5000m 17.37.3 1500m 4.42.2 3000SC 10.46.1
E Porter 5000m 18.02.5 3000SC 11.27.1 PV 2.00 TJ 8.74
K Burnet Hammer 14.53 Jav 20.94 Discus 15.85

We continued our winning ways at Erith on a fine sunny day to record our 4th consecutive win by 60 points. Eight of us were competing and all did well especially Matt and Eric in the distance events only dropping one point between them.

We are now top of the league the only club with maximum points and await the final fixture which we host at Dartford where we meet the other leading teams (Herne Hill Harriers B, Haywards Heath/Lewes and East Grinstead).

In the 10 years that Striders have competed with Holland we have never been top of the league.

HS 161 Istead & Ifield 101 Fleet & Cookham 99 Swale combined 52

Corporate Sponsors

It can cost a lot to run a marathon, one way or another. Most of us run to raise money for a charity and to run. I got to thinking perhaps we should be looking for corporate sponsorship. Then I thought what company would sponsor someone like me?

Well with my elegant dress sense I thought some fashion house or other, or Dulux paint's colour-guides. How about Guide Dogs for the colour blind?

So who should sponsor some of my peers in the Striders? Some were easier than others, and feel free to pass comment on them in the next addition of the Newsletter.

James was always going to be a Masonic Lodge, whilst Pete had to be Clarks. Karen was the prize-winning chippy in Forestdale. Andy the Conservative party. Alan Purchase, Master Card. Steve Tyler, either Aerosmith or a DIY store.

Peter Coats could be the Men's Dept of Alders, with Tom getting sponsored by the shop across the road from that store in North end, or the pools (however the fact that he supports Crystal Palace precluded him from that company as he obviously knows nothing about football). Nick Kyritsis, the anagram society or Countdown.

Mat Morgan could be a sports car dealers, and Paul Weir the Rivers Authority.

John Foster some Ozzy brewer or other. Trigger an A&E Dept as he spends so long there. Neil and Helen a Furrier. Dave Batten, an Athletics club,

Bob Ewen, the Young Farmers Assoc. Mat Birchley, the local Arboretum, and Karen Peake, a District up North, where it's grim. Dave Shaw, the Blue Flag Beach trust. Barry, Nigel and Paul the RSPB, or Twitchers Anonymous.

I will offer a prize of a pint bought by the Chairman for the best addition(s) to this very quickly drawn up list that appears in the next newsletter.

Phil Mazur sponsored by

5 August

Dartford

Match 5

E Parker	400H 75.1	5000m 17.44.7	110H 28.7	3000SC 11.38.6
	HJ 1.30	PV 2.20	TJ 8.87	
K Burnett	100m 16.9	400m 86.7	Hammer 14.06	Javelin 19.01
	Shot 5.45	Discus 16.63		
M Morgan	5000m 17.40.0	1500m 4.54.0	3000SC 10.52.8	LJ 4.55
N Bongers	1500m 6.30.0	Hammer 9.04		

Unfortunately we were well beaten by 3 stronger teams on the day. We only had six competing whereas the others had 15-20 individuals. Each of the 4 clubs had a chance of the two promotion places and turned up in numbers (except us). We co-hosted the fixture at Dartford which was an additional burden but all the clubs take their turn in hosting over the season. Our best event was the steeplechase where Matt and Eric again ran well with Matt 2nd in the A string and Eric winning the B. We only had 2 other placings. Each event (36 in total) was contested by all four clubs – probably the first time it has happened in my 10 years competing with Holland. Our 6 man squad was completed by Rob Hall who did 12 eents and 2 relays and Paul Dyke a promising junior over middle distance events.

Herne Hill B 146.5 East Grinstead 136 Haywards Heath/Lewes 132 Holand PSorts 87.5

Summary

We Finished 3rd in the league behind Herne hill and Haywards Heath/Lewes having won 4 of the fixtures and finishing 4th in the other. Only 2 clubs are promoted but from what we know division 3S is probably above our station and strength although I was hoping we might be competing next season against Croydon Harriers and South Lond Harriers in our own right.

We did well to win 4 fixtures but some of the clubs only had a token presence. Again Eric was very committed traveling from Southampton for all 5 matches – well done. He is ever willing to compete in everything. Matt was our classiest athlete covering the 3 distance events each time as well as relays and other events as the need arose, scoring in the A tring practically all the time. Neil and Darren completed in some of the fixtures

adding strength in the throws and middle distance respectively. Seven from Striders competed this season with Graham and Nigel also sharing the officiating duties. The weather was generally fine for all matches and we had a good enjoyable season but with a slightly disappointing finish.

Appearances and Points

N Bongers	2		5
K Burnett	2	46	
M Morgan	5	57	7
E Parker	5	14	100
D Piper	2		18
G Pullen	1		5
N Riches	3	15	21

Reasons to avoid track training. No #1

Potential for Earthquakes in South Norwood



BOLLOX.net

The Strider MP3 Player

Costing a mere £250 this mp3 player, emblazoned with the Strider's logo, with a personal message from our illustrious Chairperson, JG, comes pre-loaded with the following songs:

Run, run, run -- Velvet Underground,
Run --Air.
Marathon – Rush
The Distance – Cake
Long May You Run -- Neil Young
Born To Run -- Bruce Springsteen
Ready To Run -- Dixie Chicks
Ain't No Stopping Us Now --
McFadden & Whitehead
Road Runner theme -- WB Looney
Tunes cartoons
Move Your Feet -- Junior Senior
Always On The Run -- Lenny Kravitz
Runaway -- Jefferson Starship
Break My Stride -- Matthew Wilder
Runner -- Manfred Mann's Earth
Band
Run -- Collective Soul
Running Down A Dream -- Tom Petty
Run Like Hell -- Pink Floyd
Running With The Devil -- Van Halen
Running On Empty -- Jackson Browne
I t Keeps You Runnin' -- Doobie
Brothers
Fast As You -- Dwight Yoakum
I 'm Not Running Anymore -- John
Mellencamp
The Loneliness of the Long Distance
Runner – Iron Maiden
Cool Running -- Boz Scaggs
I Ran -- Flock of Seagulls
No one to run with-Allman Brothers
Run--Around-Blues Traveller
Running on Faith - - Clapton
Runaway Jim -- Phish
Run Like an Antelope -- Phish
Take the Money and RUN -- Steve
Miller
The Long Run - Eagles
We can Run - Grateful Dead
Roadrunner -- Jonathan Richman
Roadrunner--the Who.
Roadrunner-- Bo Diddley
Hit the Ground Running -- the Doves
Running up that Hill – Kate Bush
The Jogger-- Bobby Bare
Born To Run -- Emmylou Harris
"Well, I was born to run
To get ahead of the rest
And all that I wanted was to be the
best
Just to feel free

Southern Counties Vets League

3 July Croydon Match 4

A Dolton 2000Walk 14.38.2
C Morton 2000Walk 15.46.6 800m 2.47.6
Javelin 13.83 HJ 1.00
D Hoben 2000Walk 13.52.2
K Burnett 800m 3.43.8 200m 36.1
Discus 18.35 Javelin 16.82
D Lovell 200m 28.4 Javelin 21.35
Steve Smith 200m 31.4 3000SC 14.16.1
Discus 14.54 TJ 7.67
D Batten Javelin 16.97 HJ 1.00
L Daniel 800m 3.00.8 200m 35.5

Eight of us competed at Croydon in the final fixture on a fine warm sunny evening. Linda did 3 events to score 11 points for 7th position, with the 800m being her best. Both Steve and Chris did 4 events plus the relay and both of them competed in all four fixtures. Like Chris, Steve is a willing volunteer being our sole runner in the steeplechase. Having completed in the walk Alan took charge of track judging for the remainder of the meeting as he has done many times in the past. Dave L led our sprinters in the 200m and relay as well as trying the javelin for the first time. I am sure his appetite has been wetted in this event. Dave B was delayed in traffic missing the 800m but then competed in the javelin (for a PB) and high jump, an event we never seem to have a competitor other than Chris.

We were 3rd on the night, our best of the season.

Rosenheim League

10th May Battersea Park Match 1

M Morgan 100m 13.3 1500m 4.56.4 400H 73.2
S Anthony 200m 24.7 800m 2.05.0 TJ 11.17
J Macenhill 400m 55.4 3000m 9.35.0
I Campbell 3000m 11.03.1
C Morton 3000m 11.19.3
M O'Hare Hammer 16.14 Discus 16.90
M Birchley Hammer 16.53 Discus 17.40
K Burnett Hammer 14.43 Discus 15.82 4x200 Relay 1.52.0

Battersea Park on a warm sunny evening to start our Rosenheim fixtures – a very pleasant venue but expensive to hire if one is footing the bill. Eight of us were covering all except the pole vault. We had 3 competing in the hammer and discus which bodes well for the club. The two Matts had some coaching in the hammer before the event from a friendly Belgrave Harrie.

On the track Scott won well in the 800m in a race of 9 to register our first event win of the season. We also did well in the triple jump with a 2nd placing. Justin was also 2nd in the 400. Team manager Chris was less busy than usual only running as a non scorer in the 3000m where he trailed both Ian and Justin. Matt M was our busiest competitor running in 4 events including the relay with possibly the 100 his best on the night.

21 June Tooting Bec Match 4

M Morgan 100m 13.6 1500m 4.43.4 400H 74.0 LJ 4.80
D Lovell 400m 62.5 Shot 7.23
D Batten 800m 2.25.1
I Campbell 3000m 10.38.7
M O'Hare Shot 7.99 Javelin 23.26 4X200 Relay 2.00.4

Summary Final League Table Individual

	Appeared	Points
D Batten	3	33
N Bongers	1	8
K Burnett	3	49
I Campbell	2	13
L Daniel	1	11
A Dolton	3	16
D Hoben	2	11
D Lovell	3	45
C Morton	4	45
G Pullen	2	24
D Riches	1	19
Steve Smith	4	63

True to form as Chris predicted in the club summer magazine, the men were 5th in the final table. One year we did finish 3rd and another 4th. We only had 12 club members competing this year, down on previous years. Why is this? Our membership is overwhelmingly "veteran" in athletics club terms a 2 of the fixtures were at Croydon. Disappointingly we only had 2 women competing in one fixture each, thus finishing 7th.

We co-hosted both Croydon fixtures and I thank all who helped the club on both evenings.

I trust those that did compete for the club had an enjoyable season and we look forward optimistically to next year.

The league returned to its spiritual home, Tooting Bec for the 4th fixture which we as a club hosted - each of the 6 clubs hosts one of the matches. The league was founded by Jim Braden many years ago following a visit to a town in Germany called Rosenheim.

We finished in our usual 5th a few point shy of Serpentine but again beat SLH. We had 3 third placings courtesy of Matt M in the 1500 and long jump and Matt O'H in the shot where I believe he had a PB and also competed against Emeka Udechuku a noted English international who was throwing as a guest.

We were rather short of numbers with only 5 competing and again no women. Both Dave L and Dave B took part for the first time in this league.

12 July Tooting Bec Match 5

D lovell 100m 14.3 200m 28.5 Discus 17.04
J macenhill 400m 58.8 3000m 9.42.8
Steve Smith 400m 69.7 TJ 5.87
M Morgan 800m 2.14.5
D Batten 800m 2.25.1
I Campbell 1500M 5.05.1 3000M 10.37.4
M O'Hare Shot 7.08 Discus 17.27 4x200m Relay 1.59.1

Surprise surprise we were 5th again with 23 points well adrift of Hercules Wimbledon in 4th place but ahead of SLH. Justin was 2nd in a field of 18 to a non scoring Belgrave Harrier and therefore was our only event winner earning 6 points. We also had three 3rd places with Matt M in the 800m, Steve in the triple jump and Matt O'Hare in the discuss.

We are 4 points behind Serpentine in the league table and with only one fixture to come, have little chance of overtaking them for a place in the final where the top four teams from each division battle for the overall championship.

26 July Tooting Bec Match 6

M Morgan	LJ 4.78 1500m 5.32.4 2000SC
6.43.2	
M O'Hare	Shot 7.07 Javelin 25.62
M Birchley	HJ 1.30
C Morton	100m 15.6 200m 33.4
D Batten	400m 64.4 800m 2.23.8
P Bal	3000m 9.53.4 4x200 relay 2.08.9
K Burnett	100m 17.2 Javelin 19.3 Shot 5.39

Another 5th placing. Seven of us competed on a warm evening covering all events. Once again we had no women competitors to improve our league position. Matt M as ever present this season was 3rd in the steeplechase and Pavel was 3rd scorer in the 3000 being our best performances on the night. Matt B took over the high jump from Chris and cleared 1.30m, showing promise for more to come next season. Matt O'H again covered the two throws performing well in both. Dave competing against much younger opposition ran well in the 400 and 800 with I believe a PB in the latter.

Summary

Appearances and Points

P Bal	3	8
C Bal	1	NS
D Batten	3	5
M Birchley	4	4
K Burnett	4	4
I Campbell	5	3
P Finch	1	8
D Lovell	3	6
J Macenhill	4	29
C McFadzean	1	5
M Morgan	6	45
C Morton	3	7
M O'Hare	6	23
Steve Smith	1	3

With the likes and strengths of the other five teams in the Eastern Division of the midweek league, we are always going to finish 5th or 6th in these fixtures unless we have a good strong turnout (as at Croydon) and compete well. Fifteen of us took part this season with Matt M and Matt O'H competing in every match.

We owe a big thank you to Chris who was team manager as well as competing in a variety of events. No doubt he also spent much time before each fixture gathering the team together. Disappointingly we only had Claire in one fixture for the women – surely we can do better next year.

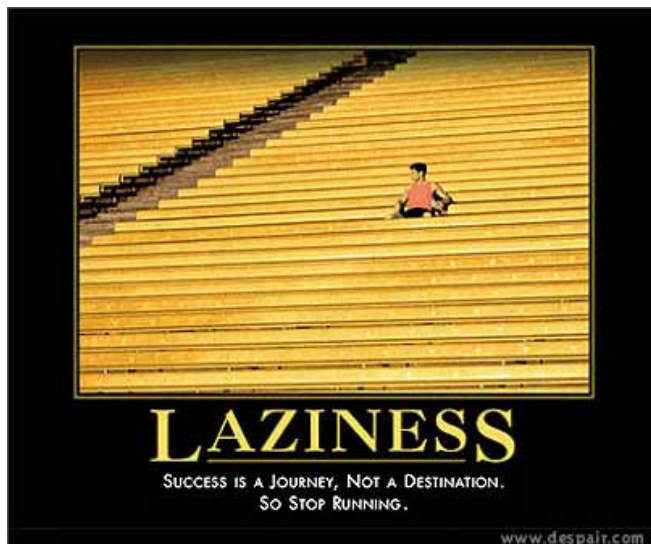
We had several event wins in the 6 fixtures which was an achievement for the club and did well to finish 2nd in the match at Croydon on a wet evening.

Congratulations to our friends, rivals and neighbours Croydon Harriers who won the Eastern Division and on finals night with the Western Division leading teams also won the trophy and were champions overall. S Anthony 2 24

Links to some alternative ways of keeping fit

<http://www.glumbert.com/media/okgo.html> If you have some treadmills to spare

<http://www.kangoojumps.com/pags.php?d=O4O10> - If you want to put a spring in your step



This Years thlon results

Event	Event Type	Date	Strider	Distance	Overall Time
Monster Man 1	XC Duathlon		Justin MacEnhill Paul Finch Chris Morto	4M/16M/4M	1.42.49 1.46.13 1.56.0
Monster Man 2	XC Duathlon	07/01/06	Paul Finch	4M / 16M / 4M	2.39.29
Monster Man 3	XC Duathlon	11/02/06	Paul Finch	4M / 12M / 4M	2.00.38
Monster Man 4	XC Duathlon	11/03/06	Paul Finch Justin MacEnhill	4M / 12M / 4M	1.35.59 01:30:57
Thames Turbo 1	Sprint Triathlon	17/04/06	Mark Eardley	426M / 21K / 5K	01:12:51
Morden	Aquathlon	07/05/06		600M / 6M	
Eton	Sprint Triathlon	13/05/06	Paul Finch Barry Finch	400M / 20K / 5K	01:02:21 01:16:14
Crystal Palace	Sprint Triathlon	28/05/06	Justin MacEnhill Karen Peake Karen McDermott	750M / 20K / 5K	01:15:29 01:36:48 02:04:35
Leybourne Race 2	Sprint Triathlon	14/06/06	Paul Finch Mark Eardley	550M / 20K / 5K	56:27 59:20
Bournemouth	Olympic Triathlon	02/07/06	Paul Finch Justin MacEnhill Mark Eardley	1500M / 40K / 10K	02:20:19 02:22:36 02:26:56
Worthing 1	Aquathlon	04/07/06	Paul Finch Mark Eardley	800M / 8K	46:31 52:17
Worthing 2	Aquathlon	18/07/06	Justin MacEnhill Paul Finch Mark Eardley	1000M / 10K	50:49 52:00 56:15
Leybourne Race 4	Sprint Triathlon	26/07/06	Paul Finch Justin MacEnhill Mark Eardley	550M / 20K / 5K	55:28 57:07 01:00:10
London	Olympic Triathlon	06/08/06	Paul Finch Mark Eardley Justin MacEnhill	1500M / 40K / 10K	02:10:33 02:16:26 02:23:25
Swanage	Triathlon	13/08/06	Paul Finch	1500M / 40K / 10K	02:20:12
Leybourne Race 5	Sprint Triathlon	16/08/06	Paul Finch Justin MacEnhill Mark Eardley	550M / 20K / 5K	54:40 55:37 57:27
Clash of the Tritons	Aquathlon	19/08/06		500M / 5K	
Southwater Relays	Sprint Triathlon	03/09/06	Paul Finch Mark Eardley	400M / 18.5K / 3.8K	00:57:14 01:01:05
Leybourne Race 6	Sprint Triathlon	06/09/06	Paul Finch Justin MacEnhill	550M / 20K / 5K	54:23 56:59
La Santa	Duathlon	18/09/06	Justin MacEnhill Nigel Davidson John Ralph Helen Furze Tom Littlewood	2.5K / 14.8K / 2.5K	49:23 53:59 58:17 59:46 01:01:25
La Santa	Aquathlon	18/09/06	Neil Furze / John Foster Justin MacEnhill Serena Stracy Karen McDermott Karen Conner / Carol Hollingworth	200M / 3K	14:43 15:06 19:59 19:59 20:32
La Santa	Sprint Triathlon	20/09/06	Justin MacEnhill (Karen McDermott / Nigel Davidson / Serena Stracy) (Neil Furze / Tom Littlewood / Helen Furze) (Karen Peake / John Ralph / Carol Hollingworth)	400M / 15.2K / 4.4K	55:18 59:06 59:50 01:07:18
Xtreme Terrain Triathlon	XC - Triathlon	24/09/06	Paul Finch Justin MacEnhill	1500M / 24K / 10K	02:25:49 02:32:21

Forthcoming events

<u>Date</u>	<u>Venue</u>	<u>Name of Event</u>	<u>Distance</u>
07-Oct	Epsom Downs	Women's Surrey League Div. 2 Cross Country	Sandilands
07-Oct	Richmond Park	Men's Surrey League Div. 2 Cross Country	Sandilands
08-Oct	Kingston	Asics Kingston Running Festival	16 miles & 8.2 miles road
08-Oct	Dulwich	Dulwich Runners Charity 10K	10K road
08-Oct	Westerham, Kent Hankley common,	Tatsfield 5	5 mile road
14-Oct	Guildford	Military 10K	10K multiterrain
14-Oct		Surrey County Vets CC Champs.	Richmond Park
15-Oct	Twickenham	Cabbage Patch 10	10 miles road
15-Oct	Brighton	Jog Shop 20	20 miles xc
15-Oct	Croydon	Croydon 10K	Owen Trophy
28-Oct	Lloyd Park	East Surrey XC	Sandilands
28-Oct	Battersea Park	Self Transcendence 10K	10K road
29-Oct	Horsham, West Sussex	Barns Green Half	half marathon road
29-Oct	Wilmington, Kent	Wilmington 10K	10K road
29-Oct	Seven sisters	Seven sisters marathon	Off road marathon
4-Nov	Reigate	Reigate Priory relays	
11-Nov	Lightwater	Women's Surrey League Div. 2 Cross Country	Sandilands
11-Nov	Wimbledon Common	Men's Surrey League Div. 2 Cross Country	Sandilands
18-Nov	Parliament Hill	London Cross Country Champs	
19-Nov	Brighton	Brighton Reebok 10K	10K road
19-Nov	Epsom	Epsom 10	10 miles road
25-Nov		South of Thames 5	Sandilands
02-Dec	Coulson	Pirie 10	Sandilands
03-Dec	Crowborough	Crowborough 10K	10 K road
03-Dec	Margate	Thanet Coastal 10	10 miles road
10-Dec	Guildford	Hogs Back 8	8 miles road
16-Dec		South of Thames 7.5	Sandilands
17-Dec	Reigate	Holly Run	
	Turners Hill, West		
26-Dec	Sussex	Turners Hill Cross country run	
01-Jan	Box hill	New Year Box Hill Knacker Cracker	
06-Jan	Lloyd Park	Surrey County CC champs.	Sandilands
13-Jan	Wimbledon common	Women's Surrey League Div. 2 Cross Country	Sandilands
13-Jan	Oxshott Woods	Men's Surrey League Div. 2 Cross Country	Sandilands
20-Jan	Wimbledon common	East Surrey XC relays	Teams of 4 x 2 miles XC
27-Jan	Parliament Hill	Southern CC Champs.	Sandilands
10-Feb	Richmond Park	Women's Surrey League Div. 2 Cross Country	Sandilands
10-Feb	Epsom Downs	Men's Surrey League Div. 2 Cross Country	Sandilands
10-Mar	Sunderland	National CC Champs	
17-Mar	Box hill	East Surrey League : Box Hill relays	Teams of 4 x 2.1 miles road
10-Apr	Ewell Court	East Surrey League : 4 miles road	4 miles road