

Striders of Croydon

Autumn 2007 Magazine

25th Anniversary & Wedding Edition



Chairmans Corner

This year sees Striders of Croydon celebrate its 25-year anniversary. As some of you maybe aware employees of Philips formed the club in 1982 based in City House in Croydon who wanted to take part in the 1983 London Marathon. Finding no existing Athletics club that was either welcoming or that meet their training needs they, like so many other 'New Wave' running clubs that sprung up at this time, decided to start their own. Hence the club was born and known for it's first 15 years as Philips City Striders as a link to their founding members' workplace. The club's name was changed 10 years ago as the link to Philips weakened as the firm moved out of Croydon and to identify the club more to the local area. So the club became as it is known and loved at present and to mark this fantastic occasion we organised a meal and dance, now known as 'The Black Tie Do' at the Croydon Aerodrome on October 6th. I feel it's safe to say a fine evening was had by one and all and I must say how many off you scrubbed up so well dressed in your finery with not a trainer in sight as we wined, dined and danced the night away in celebration of our 25 years.

I find the timing of our anniversary portent as this past year has seen a huge change in the way that clubs such as ours are to be administrated by the sports governing bodies. And for nearly the same reasons why clubs like ours were formed back in the 1980's I can see clubs that are more road running based breaking away from the main athletics based, i.e. track and field clubs. We will be discussing this issue at the AGM how we will be affected as a club so I will not try to explain all the issues surrounding this area. However I would like to point out that these changes will see not only a financial increase to us but also an administration one as the new governing body, England Athletics, requires us to send a database of all our members. Of course this has sparked off huge discussions within the running world as not everyone is, as you can imagine, in agreement with these changes.

I'm pleased to announce that our influence within the Sandilands Club itself has increased over the last year, as club stalwart, Nigel Davidson, agreed to take on the role of the Sandilands club secretary. Nigel has advised however that the club roof is in urgent need of repair if not replacement. Should this happen it would cost in the region of £30,000. Funds that Sandilands do not have sitting in a bank account so will be looking to the associated clubs like ours to finance. A fund has been set up to raise the required capital where half of the money raised go to the fund and the other half into a monthly draw for those people that have taken out a yearly £20 stake. I would actively encourage you all to purchase a stake and should you be lucky enough to win the monthly main prize of £50 to spend some of your winnings in the club bar! On the subject of which, if you wish to continue enjoying the benefits of this wonderful functionality could I also ask you all to support it by using it for a post club run drink and chat after our evening club runs, especially during the winter months as it will be a case of use it or lose it.

As a club the past year has seen us once again increase our membership levels that, as of the end of August of this year, stand at a record 176. This has been quite a remarkable increase over the last 5/6 years when you consider that when we moved to Sandilands from our original home in Lloyd Park in 2001 our membership stood at 75. A large percentage of this increase has been the number of ladies that have joined the Striders. Female membership now almost makes up 40% of the overall club membership. Again this is another remarkable statistic as only a few years ago you could count the number of female striders on one hand, well if you were a Banjo player at least! From a personal view I find this particularly pleasing as one of my aims when I was honoured enough to become chair of the Striders was to get more women in the club.

However, this huge increase in membership numbers has not seen the same increase in the number of people either taking part or more importantly assisting in club organised events both running and social related. The usual comment heard at such events is that it always seems to be the same people that come forward. There are people within the club that put a lot of their time into organising events such as alternative club runs only for a handful of people to turn up. Even worse is when such an event is held at the clubhouse and people turn up but are not prepared to give the event a chance and take part. I would therefore like to request from you, the members, to support your club in a more pro-active fashion for the next coming club year. To steal and re-work a quote from a famous US President, **'Think not what your club can do for you, think what you could do for your club'**. We have a hard working committee, who do a lot of work behind the scenes to make sure that this club is a success but this committee has not grown in line with the club membership. While I'm not suggesting that we have a bigger committee, after all it can be hard enough to get a decision with the number we have at the moment! It would be good if we could get people to help the committee. For example, we need someone to be the Team Manager for the Rosenthal Track Meeting to give Chris Morton a break. There are only 6 meetings per summer one of which we host. Chris ensures me that it's a fairly straightforward job and it's just a case of getting people involved. There are plenty of more roles that could be filled that could increase the benefit and enjoyment to all within our club including even non-running events. So please do not be shy in coming forward.

As some of you might be aware I've decided that this coming year will be my last as chairman so there will be a vacancy for chairman come October 2008 if anyone is interested! I've also decided that our annual race, Switchback 5, needs a fresh approach so will not be organising the race next year as I'm hoping that someone or perhaps, somebody's, will step in and take up mantle of this race.

“Just remember, once you're over the hill you begin to pick up speed.”

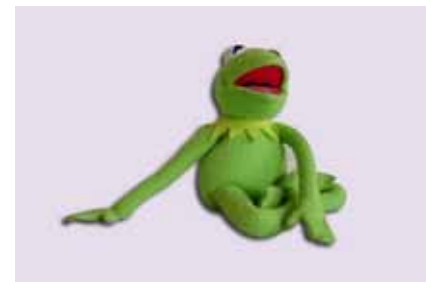
“Jogging is very beneficial. It's good for your legs and your feet. It's also very good for the ground. It makes it feel needed.” ~Charles Schulz, Peanuts

“It's unnatural for people to run around the city streets unless they are thieves or victims. It makes people nervous to see someone running. I know that when I see someone running on my street, my instincts tell me to let the dog go after him.” ~Mike Royko

“Finland has produced so many brilliant distance runners because back home it costs \$2.50 a gallon for gas.” ~Esa Tikkannen, 1979

“If God invented marathons to keep people from doing anything more stupid, the triathlon must have taken Him completely by surprise.” ~P.Z. Pearce

“I don't think jogging is healthy, especially morning jogging. If morning joggers knew how tempting they looked to morning motorists, they would stay home and do sit-ups.” ~Rita Rudner



Kermit explained later.

Club notices

Thanks to all who contributed to this newsletter. Apologies to all who went to the dinner and will have seen the “when we were younger photos already.”

Several editions ago I promised a bottle of plonk for the photo that appears on the front page. I finally have the pleasure of awarding one to **Claire Farrugia** for **The Kiss**. Perhaps I should award the subjects a bottle as well but it would set an expensive precedent if the winner of the next edition is a group photograph.

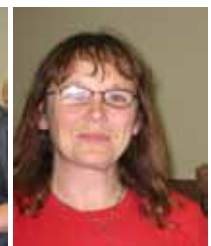
Congratulations to all who won trophies this year and thanks to those who voted me club man of the year again. The bonus this year was a pair of trainers from **Runathon** Thank you Bas and an opportunity to remind you that for the Kit you can't get from our stock **Runathon** gives Striders members a **10% discount**.

Now that it is getting colder and darker remember the club has a stock of Fleeeces, Track Pants, Sweatshirts and White coolmax T shirts, hats and gloves. If you want to see samples ask **Phil Mazur** if you know what you want, order from Phil or mail me robin@jmsn.me.uk and I'll deliver from the “warehouse” you can of course pay online. - Ed



Trophy Winners

Men's Road Ranking	1 st 2 nd	Justin MacEnhill Damian MacEnhill/Ian Campbell
Ladies' Road Ranking	1 st 2 nd 3 rd	Kerry Backshell Stephanie Upton Tina MacEnhill
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 Matt Morgan Duncan Lancashire
Ladies' XC	1 st 2 nd 3 rd	Faye Stammers Kerry Backshell Stephanie Upton
Handicap Trophy		Matt Anderson
Sandilands Cup	1 st 2 nd 3 rd	Amalia Da Silva Justin MacEnhill Nigel Davidson/Matt Morgan
Track & Field		Dave Lovell & Yasmin Ramsay
Surrey Road League MV50	2 nd	Dave Batten
Club Man of the Year		Robin Jamieson
Club Woman of the Year		Susan Haynes



Swimming Club restarts at Trinity

Avoid the crowds at a public pool and come and swim in the luxury of Trinity School Pool

After a few months swimming away from home on the sunny slopes of South Norwood we are finally back in our new shiny refurbished home pool at Trinity School

We restart on

Thursday October 25th at 8 o'clock

Sessions are still only **£5** for which you get an hours swimming in our own private pool with schedules set, according to ability by Neil Furze. As long as you can swim a length or two in any style you are welcome to come along.

You can either pay £5 a session as you go or pay up front for a "season ticket" which, for the short 8 week season to the end of the year will be £35.

Any newcomers get their first session free.



Typical schedule

Group C

Warm Up	100	Swim	
	100	Catch-Up	200
		2 sets of	
		50 Rolling Side Kick	
		50 Fists	
		50 Doggie Paddle	
		50 Nail trail'	400
Main Set	6 X 100	Swim – rest 30 secs	600
Optional Set	3 X 100	Swim – rest 30 secs	300
Warm down	100	5 Front/ 5 Back	100

Women only!

Ok Ladies, it is time to put away the makeup, lippy and nail polish & go for the full mud pack treatment. That's right, it cross country time again and we have entered the Surrey Ladies league.

We are currently in division 2 having very narrowly missed out on promotion last season. I have every confidence that this year with more team members we should be able to claim our rightful promotion.

Some of you ladies have already shown an interest in being part of this successful team by registering your name with me. If you haven't you can at john.ralf@uk.fujitsu.com

The races are a maximum of 6k distance, yes just 6k and there are 4 of them in this season. The dates & locations are

- Sat 13 Oct 07 - Esher (hosted by Walton AC)
- Sat 10 Nov 07 - Cranford (British Airways AC)
- Sat 12 Jan 08 – Reigate (Reigate Priory AC)
- Sat 09 Feb 08 - Richmond Park, Petersham end (Ranelagh H)

So here is to a very successful campaign, lots of support for the gentlemen of the club & the plan of promotion to Division 1. See you on race days on both sides of the finishing line.

John

Matt & Yasmin

Congratulations to Matt & Yasmin who chose to celebrate our 25th Anniversary by getting married the same day. Best wishes for the future from the whole club.



The 25th Dinner

There are loads of Photos on the Club Website – this is just a few of the guests - not necessarily at their best.



25 Years a Strider Part 2

Colin Golding

It took me a couple of months to compose and write my last epic!! So when I finally sent it off to Robin, I felt great relief that it was finished. It was only then, that I thought, "Oh no I could have said this or I forgot to say that!"

When thanking Robin for the great job he did in presenting it in the last edition, the addition of the photo's enhancing the tale, he asked me if I had anything I wanted to submit for the Anniversary Edition, maybe even an old newsletter he could reproduce?

"Yes" I thought, "I think I can come up with an old newsletter and maybe reminisce some more" (Oh no I hear you groan!!)

So I hunted around and managed to find what could be the oldest surviving edition of Strider newsletters, the October 1983 edition!! Mick Meech in his role as secretary also took on the mantle of newsletter editor. As he had no access to Word then, he used to type up the newsletters on an old typewriter and then photocopy them for distribution. As you will see from the reproduced copy, the typewriter ribbon needed changing!!

Some time later, I think, Maggie Hubbard offered to type it up on Word for him. She then took over the role as Newsletter editor giving Mick more time to devote to his secretarial duties. Luckily for us Maggie had kept most of her newsletters and started an archive as she took to her new role (hence the October '83 edition). She continued to do so until she passed the job on to John Keen and he followed suit till passing the mantel to me!

It made nostalgic reading and it answered some of the questions I posed in my last literary attempt. e.g when Striders affiliated to CASSAC and when the Wednesday/Sunday training sessions officially began.

Reading on through the archives I came across my profile in the October 1985 edition.

One of the questions asked about P.B's. My 10mile time had been improved on 4th August '85 at Battersea Park to 64mts 15secs. The race was organized by Sri Chimnoy and was 10 x 1mile laps. This was one of those races that, when you run well, you can replay like a movie inside your head over and over again. (With slow motion, fast forward, rewind etc) I couldn't have told you when, till reading the profile, but it's still fresh in my mind as if I'd run it yesterday!

During the race I could see ahead of me Alan Purchase, a runner I had the up most respect for and I believe a sub 60, 10 miler? I slowly began to reel him in, his scalp would do my confidence no end of good!! As I pull along side of him, on his right hand side. I can see him turn, in slow motion, to see who it is. I can only describe his reaction as being startled, shocked and surprised that it was me! But unfortunately for me the adrenalin must have kicked in for Alan, because he began to pull away from me and try as I might I could not catch him.

Another PB was for the half marathon, run at Epsom on 8th September '85 in 1hr 29mts 05secs. Ron Carver another good friend, paced me round enabling me to break 1hr 30mts for the first time! Considering we were also rivals this made the run extra special.

Under the heading Any Other Comments in my profile I said,

1. To thank Alan Purchase who wouldn't give in at the Battersea 10 (04.08.85) thus pulling me round for a PB.
2. To Thank Ron Carver for pacing me round the Epsom & Ewell half marathon and letting me cross the line first!!

Also in my profile was the question Biggest Influence. To which I'd replied,

"Hugh Coppin who coached me through my training for the '83 London Marathon and still believes in me. Mick Meech for discovering a training programme that is working (he nags a lot as well). And Ron (The Legs) Carver, I'm sick of seeing his back in races so beware!!"

(This more or less confirms what I wrote about in my last story)

Another race I can replay in the movies of my mind was a Club Handicap race. Again I can't remember the date except it was probably in the '90s?

My handicap group consisted of, John McGilvray, Dave Langley and Simon Smith.

John kept putting in bursts and then slowing down. When we got into Oaks Road I decided enough was enough and put in a kick. The only one to follow me was Simon and he kept himself tucked just behind me. Half way round I was willing him to take some of the strain by leading and give me respite. But just like you see athletes do on the track, he let me do the work! In Coombe Rd you have to run across a road (the name escapes me) before you go over the hump backed bridge. A car came hurtling up and I had to slam on my breaks, Simon shot across the road. That, I thought was that, he'd got in front and gained a small lead. I chased after him and caught up breathing a sigh of relief. This time I let him lead, until we were almost at Lloyds Park and the finish of the handicap. I kicked again and this time he didn't respond. A good hard (enjoyable!?) fought run, Cheers Simon.

Just before I end, I saw the emails requesting votes for the Man & Woman of the Year.

It reminded me of the time when the committee (which still included me) first decided on introducing these cups. It was then down to the committee to decided on the winners. (I quite like the fact that it is now the members who decide). The very first

recipient of the Man of The Year was a guy called Steve Page. He'd had major surgery and a few months later ran a Marathon!

I apologize to the ladies winner but I can't remember who they were. It could have been Debbie Picot? I believe the names of the holders are engraved on the cups? Maybe the current holders could let me know sometime and what year it was?

Thanks to you if you have read this to the end and enjoyed the ramblings of a TOG or should that be SOG (Striders Old Geezer).

I don't suppose that all those years ago we founder members ever envisaged the club still being around 25yrs later !! A tribute really to Mick Meech, without whose idea this club would never have existed!!!

HAPPY ANNIVERSARY

Colin

Some extracts from the Striders newsletter of October 83 dredged up by Colin

Philips City Striders A.C.

October Newsletter.

Following the A.G.M. and the request for the membership subscription for 1983/4 i am pleased to report that almost all members have renewed their membership and that several new members have joined the club.

Please do not forget to encourage as many new members as possible, all standards are welcome and we would like to bring in a junior section. We are also planning to stage our own race next spring for up to 100 runners. This will be in early spring, more details to follow.

The showers have now been installed in City House, and the lunch time jogging sessions are benefiting from this. If any one would like put in extra training sessions at lunch time and use the showers please contact me for further details.

The Croydon members have now been using the Lloyd Park facilities for just over a month now. It has been a great success, however we would still like to see a lot more of you come along. Regular Sunday morning and Wednesday evening sessions will now be the norm, but if any one would like to use the facility at other times, please contact me.

As from this month the newsletter will be on a bi-monthly basis to help save admin costs, although it will be more comprehensive in club news etc. However race information will continue to be sent out on a regular basis to enable members to enter as many events as they wish.

With regard to training runs, if any one is looking for a running partner especially on these long winter evenings when there is not a club run perhaps you will let me know and we can try to make up pairs of the same standard and area etc. Also if you have any news or information for inclusion in the newsletter please let me know for the next issue (late Dec)

October Race Reports

6th October Cabbage Patch 10.

A pleasant run around the tow paths of Twickenham. Steve Owen was the first club member home setting a new P.B. of around 63.40.

13rd October Croydon 10 and 5 mile

A smashing club entry of club members 21 lined up at the start with some half dozen of our newer members taking part in their first run in the 5 mile event. Steve Owen was first home in the 10 mile race again setting a P.B. of 62.10 followed by Miles Mayne in 62.20 and Mick Meech in 62.32. The race is now on for the first sub 60 min in the Croydon section.

Club Vest's. As many of you will know the club vest's arrived two weeks ago they were very nice. However one small detail was missed they had forgot to print the club name on them. I have sent them back for printing and they should be with us in a few days.

1982 And All That.

Mick George

1982 and our inaugural year. Perhaps you might guess from my montage running marathons was far from my mind. However, a friend of mine on my Watch was preparing himself for his second marathon. I always remember seeing him run into work regularly from Tooting to Fulham and I always thought how silly of him to refuse a lift in my car - much more sensible driving into work then running into work, I thought. I did help him in his training though: we used to go out as a crew. I would drive the fire engine (slowly) and he would run behind us, all around the King's Road and Chelsea Embankment. It must have made an unusual and amusing sight. I tried to run once and did some training for the rugby season before it started .I couldn't work out why after consuming 6 pints of Liffey water at lunch time, I struggled with my running a few hours later. I thought the black stuff gives you energy. The only two units I understood at the time as far as safe drinking was concerned was pints and gallons, the former being the quantity of wine, spirits, port and 'a pair of teeth'. The latter being: beer, lager and cider.

Running for me came 6 years later in 1988, only because I became a recruit trainer and deemed it necessary to become fitter than my recruits. Running seemed a good activity to take up and my transformation from being a very obese 16 stone non-operational firefighter to a fit 11stone 4oz healthier person in just 9 months was amazing. I may have looked like somebody with a social disease but I felt much happier inside. I then got the bug for running and wanted to improve, I use to spill so much booze whilst running I decided to give it up and I joined the Philips City Striders. I'm still off the booze, even to my amazement, in my ignorance perhaps, being surrounded by runners who drink, I thought that was taboo, I have never been tempted myself. I suppose controlled drinking is OK.

I've included a couple of photographs of my proud running moments my PB's for a ½ marathon and a 10miler, some 9 years after the start of the club. Neither would have been possible without the support of our wonderful progressive club. Whatever we call ourselves it doesn't matter it's us and the support we give each other that counts. You can tell a good club by its committee and fortunately during my 17 years with the club we have always been endowed with a strong and committed committee. Thanks.

Yes, I've managed to beat my old mucker whenever we raced against each other. The one I thought strange running into work. I do it myself sometimes. **RUN&BECOME.**



TRYING TO ACHIEVE A RECORD FOR THE NUMBER OF FIREMEN YOU CAN GET IN A TELEPHONE BOX.



1991
87 MINUTES FOR A 1/2 MARATHON



1991
63 MINUTES FOR A 10 MILER



POSING AND SHOKING ON ONE OF THE WATCHES
MANY BEANS



FLYING CONCORDE



WAITING FOR THE NEXT 'SHOUT'



ATTENDING A 6 PUMP FIRE AND
ABOUT TO BOOK IN AT A BREATHING APPARATUS
CONTROL POINT.

25 YEARS AGO: LOCAL ATHLETICS IN 1982

Alan Dolton

I thought that it might be interesting to write an article looking back at the local running scene as it was 25 years ago. Some readers may remember that Ron Carver and I produced articles covering similar ground in our club newsletter five years ago, but we have had so many new members joining since then that it is probably worth going over the same ground.

At the time of Striders' formation, there were two athletic clubs in the borough. The oldest were South London Harriers, who had been formed in 1871. Originally based in Peckham, they had moved their headquarters to the Swan and Sugar Loaf in South Croydon in the late nineteenth century. From around 1910 onwards, this area began to be developed for housing, and in 1913 SLH moved further south, to Coulsdon. During the 1950s they had been one of the top clubs in the country, including Olympic silver medallist Gordon Pirie among their members, and winning the national cross-country championship in 1955, 1957 and 1958. They were proud of their traditions, and for more than a century they refused to allow women as members (although they did allow them to make the tea after races). It was not until 1982, in the wake of the running 'boom' that followed the first London Marathon in 1981, that SLH belatedly agreed to allow women to join them.

The other local club was Croydon Harriers, founded in 1920 and based since 1953 at Croydon Football Club's ground in South Norwood. They were more enlightened in that they did accept both sexes as members. However, they were primarily a track club and, although newcomers were welcome to join their track sessions, they had stopped doing steady-paced club runs in the late 1970s. With hindsight, this was remarkably bad timing as the 1981 London Marathon saw a 'new wave' of people wanting to take part in running, whereas previously most road runners had been people who had previously been involved in track and cross-country running. It was unfortunate for the Harriers that, at the start of the 1980s, none of their experienced road runners seemed to be willing to qualify as a coach and help to encourage novice road runners.

The details of Striders' formation were set out in the article by founder-member Colin Golding in the previous issue of this newsletter.

In 1982 there were two major road races in the borough of Croydon. The older of the two was the SLH 30-miler, held over an undulating four-lap course. This tended to attract small fields of experienced runners, and has subsequently been discontinued because of traffic problems. The other race was the Croydon '10', which was first held in 1981. From 1981 to 1985 it was a ten-mile race: the distance changed to 10 kilometres in 1986. The 1981 race had begun and finished at Croydon Arena. It was won by Bob Treadwell of Surrey Beagles in 49.18, more than three minutes clear of his nearest rivals. (Bob lived just outside the borough, in Warlingham, and was an English cross-country international.) The 1981 course required runners to cross the A222 twice, and for 1982 the race was moved to a two-lap course beginning in Oaks Road and finishing in the grounds of John Ruskin School (which has subsequently been demolished). Striders subsequently adopted this course for our annual club handicap, until the arrival of Tramlink prompted us to switch to our current course for reasons of safety. The race was well promoted by Croydon Council, and attracted more than 1000 entrants, mostly local 'fun runners' rather than members of athletic clubs.

The race was won by Dave Lockley (South London Harriers) in 50.41, while his wife Margaret (London Olympiades) completed a family double by winning the women's race in 58.02, more than ten minutes ahead of her nearest rival. Croydon Harriers had four runners in the top seven: Don Faircloth placed third in 51.39 and was followed by Martin Walmsley (5th, 53.07), Gary Bishop (6th, 53.57) and Alan Dolton (7th, 54.16). Ray Marriott of SLH placed 8th in 54.19. Only four of the top 10 were from clubs based outside the borough of Croydon. Australian Diane Chettle (Croydon Harriers) was the second woman to finish (68.42).



This photo (courtesy of Ranelagh Harriers) shows Hugh Jones of Ranelagh winning the 1982 London Marathon. This is still the only occasion when a Surrey runner has won the London marathon.



From 1982 to 1994, the Croydon '10' started in Oaks Road and finished in the grounds of John Ruskin School (which has subsequently been demolished and replaced by Postmill Close)



From 1973 to 1992, the Southern Road Relay Championship was held at Wimbledon. (Because of increasing traffic, it has subsequently been moved to Milton Keynes.) The leading runners in this picture (from left to right) are: Barry Attwell (Epsom), Ollie Foote (Belgrave), Adam Bridge (GEC), Alan Dolton (Croydon), James Webster (Invicta) and Mike Riley (Ranelagh). Both Attwell and Dolton are still competing locally, although both have subsequently changed clubs.

20 YEARS AGO: ATHLETICS IN AUTUMN 1987

Alan Dolton

The Surrey Cross-Country League began its 26th season with matches on Saturday 24 October. The Division One match was held at Wimbledon Common. The individual winner was Tom Conlon of Herne Hill, while Aldershot won the team event with Boxhill second. In the Division Two match at Milford, host club Guildford & Godalming won with Croydon Harriers second and South London Harriers third.

Striders competed in the Division Three match on a very tough course at the Devils Punch Bowl, Hindhead. Dulwich Runners won the match with 369 points, with home club Haslemere second (483). Striders did well to placed third (490), with Camberley fourth (503). Striders' 14 runners were led home by Henry Galvan who ran well to finish sixth. Steve Harman also ran well for 15th, while John McGilvray, making his league debut for Striders after joining from local rivals Surrey Beagles, was 21st. The rest of the Striders team was: 31 Nigel Davidson, 41 Ian Wallwork, 42 Colin Golding, 61 Steve Owen, 83 Len Picott, 87 Colin Cotton, 114 Dave Hoben, 131 Ron Carver, 134 Simon Smith, 136 John McKenty, 153 Kevin Burnett.

The Surrey Womens Cross-Country League began its ninth season on Sunday 10 October with a match at Lightwater. The individual winner was Philippa Mason of Guildford, while South London Harriers won the team event. Striders had not yet joined this league, but were to do so in the following season.

The Surrey Road Relay was held at Battersea Park on 12 September, and was won by Woking. The women's event was held three weeks later at Epsom, and was won by South London Harriers.

The second Croydon 10K was originally scheduled for Sunday 18 October, but had to be postponed because a heavy storm on the previous Thursday led to fallen trees blocking the course in Oaks Road. The race was eventually held on Sunday 15 November. The winner was Lawrence Marsh of South London Harriers, in 31 minutes 15 seconds. Mark Gregory (Boxhill) was second (31.40), with Mike Cody (Herne Hill) third (32.00) and Alan Dolton (Croydon Harriers) fourth (31.09). The first over-40 to finish was Chris Woodcock of Blackheath, who placed 8th overall in 33.48. The second over-40 was Simon Morris of Striders, who placed 12th overall in 34.12. He was also the first Strider to finish. Next for Striders was another veteran, John McGilvray, who ran 34.57 for 21st place overall and fourth in the over-40 category. The first woman to finish was Debbie Bradford of GEC Avionics (37.48), just ten seconds ahead of Caroline Letchford (South London Harriers).

The Surrey Veterans Cross-Country Championships were also held on 15 November, at Wimbledon Common. The winner was Bob Gevers of South London Harriers. SLH won both the over-40 and over-50 team races.

One big frustration for road runners is running a good race on a course which subsequently transpires to be short of the advertised distance. There was an example of this on 1 November, when the recently merged Redhill & Surrey Beagles AC staged what was advertised as a ten-mile road race on a new course, not officially measured, starting and ending at Chipstead Rugby Club. Many of the runners set what appeared to be new personal bests, but the course was subsequently measured by a member of SLH who found that it was more than 400 yards short of the advertised distance. This helped to explain why Striders' first five finishers, and Croydon Harriers' first four finishers, had all appeared to set new personal bests. (Of the five Striders in question, Nigel Davidson ran a faster time at Tadworth five years later, but none of the other four managed to reach their Chipstead times on an officially measured course.)

In the Slough Marathon on 13 September, Striders' Dave Langley ran a personal best of 2 hours 52, placing him third on the club's all-time rankings. (Dave subsequently improved to 2.46 in the 1989 Poly Marathon, and is still in fourth place in our all-time rankings.) Also at Slough, Alan Purchase ran 3.17.05 while Dave Hoben ran 3.35. Meanwhile, Striders' women's team had been strengthened by the signing of Caroline Cahill, who had moved from Northern Ireland. Before joining Striders, she had run 3.05 in the Glasgow Marathon.



in front of a packed and enthralled crowd John Keen fails to beat the 42 mins barrier at the Crystal Palace 10km December 1985. Dave Hoben, out of picture, already finished, drinking tea, relaxing!

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

Principles of healthy eating for power-based athletes

Articles supplied Phil Mazur

This is about day-to-day behaviours – match day and training recovery is a different matter.

In nutrition, variety is the spice of life. Choose a wide variety of natural, unprocessed foods from all the food groups. These include carbohydrates (including vegetables, whole grains and fruit), protein and fats. By including a variety of foods in the diet, you increase the likelihood of consuming all the nutrients, vitamins and minerals that you require for a healthy and balanced diet. A variety of foods also ensures that your diet remains interesting and exciting. Use cook books and share recipes to bring creativity and new tastes and flavours into your diet.

1. Hydration

Water is the most important part of your nutrition programme

Adequate hydration is a crucial part of health and performance. Even a small water loss can impair both physical and mental function; you will need to drink at least 3 litres of water a day. This requirement increases dramatically when you exercise. Thirst is a very poor indicator of how dehydrated you are or have become. By the time you feel thirsty you may have lost 2-3% of your body water. This will have a very big impact on your performance, see the box

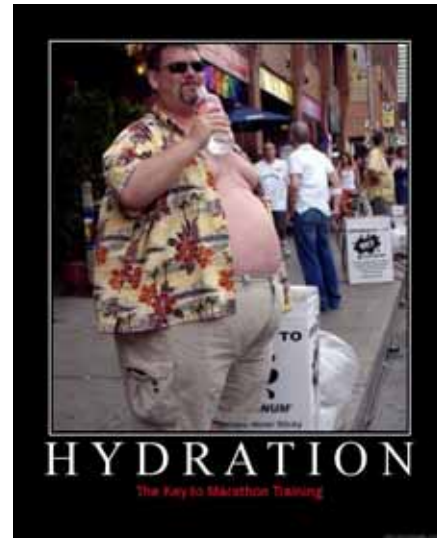
below. To ensure you don't become dehydrated you will need to drink water continuously throughout the day. Using a water bottle will allow you monitor your intake. Being well hydrated improves how you feel and how you perform. To stay hydrated you may also use fruit and herbal teas, or water flavoured with a little fresh fruit juice.

Remember: If you dehydrate by only 3% - that is 3kg for a 100kg player – your performance will decrease markedly – losing up to 10% of your strength and 8% of your speed. You also increase the possibility of muscle pulls and strains

For re-hydration: One kilogram of weight lost = one litre of water to replace

Top tips:

- You need to drink a minimum of 3 litres a day + whatever is required in training. Most people don't come near that. If you're properly hydrated your urine should be pale and clear. If it's dark and strong smelling, you're dehydrated
- Start the day with a glass of water. Alternatively a mug of freshly boiled water and a slice of lemon. In summer add a fresh sprig of mint and fresh lemon slices to a jug of cold water
- Drink little and often through the day and more during training
- Consider installing a home water filter and remember to use it to fill the kettle and for cooking
- Thirst is a poor indicator of dehydration. If you use thirst as your guide, you can be 50-70% more dehydrated than by following the guidelines above
- Drink from a bottle of water to measure daily intake until you are used to drinking enough
- In training, consume at least 250ml of fluid every 15 minutes
- Drink during a race – drink whenever it is offered
- Drink cool fluids – they are absorbed faster
- Avoid carbonated/fizzy drinks. They are commonly very high in refined sugars (see later), they contain a lot of gas that will leave you feeling before you are hydrated and they are very high in mineral phosphorous. High



More from The archives

Whipsnade 1982



Bob Ewen 4th place
Margo Ewen 2nd Lady
Medals Presented by Marti Wild (Why must we be teenagers in love)

intakes of phosphorous cause your bodies to loose calcium. This in turn can have a negative effect on developing healthy bones

- Pre-hydrate – drink a little extra fluid in the 2 days before a game
- Weigh yourself before and after training. This will give you a good idea of just how much water you are losing – a 1kg loss of body weight represents a need for at least 1.2 litres of fluid to be replaced. Remember the replacement will increase to 1.5 litres in hot, humid, climates
- The use of isotonic drinks after a race or in training speeds up fluid replacement and maintains blood sugar levels during training and playing. They also help you retain more fluid than water alone as they contain electrolytes
- Re-hydrate properly – drink at least 1 litre BEFORE you begin to eat any high sugar food or drinks, since these will slow down the rate that you are able to absorb the fluids you require
- A large amount of caffeine and alcohol is bad news, so don't have more than two or three cups of coffee or tea a day or one to two units of alcohol. Both are recognised to have a diuretic effect, making you make more urine, and causing you to become dehydrated further

2. Fats, the good the bad and the ugly

Contrary to popular belief, not all fats are actually bad for you, far from it, many are not only good, but without them you would die. A zero fat or very low fat diet is harmful to your health. So you need some fats, the question is which ones and how much?

Fats can be separated into three groups. The "good" fats are the polyunsaturated fats. These include the Omega 3 and Omega 6 essential fatty acids (which actually are the vitamins of the fat world) and Omega 9 non-essential fatty acid, which you will know as olive oil. The good fats are liquid at room temperature. They play an important part in many functions, for example controlling inflammation, supporting normal immune activity to infection and allowing your brain to operate optimally as well as structures such as every cell wall in your body. The body cannot manufacture these 'essential' fats and we need to obtain them from our food. Omega 3 fatty acids are found in oily fish such as salmon, trout, sardines, mackerel, herring and tuna. These fish should be included in the diet at least twice a week. You obtain the omega 6 fatty acid from vegetable oils. Good sources are cold pressed such as flaxseed oil and virgin olive oil. Good sources of both omega 3 and 6 are nuts and seeds.

The "bad" are the saturated animal fats. They are known to increase the risk of heart disease, some cancers and strokes. Saturated fats are generally solid at room temperature like butter and lard. They are the fats you see in meats and are found in dairy products. Saturated fats if not used as energy will be stored as body fat and tend to get dropped in your blood vessels leading to furring up of the arteries (atherosclerosis). It is this that increases the risk of cardiovascular diseases when they are eaten.

The "ugly" fats are the hydrogenated and Trans-fatty acids (formed when fats are fried). These have been chemically altered and are used in food to improve texture and shelf life. Functionally they tend to act like very sticky saturated fatty acids and should be avoided. You will need to read your food labels. Many margarines contain these fatty acids and their consumption is associated with an increased risk in heart disease. There are a few new brands of margarine such as Benecol and Flora Activ, that are healthier and can even assist in lowering blood cholesterol as part of a good diet.

Top tips:

- Avoid saturated and trans (fried) fats whenever possible – fried foods, burgers, butter, etc. They increase cholesterol and decrease membrane fluidity
- Use cold pressed extra-virgin olive oil as your main source of fat – very good source of monounsaturated fatty acids
- Eat at least 2 meals per week of cold water fish – e.g. salmon, trout, mackerel, sardines - and take capsules of essential fish oils such as EPA (omega 3) and GLA (omega 6).

More from the Archives



All star line up attached, Michele Lawrence (Striders), Heather Fenton (Harriers) and some kid called Zola Budd - all shivering at the start of XC race at East Grinstead late 80s (?).



a sunny November 85 (?) finish to the Coulsdon 10 as John Keen fails to beat the 70 mins barrier despite tracking Alison Stewart for most of the race!



desperate times in the 1986 London for John Keen as he tries to avoid hitting the wall (on his left)

- These foods contain high quantities of Omega 3 fatty acids which improve insulin action, reduce muscle catabolism and enhance testosterone production
- Try to keep fat intake down to 15-20% of your total calories – if you are eating 4000 calories a day that is about 65- 89g of fat per day
- Avoid deep fried foods, preferring stir-fried, dry roasted, baked, grilled or steamed
- Snack on nuts and seeds
- Add fresh herbs instead of butter to vegetables to make flavours more interesting. Use chopped mint to add to green beans, mange tout and new potatoes. Try coriander in stir-fries and an assortment of herbs in soups
- Dress salads with olive oil and fresh lemon juice or flavoured vinegar. Use tomato juice or low fat yoghurt for a dressing with a difference. Use fresh herbs, chopped nuts and dried fruit to add flavour and texture

3. Carbohydrates

Carbohydrates provide the major source of energy for high intensity performance. They are the fastest available energy source and are always the limiting fuel in performance.

There are many different types of carbohydrate and these all have different rates of absorption, digestion and utilisation and effect on blood sugar and hence insulin levels. The simplest way to start thinking of them is as refined and unrefined.

Refined carbohydrates include white bread, white pasta, white rice, white sugar or anything to which sugar has been added such as sweets, chocolate, cakes and confectionary. Refined means that these products are not as they occurred in nature. Refining takes place in the food industry to improve the shelf life and texture of the products. In its raw state a plant contains a fibrous coat or cell wall. These are removed in refining, for example removing the husk from the germ of flour transforms brown wholemeal flour into white flour. The consequence of this is that the refined products require very little digesting and so the sugars are absorbed extremely quickly. We all know this if we think about it. When you put some chocolate in your mouth it just dissolves away. If you placed a pea in you mouth in the morning, by the end of the day you could spit it out. The unrefined carbohydrate is not going anywhere without the digestive process.

Unrefined carbohydrates would include whole meal breads, pasta, brown rice, vegetables and fruits. Unrefined whole grains are made up of all parts of the grain – the bran (fibre rich outer layer), the endosperm (middle part) and the germ (the nutrient rich part). When grains are milled or refined the outer parts are removed leaving the endosperm and germ. This generates a refined carbohydrate. Whole grain foods by comparison contain all three layers of the grain. They also contain important plant compounds called phytochemicals. Phytochemicals together with the vitamins, minerals and dietary fibre found in grains contribute to these whole foods' nutritional content and their numerous health benefits. As whole foods they have to be properly digested and this process slows the rate at which the sugar gets absorbed into the blood from the gut.

Poor choices of glucose intake

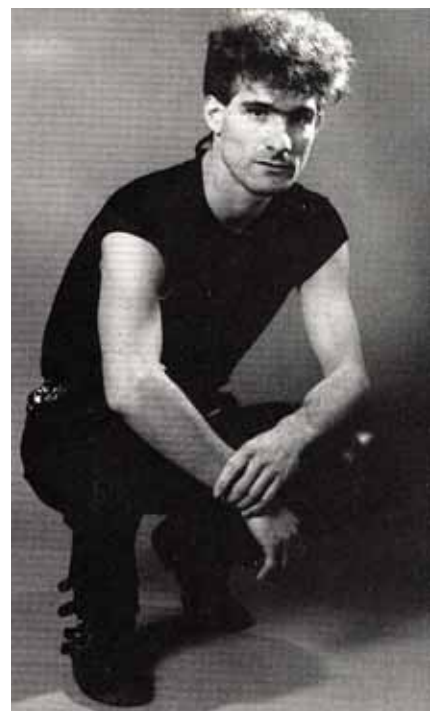
There is a problem with consuming a lot of refined carbohydrates. Your body was not designed to use them. The body must control your blood sugar (glucose) within a very tight normal range. Outside this range your brain will not function properly. We can see this from looking at diabetics. These folk cannot make enough insulin, the hormone that controls your blood glucose. Because they don't make sufficient insulin they must give themselves a top up several times a day.

How does the body know how much insulin to make when you eat some sugar to keep the blood glucose in the normal range? This. The body just looks at how fast the glucose is coming in through the gut and passing up to the liver. If there is a little bit of glucose coming in, your body assumes you have eaten a little meal, and so makes a small amount of insulin, but if there is a lot of sugar rushing, in the body assumes there is a big meal and makes a lot of insulin. Simple.

Puzzle Corner.

Who are they now?

Open only to those who were not at the 25th Dinner



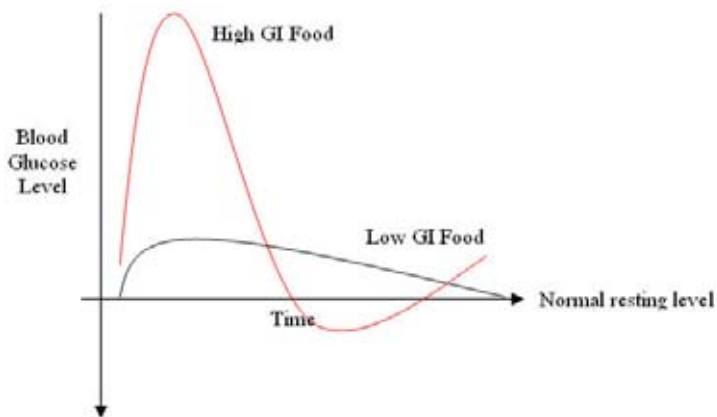
Now consider those refined carbohydrates again. Refining the carbohydrates means they are absorbed very quickly. The message this gives your body is to expect a very large meal and make a lot of insulin, however this may be wrong, it might have been just a glass of a fizzy drink (containing sugar), say 100 calories. Your body has now made a lot of insulin (hyperinsulinaemia). The faster blood glucose rises the more insulin is produced.

Insulin is the hormone of storage and it tells your body to store this glucose away. It moves glucose from the blood into cells, initially muscle and liver, but then fat. If you have just been training, this will allow you to top up your liver and muscle glycogen (something we do specifically, see recovery later), however if you have not been training there will be very little glycogen to top up and so the rest is stored away, being converted and stored as body fat! So a diet that is high in sugar and refined carbohydrates will tend to lead to an increase in body fat which is not what an elite athlete wants.

What Goes Wrong?

Poor blood glucose control occurs for a number of reasons. The most common and most important reasons are consumption of rapidly absorbed sugars, over stimulation of the pancreas to produce insulin and nutrient deficiencies, which reduce the impact of insulin in the body.

The Glycaemic Index (GI) is a tool that will allow you to practically understand what the sugars in different food will do to your metabolism and is part of the key to a new way of eating. The GI is a number that is given to carbohydrate foods to show how fast blood glucose will rise. GI is only relevant to carbohydrates. The higher the GI the more rapidly the sugar is absorbed and the greater the disruption to blood glucose. The lower the GI the slower the food is broken down and the sugar absorbed.



We can therefore use the GI as a guide to which carbohydrate foods to eat when. There are four factors that affect blood glucose levels after a meal.

- The GI of the carbohydrate
- The volume of the carbohydrate
- The presence of protein and fat in the meal, which slows down the rate at which carbohydrate is digested
- The fibre content of the food, which also slows down the rate of absorption of the glucose

The effect of a meal on blood glucose will be less when the meal includes protein, unrefined carbohydrate and fibre. It is partly for this reason we recommend that protein should be included in all meals and snacks. We also advise that meals that are high in carbohydrate should be eaten earlier in the day when activity is greatest and energy requirements are high.

You will see from your list that carbohydrate foods are ranked as high or low GI. Try to choose most food from the low GI list. The GI only gives information about glucose, it should be used as a tool in combination with all you know from the principles of healthy eating. A low GI food does not always mean that it is the healthiest choice, as it may contain fats and sugars other than glucose (fructose).



Track and field - Race Reports

Kevin Burnett

Southern Counties Vets

2nd July Croydon

M Turner	2000m Walk 12.30.5	800m 3.01.0
S Smith	2000m walk 14.08.8	200m 31.5
	3000steeplechase 14.08.4	
D Hoben	2000m walk 13.09.4	
B Ewen	800m 2.29.1	
K Burnett	800m 3.52.1	Discus 18.55 Jav 15.23
D Lovell	200m 28.5	TJ 9.60 Jav 24.77
D Batten	200m 28.9	TJ 7.29
C Morton	TJ 6.98	
K Macenhill	discus 11.11	
	4x200 relay 2.06.1	

We returned to Croydon Arena for the final fixture again co-hosting. Alan was track judge all evening, other club members assisted in other ways but Croydon Harriers did the bulk of the work to stage such an event (booking track, providing timekeepers and starter, doing results and refreshments, arranging St John Ambulance cover etc)

and we as a club thank them for their help and co-operation. Without them we would probably be unable to stage the fixture.

Track wise we had some decent performances. Dave L and Dave B ran well in the 200; Bob was 3rd in the 800; both Mick and Steve were 3rd in the) 35 walk with Dave H 2nd in the O 50 walk; Steve was our sole runner in the steeplechase finishing 34th. As expected we didn't perform as well in the field where our best was Dave L in the javelin and Dave B in the triple jump. Eight men competed and finished 4th and maintained our 4th place in the final table where Epsom and Ewell again won the league.

For the women Karen officiated in the men's discus and then competed for the first time in the women's discus to score our only points as disappointingly we had no other women competing,. We finished 6th on the night and 6th in the final table

Appearance and Point

	Appears	Points		Appears	Points
K Backshell	1	12	D Lovell	4	49
K Burnett	4	49	K Macenhill	1	4
D Batten	4	55	C Morton	3	32
J Clark	1	Officiating	G Pennels	2	11
A Dolton	2	24	Y Ramsey	1	Officiating
	2	officiating	S Smith	3	44
B Ewen	4	27	M Turner	2	17
D Hoben	2	14			

Summary

We were 4th in the final table for the men and 6th for the women- an improvement of one place for both since last season. Only 12 club members competed 10 men, 2 women.

There were several good performances this year bt event winners were few and far between. During the season we had numerous slots not filled, especially for the women and thus would appreciate better support from the remaining club membership next year.

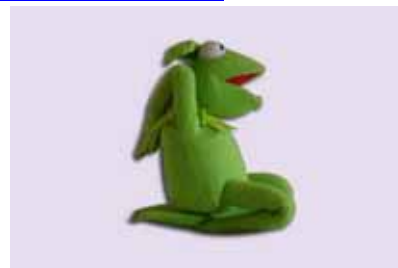
Some more links to Health and Fitness websites found by Phil Mazur

http://www.aikido-reading.co.uk/micro_site/stretching/15_stretches.htm

Stretching for muppets
15 Stretching exercises demonstrated by Kermit

Also

All about the runners high and the effect of endorphins
<http://www.lehigh.edu/~dmdl/sarah.html>



Rosenheim League

20 June – Tooting Bec

D Lovell	100m 13.6	200m 28.5	LJ 4.46
D Batten	100m 13.9		
D Piper	400m 28.7		
N Batten	800m 2.21.6		
M Morgan	1500m 4.28.9	400H 76.2	LJ 4.34
B Ewen	3000m 10.35.6		
M Anderson	LJ 3.92		
M O'Hare	Shot 7.61	Jav 30.49	
	4x200 relay 1.56.3		
Y Ramsay	200m 35.4	LJ 2.26	Javelin 7.79

The men finished with 33 points to place 5th in the match. We had three 3rd places:- Darren with 58.7 in the 400, Matt M in the 1500 and 400 hurdles. Matt O'H covered the throws with the javelin 30.49 his best. Nick ran well for 4th in the 800m as did Bob in the 3000m. Dave L ran sprints as well as the long jump. Both Darren and Dave B set club group records in the 400 and 100m respectively.

For the women Yasmin did 3 of the scoring events finishing 3rd in each with the 200m her best, enabling the club to place equal 3rd on the night and remain 4th in the league table with two fixtures to go.

4th July – Tooting Bec

D Batten	100m 14.2
D Piper	200m 26.9
M Morgan	800m 2.13.5
N batten	800m 2.19.9
B Ewen	3000m 10.52.7
M O'Hare	Shot 7.27
K Burnett	Shott 5.39
	Discus 15.19
	4x200 relay 2.01.8
S White	Shot 6.96
	Discus 17.31

We got our anticipated 2 pts for being 5th in the mens competition and also 5th in the womens competition courtesy of Samantha. She was 3rd in the shot on her Rosenheim debut and in a non scoring event was also 3rd in the discus. For the men Matt M did 3 individual events with probably the 1500m his best. Darren ran well in the 200 although he was tailed off by younger opposition. Matt O'H was 3rd in the Discus and 4th in the shot. Nick also ran well in the 800m as he has done all season.

According to our local paper scribe Samantha, Nick, Darren and Matt O'H each did a club record performance.

We cannot now reach the Rosenheim final at Kingsmeadow as a club although individuals can compete in track events (not field) in the non scoring races.

25 July – Tooting Bec

D Lovell	100m 13.8	200m 27.8	LJ 4.22
D Lancashire	400m 59.2	3000m 9.34.0	
N Batten	800m 2.21.5		
D Piper	1500m 4.51.7		
B Ewen	1500m 5.01.6	3000m 11.15.2	
A Dolton	1500m 5.18.2		
D Batten	3000m 10.31.6		
M O'Hare	Shot 7.95	Javelin 29.42	
K Burnett	Shot 5.66	Javelin 19.3	

We had a blow before the first event when Matt M suffered injury when warming up for the steeplechase and had to withdraw. Nine men competed tonight – 4 of whom were nonscorers but again we had no women.

Returning to fitness Duncan ran well in both the 400 and 3000 to be our top points scorer. Matt O'H finished 3rd in the Javelin and 4th in the Shot to complete a consistent season in the throws. Both of our amtheus were club veteran records. Dave L was busy with both sprints and the long jump. Darren ran well in the 1500m as did Nick in the 800m. In addition to the scorers we had Bob, Alan and Dave B competing in the non scoring races, which usually are faster than the scoring events. Disappointingly we could not muster a relay team and this finished in our usual 5th spot, not therefore qualifying for the final at Kingsmeadow

Appearance and Points

	Points	Appears
S Ambrosi	1	3
D Batten	6	9
N Batten	5	8
K Burnett	5	5
J Clark	1	4
A Dolton	4	office, NS
B Ewen	5	6
P Finch	1	8
D Lancashire	1	8
D Lovell	4	27
J Macenhill	1	6
M Morgan	6	26
C Morton	4	TM,NS
M O'Hare	5	33
D Piper	4	13
Y Ramsay	3	32
D Shaw	1	NS
S Shaw	1	NS
S White	1	4

Summary

Men

	Match Pts	League Pts
Herne Hill Harriers	351	36
Serpentine	296½	28
Croydon Harriers	266½	24
Hercules Wimbledon	202	18
Striders of Croydon	166	12
South London Harriers	138	8

Women

	Match Pts	League Pts
Serpentine	113	35
Herne Hill Harriers	75	27
Croydon Harriers	77	25½
Striders of Croydon	40	13½
Hercules Wimbledon	6	3

5th or 6th place for the men was always going to be our league position depending on what strength team South London Harriers put out over 6 fixtures. The other 4 clubs are stronger than us in track and field. 15 men competed this year which was good. With both Dave B and Matt M appearing at all 6 fixtures. We had an enjoyable season with several good individual performances. Nick our youngest competitor did well in the middle distance races as did Matt M and Darren. Matt O'H was consistent in the throws to be our highest points scorer. Dave Lucas our busiest athlete competing in the sprints against younger opponents.

For the women we had 4 competing with 3 doing one fixture each and Yasmin doing 3 fixtures very enthusiastically to keep the club ticking over in the league, finishing 4th. Obviously we would do better if we had more women competing in this friendly and competitive league at a venue not too distant from our Croydon base.

Many thanks to our team manager Chris for getting out a team for these 6 fixtures.

Southern League Div 4 S

5th May – Battersea Park

Unfortunately I have not received a hard copy of the results to complete a detailed report.

A bright day greeted us for the 1st fixture and we did well to win quite comfortably against 6 other clubs. This season the 14 clubs in division 4S will divide into 2 matches of 7 clubs for each of 5 fixtures. This means we will meet some clubs more than once, which is the norm.

Among the 9 competing for Holland today were Matt M, Darren, Matt O'H making his debut and myself.

25th June – Deangate

M Morgan 1500m 4.38.5 5000m 16.36.1 3000
steeplechase 10.54.8
M O'Hare Discus 19.24 Hammer 18.31 Javelin 29.15 Shot 7.70
K Burnett Hammer 13.38

Holland had a good turnout I their 2nd fixture at Deangate on the Isle of Grainon a bright sunny day. Three Striders were competing and everyone did well for Holland to finish a close 2nd behind East Grinstead but ahead of Horsham Blue Star and Invicta East Kent etc.

Matt M won the 5000m and steeplechase convincingly and was 2nd in the 1500m. He has a fluent running style and this season has runwell consistently as the A string competitor in the distance events.

Competition was stronger in the throwing events and consequently Matt O'H had a 4th place and two 6th places in the A string ans a 2nd place in the B string Discus. His best performance was the javelin.

Deangate is a nice scenic track to compete at but not an easy venue to get to, especially by public transport.

7th July - Horsham

M Morgan 5000m 16.53.7 1500m 4.37.9
3000steeplechase 10.28.5

Matt was our only representative in this fixture where Holland had 9 competing in total. He won the 5000 and steeplechase by over a minute in each and was 2nd in the 1500. Holland continued their good form with a 2nd placing to East Grinstead in this7 club match. We have now had one first place and two 2nd places both to East Grinstead.

4th August – K2 Crawley

D piper 100m 13.5 400m 59.1 1500m 5.01.5
3000steeplechase 12.01.7
N Batten 800m 2.22.5
E Parker 5000m 18.23.8 110 Hurdles 27.9 200m
32.8 3000steeplechase 12.00.8 TJ 8.08
D Batten 5000m 18.? 200m 30.1
M O'Hare Hammer 22.75 Javelin 28.79 shot 7.76 Discus 18.67
K Burnett Discus 14.61

We had 2 debutants for Holland Sports in Dave and Nick Batten and also Eric returning to the fold after opting out of the first 3 matches. A fine sunny hot day at Crawley where we were co-hosting in a double fixture. Darren did well on the track with 2 2nd placings in the B 400m and B Steeplechasewhere he closely tailed Eric. Kean as ever Eric did 5 individual events with two 2nd

places in the A string 5000m and steeplechase. Nick was 3rd of 6 runners in the B 800 and father Dave having run as a non scorer in the 5000 then ran the B200 for 4th place. Matt covered all four A string throws finishing with three 4th placings with probably his hammer throw being best.

Several of the team had to leave early which meant for the later events we weren't at full strength and consequently dropped 2 places to finish 4th on the day having been 2nd for a long period.

18th August – Sutton Arena

K Burnett 100m 17.58 200m 37.76 Hammer 13.56
Javelin 10.50 Discus 15.08
D Piper 800m 2.28.35 400m 63.72
N Batten 800m 2.28.35 400m 63.72
E Parker 5000m 18.13.87 110h 29.63 1500m 5.21.7
3000sc 12.18.49 PV 2.20 TJ 8.62
D Batten 5000m 18.44.46 1500m 5.03.47

A GREY AND WET DAY GREETED US AT Sutton Arena for our final fixture which was postponed from the original date due to non availability of a track. We were a little depleted with only 7 competing and unfortunately Darren was injured in his first event. As ever Eric was busy with 6 individual events with probably the 5000m and steeplechase his best. Nick running against quite strong opposition did well in the testing 400 and 800 races. Dave ran well in the 1500 for 4th place having previously comted in the 5000 finishing 3rd in the B event following a sprint to get to the start line for the off. Darren was 4th in the A 800 but aggravated a leg injury in the process and wiselywithdrew from his other events.

An added bonus for division 4S was electronic timing for the trackevents. On the day we finished 4th and thus finished 4th in the final battle

Appearances and Points

Appearance	Points(not including fixture 1)		
D Batten 2	4	9	
N Batten 2	3	10	
K Burnett 4	0	17	
M Morgan 3	3	40	0
M O'Hare 3	21	6	
E Parker 2	26	20	
D Piper 3	10	12	

Only 7 Striders competed this season if we exclude Graham P and Nigel B. We did well with our limited resources to finish 4th of the 14 clubs. All clubs suffer injuries, absences and holidays but we did miss Matt M for the 2 final fixtures following his foot injury at the last Rosenheim fixture. He won practically all the events he competed in (A events) in the first 3 fixtures. All of them were distance events (1500, 5000 and steeplechase) and the relays when required. Matt O'H greatly strengthened the throws for Holland improving in all 4 throws as the season progress. Darren performed consistently in the middles distance events as well as sprints and in one fixture the steeplechase. Father and son Dave and Nick competed in the last 2 matches and ran well in the longer trackevents. Versatile Eric didn't compete n the first 3 matches but was a welcome participant in the final 2, traveling from his Southampton home.

The two promoted clubs were East Grinstead and Crawley B with Poole runners finishing 3rd, another potentially strong club who have to travel furthest to fulfill their matches. **All male Striders are welcome to compete with Holland Sports for next year and beyond**