

Striders of Croydon

Autumn Newsletter

October 2009

**WANTED**

New Striders Pictures

REWARD: The front page!

## Chairman's Corner

Another excellent few months for Striders; We won our first Cross Country League event since 2003 by a good margin. Congratulations to everyone who ran, We finished 3<sup>rd</sup> in the division in 2003 so lets see if we can beat our "personal best" this year. We got a straight 1,2,3 at the Titsey 10K the following day and won the team prize at the Croydon 10K a week later. There were also a string of PBs and a number of new entries in the club records. Too many names to mention so congratulations to everyone who contributed to a team result and/or managed to run further or faster than they have before in whatever event, including road races, cross country, Parkrun, 1 mile time trial and even club runs. Which reminds me... there are a few of you at the front of the 2<sup>nd</sup> group on a Wednesday evening who are quite capable of keeping up with the faster group... If you can, do it!

I guess everyone now knows whether they have a place in the London, Paris, Brighton or any other marathons, with one surprise addition. We have just discovered our size now entitles us to four places as a club plus the three we get for helping on the day so the first reserve, after the draw last week, Alastair Price, now has a place.

Regular weekly extended runs for marathon trainees start at the beginning of January but to get the ball rolling there will be a couple of extended runs before the year end. The first one will be the run back from Coulsdon South station along the route of the LOOP pencilled in for later in November. In the mean time have a look at the suggested Marathon Training Schedules on the Striders web site, the link is near the bottom of Striders home page. It is the 2008 version at the moment, we'll change the dates as soon as practical but it doesn't alter the general principles.

Despite the club being rather more than twice the size it was when I first joined we are not overwhelmed with offers of help for the events that we organise or support, so as an extra incentive most of the places in next year's marathon draw will be conditional on you contributing in some way to these events. We will confirm the exact rules shortly but the general rule is helping in more than just the Marathon itself will increase your chances of getting a place. Watch this space.

The Sandilands club house and grounds continue to cost a lot to maintain and compared with Cricket, Hockey and Tennis we pay a fairly small share of the rent for use of the facilities. One way to keep our rent and your subs down and ensure that Sandilands has enough funds for the next major repair (probably the boiler) is to buy a few numbers in the Sandilands Maintenance Fund Draw. More details of this will be published during November.

Welcome to Mick Turner who joined the committee as membership secretary at the AGM I trust you are all paying your subs for this year without him having to remind you too often and farewell to Karen Macenhill who has done a brilliant job over the last few years. She is still of course our contact with Trinity for the Thursday night swimming sessions. Another opportunity to keep fit, without quite so much wear and tear on the legs! There is more info on swimming elsewhere in this edition of the newsletter. Come along.

Mick Turner is also one of the regular race directors at Roundshaw Parkrun it has now been going for 14 weeks, 31 different striders have run it in a total of 62 starts. Jemma Upton has run it the most at 6 times with 4 PBs. Well done to everyone who has run and thank you to the many Striders who have helped.

There are two more Friday evening one mile time trials to go before the year end so two more opportunity to win the trophy for most improved over the past 6 months. I see that John Gannon is currently in the lead. Come on somebody you can't let JG be "most improved" after the years he has been running!!

*Robin*

# The Dos and Don'ts of Leading a Club Run

By John (Routemaster, no not the London Bus) Gannon

## THE DOS

- Always plan the route in advance, especially the Wednesday evening one, as well as ensuring other people know the route in advance. The old cliché – to fail to plan is to plan to fail is utmost here! I would recommend use one of the many on line web sites to calculate the distance of the route, [www.mapmyrun.com](http://www.mapmyrun.com) or [www.gmap.com](http://www.gmap.com) are two examples with gmap being free or not requiring any membership.
- Ensure that the route's distance and time match that of the slowest expected runner in the group. We have a wide range of abilities within the club with the fastest runners being able to run at less than 6 minute mile pace for an hour's run resulting in a possible 10 mile run, while others could take up to twice that time to complete the same distance. Rule of thumb for Wednesday evening runs is for a faster group to run at a minimum pace of 50 minutes for a 10K that should result in the distance for than hour's run being around 7 miles. For a slower group be prepared to ,imit the distance to between 5 and 6 miles for an hour's outing. It is always easier to add on distance towards the end of a run than finding that you've run for 40 minutes and are 4 miles away from the clubhouse!
- Be prepared to split the run into groups based on pace if too many runners turn up for the run. Ideally running groups covering distances of more than 3 miles should be no more than 25, this will also require for the run to have a co-leader or leaders, this should be planned in advance with run leaders being made aware of the route.
- Where possible at least try to have a co-leader in every group/run. This is useful if the pace between fastest and slowest runner gets too big (usually the slower group) and you need to split the group. Also in the rare instance of a runner falling and injuring themselves, one of the leaders can stay with the injured party until help arrives or help them get back to the club while the run can continue. Finally if the run leader becomes injured or ill (Chris' guts again!) there will be someone who will know the route and can take over leadership.
- More than one group might be required if the range of the pace between the fastest and slowest runners is too great, this will avoid the need for too much turning back by the fastest runners.
- As both Wednesday and Sunday runs have an option of a shorter run, 40 & 60 minutes respectively, then a cut off point should be considered when planning the route so both groups can get back to the club within the planned time.

- During the months when the evenings are dark always ensure that every runner taking part in a club run held in the evening, is wearing something that is visible to not only other road users but also you as a group leader so that you can see them when on the run. For runners that insist on being men or women in black then we have a stock of high visibility marshal bibs in one of the lockers in the men's changing room that you should ask them to add to their running wardrobe. Also ensure that you are highly visible so that everyone in the group can see you.
- Carry a mobile phone in case of emergency, also if the phone is GPS enabled you'll be able to find where you are if you get lost!
- Think about carrying a small basic First Aid kit (speaks from bitter experience) that could fit into a running bum bag.
- Ensure that everyone knows who is leading the run before you set off, so they know who to follow.
- Try to establish if there are any new runners that have turned up for the run, if there are, explain briefly how the club works, i.e. how long time-wise the run is for, different paced groups, turning back.
- Count how many runners are in the group as you start the run and try to carry out re-numbering checks during the run to ensure you've not lost anyone! These checks can usually be carried out while turning back for the slowest runner in the group.
- Make a mental note of who the slowest runner is in your group, this should become clear after a couple of turn backs if not obvious before the run. If you always make sure that you see this runner when you've turned back then the rest of the group should also be included in the catch up.
- Always plan to turn back for slower runners if there is a left or a right hand turn in the route to avoid mid-pace runners taking a break by stopping walking or even worse, jogging on the spot at turn back points, try to take the run past the intended turning before going back. In cases where the route comes to a T-junction, if the route is planned to turn left then turn right (and vice versa) before turning back after a short distance to pick up the back marker.
- You might not always be the fastest runner in the group (quite often in my case) therefore allow faster runners to go ahead of you by giving clear instructions of where they should run to before turning back and re-joining you (however, if you don't like the person or persons you could always give them the wrong instructions and see how far they get before realising no one is following them! Great fun and it soon slows them down once you've done this once or twice!!) *Editor's Note – this does not apply to the slower Friday night run, when the leader should try to keep the run together as a group and avoid any turning back. The aim should be for the whole group to stay at the pace of the slowest runner.*

- At the end of the run ensure that every runner has finished and is accounted for, a headcount may be required but usually by the end of the run you will know everyone in your group.

## THE DON'TS

- Don't go running off thinking everyone will run at your pace.
- Don't forget or ignore any of the above or expect people to keep up with you and then after a mile or so and a couple of changes of direction, wonder where everyone is.
- Don't forget that runners can become easily confused, especially inexperienced ones, so make sure that any instructions you give are clear and simple

Well that's it really, quite simple I'm sure you'll agree, so if anyone fancies leading a run please let Robin, Chris or myself know and we'll let you have a go! I for one enjoy a night off and I promise not to run around after you tut tutting, taking sharp breaths or saying "You shouldn't have done that" or "You don't want to do it like that"! Well, not much, at least.

## Running Quotes – provided by Phil "Calamity" Mazur

"Running is the classical road to self-consciousness, self-awareness and self-reliance. Independence is the outstanding characteristic of a runner. He learns the harsh reality of his physical and spiritual limitations when he runs. He learns that personal commitment, sacrifice and determination are his only means to betterment. Runners get promoted only through self-conquest." \_\_\_\_ Noel Coward.

"Good things come slow----especially in distance running." \_\_\_\_ Bill Dillinger,

"Relish the bad training runs. Without them it's difficult to recognize, much less appreciate, the good ones." \_\_\_\_ Pat Teske

"Any idiot can train himself into the ground; the trick is working in training to get gradually stronger." \_\_\_\_ Keith Brantly.

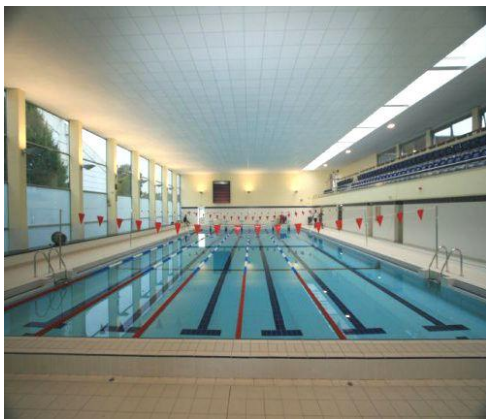
"Why couldn't Pheidippides have died here?" \_\_\_\_ Frank Shorter's comment to Kenny Moore at the 16-mile mark in one of Shorter's first marathons.

## In the Swim...

I know it is a crime to admit it but have you ever thought of having a go at something other than running? Something that can help your fitness without shredding your legs?

Striders organise a swimming session every Thursday night at Trinity School's swimming pool. The session starts at 8:30pm and runs for an hour, under the instruction of our coach, Neil Furze.

All Striders are welcome to attend – first session is free – after that you can either pay per session, or pay a discounted price for a season of about a dozen swims. See Karen MacEnhill for more information.



View from the Edge – the pool at Trinity

Here's a few comments from some of the Trinity Regulars:

### **Where have all the Striders gone? – Andrea Jeffries**

TWO out of three runners are injured at any time, according to sports bible *Peak Performance*. Runner's knee, ITB syndrome and achilles tendonitis

have hit most of us at some stage.

In theory, this means there are about 140 Striders desperate to work on their endurance, muscle strength and cardio-vascular fitness. But their joints/ bones can't take the stress.

Sometimes you can – though shouldn't - run through the pain, and other times you can't do anything at all. And you are miserable. Very miserable.

So what can you do? Well, the answer is on your doorstep – Trinity School. But the question is – where have all the Striders gone? Only a few take advantage.

Every Thursday evening, about a dozen dedicated Striders make their way to Shirley's finest pool to work out in a friendly, fun and stress-free environment under the guidance of Neil Furze. Neil is a gem. He doesn't mind if you are slow, can't manage the whole hour or can only swim one stroke. He has kind words for you and – best of all – a tailored programme. You do what's best for you with people of a similar ability. So you don't have to worry about keeping up with the other lanes (or, if you are lucky enough to be a fast and efficient swimmer, being slowed down). You can't help but enjoy yourself and begin to swim faster. For most of us, that means learning to swim front crawl efficiently and calmly.

Once you have a half-decent stroke you can start thinking about multi events. The one thing that stops most runners from giving triathlon a go is the swimming part. A few sessions with Neil will remove the fear and you'll soon wonder what the fuss was all about. You may not be the first out of the water but you won't be the last.

If you are lucky like me, you may find you actually enjoy swimming – and I have long known I will never be pretty or fast in the water. This is especially good news for those of us of a “certain age” who want to stay fit: when I am finally forced to hang up my running shoes, I know it’s not the end of the world. I will always have Thursday nights at Trinity. See you there.

### **Chris Morton**

I go swimming at Trinity because it beats swimming lengths of my bath at home ...

I am the slowest swimmer at Trinity and anyone who comes along to try to claim that title soon finds out that it is very difficult to swim as slow as me (if the turbulence from the other lanes is too much I tend to float backwards).

Despite that I really enjoy the Thursday sessions. It is a good chance to exercise and stretch lots of muscles that don’t get used in running.

### **Carmen Somerset**

I thought that there could be no cure for my Thursday night telly addiction. Having been hooked for many years, I had resigned myself to the fact that my pre-weekend exercise would involve channel surfing and thumb aerobics. It was only until I discovered the power of the pool that everything changed...

My curiosity was stirred when Robin’s email popped up offering free sessions to all new swimmers. I never fancied myself to be much of a swimmer and after dipping into the pool once a week had only managed to teach myself breast stroke (something I later would learn was nowhere to what Neil considered a proper stroke style!). With nothing to lose and everything to gain I ‘dove in head first’ (pardon the pun).

After thrashing up and down the pool with limited movement, no smooth glide, and no real style to speak of – Neil quickly identified my key areas for improvement. Not only can I now manage a decent breast stroke, I’ve also gone on to learn the front crawl (something which I never thought possible before my evenings at Trinity).

At only a fiver for session, my time at Trinity is always money well spent. The pool and changers are clean, most nights it’s two swimmers per lane tops (though more are always welcome!) and the best part is having your very own personal coach on hand to help you out, whether you are training to be the next Michael Phelps or just looking to keep your head above water – Neil is always happy to assist.

Swimming has given me the chance to break away from just pounding the streets night after night. When done alongside regular running, a swim can provide the perfect cardio combo (while also improving your lung capacity and helping to tone).

If you don’t like swimming, don’t think you’re a good swimmer, or you’re just not sure Trinity is for you, all I’ll say is that the Trinity Swimming Sessions offer the best opportunity and value for all levels of swimming.

You’ll never look back and wonder what’s on telly on a Thursday night again.....! Promise!

## ON YER BIKE – Mike George with details of more alternatives to running!



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or call 0845 652 0421

Complete beginners welcome

\*Subject to budget

**CROYDON COUNCIL**  
www.croydon.gov.uk

 Transport  
for London

I'd strongly recommend giving this a go particularly if you are nervous on our busy roads.

Cycling is a fantastic cross training exercise for runners, this lesson will boost your confidence no end and make you a stronger runner. The major points learnt are: positioning on the road, the importance of good eye contact with drivers, to be seen, not to wobble when looking behind you. Give it a try especially if you are considering getting on your bike again, that's if it has been a long time since you have ridden one.



## Enjoy Running in the Countryside?



A young child with brown hair is holding a yellow sign that reads: "I don't know what credit crunch means - I just want there to be sparrows and bluebells when I grow up."

Governments are spending billions digging us out of the financial crisis. One way or another, today's children will have to pay for this. We want political leaders' actions to build a thriving economy and a world rich in birds and wildlife. Your signature on the RSPB's **Letter to the Future**, along with hundreds of thousands of others, will help us show that people want today's children to inherit a world worth living in.

Please sign the RSPB's Letter to the Future at  
[www.signthefuture.org.uk](http://www.signthefuture.org.uk)

 a million voices for nature

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### Sign the letter

After 22 years I'm still running of sorts, even though my interval training has resulted in one day of training and a recovery period of several days or longer. In that time running has brought many pleasures for me, nothing more so than appreciating our wildlife and the environment. In some ways it has brought me closer, especially as my running is getting slower and have time to see and hear the sweet sounds and the scent of nature, lets give our future generation a chance to experience the same natural wonders that our planet has given to us. Just a few clicks of the mouse on the RSPB website could make a difference for our children and grandchildren.

Mick G

## Cake Corner

So many of you enjoyed the Banana Muffins in the last newsletter, Karen "The Cake" Connor agreed to share another recipe with us. One that you can kid yourself is healthy because it's got vegetable in it! It's a personal favourite of our very own Club Secretary...

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### CHRIS'S FAVIOURTE CARROT CAKE

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#### Cake Ingredients

140ml vegetable oil  
2 Eggs  
200g light brown sugar  
300g grated carrots  
100g raisins  
75g chopped nuts  
180g self-raising flour  
Pinch of salt  
½ tsp bicarbonate of soda  
1 tsp ground cinnamon  
½ tsp nutmeg  
½ tsp mixed spice

#### Cream cheese topping

250g cream cheese  
1tsp vanilla flavour  
275g icing sugar

#### Method

- Preheat oven to 150g or gas mark 2. Oil and line 13x23cm loaf tin.
- Beat the eggs in a large bowl, and then add the oil, brown sugar, grated carrot, raisins and chopped nuts.
- Sift the rest of the dry ingredients and bring the mixture together using a wooden spoon until well combined.
- Pour the mixture into the tin, smooth the surface and bake in the oven for 1 hour 15 minutes, or until a skewer inserted into the middle comes out clean.
- Remove from the oven and allow the cake to cool before removing.
- For the icing, mix the cream cheese and icing sugar in a bowl until well mixed, add in the vanilla flavour and mix until the icing is smooth and thick.
- Using a palette knife spread the icing evenly over the cooled cake.

# A Personal Running History

By Mick Turner

## Pre-Striders

Started running in my last year at Lancaster University. Subscribed to 'Running' magazine. During my post grad year in Newcastle I ran the 10 miles from Newcastle's West End to the coast at Tynemouth. What made me think this would impress a house full of female students!

Trained for the 1991 London Marathon and knee problems started. Tried orthotics but was advised to stop running by unsympathetic local GP.

**2004/2005** - Started running again, once a week around the trails near Chelsham. I got fit enough to run a couple of Nike runs and decided to join a club.

**Nov 2006** - Joined Striders and started running regularly with the club in early 2007. In the meantime I'd emailed Striderslist for advice re glucosamine and chondroitin for dodgy knees. So thanks Michele Meech, Colin Cotton, Kate Custis, Michele Lawrence, Phil Mazur, Ian Campbell, Tim Bett, Kevin Bannister, Peter Yarlett, Chris Morton and David Morris. A brilliant first impression. As was John G's welcome to Striderslist.

I'd run the Croydon 10K in Oct 2006 in 43.23 and my aim was to try and get towards a 40 minute 10k on 1 run a week. Chris has subsequently told me he thought I was mad, but he hid it well and humoured me. The more I ran and the more I understood my body I realised I could get up to 3 and very, very occasionally 4 sessions a week - and with that extra training my times obviously improved.

My favourite things about Striders

Speed sessions - I'd not have got my race times down without these

Medical advice - The benefits of sharing injury prevention and treatment tips.

Cadging lifts to race - Too many people to mention.

Running as part of a team - Turning up to races and seeing familiar faces. The friendly competition of cross country races.

As for my knees - touch wood they've not troubled me at all. Other injuries - that's another article all together.

## My First Run With Striders

By Andrew Thatcher (Aged 8, approximately)

I came along to Striders with Steph Noyce because she kept nagging me to. My first run was on a Wednesday night. It was very fast. I was nearly sick at the end.

Several runs (and two marathons) later, Andy is still with Striders. What's your "First Run" story? You could share it with us in the next newsletter (it CAN be more than 2 lines). Particularly if you are one of our newer members...

## Recent Converts

We've had a lot of new members joining us recently, which is always great to see. Here's a brief list of the newest recruits. Perhaps you'd like to send us a picture of the next newsletter and a few words of introduction? Just a thought. Welcome to Striders:

Corinne Carr	Anita Asghar
Sue Atkinson	Louise Grech
Tracey Hunt	Sue Stevens
Jemma Upton	Kira Smith
Sharon Ruwende	Chloe Smith
Dee Stratford	Emma Langhorne
Matt Langhorne	Angela Fowler
Chris Smith	Krzysztof Klidzia
Keith Sheppard	Cara Kayum
Kerry Huff	

## Sandilands Cup Rules for 2009/10

The Sandilands cup is based around ten major cross country races. The idea is that all Striders completing at least 6 of the 10 races listed below have a reasonable chance of winning. If you run the races well by your own standards then you will do well in the Sandilands Cup.



### Races in the 2009/10 Sandilands Cup

Surrey League cross country - 1	10 <sup>th</sup> October
East Surrey League	31 <sup>st</sup> October
Surrey League cross country - 2	14 <sup>th</sup> November
South of Thames – 1	28 <sup>th</sup> November
Pirie 10	5 <sup>th</sup> December
Surrey League cross country – 3	12 <sup>th</sup> December
South of Thames – 2	19 <sup>th</sup> December
Surrey County Championships	9 <sup>th</sup> January 2010
Southern cross country Championships	30 <sup>th</sup> January 2010
Surrey League cross country - 4	6 <sup>th</sup> February 2010

### Team place bonus points

These categories can be found on our web site. They have been created by taking into account the runner's recent performances and their record in cross country races.

New runners will be given a category after their first Sandilands cup race.

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

### **Scoring Rules**

1.     **20 points –**  
For each runner finishing or helping to marshal a Sandilands Cup Race.
2.     **1 bonus point –**  
For each runner finishing or helping to marshal a Surrey League cross country race
3.     **1 bonus point**  
For any man who finishes in a race where less than 11 Striders men finish, or woman who finishes in a race where less than 5 women finish.
4.     **1 bonus point**  
For the any Strider who finishes in a better placing than their placing in the comparable race of last season.
  - Surrey League men – overall finishing place
  - Surrey League women – overall finishing place among both division 1 and division 2 runners
  - Other races are just on gender placings – i.e. what place the runner finished among runners of their own gender
5.     **‘Team place’ bonus points**  
The ‘team’ is considered to be the first 11 men in Surrey League races and the first 7 men in all other races, and the first 6 women in Surrey League races and the first 4 women in all other races.  
If the runner finishes within the ‘team’ then they score the bonus points according to the chart. For example Justin Macenhill would score 1 point, whereas Kevin Burnett would score 10 points

### **Total Score**

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

### **Eligibility**

The Sandilands Cup is open to the following runners

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

### **Winner of the Sandilands Cup**

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

# THE SOMME POPPY MARATHON

(Marathon du Pays du Coquelicot)

Sunday 13<sup>th</sup> September 2009

By Linda Daniel



The day and realization finally dawned that I was going to run 26.2 miles over the hallowed ground of the World War 1 battlefields. The Marathon De Pays du Coquelicot, Coquelicot means poppy in French, the bright red flower that signifies Remembrance Day, is a unique

event in France associating four races, from 5 kilometres to a full marathon over hilly, rural and exposed terrain. The course was scenic and poignant as it passed many WW1 memorials including the Thiepval monument, a 45 metres high building which bears the carved names of 73,367 soldiers, the "Missing of the Somme" who died and have no known graves and the Lochnagar Crater, a huge mine hole which marked the launching of the Battle of the Somme by the British troops. Reaching the half marathon point I passed Beaumont-Hamel, the Newfoundland memorial which commemorates the Newfoundland regiment with its remarkably well-preserved trenches system stretched across the landscape, preserved in honour of those that died there.

As I reached the last, much welcomed drink station, I was offered dried apricots, raisins, bananas, oranges but sad to say no Wine, which would have been the catalyst for a Usain 'Lightning' Bolt finish instead the big push to the finish was more of a whimper and I was just relieved to stop and lie down preferably for a week !

Although the course is challenging I really enjoyed the event. I highly recommend it for anyone wanting the unique combination of history, scenery, excellent organization, friendliness and of course to spend a few days away in beautiful northern France to indulge in wine, more wine, cheese, bread, cakes and more cakes !

## 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

DISCOUNTED RATES FOR STRIDERS OF CROYDON

## 25 YEARS AGO: LOCAL ATHLETICS IN SUMMER / AUTUMN 1984

The highlight of the 1984 athletics season was the Olympic Games, held in Los Angeles in August. Two members of Croydon Harriers competed. Judy Oakes did well to place fourth in the women's shot with a putt of 18.14 metres. Her club colleague Helen Barnett reached the semi-finals of the 400 metres, running 52.26 seconds. She also ran in the women's 4 x 400 relay, where the British team placed fourth in a new national record of 3 minutes 27.68 seconds.

At club level, Haringey won Division One of the British League. The best of the South London clubs were Blackheath, who placed fifth in Division One. Herne Hill and Epsom were both relegated from Division Three to Division Four. Crawley won Southern League Division One, gaining promotion to the British League for the first time. Croydon Harriers finished 11th, while South London Harriers were 23rd, and were relegated to Division Two. Mitcham placed second in Division Three of the UK Womens League, gaining promotion.

On 20 October Striders' founder and club chairman, Steve Owen, ran a personal best of 58 minutes 42 for 10 miles at Battersea Park (achieved on a training mileage of 33 miles per week). Club colleague Rob Pinfield ran 60 minutes 42.

The fourth annual Croydon 10-mile road race took place on the following day. It was held on the same course as the two previous years: a relatively fast two-lap course starting in Oaks Road and finishing in the grounds of John Ruskin School (which has subsequently been demolished). Surrey Beagles' international Bob Treadwell repeated his victory of 1981, finishing almost two minutes clear in an impressive time of 49 minutes 22 seconds. Richard Higgins of Portsmouth AC was second in 51 minutes 13, ahead of two South London Harriers: teenager Adrian Iszatt placed third (51.23) with Ray Marriott fourth (51.32). Roger Maxwell of Forbanks AC was fifth (51.50) with Francis Upcott of SLH sixth (52.07) and Alan Dolton seventh for host club Croydon Harriers (52.25). Mick Firth of South London Harriers ran 58 minutes 05 to place 34th overall and second in the over-50 category. South London Harriers also had the first woman finisher in Caroline Letchford, who placed 110th overall in 63 minutes 04 seconds (and beat all Striders' male runners). Striders distributed recruitment leaflets after the race to demonstrate that, despite the club name, membership was no longer restricted to people who worked for Philips. The most

prominent recruit was Alan Purchase, who had placed 88th in a personal best 61 minutes 46. Another future Strider, Mike Jaras, placed 123rd in 63 minutes 49.

The race organiser was Croydon's international marathon runner Don Faircloth, who was still competing regularly. On 6 October he placed fourth in the Wimbledon 10-mile road race (51.35) and three weeks later won the Kent 20-mile road race in 1 hour 45 minutes 49.



The Surrey Cross-Country League began its 23rd season with matches on 13 October. The first three Division One matches were all won by defending champions Aldershot, with Herne Hill taking second place on each occasion. SLH placed third in the opening match, with Ranelagh third in the next two. Woking won the first three Division Two matches, with Thames Hare & Hounds second in the first two, and Croydon taking second in the third match. In the overall table with one match remaining, Croydon held second place, just eleven points ahead of Thames. In Division Three, Mitcham won the opening match with Guildford second, while Guildford won the next two with Mitcham second. Striders had not yet entered this league. The Surrey Women's Cross-Country League began its sixth season. Croydon Harriers won the team event in the first two races. One of their scoring team still competes locally: Juliet Waters now runs for Stragglers under her married name of Cleghorn. The first race was won by Croydon's outstanding 17-year-old Niobe Menendez, who subsequently moved to Sussex and competed as a race walker in the 2002 Commonwealth Games. New Zealand international Gill Drake won the second race, running for Downland Harriers (a short-lived elite club who longer exist).

The East Surrey League held its annual cross-country race at Lloyd Park on 27 October. The winner was John Lamont of Epsom in 28 minutes 23, while Alan Dolton placed second in 28 minutes 57. Another future Strider, Peter Yarlett, placed 24th in 31 minutes 10. Hercules-Wimbledon won the team event with Epsom second.

## 10 YEARS AGO: LOCAL ATHLETICS IN AUTUMN 1999

The Surrey Road Relays were held at Wimbledon on 11 September. Herne Hill won the men's event, while South London Harriers won the veterans' race and also won

the women's race. Striders entered this event for the first time. Our over-40 team placed fifth. Bob Ewen ran well to take second place on the first leg (16.19). He was followed by John McGilvray (17.21), John Kirby (17.20) and Alan Dolton (17.47). Our men's team were 14th, their fastest runners being Tony Sheppard (15.39) and Oloff Van Zyl (16.56).



Striders held the annual 'Switchback' race on 25 September, ably organised by Jane Lansdown. The first three finishers were all from Boxhill Racers with Paul Haywood first, Mike Airey second and Dave Morris third. Bob Ewen ran very well to be the first veteran, placing fourth overall. He was followed by John Kirby (11th), Peter Yarlett (12th), Simon Smith (15th), John McGilvray (18th), Alan Dolton (20th) and Nigel Davidson (25th). The first woman to finish was Meredith Pannett of Dulwich who ran very well to place eighth overall. She was followed by Holland Sports' two leading women: Sara Stoddart placed 19th with Maggie Statham 21st. There were a total of 57 finishers.

Striders' AGM on 29 September saw Kevin Bannister succeed John Kirby as kit manager, while Neil Furze joined the committee as Press Secretary. The 'Man of the Year' award was won by Tony Sheppard, while Jane Lansdown won the 'Woman of the Year' award.

The Surrey Veterans Championships were held at Petersham on 9 October. Carol McKinley-Evans of South London Harriers won the women's race. The next three finishers were all from Herne Hill with Ceri Diss placing second, Marilyn Clarke third and Clare Pauzers fourth. Not surprisingly, Herne Hill won the team event. Two Striders ran, with Barbara Gambrill placing 34th and Michele Lawrence 42nd. The men's race was won by Jim Estall of Belgrave, while South London Harriers won the team event. Striders placed ninth, led by John McGilvray in 61st place.

Striders' men competed in the opening Surrey Cross-Country League Division Three match at Epsom Downs on 16 October, placing fifth in the opening match. Tony Sheppard led the team in 10th place with Eric Parker next in 34th. They were followed by Oloff van Zyl and Ken Low, both making their Surrey League debuts, while our fifth scorer was the improving Neil Furze.

The seventeenth Croydon 10K took place on the following day. Dave Taylor of Blackheath gained an easy win (31.36), more than two minutes ahead of second-placed Ray Marriott of SLH (34.15). Julian Dillow of Croydon Harriers placed third (34.35). The first Strider to finish was Alan Dolton who placed 21st (38.07). The first woman to finish was Caroline Horne of Shaftesbury Barnet who placed 28th (38.01). The next two women were both from SLH, with Gill O'Connor 24th (38.29) and Viv Mitchell 29th (39.14). Striders' Jane Lansdown placed 31st (39.20). Further down the field Michele Lawrence set a club over-50 record of 50 minutes 44.

Striders' women competed in the opening Surrey Women's Cross-Country League Division Two match of the season at Milford on 23 October. Jane Lansdown ran very well to finish third. Our other scorers were Diane Ballard (27th), Kate Potter (38th), Linda Daniel (49th) and Lyn Simmons (50th).

Striders finished fourth in the East Surrey League's annual cross-country race at Lloyd Park on 30 October. Tony Sheppard was our first finisher in 8th place, with Gerry Crispie 21st and Nigel Davidson 22nd. On 6 November Striders placed a respectable 12th in the Reigate Priory Relays. Our fastest laps came from Bob Ewen (15.09) and Tony Sheppard (15.11).

On 20 November Striders' men finished a disappointing seventh in the Surrey League at Richmond Park, where our first finisher was again Tony Sheppard. On 11 December Striders' men faced a tough course at Haslemere which included a climb up the Devil's Punch Bowl on each lap. We placed seventh of the nine clubs, leaving us dangerously close to the relegation zone. Tony Sheppard again led us home in 17th place, but nobody else made the top 30.

## **FIVE YEARS AGO: LOCAL ATHLETICS IN AUTUMN 2004**

The Surrey Road Relays were held at Wimbledon Park on 11 September. Striders' senior men finished ninth. New member Duncan Lancashire ran an excellent first leg to place fifth in 15 minutes 15 seconds. Paul Finch faced strong opposition on the second leg and slipped to fourteenth (17.51), but Don Kayum regained four places on the third leg (16.47). Tom Thrower lifted Striders to ninth place (16.07), and both Justin Macenhill (16.01) and Damian Macenhill (18.34) held this position. Striders'

over-40s finished seventh out of 17 teams, while Striders' women placed ninth out of 15 teams, with good runs from Kerry Backshell (20.25) and Faye Stammers (20.26).

From 1996 to 2004, Striders had provided track and field competition for the club's older members in the Southern Veterans League, but had not catered for the club's younger members. The 2004 AGM rectified this anomaly by agreeing to apply to enter the Rosenheim League for 2005. The AGM also saw Alan Dolton retire as club secretary to concentrate on his sports massage business. Chris Morton took over as club secretary, while Karen McDermott (now Karen Macenhill) joined the committee in the new post of membership secretary. The club's membership had grown from 77 in September 2002 to 130 in August 2004.

The Wimbledon 10-mile road race took place on 3 October. Justin Macenhill ran well to place 11th in 59 minutes 16 seconds. Veteran Don Kayum also did well, recording a personal best of 60 minutes 17 seconds for 14th place. Kerry Backshell had an excellent run to set a personal best 71 minutes 59 seconds. She was sixth woman to finish, and placed 53rd overall.

The Surrey Women's Cross-Country League began its 26th season with a match at Wimbledon Common on 9 October. Division One had been expanded to 15 clubs for the first time, thus increasing the chances of promotion from Division Two. Striders' women did well to place third of 14 clubs in the first Division Two match. They were led home by Serena Stracey, in her first race for eight months after a knee operation. She ran very well to finish sixth of the 83 finishers, covering the undulating six-kilometre course in 26 minutes 7 seconds. Striders' next three runners had their own private battle, packing very well to finish within 13 seconds of each other. Clare McFadzean, making her league debut, ran strongly for 19th place (27.59) and was closely followed by Kerry Backshell (20th, 28.01) and Faye Stammers (21st, 28.12). Elene Kayum completed the scoring team in 28th place (28.55).

Meanwhile Striders' men competed in the Division Three match at Epsom. Having been relegated from Division Two the previous season, we were slightly disappointed to finish fourth of the nine competing clubs. Our first man home was Justin Macenhill who finished tenth (31.33). He was followed by Tom Thrower (16th, 32.21); Don Kayum (26th, 33.28); Nigel Davidson (30th, 34.16) and Tony Sheppard (32nd, 34.20).

The 27th Croydon 10K took place on 17 October. The winner was Dereje Kebede of Hercules-Wimbledon in 31 minutes 02. Jonathan McCallum of Croydon Harriers was second (32.36). The first Strider was Justin Macenhill who placed 12th (35.28). Club colleague Duncan Lancashire was 18th (36.27). The first woman was Gill Wheeler of Hailsham (38.29).

The second Surrey Cross-Country League races of the season were on 27 November. Striders' women did well to finish third in their match at Richmond Park, and remained third in the overall table. Jo Corrigan, making her league debut, produced an excellent run to place 12th (30.12). Serena Stracey was not far behind in 15th place (30.36), and Striders' other three scorers packed very well with Faye Stammers placing 21st (31.19), Clare McFadzean 22nd (31.26) and Kerry Backshell 23rd (31.32). Meanwhile Striders' men placed fourth in their Division Three match at Lightwater. Duncan Lancashire, on his league debut, ran very well to place fourth (29.30). Justin Macenhill was 13th (31.20) with his brother Damian 27th (32.36). Iain Harrison placed 28th (32.45), while two of Striders' veterans also produced very good performances, with Tony Sheppard 31st (33.08) and John Foster 32nd (33.13). Club secretary Chris Morton was not far behind in 40th place (33.26). Striders moved up to third in the Division Three table.

### **Dates for Your Diary**

**Sunday 8<sup>th</sup> November – First Half of the London Marathon Route, contact Steve Tyler for details**

**Saturday 14 November – next surrey League Cross Country Race**

**Saturday 12 December – Surrey League Cross Country AND**

**Saturday 12 December – Striders Christmas Party at Khyber Restaurant – contact Steph Upton for details.**

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