

Striders of Croydon

Autumn 2010 Newsletter

Gordon

1 December 1999 – 14 September 2010



Striders' Club Mascot, Jacqui Mazur's No 1 Fan and with a PB of 31.09 seconds for 525 yards, probably Striders' best ever sprinter!

His servants, Susan & Roy, will miss him very much.

Chairman's Corner

A very well attended AGM thank you all for coming – I am sure that it is the food that brings you more than the fact that most of you voted for a reduction in subs of £5. A few thought we should be spending our surplus on other things but it is difficult to think of anything that benefits everyone in the club. And in fact unless there is a sudden drop in numbers our income will still exceed our spend next year.

There is always the risk that the Croydon Half will cost us money but all the signs are that this will make a reasonable surplus and that entry fees will be coming in before we need to spend anything significant.

The Croydon Half website and entry system are now open. The main launch will be at the Croydon 10K on the 10th. So for the next few months is all about making sure that as many people as possible know that the event is on. So please let all your work colleagues, friends and relations know about it and pass on the link to the website.

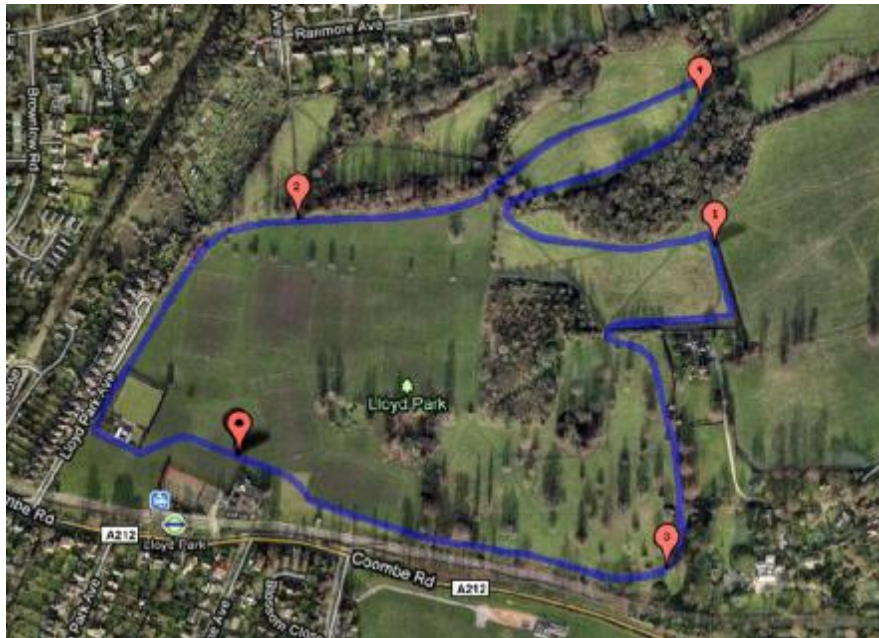
www.croydonhalf.co.uk

If you are going to an event over the next few months and can distribute some fliers let me know and I'll provide some for you.

Meanwhile...

Another very successful Switchback – thank you to Mick Turner doing all the organizing, Susan and Roy for doing the entries and results and thank you to everyone who helped on the day.

The Lloyd Park parkrun is about to become a reality. The planned 1st run is Saturday 23rd October. The start and finish will be beside the Lloyd Park pavilion and the route is 2 laps round the perimeter of the lower part of Lloyd Park with a nice climb up the field behind Sandilands.



The event is being organized by the council and we haven't been formally asked to provide helpers but you are welcome to volunteer when the call comes via parkrun and no doubt as many of you as possible will be running in the inaugural event. However don't forget Roundshaw Downs which although a bit more inconvenient for many of you to get to is, I think, a much better all year round course and is the one that, if you have the choice, we would prefer you to help at..

It is ironic that when I was originally asked last year if I could get a parkrun going in the area that I only got permission from the council for a route in Lloyd Park on condition it was well away from Frisbee Golf and Football pitches. I did get permission for a course round the top half but concluded it was far too wet or muddy for half the year which is why we went to Roundshaw. However since the council make the rules they can also change them and the attitude towards parkrun has changed dramatically over the last year with lots of local councils now trying get in on the act.

In fact when considering possible options for the new Lloyd Park course Paul Sinton-Hewitt of Parkrun was quite keen to have a much tougher XC course in the parkrun portfolio now that there are so many other courses in the area and would have supported my original route. However when we walked the two possible options with the council we had to agree that the combination of large cracks and holes in the summer and standing water and mud in the winter was a bit too much for a council sponsored event. Thus the route we now have

The big plus of the way things have worked out is that there is now a well established event on a lovely downland course at Roundshaw and we have close links with another running club, Collingwood, which would never have happened if Lloyd Park had come first.

One regular annual event I have failed to organize this year is the "plastic cup" our informal orienteering event. This partly due to my shortage of Sundays but also because the orienteering maps I was using were getting progressively out of date. The path network in Shirley hills changes surprisingly quickly. However as well as launching parkrun, Shelley Ross of the council is also trying to get Lloyd Park and Shirley Hills remapped in order to set up a permanent orienteering course. Andy Elliot who is also a member of Dartford Orienteering Klub is negotiating with the council on the subject. If it goes ahead we should have some new maps and new controls we can use for a plastic cup event next year.

For various reasons there have also been rather less away runs and rather more bike rides on a Sunday. I would hope we can redress the balance during the winter with some more middle distance away runs before Christmas and building up to the longer ones in the new year as Marathon training.

One we will try and do before it gets too wet is a 6 or 10 mile run from Chartwell. More on this once we have checked out the way through the woods some bright spark has been moving the footpath sign post around. Perhaps its the same person who moves our markers for the Switchback.

Good luck in the upcoming XC season May all yours run be in sunlit forests.

Robin

A Beginner's Guide to Cross Country

By Mick Turner

Cross country and off-road footwear

As it's the start of the [cross country season](#) it might be worth recapping this from last year. There are lots of trail shoes on the market so if you find a particularly good make and model let me know and what you use them for.

Early on in the season if it remains dry you'll be able to get away with road shoes. For most other courses and conditions a shoe with a waffle sole is the best option.

Waffle is a general term used for a sole with many small moulded rubber studs or spikes. They offer more grip in wet/muddy conditions than general off-road trainers. A decent pair of waffles is a worthwhile investment. They last a number of seasons and will give you confidence to run and compete under any conditions.

Best option for beginners

Old road shoes fitted with a waffle sole for under £20 at **Cobblers Awl** in Wallington are a cheap option - offering more stability and cushioning than pure racing waffles or spikes. Carmen, John Ralf, Steph, Chris, John Foster and Ryan have used Cobblers Awl. Ryan completed last year's Hellrunner in his pair which covered mud/sand/dry mud, giving him 'appreciably more grip than people wearing football boots.'

23 Woodcote Road, Wallington, Surrey SM6 0LH, 020 8647 1071

Other types of waffles

Waffles vary in the amount of cushioning they offer but are particularly good where races have sections across paths or tarmac. Personally I'd advise against wearing light waffles such as the Walsh on training runs off-road but the Inov-8 models appear to offer more support.

- **Walsh PB** - The only shoe I've used to race XC. I find them tough on the calves and achilles but they stop me sliding around. Suitable for even the muddiest cross country courses such as Lloyd Park - however I've never run in spikes. Other users include Andy Elliot, Bob Ewen, Suzy Walsh and Justin Macenhill.
- **New Balance RX Terrain** – The waffle of choice of Chris Morton.
- **Adidas Swoop** worn by Lee Flanagan, Taylor Huggins' pair gave him confidence to run the hills. Paul Weir preferred the fit to a pair of Walsh's.

Andy Elliott has had several pairs and says they're are a good compromise between cushioning, robust construction & grip.

They also have the novel feature of holes at the line where the sole meets the upper at the instep to allow water to drain out, usefull when fording streams or in very wet conditions. Of course the holes also allow water in but he finds water gets in anyway & quick drainage makes for better comfort & relatively drier shoes.

- **Inov8 Mudroc 290** multi-terrain shoes. Paul Weir says that the 290s offered him more grip than the Adidas Swoop. He also trains in these but then he does most of his training off-road.

- Barry White has trained and raced in the **Inov-8 Mudclaw 330**, coping with the slippiest of runs, offering great comfort.

- The **Inov-8 Mudclaw 270** has been used by Jo Penny and she's been impressed – these coped well with the mud and flinty stones of Denbies Vineyard last year

- As some of you make know Andy Elliott also orienteers & use special "O" shoes from Finnish company **Olway & Jalas**, which are often studded for maximum grip in mud or on steep slopes.

- The **Inov-8 Mudclaw 270** has been used by Jo Penny and she's been impressed – these coped well with the mud and flinty stones of Denbies Vineyard last year.

Off road trainers

If you're doing more miles off-road then you're likely to want something with more cushioning. A hybrid shoe will offer more traction than road shoes, however may not provide sufficient grip for muddy cross country races. Paul Finch wears any Asics off-road trainers. Bob Ewen wears the aptly-named Saucony Grizzly for training and says they're also ok for races when not too wet. Andy Elliott tends towards Saucony as well.

Spikes

For courses entirely on grass/mud that don't cross tarmac/roads, (Lloyd Park, Parliament Hill), spikes give an additional advantage. They are also much harder on calves/achilles. **Asics Corrido**, worn by Simon Ambrosi, are best on well drained, heathy courses such as Richmond Park. Tony Sheppard thinks that the **Asics Hyper** offer a little more support than most.

London to Brighton

By Ian Campbell

1. Introduction

Why would anyone want to run 56 miles off road? Well just ask about 200+ others who entered the 2010 London to Brighton off road event or the 200 that did it in 2009. Whats the attraction - running L2B off road means you see the fantastic Surrey and Sussex countryside and there lots of it to see. The other beauty is that the number of runners is usually much lower than marathon events although Ultra/Trail running is becoming more popular so number of entrants is rising. The camaraderie between runners before, during and after the event is fantastic and there does not seem to be any elitism. Everyone is in the same boat and is trying to get from A to B.

Taking on an ultra is not as daunting as it might sound. The easiest way to do this is to start with a 30 mile race which is just a step up from a marathon. Training is not much different from a marathon. Obviously if you are taking on something longer then you need to adapt your training but it is in no way much more difficult other than the obvious, you must like long distance running and do plenty of it!

2. Training

If you are starting from scratch then I would strongly advise that you build a solid marathon training base and follow one of the myriad of training plans that are available. The Striders or Runners World websites would be a good starting point. If you are already at marathon readiness and have one under your belt then the next stage in your training plan should be to target a mid range ultra. I did the Downlands 30 as a training run, its off road and hilly, which is perfect. I really started my serious training plan in about June giving me 12 weeks to build up to L2B. Take about 2 weeks of tapering prior to the event and you have 10 weeks of proper training. In that 10 weeks I did the following:

Long runs - 18M to 23M - x 5

Mid week long runs - 14M to 18M - x 6

Ultra x 30M - only once!

I averaged about 35 miles over 5 or 6 days a week. There were many runs of under 5 miles but scheduled after a long run so really just to train the body to move after long efforts and also part of my commute to work!

The other important factor in your training, as with any target race, is to make sure you simulate the terrain of your target race in your training runs. L2B starts at 0600 so make sure your body is used to running this early in the day. As my mid week long runs were

basically on reasonably flat terrain, I ensured that my Sunday long runs were entirely on the most hilly routes I could find. I also included in my gym sessions plenty of leg work for strength eg squats with bar, single leg squats, step ups with bar or weights etc. As you can see the training was not much more than for a marathon. You will see in various Ultra running training plans to incorporate back to back long runs. Personally, I did not have the time to do this but found that by combining the weekend long run with a mid week long run was fine.

3. Nutrition, drinks, backpacks etc

The most important piece of advice is to keep experimenting during your training. Every long run is an opportunity to try out your equipment and make sure it works and that you are comfortable with using it on the hoof.

Taking on a 56 mile race means you will be running for 10, 11, 12 or more hours. Surviving on gels and water will not really be enough. So you need to get your body used to digesting food before and during runs. I tried various food options including bananas, biscuits, energy bars, home made flapjacks, jelly beans, wine gums etc. All long runs were completed with a rucksack. I changed rucksacks several times until I felt comfortable with the OMM 15 litre version. This is light, compact and extremely well designed. I have used it extensively now for several weeks and it is a great little commuter rucksack.

I started with a platypus hydration pack but found that after several weeks usage the bladder and feedpipe, despite regular cleaning, caused the water to distaste. I eventually found a make called Source from the US that is actually much better as it has a twist cap on the feedpipe that ensures that no air get to the contents whilst not in use, therefore keeping the contents fresh. Anyway, experiment until you are happy with your equipment.

Also, you need to make sure you have an equipment list for the day. For L2B there is a mandatory equipment list. This included, mapbook (provided by race team), mobile phone, compass (make sure you know how to use it and read an ordnance survey map), cash for emergencies, water. If you are going to have someone meet you at checkpoints then the amount of gear you need to carry can be reduced. In addition to mandatory items I carried, couple of plasters, water in drinks bladder plus a drinks bottle, a variety of food for first 30 miles. My brother Chris was crewing for me so I was able to leave with him, spare pair of socks and trainers for 30 mile change over, and food bags for each checkpoint thereafter. Make sure you have a variety of food options as the same thing will not be very appetising. Include some salty food like cheese biscuits etc. I also took Nuun tablets that could be easily popped into a drink bottle of water. This was very useful as additional fluid and provided salt intake. Don't under estimate how much you will drink on the day.

Last but not least, toilet paper. You never know what happens on the day, so make sure you don't mind doing things outdoors!!

All in all, make sure you minimise the carry weight while ensuring you have all you need on the run and make sure you have carried the same weight in training so its not back breaking or completely new to you on the day.

4. Logistics of the day

Work out your estimated mile split times for the distance. Add some time for hills, checkpoints etc. Then add time just because you will slow down. Even then you will probably have under estimated but it will give you a realistic target time. Like anything that is greater than you have taken on before it will seem enormous to comprehend. The best way to tackle it is to break it down into pieces. As they say, you can't eat an elephant in one go! I calculated an expected time for each section between checkpoints incorporating the terrain, stage of the run and factoring in tiredness. Then you can plan out your nutrition, drinks and other bits and pieces to ensure the day goes as well as you can plan it.

5. The race

Get up at 0330. Have breakfast of muesli and drink some water. Use toilet. Taxi at 0415 to Blackheath. Arrive to register for 0600 start. Spend time in the hall checking over equipment and mentally going over events. Use toilet. If truthful, also deliberating over whether I was going to finish, what would I do if I pulled out, had my training been good enough etc etc.

Gradually more runners congregate and the atmosphere builds up. Much trepidation, anticipation and nervousness.

0545 runners start to mass outside at the start line.

0550 pre race talk from organisers. what to do, what not to do etc etc.

0600 we are off..... lots of shouts and screams. who cares about waking the neighbours, we are doing L2B!!

I settle at an easy pace about 8 min miles as I find out when I take a closer look at my GPS at 5 miles. It's faster by 2 mins a mile than my plan but I feel extremely comfortable so keep going. Maybe I will pay for it later.

0630 - my Mum phones me to wish me good luck. She does not realise that I am already running. Text my brother to inform him that I have started and will see him at the 30 mile checkpoint. I have learnt to text and take calls on the run now.

Checkpoint 1 and 2 pass and I am heading to checkpoint 3 - 30 miles. My brother Chris is there and I change socks and shoes. I have been drinking regularly on the run and taking three cupfuls of water at each checkpoint. Plus a banana and biscuits. I think I feel fine but Chris tells me after the race that I looked very tired at this checkpoint. During this stage I popped in a Nuun tablet and drank the 0.5L. Consequently my salt levels increased. Something I should have done earlier but completely forgot about. Checkpoint 4 and I go through the same routine, water, bananas, biscuits etc. Chris tells me afterwards that at this stage I looked much fresher. Must have been the salt and food intake that perked me up.

Anyway, I continue running to 46 miles and averaging 10 min miles. But the wheels come off here and I end up run walking the last 10 miles. Mentally at 46 miles I knew

that if I ran walked I would be able to make it within the cut off time of 13 hours. In fact, my GPS tells me that I covered 58.5miles. The last few hundred yards were a running hobble to the finish line, which meant going down some concrete stairs and across pebbles to the finish line on the beach. Truly London to Brighton. Finish time 12 hours 22 mins and just 38 minutes within the cut off time of 13 hours.

Chris was at the finish and took some photos and very kindly drove me all the way home. I ate even more food and drank copious amounts of water on the journey back. I got in the door at about 8PM. A long but satisfying day. A medal and t shirt to prove it and plenty of pride on my chest. Tomorrow would be a long day as well but for different reasons.....

Striders' AGM 2010 - The Winners

Men's Road Ranking	1. Justin Macenhill 2. Richard Lee-Smith 3. Simon Ambrosi
Men's Age Graded Road Ranking	1. Justin Macenhill 2. Richard Lee-Smith (no trophy awarded) 3. Chris Morton (no trophy awarded)
Women's Road Ranking	1. Suzy Yates 2. Josephine Thompson 3. Tina Macenhill
Women's Age Graded Road Ranking	1. Margaret Faherty 2. Suzy Yates (no trophy awarded) 3. Leslie Bourke (no trophy awarded)
Women's Cross-Country	1. Helen Furze 2. Suzy Yates 3. Faye Stammers
Men's Cross-Country	1. Matt Morgan 2. Lee Flanagan 3. Justin Macenhill
Sandilands Cup	1. Alice Ewen 2. Matt Morgan 3. = Suzy Yates 3. = Mick Turner
Special Award for Cross-Country	Victoria Legge
Owen Trophy 2009	1. Peter Shew 2. Richard Lee-Smith 3. Justin Macenhill
First Handicap Julie Jordan Second Handicap Katherine Selby Final Handicap & Overall Winner	Julie Jordan Katherine Selby 1. Neil Furze 2. Alan Dolton 3. Jo Rugg
Men's Track & Field	Steve Smith
Women's Track & Field	Kim Ford
Club Man of the Year	Mick Turner
Club Woman of the Year	Steph Upton

It Shouldn't Happen to a Strider
Submitted by Peter Shew

Richard Lee Smith Sandwich 10k 2010

“At last.....a 10K win..... Where's the finish ...???? Sure it was around here somewhere!!!”



Inspirational Running Quotes From Unlikely Sources No 1

If you're not smiling, you're doing it wrong – Dick Strawbridge

Cake Corner

Karen Connor shares the recipe for the Switchback entrants favourite

VICTORIA SPONGE

Ingredients

175g Butter or Margarine
175g Self Raising Flour
1tsp Baking Powder
175g Caster Sugar
3 Eggs

Method

Pre-heat the oven to 180c/Gas Mark 4

Grease and line 2 x 8inch round baking tins

Place the flour, baking powder, butter, sugar and eggs in a bowl and mix well until smooth.

Divide the mixture evenly between the tins and bake in the centre of the oven for 25 – 30 minutes, or until golden brown and the cake feels springy to the touch.

Once cooled sandwich together with jam.

The Women's Institute say that a true Victoria Sponge is sandwich together with only raspberry jam but be adventurous! Try cream and fresh fruit, or butter icing, or jam and cream.

Running in Derbyshire

By Susan Haynes

Now I know that some of you have maps that still show anything north of the Thames as "Here Be Dragons" but bear with me. There is life north of Watford. Honest.

When most people think of Derbyshire, they think of the rolling Dales of the south and middle of the County, the areas around Bakewell and Chatsworth. But head a little further north (yes even further!) and once you get beyond Buxton you hit the Dark Peak. This is where Derbyshire gets more rugged and for my money, more beautiful – but as we'll see, I'm biased.

I grew up on the edge of the Dark Peak and this is probably why I didn't start running until I came south – HILLS; big ones. Over the years though, I have been toughened by

Chris's vertical Wednesday runs and the occasional Robin-led scramble over the North Downs. So I've recently mustered my courage and run whenever I've gone "home".

Glossop is a small former mill town on the edge of the Dark Peak. The town isn't much to write home about but it sits among some of the most dramatic countryside in Derbyshire. This affords a wealth of running opportunities over a variety of distances and terrain and the views from the top make the inevitable climbs worth it. There are famous walking routes that provide an excellent running challenge – Kinder Scout and other parts of the Pennine Way among them. Though these can be busy, especially in late Spring and early Autumn.

If you want to get away from the crowds, there's an off road and reasonably (for the area) flat route around a string of local reservoirs. You can turn this into anything from a 4 mile recovery run, to a testing half or a challenging 20 miles. Just decide which reservoir you want to get to and run back along the opposite bank when you get there!

For the dedicated "roadies" among you, there are well lit rural streets that afford equally fine views along the valley and those ever present hills. It's probably best to save the more daring forays onto the countryside tarmac for daylight hours, as the streetlights run out pretty quickly once outside residential areas.

And you can try doing your week's hill session up renown local hill, Redgate - a 400 metre stretch of tarmac that even causes walkers to bend at an almost 90 degree angle. If you're really brave you can run up this carrying a sack of coal (or your wife) at the annual Plum Fair in September.

Near Glossop is the village of Hayfield, nestled below Lantern Pike. From Hayfield you can do a tough 7 mile circular route over the Pike and back to the village, which affords some terrific views of the valleys. Again, there's a local race, part of the annual Sheepdog Trials, over this fell. It's only four miles. You'll find me in the beer tent when you've finished.

For other local races, there are plenty to choose from. The Buxton Half (July) is a rewarding (so they tell me) climb around England's highest market town and the Ashbourne Half (September) shows off the gentler (it's all relative) hills of the upper Dales. And then there is the Gravy 6 (July), run by a group called Northern Boys Love Gravy, it's 6 miles around the aforementioned reservoirs. A point to note, when I showed the course profile to Chris Morton, there was a sharp intake of breath followed by an amazed "There isn't a flat yard on that course!" If you fancy something more urban, try the well regarded Stockport 10 (October) or the Real Manchester 10K (NOT the one in the Great Run series).



For someone looking for a challenging week's running, this part of Derbyshire has much to offer. When you're not running, there's a wealth of good pubs, restaurants and B&Bs to savour, as well as the delights of nearby Manchester (35 minutes by train, 13 miles in trainers). Despite spending the last 22 years running away from it, I've discovered that it's a fabulous place to do your (gruelling) 18 mile marathon training run. And as I said to the lambs frolicking in the

fields on the highly inappropriately named Derbyshire Level – you don't get views like this from Upfield.

Just bring your waterproofs. And a sense of humour.

30 YEARS AGO: LOCAL ATHLETICS IN AUTUMN / WINTER 1980/81

The East Surrey League held its annual cross-country race at Lloyd Park on 25 October. The race was won by Bob Treadwell of Surrey Beagles. Epsom won the team event with Croydon Harriers second. Incidentally the course was slightly shorter than that which Striders use nowadays. It took an easier path up Vineyard Hill (the first significant hill on the course) which has subsequently been blocked by trees which were planted in the 1990s. Also it did not include the current 'hairpin' bend on Hammonds Hill (the second hill on the course): instead the course took the shortest possible route between Vineyard Hill and Hammonds Hill, going straight across the small valley between the hills and climbing Hammonds Hill by a steep bank where steps have subsequently been built. The races also started and finished by the Mapledale Avenue entrance to Lloyd Park: this had to be changed in the late 1980s after residents of Grimwade Avenue complained about runners urinating within sight of their back gardens.

The Surrey Women's Cross-Country Championships were held at Camberley on 13 December. The race was won by Australian Diane Chettle, running for Croydon Harriers. At this time a club only needed three runners for the team event, and Croydon took advantage of this by winning the team prize. The men's championships were held at Old Coulsdon three weeks later, not using the well-known SLH course but using a course starting near the Fox, on the Coulsdon/Caterham border, with a descent into the valley early in each race and a steep climb back towards the main road at the end of each race. The winner was former Croydon Harrier Max Little, running for Ranelagh Harriers. Bob Treadwell of Surrey Beagles placed second for the second successive year. Epsom won the team event with Croydon Harriers second.

Mitcham AC held their annual 25-kilometre road race on 10 January. This race had first been held in 1952; it survived until 2001, when it was been discontinued because of traffic problems. Cambridge Harriers won the team event with Croydon second. Croydon's New Zealand international Gillian Drake was the first woman to finish, placing 88th overall.

Croydon Harriers held their annual cross-country championships in Lloyd Park on 24 January. The winner was Martin Walmsley who covered the three-lap course in 40 minutes 8 seconds. Future Strider Peter Yarlett was second in 41 minutes 42.

The Southern Cross-Country Championships took place at Enfield on 14 February. The men's race was won by Peter Standing of Windsor, while Aldershot won the team event. The first local athlete was Bob Treadwell of Surrey Beagles, who placed ninth.

The Surrey Cross-Country League completed its 19th season with matches on 21 February. Aldershot won Division One for the tenth successive year. Epsom placed second with Walton third, Croydon Harriers fourth and Hercules-Wimbledon fifth. South

London Harriers finished sixth, and were relegated to Division Two for the first time since entering the league in 1968. Belgrave were also relegated. Herne Hill won Division Two and were promoted along with second-placed Ranelagh. The Metropolitan Police placed third with Thames Hare & Hounds fourth.

The Surrey Womens Cross-Country League completed its second season with a match at Brockwell Park on the same day. Croydon Harriers won the league by just one point from Epsom. Guildford were third with Herne Hill fourth and Dorking fifth. Three of the four races were won by Croydon runners: New Zealander Gill Drake won the first race, Australian Diane Chettle won the third race, and former Surrey champion Deansie Phillips won the final race. Diane Chettle also won the individual league title. Her club colleague Gill Drake was also showing excellent form on the road: on 1 March she was the first woman in the Woking 10-mile road race, recording a personal best of 56 minutes 25.

The National Cross-Country Championships were held on a very muddy course at Parliament Hill on 7 March. The winner was Julian Goater of Shaftesbury Harriers (who took their name from the Shaftesbury Tavern in Hornsey). The team event was won by Tipton Harriers. The first local runner was Bob Treadwell of Surrey Beagles, who had an excellent run to finish eleventh.

25 YEARS AGO: LOCAL ATHLETICS IN AUTUMN 1985

Striders held their AGM on 3 October. Club secretary Ron Carver reported that the club had 57 members (48 male and 9 female). The AGM discussed changing the club name but decided to retain the original name of 'Philips City Striders' (which remained the club name for a further ten years). The AGM minutes also record that "an approach should be made to Croydon Harriers for them to point any runners who do not meet their standards in our direction".

The East Surrey League introduced a cross-country relay on Wimbledon Common, to add to its three established races. This took place on 19 October and was won by Boxhill Racers, a newly-formed club who included several runners who had previously been with Epsom.

The fifth annual Croydon 10 mile road race took place on 20 October, over the same two-lap course as had been used for the previous three years. (This was the final time that the race was held over ten miles: in 1986 it changed to a one-lap race over the current distance of ten kilometres.) The race was won by Lawrence Marsh of South London Harriers in 51 minutes 41. Host club Croydon Harriers had the next two finishers with Alan Dolton second in 52 minutes 11 and John Lee third in 52 minutes 17. Kevin Ellis of SLH was fourth (52.48) with Graham Hansen of Croydon Harriers fifth (53.04) and Tony Harran of Herne Hill sixth (53.29). Croydon Harriers' fourth man home was future Strider Peter Yarlett, who placed tenth in 55 minutes 26. Another future Strider, John McGilvray, ran for Surrey Beagles and placed 25th in 57 minutes 54. Striders' first finisher was Steve Harman, who ran 66 minutes 49. The first woman was Fiona

McDaniel in 66 minutes 31, with Heather Fenton of Croydon Harriers second in 67 minutes 10.

The East Surrey League held its annual cross-country race at Lloyd Park on 26 October. The winner was Jerry Watson of Epsom (27.21). Boxhill Racers gained an emphatic win in the team event, with Ian Lamplough second and Colin Parrack third. Their total of 22 points placed them well clear of Croydon Harriers (34) and Epsom (55). Croydon's team included two future Striders: Alan Dolton placed fourth (27.43) with Peter Yarlett 16th (29.15).

The Surrey Veterans Cross-Country Championships took place on the following day at Richmond Park. Steve Warzee of Guildford won the over-40 race in 32 minutes 13, with Robin Dickson of Croydon Harriers second in 33 minutes 35. Croydon's Bob Penney won the over-60 race for the second successive year.

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

In the Leatherhead 10-mile road race on 17 November, Striders' leading veteran Simon Morris set a club record of 54 minutes 51 seconds, which still stands as a club record 25 years later. Striders had not yet entered either of the Surrey cross-country leagues, but had their first cross-country match on 7 December, with an inter-club match organised by Hailsham Harriers (whose team included Striders' first secretary, Mick Meech). Hailsham won the match with six of the first seven finishers. Striders mustered 17 of the 36 finishers. They were led by veteran Simon Morris who placed third. Peter Stewart was eighth, and six other Striders placed in the first 20: 11 Steve Harman, 12 Colin Golding, 13 Tony Smith, 14 Simon Smith, 16 Steve Owen, 17 Alan Purchase.

1985 saw Striders inaugurate a new award for the club's man and woman of the year. The men's award was won by marathon runner Alan Purchase (who is still with the club 25 years later). The women's award was won by Debbie Picott.

20 YEARS AGO: LOCAL ATHLETICS IN AUTUMN 1990

The Surrey Womens Cross-Country League began its 12th season with a race at Tilford on 13 October. This was the final season in which all 24 clubs competed in the same division. The race was won by Nicky McCracken of South London Harriers. SLH also won the team event. The under-17 race was won by Jeina Mitchell of Croydon Harriers. Jeina lived in Mitcham and had previously competed for Hercules-Wimbledon, but had

changed clubs after a disagreement with her coach. Sara Stodart of Holland Sports won the under-15 race.

On the same day, the East Surrey League held its annual cross-country relay at Wimbledon Common. Boxhill Racers dominated the event: their A team won with their B team second. Hercules-Wimbledon placed third.

The Surrey Cross-Country League began its 29th season with matches on 20 October. The Division One match was at Richmond Park. Aldershot won by just 13 points from defending champions Boxhill Racers. The opening Division Two match was at Epsom Downs. Woking gained a convincing win with Metropolitan Police second and Croydon Harriers third.

Meanwhile Striders were competing in the Division Three match at Dorking. They produced their best performance since entering the league four years earlier, and finished third of the 13 competing clubs. Hounslow, who had entered the league for the first time, dominated the match and had the first nine finishers. Their team including several students from Brunel University, and they had been allowed to enter the league despite being based in Middlesex rather than in Surrey. Steve Bishop of Holland Sports was the first non-Hounslow runner in tenth place, but Hounslow's final scorer finished 12th to give them a record winning score of 57 points. Holland Sports were second with 337, but Striders' total of 458 saw them finish comfortably ahead of Haslemere (552) and Elmbridge (573). Striders were led by Nigel Davidson, who placed 22nd, covering the five-mile course in 30 minutes 51 seconds. Juan Galvan was close behind in 24th (31.03), while Gary Wales also ran well to place 29th (31.28). John McGilvray placed third in the over-40 category (31.53).

The fifth annual Croydon 10K road race was held the following day. The first two finishers were both from Boxhill Racers. Steve Harris, a former British 5000 metre international who was returning to fitness after surgery on a leg injury, gained an easy win in 30 minutes 27. His club colleague Gary Bishop was second (31.12). The next three finishers were all from Croydon Harriers. Barry Cooke was third (32.37) with Alistair Da Costa fourth (32.48) and Alan Dolton fifth (33.02). The first Strider to finish was Nigel Davidson, who placed 15th in 34 minutes 14. The first over-40 runner was Chris Hughes of Thames Hare & Hounds, who placed sixth overall (33.05). The first over-50 was Barry O'Gorman of Blackheath who ran very well to place 19th overall in 34 minutes 58. Striders' Tony Eve was second in the over-50 category, recording 39 minutes 08. The first woman was Viv Hill of Redhill & Surrey Beagles, who ran 38 minutes 02. Viv now competes for SLH under her married name of Mitchell. The first over-45 woman was future Strider Pat Edwards, who ran 49 minutes 29.

The second Surrey Cross-Country League matches of the season took place on 17 November. The Division One match was at Wimbledon. Boxhill Racers won with Aldershot second. The Division Two match was at Lloyd Park. Woking won with Metropolitan Police second and Croydon Harriers third.

Meanwhile Striders gained their best ever result in the Division Three match at Esher. Hounslow gained a convincing win with 11 of the first 12 finishers. However Striders took second place and consolidated third place in the league table. Striders were again led by Nigel Davidson who finished 21st, covering the five-mile course in 31 minutes 11. Gary

Wales was 28th in 31 minutes 59, with John McGilvray 35th (32.30) and Juan Galvan 37th (32.35).

The second Surrey Womens League match of the season took place at Ewell on 24 November. The individual winner was Sally Young of South London Harriers, while Thames Hare & Hounds won the team event.

15 YEARS AGO: LOCAL ATHLETICS IN AUTUMN/WINTER 1995/96

Since Striders' formation in 1982, the club's name of 'Philips City Striders' had become increasingly inappropriate, as the club was no longer restricted to employees of Philips and was not receiving any sponsorship from Philips (although it was effectively giving Philips a lot of free advertising by continuing to use the company's name). The 1995 AGM made the long overdue decision to change the name. The members' choice of name was 'Croydon Striders'. However, the club ran into unexpected difficulties when it attempted to register the new name with the Surrey AAA. The Surrey AAA committee included a couple of influential members of Croydon Harriers. Supported by a majority (although not a unanimous majority) of the Harriers committee, they lodged objections to the proposed change, and the Surrey AAA committee voted by a majority to refuse to ratify Striders' proposed new name. To most people outside the Surrey AAA committee, this seemed to be a very harsh decision. There seems to be no logical reason why there should not be two clubs with Croydon in their name. For example, our neighbouring borough of Sutton had a long-established Sutton Athletic Club and a newer club named Sutton Runners. However, the situation was not resolved until the summer of 1996.

The 1995 AGM also saw Striders agree to register as a track and field club for the first time, and to apply to join the Southern Veterans League for the 1996 season. (However, no provision was made for track and field competition for the younger members of Striders: this was not rectified until 2004 when we applied to join the Rosenheim League.) Additionally, the AGM saw Nigel Davidson succeed Dave Hoben as club chairman, while Michele Lawrence succeeded Nigel as club secretary.

The East Surrey League held their annual cross-country relay at Wimbledon on 21 October. Dorking gained a clear win in 39 minutes 42 but there was a close battle between Croydon Harriers and Striders for second. Harriers just held onto second place in 42.41, with Striders only two seconds behind after an excellent last leg from the improving Lee Morgan.

The Surrey Cross-Country Championships took place at Frimley on 9 December. The men's race was won by Chris Sweeney of Belgrave. Boxhill Racers won the team event with Herne Hill second and South London Harriers third. Croydon Harriers were seventh, while Striders placed eleventh. Striders were led by Lee Morgan, who finished 57th. John McGilvray was 95th with Nigel Davidson 102nd, Simon Smith 131st, Colin Cotton 135th and Dave Langley 145th. The women's race was won by Zahara Hyde of Woking. Herne Hill won the team event with Woking second, Dorking third and South London Harriers fourth. Striders were unable to field a team.

The Surrey Womens Cross-Country League completed its 17th season with a match in Lloyd Park on 17 February. Dulwich won Division One with Herne Hill second and South London Harriers third. Woking won Division Two with Wimbledon Windmilers second.

The men's Surrey League completed its 34th season with matches on the same day. Hounslow won Division One by just 14 points from Thames Hare & Hounds. South London Harriers placed seventh, narrowly avoiding relegation after a close battle with Ranelagh. Hercules Wimbledon won Division Two with Croydon Harriers second. Striders continued their sequence of bouncing between Divisions Two and Three, finishing bottom of Division Two for the second time in three years and being relegated back to Division Three. Striders' results for the past six years made interesting reading:

1990/91	3rd in Division Three. Promoted.
1991/92	10th (of 11) in Division Two. Relegated.
1992/93	2nd in Division Three. Promoted.
1993/94	9th (of 9) in Division Two. Relegated.
1994/95	2nd in Division Three. Promoted.
1995/96	9th (of 9) in Division Two. Relegated.

However this marked the end of the club's sequence of promotion being followed by immediate relegation: Striders were now to remain in Division Three until 2002.

10 YEARS AGO: LOCAL ATHLETICS IN AUTUMN 2000

The East Surrey League held its annual cross-country relay at Wimbledon on 7 October. Boxhill Racers won the race (41.04) with Epsom second (41.53) and Croydon Harriers third (42.05). Striders placed sixth (46.21). Our team comprised Gerry Crispie (11.08), Nigel Davidson (11.04), Ken Low (11.57) and John McGilvray (12.12). Our B team placed 12th, their fastest run coming from Jane Lansdown who ran 11.59 on the second leg.

The Surrey Womens Cross-Country League began its 22nd season with a match at Tilford on 14 October. This was a memorable day for Striders' women who won the Division Two match, recording our first ever victory since joining the league in 1988. Our team was led by Jane Lansdown who placed second, beaten only by Sally Young of Dorking. Our second finisher was new member Sarah Bowen, and our other scorers were Diane Ballard, Elene Kayum and Kate Potter. We finished with 89 points, well clear of nearest rivals Stragglers (135), Reigate Priory (136) and Dorking (139).

The Surrey Cross-Country League began its 39th season on the same day. Striders placed fourth in the Division Three match at Richmond Park. Our first finisher was Gerry Crispie who placed tenth, covering the five-mile course in 30 minutes 36. He was followed by Eric Parker (13th, 30.42); Tony Sheppard (14th, 30.47); Nigel Davidson (27th, 31.33) and Neil Furze (28th, 31.45).

The 19th Croydon 10K took place on the following day. Stuart Major of South London Harriers gained an easy win in 32 minutes 19. Deron Fagan of Croydon Harriers was second in 34 minutes 45. The first woman was Rosalind Lewis (Shaftesbury-Barnet) who

placed 16th overall in 37 minutes 35. Most of Striders' fastest runners chose to miss the race because of the previous day's cross-country. The first Strider to finish was Alan Dolton who placed 22nd in 39 minutes 11, just five seconds ahead of club colleague Jane Lansdown, who was the second woman to finish.

The East Surrey League held its annual cross-country race at Lloyd Park on 28 October. Striders placed sixth, one place ahead of local rivals Croydon Harriers. Tony Sheppard was 13th with Neil Furze 19th and John Kirby 34th. Jane Lansdown had an excellent run to place 38th, beating all but three of Striders' men.

Mick Gambrill organised a Striders trip to the Jersey Half-Marathon on 5 November. Jane Lansdown produced a very good run to finish second in the women's race in a personal best of exactly 88 minutes, which was the fastest time recorded by a female Strider since 1988, and lifted her to third place in our all-time women's rankings. Club colleague Alan Dolton ran 87 minutes 54 (having been persuaded to make the trip in order to act as Jane's massage therapist).

The second Surrey Cross-Country League Division Three match took place on 18 November at Wimbledon Common. Striders placed sixth. Our first finisher was Tony Sheppard, followed by Eric Parker, John Kirby, Dave Bell and Colin Cotton.

The second Surrey Women's Cross-Country League Division Two match took place at Lightwater on 2 December. Jane Lansdown had an excellent run to win the Division Two



race, 20 seconds clear of Dorking's Janet Ray. Diane Ballard also ran well to place 14th. Our other scorers were Kate Potter, Elene Kayum and Linda Daniel. We placed second in the match, behind Dorking. This kept us on top of the Division Two table with 31 points, ahead of Dorking (29), Reigate Priory (28) and Stragglers (28). On the following day Jane travelled to Margate to compete in the Thanet 10 mile road race. She showed great powers of recovery to produce another excellent run, finishing third in the women's race in a club record of 64 minutes 56.

South London Harriers held the annual Pirie 10-mile cross-country race on 16 December. The winner was Jason Simpson of SLH in 56 minutes 32 seconds. The first woman to finish was Striders' Jane Lansdown, who placed 22nd overall in 69 minutes 22.

FIVE YEARS AGO: LOCAL ATHLETICS IN AUTUMN 2005

The Surrey Road Relays were held at Wimbledon Park on 11 September. Striders' best result came from the over-40 men's team, who placed eighth. Team manager Chris Morton ran the first leg in 18 minutes 58 seconds. He was followed by John Foster (18.54), David Batten (18.59) and Alan Dolton (19.54). Striders' women's team placed 12th in their event. They were given a good start by Clare McFadzean, who ran the first leg in 20 minutes 59 seconds. She was followed by new member Stephanie Noyce, who ran the second leg in 21 minutes 32. Amalia Da Silva-Lima (26.34) and Faye Stammers

(22.23) completed the team. Striders' senior men were well below full strength, and had to settle for 18th place. Their best run came from Alex Aronberg, who ran 18.35 on the opening leg.

Striders staged the annual 'Switchback' cross-country race on 26 September. The winner was South London Harriers' veteran Ray Marriott, who covered the five-mile course in 28 minutes 15 seconds. He was followed by Striders' Justin Macenhill, who placed second in 29 minutes 18.

Striders' veteran Bob Ewen had an excellent run, winning the over-50 category and placing fourth overall in 30 minutes 44. He was followed home by another Striders veteran in Tony Sheppard, who made a welcome to return after a hamstring injury and placed fifth in 31.09. Striders also had the first woman to finish, with Helen Furze placing 13th overall in 33 minutes 52.

The Surrey Women's Cross-Country League began its 27th season with a match at Wimbledon Common on 8 October. Striders were competing in Division One, but finished 14th of the 15 competing clubs. They were led by Serena Stracey, who placed 48th (25.52). Kerry Backshell finished 64th (27.11), with Stephanie Noyce 68th (27.18) and Clare McFadzean 70th (27.23). Meanwhile, Striders' men were competing in Division Two of the men's league at Epsom Downs, where we finished a respectable fifth of the nine competing clubs. Striders were led home by the consistent Justin Macenhill, who had another excellent run to finish ninth, just two places ahead of club colleague Duncan Lancashire.

The 29th Croydon 10K took place on 16 October. The winner was Peter Fallenius of Belgrave in 32 minutes 52. The first Strider was Duncan Lancashire, who placed seventh (34.17). Tony Sheppard was 18th (37.04) and Bob Ewen 21st (37.18). For Striders' women, Helen Furze set a club over-35 record of 39 minutes 42. On the same day Justin Macenhill placed 16th in the Amsterdam Half-Marathon in a personal best 77 minutes 22, while Serena Stracey ran a personal best 91 minutes 44. And Kerry Backshell recorded a personal best of 3 hours 35 minutes 41 in the Abingdon Marathon.

The East Surrey League race held its annual cross-country race in Lloyd Park on 22 October. Striders placed fourth, led by Justin Macenhill, who ran well to place seventh of the 105 finishers in 30 minutes 42 seconds.

On 12 November Striders produced a good team performance to place third in the annual South of the Thames cross-country team race for the Brent Shield, held over a five-mile course at Lloyd Park on Saturday. Striders' first man home was Duncan Lancashire, who placed 16th in a strong field, recording 30 minutes 34 seconds. Justin Macenhill also ran well for 25th (31.00).

The second Surrey Cross-Country League matches of the season took place on 19 November. Striders' men placed fifth in their match at Richmond Park. They were again led by Duncan Lancashire who placed seventh of the 170 finishers, recording 28 minutes 29. He was closely followed by club colleague Justin Macenhill, who placed tenth in 28 minutes 39. Matt Morgan also ran well to place 35th (30.26). Meanwhile Striders' women placed 14th in their Division One race at Reigate. Serena Stracey led the team home in 50th place (21.49).

On 3 December Justin Macenhill had an excellent run to finish second in the annual Pirie 10-mile cross-country race at Coulsdon, covering the testing two-lap course in 60 minutes 25 seconds. Veteran John Foster also ran well to place 12th in exactly 65 minutes, while team-mate David Batten was the first over-50 to finish, placing 17th overall in 66 minutes 39.

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Wednesday 13th October – Club Marathon Ballot

Friday 22nd October – Quiz Night, see Mick T for tickets

Saturday 13th November – Surrey League Cross Country

- Ladies at Denbies Vineyard, 12pm
- Men at Wimbledon Common, 3pm
-

Sunday 3rd April 2011 – Croydon Half Marathon!