

Striders of Croydon

MARCH 2016 MAGAZINE



Peter Mills leading Striders to victory in our mobmatch against Croydon Harriers (photo by Simon Powell). Peter's 12th place in the Surrey Cross-Country Championships is the best placing ever achieved by a male Strider in this event. By winning the final Surrey League Division Two race, he became the first Strider to win a Surrey Cross-Country League race.

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DATES FOR YOUR DIARY

Sun 20 Mar – Sport Relief Mile and Harriers v Striders Mile – Croydon Arena
Sun 10 Apr – Croydon Half-Marathon – Sandilands (Striders marshalling)
Sun 24 Apr – London Marathon (Striders marshalling)
Sun 1 May – Ranelagh Half-Marathon (Surrey Championship) – Petersham
Sun 8 May – Sutton 10K – Nonsuch Park (Surrey Road League)
Mon 9 May – Southern Veterans League – Kingsmeadow
Mon 23 May – Southern Veterans League – Ewell
Sun 5 June – Dorking 10 miles (Surrey Championship)
Sun 5 June – Surrey Masters Track & Field Championships – Ewell
Mon 13 June – Southern Veterans League – Wimbledon
Sun 19 June – Ranelagh 10km (Surrey Championship) – Ham
Mon 11 July – Southern Veterans League – Croydon Arena (Striders co-hosting)
Sat 16 July – Elmore 7 miles (Surrey Road League) – Chipstead
Sun 24 July – Elmbridge 10km (Surrey Road League)
Sun 7 Aug – Wimbledon 5km (Surrey Championship)
Sat 3 Sep – Surrey Road Relays – Wimbledon Park

MARATHON TRAINING RUNS 2015/16

Planned Run	Start	Finish	Route
Sun 6 Mar	High Elms 17	Sandilands	Sandilands
Sun 13 Mar	Regents Canal 18	Victoria	Victoria
Sun 20 Mar	Coulsdon 21	Coulsdon South	Sandilands
Sun 27 Mar	Botley Hill 19	Sandilands	Sandilands
Sun 3 April	Kingston 21	Kingston	Clapham Junction

CHAIRMAN'S CORNER MARCH 2016

An eventful and exceptionally muddy start to the year peaking I think with the final of the Surrey Cross Country league at Lloyd Park, where parts of the course became a sort of slurry akin to wet concrete. Apparently, however, this was nothing compared with Parliament Hill the week before - which was the same consistency for the full course. Sadly Striders' in depth experience of mud on Sunday morning runs round the hills and on Marathon training runs like Merstham and Keston was not sufficient to keep us in Division 2 for the men's league. Despite that, congratulations and well done to everyone who ran over the season and of course well done to the ladies who came well up in the Women's League.

The focus of the club is about providing enjoyable runs every week and at the same time helping you all to achieve your goals in distance running. It is quite difficult to combine this with helping and encouraging our team of fastest runners (and attracting more to join us) in order to achieve success in the league events, both cross country and road where ultimately its speed in depth. I am open to suggestions on how to become both the most enjoyable club to run with and the fastest.

Meanwhile completely out of the blue we seem to have gained another weekly event to keep you all fit - Yoga. When Corrine proposed it I thought after an initial burst we might settle down at a dozen or so but at the time I am writing this we have 32 coming along to the 3rd week, with 29 of you on your second and 3rd sessions. Annoyingly for much the same reasons I can rarely do parkruns on a Saturday I will rarely be able to do Tuesdays. However I did manage to attend the first one and found it infinitely more therapeutic and relaxing than I was expecting. So well done to Corinne for getting it started and to Hannah our instructor for getting it just about right for a group of runners.

This will be the last newsletter before the major Marathon month in April with Brighton, London, Paris, Boston and I am sure a few others. I hope the Striders marathon training run series is helping you build up your stamina and survive the distance. Looking back I can't remember when we first ran the Greenwich run but I think I first published a schedule of runs in 2009 starting with the Greenwich run on 9th January. In the version in my archive I notice that I amended the run scheduled for Feb 8th to "snow": a run over the golf course and the hills in deep snow. On March 1st we had stretched to doing the Keston Ponds 14, which this year we did a month earlier, and we didn't manage the Wandle Way run until the end of March! We did it before Christmas this year. So by popular demand we are doing now almost double the number of runs and many more longer ones. We have lost the "Arctic Run" - up Featherbed Lane and down Layhams Road - far too much traffic - and the Oxted Run - far too steep up the North Downs way for marathon training. However, we have gained two tours of Crystal Palace, a run back via Greenwich, the High Elms run and a couple of other local runs. It re-enforces how well located we are to be able to run in almost any direction on reasonable routes both off and on road.

So good luck to all of you running Marathons in the near future.

May all your runs be through sunlit forests.

Robin Jamieson

Chairman Striders of Croydon

KEN CROOKE (1928 – 2015)

Some older Striders will remember Ken Croke, who died in early December at the age of 87. Ken began his athletics career with Southampton, for whom he ran 880 yards in 1 minute 59, but moved to Croydon in the 1950s and joined Croydon Harriers. He acted for many years as Harriers' cross-country team manager. Ken has the distinction of being the oldest runner ever to finish Striders' annual Switchback cross-country race, which he did in September 2008, at the age of 80. He retired from cross-country racing at the end of that year, and his final competition was the World Masters Championships in August 2009, where he represented Great Britain and finished eleventh in the over-80 800 metres in 4 minutes 46.24 seconds.



STRIDER PROFILE : KRZYSZTOF KLIDZIA



Current age-group: Men V50

Home Town: Croydon

When did you move to Croydon: I made the decision to move from Shepherd's Bush to Croydon aged 1

When did you begin running: School XC team

When did you join Striders: 2010

Have you been a member of any other running clubs: Croydon Harriers in my youthful days before injury put paid to my running.

Have you competed in any other sports: Is chess a sport? If so Surrey League Chess

What was your best ever race: An Res Hellys 10 mile race near Penzance, Cornwall, in 2013. A bitterly cold March day and a tough trail/beach/road race; running in my Striders vest I caught a group of 3 local club runners at 6 miles, they followed me and proceeded to take turns to 'accidentally' trip me. After we caught another local runner he, plus they, continued to trip me. Invited them (very politely****!) to stop tripping me and lead instead and waited for them to go ahead. After following them from 8-9 miles I blew them all away in the last mile, finishing in a good time and winning my age category. Sometimes revenge can be oh so sweet!

What is your favourite event: Got to be a marathon – the Moray Firth Marathon in Scotland, pure water only marathon and lovely scenery.

What is the most memorable place you have run: Beirut, Lebanon: on my travels hitched with an ex-pat who invited me along to hash harriers; it was an ex-pat gathering to run some 5 miles in lovely countryside, looking for clues along the way to take you to the next point, until you reached your destination with the ultimate goal to drink afterwards!

What are your current running goals: To blood dope and have bionic leg replacements so that I can run as fast as James Bennett.

THE DYMCURCH MARATHON (by Debra Bourne)

I love running on trails, preferably through woodland or out on the Cumbrian hills; I like undulating rather than flat courses, and I prefer my long races to be point-to-point or a single large loop. So why did I choose Dymchurch Marathon, which was all on concrete, practically as flat as a pancake and involved running five times up and down the promenade on top of the seawall of a small south coast town?

Basically, the timing was right: I needed to run a marathon to qualify for Comrades Marathon (iconic 56 mile ultramarathon in South Africa at the end of May), and while I have been lucky enough to get one of the club places for the London Marathon, I didn't want to risk something going wrong on the day. This (24th January) seemed late enough after my broken ankle in June (I only restarted running at the end of September) and early enough to allow me to increase my long distance runs and weekly mileage afterwards.

Dymchurch Marathon is one of a number of marathons and time challenge races organised by Traviss Wilcox — Google *Saxons*, *Vikings* and *Normans* for more information. It was being organised as a double, with the option to run on Saturday and/or Sunday. I chose Sunday, so I could still volunteer at Lloyd parkrun on the Saturday.

Apart from the distance and the hard surface underfoot, this was about as far from a big city marathon as you could get. My husband Aidan and I had chosen to stay at a nearby B&B, from which we walked over, arriving about 08.10. I queued behind one other person to collect my race number. The organisers had hand-written each runner's name on their number. Those who had run on the Saturday simply used the same number on the Sunday. I chose which running jacket to wear (Montane Minimus, as it was misty and I wasn't sure whether it would start raining), dropped my bag with the others, just a few feet from the course and near the aid station/registration tables, and gathered with the other runners for the pre-race briefing.

This was short, with Traviss explaining that we needed to go around the chalk mark at one end of each loop, opposite the Martello tower, and touch the fence at the other end. He reminded us not to climb over the fence, over the other fence and enter the live firing range — not that I was tempted to do so — and to make sure our race numbers were visible each time we crossed the finish line. He also gave a presentation to a Portuguese runner, Tiago, who has run more than 100 marathons/ultras in Portugal and more than 100 in the UK; run 100+ each of road marathons, trail marathons and ultramarathons, and passed the 400 mark in total races of marathon distance or more. Someone in the crowd commented that he needed to get a television!

Then we were off — down to the chalk mark in a big group, round and into the first outward leg. Soon the field spread out, and as I warmed up my jacket came off and was tied round my waist. Until we reached the fence, touched, turned round and the wind hit us. Aidan had commented before the start that for the South Coast in January the weather was ridiculously mild: "the wind should be driving horizontal rain in off the sea." Despite this, the wind caused an instant 10 degrees drop in perceived temperature — my coat went back on immediately — and was strong enough that my running pace fell: outward legs I was running easy at sub-8:30 per mile; homeward legs it was a struggle to go under 9:00 per mile.

I had worried that I would be bored on the lapped course, but that really wasn't a problem, and the format provided some definite advantages. The race was very low-key, and I enjoyed chatting with other runners, including Tiago, and greeting each other as we passed going in opposite directions — I spotted a few people I knew. After two laps I stepped off into

the baggage area, pulled off my waterproof jacket, grabbed my lighter windproof and carried on with only seconds spent on the exchange. There was no need to look at a watch to check how far you had run and no need for distance markers – you always knew how much further you had to go and exactly where the aid station was.

I hadn't managed that many long runs in training, and I was definitely getting tired going into the last lap, but one of the other runners challenged me to catch him up on the outward leg, which I did, just, and then encouraged me to stick with him on the homeward leg – which I didn't quite, but I did come in at 3:49:29, which was good enough to give me a "D" pen place for Comrades. After finishing, each runner was given the most enormous medal (five inches across!) and a goodie bag of food and drink.

Advantages: low-key, small field (94!) of friendly runners, great medal, decent goodie bag (vegan option provided), minimal queuing for race numbers, name on race number.

Disadvantages: all on concrete and no supporting crowds or bands or any of the other razzmatazz you get with a big city marathon – so if you like that stuff, then don't go for one of these.

However, I would definitely recommend these races – they are great!



SURREY CROSS-COUNTRY LEAGUES: FINAL TABLES

MEN

Dorking 1398
Dulwich 1532
Croydon Harriers 1583
Reigate 1616
Ful-on Triathlon 1965
Wimbledon Windmilers 1965
Walton 2038
West 4 Harriers 2039
Striders 2244

WOMEN

Kent 184
Wimbledon Windmilers 304
Epsom & Ewell 408
Wimbledon Windmilers B 689
Fulham 765
Elmbridge 947
Kingston 1147
Epsom Allsorts 1275
26.2 RRC 1469
Sutton 1472
Striders 1516
Barnes 1523
Tadworth 1523
Windle Valley 1620
Epsom & Ewell B 1636
Holland Sports 1837
Runnymede 1915
Kent B 2017
Walton 2081
Dulwich Park 2168
Lingfield 2226
Epsom Oddballs 2290
Epsom Allsorts B 2372
Collingwood 2462
Elmbridge B 2813
Sutton B 2851
Fleet Street 2866
Fulham B 3015
Kingston B 3034
26.2 RRC B 3050
Croydon Harriers 3076
Striders B 3089
Tadworth B 3256
Lingfield B 3291
Dulwich Park B 3458
British Airways B 3588
Windle Valley B 3715

COMPETITIVE HIGHLIGHTS: JANUARY–FEBRUARY 2016

Peter Mills had an excellent run to place 12th out of 231 finishers in the Surrey Cross-Country Championship at Dorking on 10 January, covering the muddy 12-kilometre course in 44 minutes 51 seconds. This was the best placing any Strider has ever achieved in the senior men's race. Veteran Krzysztof Klidzia was next home in 78th (51.20) with Justin Macenhill 81st (51.58) and Simon Pannell 123rd (54.46). The team placed 16th.

James Bennett ran very well to place second in the penultimate Surrey Cross-Country Division Two match of the season at Reigate on 16 January, covering the undulating nine-kilometre course in 32 minutes 12. Peter Mills also had an excellent run to place third (32.22). Team manager Krzysztof Klidzia won the over-50 category, placing 30th overall (35.20). Lee Flanagan was 48th (35.59) and Justin Macenhill 56th (36.16). Earlier in the day, Striders' women placed seventh in their Division Two match on a four-mile course at the same venue. Becky Laurence was 40th (34.41) with new member Katie Chadd 41st (35.02), Debra Bourne 42nd (35.02), Alice Ewen 62nd (36.48) and Selena Wong 74th (37.31).

James Bennett had an excellent run to place third in the Victoria Park 10-kilometre road race on Sunday 24 January. He ran a new personal best of 32 minutes 32 seconds, lifting him to second place in the club's all-time rankings.

In the South of England Cross-Country Championships at Parliament Hill Fields on Saturday 30 January, Striders' best performance came from Peter Mills, who was 72nd out of 1026 finishers in the senior men's race, covering the very muddy nine-mile course in 55 minutes 06 seconds. Veteran Krzysztof Klidzia was 469th (66.18) with Simon Pannell 532nd (68.04). Striders' women were led by Steph Upton, who was 259th of the 501 finishers, covering the five-mile course in 41 minutes 23 seconds. Becky Laurence also ran well to place 287th (42.24) with Selena Wong 368th (45.49) and Carolyn Storey 394th (47.01).

Peter Mills led Striders to victory in our third annual mobmatch against local rivals Croydon Harriers, held in conjunction with the parkrun in Lloyd Park on 6 February. Peter was over a minute clear of his nearest rival, covering the muddy five-kilometre course in 17 minutes 33 seconds. Seventeen Striders completed the course in under 24 minutes, compared with ten Harriers. Overall, Striders mustered a total of 54 finishers, compared with 21 Harriers.

Peter Mills produced an excellent run to win the final Surrey Cross-Country League Division Two race of the season at Lloyd Park on 13 February. He became the first Strider ever to win a Surrey League race, covering the muddy five-mile course in 28 minutes 58. Club colleague James Bennett also ran well to place third (29.44). Lee Flanagan was 24th (31.39) while Krzysztof Klidzia won the over-50 category, placing 31st overall (32.08). Phil Coales was 49th (33.00), Justin Macenhill 52nd (33.10) and Simon Ambrosi 71st (33.48). Striders placed fifth in the team event, which was their best performance of the season, but were relegated to Division Three, finishing ninth overall. Earlier in the day Striders' women competed in their Division Two match at Richmond Park. Steph Upton placed 34th (36.58) with Becky Laurence 40th (37.25), Debra Bourne 48th (38.11), Amanda Barros 80th (41.48) and Selena Wong 94th (42.27). They placed eleventh in the final league table.

In the Wokingham Half-Marathon on 21 February, Peter Mills recorded a new personal best of 73 minutes 18, lifting him to third place in Striders' all-time club rankings. Krzysztof Klidzia placed second in the over-50 category in a new club age-group record of 79 minutes 03. Peter Mills had another very good run in the National Cross-Country Championship at Donington on 27 February. He placed 153rd of the 1700 finishers, which was the first time that a Strider has placed in the top 200 in this prestigious event.



Striders' women pictured before the South of England Cross-Country Championships at Parliament Hill Fields. Left to right: Victoria Legge, Allie Cairnie, Becky Laurence, Carolyn Storey, Selena Wong, Steph Upton, Del Boesinger, Isabelle Kita.



James Bennett leads Peter Mills on the first lap of our home Surrey League race (photo by Robin Jamieson)

STRIDERS IN THE SNOW



Alice Ewen, Nigel Finch, Barry Finch, Mark Kelly, Natasha Acklam and Richard Mernagh in our mobmatch against Blackheath at Coney Hall



Nigel Finch closely followed by his daughter Lucy in the same event

STRIDERS GO TO THE DOGS



Vincent, partnered by Natalie Osher, makes a good start in our annual mobmatch against local rivals Croydon Harriers



However Ronnie, partnered by Paul Cripps, ran a well-paced race and maintained his consistent record of being the first dog to finish the Lloyd parkrun

TRAINING FOR A FAST 10K (by Alan Dolton)

As those who have read the 'Competitive Highlights' page above will know, James Bennett recently ran the Victoria Park 10k in 32 minutes 32 seconds, which is the fastest time run by a Strider for more than 25 years. It puts James second in Striders' all-time rankings, behind only Henrique Galvan, who ran 32 minutes 12 on 16 October 1988, when he placed third in the Croydon 10K. I remember that race well, because I finished second, just two seconds ahead of Henrique, who might well have beaten me if he hadn't started his finishing sprint too soon and tied up in the last 100 yards. (My time doesn't appear in Striders' club rankings because at the time I was still a first-claim member of our local rivals Croydon Harriers.) I thought that it might be interesting to revisit my old training diary and see what training I had done in the three weeks leading up to the race:

Mon 26 Sep	10 miles slow (hilly)
Tue 27 Sep	10 miles slow (hilly)
Wed 28 Sep	10 miles slow (hilly)
Thu 29 Sep	AM 4 miles easy; PM 6 miles slow
Fri 30 Sep	6 miles slow
Sat 1 Oct	9 miles slow
Sun 2 Oct	2 x 12 x 150m (50 m jog between reps; 400m extra jog between sets)
Mon 3 Oct	AM 5 miles slow; PM 3 miles easy
Tue 4 Oct	AM 3 miles easy; PM 10 x 250m (150m jog recovery)
Wed 5 Oct	AM 3 miles easy; PM 90 minutes circuit training
Thu 6 Oct	AM 3 miles easy; PM 10 x 400m (average 72.3: 200m jog recovery)
Fri 7 Oct	AM 3 miles easy; PM 5 miles slow
Sat 8 Oct	9 miles slow
Sun 9 Oct	2 x 12 x 150m (50 m jog between reps; 400m extra jog between sets)
Mon 10 Oct	AM 4 miles easy; PM 5 miles slow
Tue 11 Oct	AM 3 miles easy; PM 8 x 400m (200m jog recovery)
Wed 12 Oct	AM 3 miles easy; PM 90 minutes circuit training
Thu 13 Oct	7 miles relaxed including 16 x 100m strides
Fri 14 Oct	AM 3 miles easy; PM 3 miles easy
Sat 15 Oct	3 miles easy
Sun 16 Oct	10 kilometre race – 2nd in 32 minutes 10

In the ten weeks leading up to the race, I had averaged 56 miles per week. The last week in September was slightly unusual for me as I was on holiday in Dorset, where I did no interval training and concentrated on steady runs. In the three weeks leading up to the race, I did no runs of more than 10 miles in length, and all my track sessions were relatively short with no repetitions of more than 400m. (With the benefit of hindsight, I would say that this was a mistake, and that I should have done at least one session of longer reps.)

It is also worth noting that at the time, I was slightly disappointed with my time of 32 minutes 10, as this was just over a minute outside the personal best of 31 minutes 01.9 which I had set at Tooting eighteen months earlier, in April 1987. My training in the three weeks leading up to the race at Tooting had benefited by including a week where I was training in Portugal and did four track sessions on successive days:

Mon 6 Apr	AM 6 miles slow; PM 5 x 600m (average 1 min 44: 200m jog recovery)
Tue 7 Apr	AM 6 miles slow; PM 5 x 800m (average 2 min 21: 60 seconds recovery)
Wed 8 Apr	AM 6 miles slow; PM 8 x 400m (average 66.5: 60 seconds recovery)
Thu 9 Apr	AM 6 miles slow; PM 8 x 400m (average 67.3: 60 seconds recovery)
Fri 10 Apr	AM 8 miles slow; PM 4 miles easy

Sat 11 Apr	AM 6 miles slow; PM 2 x 2000m on grass (3 minutes recovery)
Sun 12 Apr	7 miles slow
Mon 13 Apr	10 miles steady
Tue 14 Apr	AM 5 miles easy; PM 10 x 400m (average 68.2: 200m jog recovery)
Wed 15 Apr	5 miles slow
Thu 16 Apr	AM 3 miles easy; PM 4 x 700m (500m jog recovery)
Fri 17 Apr	10 miles slow (hilly)
Sat 18 Apr	10 miles slow (hilly)
Sun 19 Apr	10 miles slow (hilly)
Mon 20 Apr	10 miles slow (hilly)
Tue 21 Apr	AM 5 miles easy; PM 3 x 1000m (average 2 min 57: 400m jog recovery)
Wed 22 Apr	8 miles steady
Thu 23 Apr	'Pyramid' track session – 600m / 800m / 1000m / 800m / 600m (300m jog recovery after first rep; 400m jog recovery after next three reps)
Fri 24 Apr	5 miles easy
Sat 25 Apr	5 miles easy
Sun 26 Apr	10000 metre track race – 2nd in 31 minutes 01.9

During the 10 weeks leading up to this race I had averaged 67 miles per week, including regular track sessions, and was probably as fit as I had ever been. Again, I did not do any runs of more than 10 miles in my build-up to the race, but I think that my April 1987 build-up was better than my October 1988 build-up, because I was doing several track repetitions of up to 1000m in length.

Incidentally it is a reflection on how much I have slowed down that in 1987, at the age of 30, I was able to run a session of 10 x 400m in an average of just over 68 seconds. Nowadays, at the age of 59, I could not run a single 400m at that pace. However I am convinced that my ability to run relatively fast times was largely attributable to the fact that I did regular track sessions, and I would encourage Striders of all standards who are interested in improving their 10 kilometre times to include regular track sessions in their training routine.



The early stages of the 1988 Croydon 10-kilometre road race, where Henrique Galvan set a Striders club record of 32 minutes 12 seconds. The race winner, Gary Bishop of Croydon Harriers, is wearing no 249.

30 YEARS AGO: LOCAL ATHLETICS IN SPRING 1986

The East Surrey League held its annual road relay on 8 March, on the traditional course at Box Hill. The relay was won by Box Hill Racers, in their first year in the league. They finished just over a minute ahead of second-placed Croydon Harriers. Croydon's team comprised Gary Bishop (10.24), Ken Penney (10.09), Alan Dolton (10.28) and Ian Statter (10.57). Future Strider Peter Yarlett ran 10 minutes 59 for Croydon Harriers' B team.

Bob Treadwell, who lived in Warlingham and ran for Surrey Beagles (who have subsequently disbanded), ran for England in the IAAF Cross-Country Championships in Switzerland on 23 March, placing 154th. The Sutton Half-Marathon took place on the same day. Croydon Harriers won the team event, led by Don Faircloth who placed third in 71 minutes 03. Club colleague Robin Dickson was ninth in 75 minutes 15. In the Reading Half-Marathon on 6 April, Striders' leading veteran Simon Morris set a club record of 72 minutes 59, which remained the club record for 29 years, until James Bennett broke it in 2015.

The East Surrey League held its annual road race at Ewell on 8 April. Box Hill won the team event. They thus won the league championship with the maximum possible points total of 48, having won all four events during the season. Croydon Harriers again placed second.

The sixth London Marathon was held on 20 April. The winner was Toshihiko Seko of Japan, in 2 hours 10 minutes 02 seconds. Former winner Hugh Jones of Ranelagh placed second in 2 hours 11 minutes 42. The first local runner was Andy Evans of South London Harriers, who placed 40th in a new SLH club record of 2 hours 18 minutes 6 seconds. The first woman finisher was Grete Waitz of Norway, in 2 hours 24 minutes 54 seconds. The first local woman to finish was 18-year-old Sue Spenceley of Croydon Harriers, making her marathon debut. She placed 110th in the women's race in 3 hours 13 minutes 32.

Striders had ten finishers, led by Nigel Davidson who ran 2 hours 51 minutes 50, which was the second fastest time ever recorded by a Strider. Thirty years later, Nigel still places 15th in our all-time club rankings. He was followed by Steve Harman (3.06), Mick Meech (3.06), Ian Clough (3.32), Ron Carver (3.34), John Taylor (3.43), John Keen (3.44), Val Pinfield (3.58), Lynn Blackman (4.17) and Cecil Chisholm (4.17). Two future Striders ran for Surrey Beagles, with John McGilvray recording 2 hours 59 minutes 10 while Nigel Bongers ran 3 hours 16. This was the first year that Striders had not held a post-Marathon reception at City Link House (the post-race celebration was in the Blacksmiths Arms). For the first time, the club newsletter and press report had no reference to any competitors from the Cambridge or Halifax branches of Philips. Striders' newsletters had also changed their title from 'Philips City Striders AC Croydon Area Newsletter' to 'Philips City Striders AC Newsletter'. These changes suggest that the club could now be regarded as a 'Croydon' club, rather than as a club for employees and ex-employees of Philips.

The Surrey 10000 metres championship was held at Tooting on 27 April. This was the first time that the race had been held on a synthetic track (it had previously been held on cinder tracks). Ian Lamplough of Box Hill Racers retained his title in 30 minutes 26.9, with Woking's Clive Hensby second (30.34.1). For Croydon Harriers, Alan Dolton placed fifth (31.33.1) with Robin Dickson eighth (32.50.9).

The main Surrey Track & Field Championships took place at Motspur Park on 17 May. For Croydon, Bolaji Odunsi won the 400 meters in 49.3 seconds, while Lynne Draper gained a double win in the women's 100 metres (11.9) and 200 metres (24.5). Donna Fraser won the under-15 200 metres (25.8), having earlier placed second in the 100 metres, behind club colleague Annabel Soper (12.6).

10 YEARS AGO: LOCAL ATHLETICS IN SPRING 2006

On 11 March, Striders placed third in the East Surrey League's annual road relay, at Boxhill. Matt Morgan gave us a good start, running the first leg of the 3500 metre course in 11 minutes 19 seconds, taking second place. Our other team members were John Foster (12.21), Chris Morton (12.36) and Pawel Bal (11.49).

On 19 March, Justin Macenhill produced an excellent run to win the Cranleigh 15-mile road race. He covered the undulating course in 1 hour 33 minutes 7 seconds, finishing 38 seconds clear of second-placed Chris Finill of Harrow. Justin's brother Damian placed fourth in 1 hour 35 minutes 15, and Don Kayum ran well to win the over-50 category, placing eleventh overall in 1 hour 48 minutes 49.

The Commonwealth Games took place in Melbourne in late March. Two Croydon Harriers ran for England, both in the 400 metres. Donna Fraser placed third in the women's race in 51.01 seconds, while 18-year-old Martyn Rooney placed fifth in the men's race, recording a new UK under-20 record of 45.35 seconds.

The 30th Croydon 10K road race took place on 9 April. The winner was Iain Lockett of Herne Hill in 31 minutes 26. The first Strider was Justin Macenhill, who placed seventh in 34 minutes 23. The first over-50 was Bob Ewen, who placed 26th overall in a club over-50 record of 36 minutes 44. The first woman was Alice Lethbridge of Aldershot, who placed 40th overall in 38 minutes 16.

The East Surrey League held its annual road race at Ewell on 11 April. Striders finished fourth in the team event, ensuring us second place in the overall league table. Our leading runner was Justin Macenhill who placed fifth, covering the 4.2 mile course in 23 minutes 39 seconds. Matt Morgan also ran well for ninth place in 24 minutes 39, with Paul Finch 13th in 25 minutes 41. Chris Morton completed the scoring team with 21st place in 26 minutes 27, closely followed by Mark Eardley (25th, 26.43) and veteran David Batten (26th, 26.46). Epsom won the league with 46 points, ahead of Striders (37), Croydon Harriers (32) and Hercules-Wimbledon (30).

The 16th London Marathon took place on 23 April. Striders had 21 finishers. Our best performance came from veteran Don Kayum, who recorded a new club over-50 record of 3 hours 00 minutes 28 seconds, agonisingly close to the three-hour mark but more than 18 minutes faster than the previous record set by the late Tony Eve in 1990. Paul Finch, making his marathon debut, also ran well to record 3 hours 14 minutes 47. There were also some excellent performances from Striders' women. They were led home by Kerry Backshell who ran a personal best 3 hours 28 minutes 16, lifting her to eighth place in Striders' all-time rankings. She was closely followed by Stephanie Noyce (3.32.11), Faye Stammers (3.36.36) and Steph Upton (3.40.31), all of these being new personal bests.

The Rosenheim League began its 43rd season with a match at Battersea on 10 May. This was Striders' second season in the league, and we finished fifth of the six competing clubs. Scott Antony did very well to set new club records of 24.7 seconds for the 200 metres and 11.17 metres for the triple jump. Justin Macenhill also ran well to record 55.4 for the 400 metres and 9 minutes 34 for the 3000 metres.

On 14 May, Don Kayum produced an excellent performance in the Surrey Half-Marathon Championship at Richmond. He placed third in the over-50 category, and 49th overall of the 725 finishers, recording a time of 1 hour 23 minutes 57 seconds.

SPORTS MASSAGE THERAPY

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