

Striders of Croydon AC

MARCH 2014 MAGAZINE



The team photo from the mobmatch in Lloyd Park, where we outnumbered and defeated our local rivals Croydon Harriers

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DATES FOR YOUR DIARY

Sun 23 March – Sport Relief Mile – Croydon Arena
Sun 30 March – Croydon Half-Marathon (Striders marshalling)
Tue 3 April – East Surrey League Road Race – Ewell
Sun 13 April – London Marathon (Striders marshalling)
Mon 28 April – Southern Veterans League – Kingsmeadow
Sun 4 May – Richmond Half-Marathon (including Surrey Championships)
Mon 5 May – Herne Hill Open Meeting – Tooting
Sun 11 May – Sutton 10K (Surrey Road League)
Mon 19 May – Southern Veterans League – Croydon Arena (Striders co-hosting)
Sun 1 Jun – Surrey Masters Track & Field Championships – Ewell
Sun 1 Jun – Dorking 10 miles (including Surrey Championships)
Sun 8 Jun – Southern Veterans Track & Field Championships – Lee Valley
Mon 9 Jun – Blackheath Open Meeting – Norman Park
Mon 16 Jun – Southern Veterans League – Ewell
Sun 22 Jun – Richmond 10K (including Surrey Championships)
Sat 12 Jul – Elmore 7 (Surrey Road League)
Mon 14 Jul – Southern Veterans League – Wimbledon
Sun 20 Jul – Elmbridge 10K (Surrey Road League)
Mon 21 Jul – Blackheath Open Meeting – Norman Park
Sun 10 Aug – Wimbledon 5K (including Surrey Championships)
Sun 10 Aug – British Masters Track & Field Championships – Birmingham
Mon 11 Aug – Blackheath Open Meeting – Norman Park
Sat 23 Aug – Surrey 10000m Track Championship – Tooting

CHAIRMAN'S CORNER MARCH 2014

Good luck to everyone running in the Brighton, London, Paris or any other marathon in the next few weeks. I hope you have enjoyed our series of training runs this year. I think we have managed the longest series yet and managed to find a new one in the run back from London Bridge via Greenwich and Blackheath. Annoyingly due to engineering works more than the never-ending wind and rain we failed to manage any run along the Thames between Kingston and Clapham. Better luck next year.

As we set off up the North Downs from Coulsdon last Sunday we caught up with another group of about a dozen runners also being supported by a cyclist. It turned out they had just set off to run to Brighton!! How about that for a training run next year?

The fourth Croydon Half is all set for Sunday 30th. Thank you to everyone who has volunteered to help despite the fact that it is Mother's Day and the clocks go forward. We couldn't have fixed a more inconvenient date for it, could we? This is the CHM's fourth year and entry numbers are a bit down on previous years, I guess partly a consequence of the London Marathon being nearly two weeks earlier than usual compressing all the events into fewer weekends and also the ever increasing number of events competing for everyone's attention.

After a break in April I hope we can offer some regular Sunday morning bike rides to supplement the one hour run. Some of us need another round of training before the London 100 cycle ride later in the year. We will also be organising a short duathlon "race" in May or June and another informal triathlon in August.

Club handicaps are coming up. The plan this year is to schedule them for the first Wednesday of the month in May, June and July and combine it with the club social. For those new to the club we try and set your start time so you all finish our 5 mile course reasonably close together. Provided you run in one or both of the heats in May and June, then one of the club trophies up for grabs in the final in July.

There is also the possibility of a trail version of the New Year's Day Addington 4 using a good, though rather complex, 5K trail route round the Shirley Hills. Weather and undergrowth permitting we will try and put this on one Sunday later in May.

It also some time since we last did the away run up and over Box Hill followed by a swim in Dorking and Sunday lunch in a local pub, so we will try and fit this in mid summer.

Other articles in the magazine confirm that Striders are nothing if not adventurous with Iain Harrison travelling all the way to Tokyo just to run a marathon and Nick Kyritsis describing his own bad weather version of the Winter Tanners.

Also a strong reminder from Alan not to swap numbers, especially the quicker men taking women's numbers: you may get banned for life. It happened to us at the Croydon Half two years ago when a man won the women's vet 35 prize which was embarrassing for everyone. So don't do it unless you can get the organisers to change names in time.

May all your runs be through sunlit forests.

Robin Jamieson

THE TOKYO MARATHON (by Iain Harrison)

23rd February 2014 saw the eighth running of the Tokyo Marathon, the second since it was declared a World Marathon Major in November 2012 (joining London, Boston, Berlin, Chicago and New York). Having run the other 5 Majors I was keen to get the full collection under my belt and having always been fascinated by Japan and its culture, it seemed the perfect opportunity to do it.

Unlike the London Marathon there are no 'championship' or 'good-for-age' entries and every applicant is put into the same lottery ballot system. I was told that about 360,000 Japanese people applied for the 35,000 places and although I understand the odds for a foreign applicant are slightly better, I was unsuccessful in the ballot.

However, if you can't get in via the lottery there are several tour operators - including [Sports Tours International](#) - who are allocated a number of places. By signing up with one of these outfits you are assured a place but you are bound by their schedule of travel and choice of hotel. I flew out on Wednesday lunchtime, landing Thursday late-morning Japanese time leaving me just three days to get over the 11.5 hour flight and to reset my body clock to the 9 hour time difference. I was staying in the Keio Plaza Hotel which was located in a very central area of Shinjuku, just a short walk from the starting area. A nice enough hotel but it did feel a lot of money for the room which I was expected to share with another runner. In one sense it was nice my room-mate never showed up but on the social side perhaps it would have been nice to have had a roomie. The tour schedule meant I had to leave on the Monday morning right after the marathon. I would have liked to have stayed on and seen more of the city afterwards as prior to the race I had been trying to conserve energy and avoided touring Tokyo for hours each day.

On Thursday afternoon we were escorted to the expo which was at an exhibition centre very near the finish of the marathon. Tokyo is a massive city and even with the very efficient transport network it still took the best part of an hour to get there. I picked up my number and only then realised I was assigned to Starting Block B. As I was hoping to run Tokyo in approximately 2:35 I became somewhat nervous hearing I would be a whole block from the front, especially knowing the elites were separate from the block system (A-J). I soon discovered that Block A was reserved for JAAF athletes, essentially the equivalent to England Athletics registered runners. As such I was expecting this to include a large number of people and a large range of running abilities.

The start on race day confirmed my worst fears. Block A contained hundreds upon hundreds of runners of obvious mixed ability – there were even a good number of costumed runners! As I stood there distraught I saw any chance of a good time evaporating as I would be spending at least the first mile weaving through traffic. When there were no officials looking I jumped the rope and wandered casually into Block A and proceeded to barge my way towards the front. The Japanese are so polite no-one questioned what I was doing or held me back. I even spotted a few others who had the same idea including an Australian man who I started alongside. This is now a World Marathon Major and the second running so something needs to be done for future events!

At 9:10 the race started and off we went. The first 6 miles of the course follows a generally downhill profile and I was wary not to get carried away. The crowds were right up there with London in terms of number (maybe even more) and encouragement (although perhaps slightly less loud). I hadn't quite appreciated how popular a sport running is in Japan.

I had printed my name on my shirt in Japanese writing and I was cheered all the way around along with the regular chants of "Gambatte!" (somewhere between Fight on! or Do your best!). The route has two very long double backs which means you really know how many people are in front of you. The first of these was fine for me as I was running well but into the second it was just another mental hurdle as so many runners had come past me. It was however nice to see the leading pack on two occasions. The latter part of the race was noteworthy for a significant number of steep although short undulations. Perhaps on a better day these would not have bothered me so much but they did add considerable difficulty to the marathon after what was a fairly easy going first half.

I would highly recommend this marathon. Other than the issues I had with the start organisation and my personal performance on the day, the race was impeccably organised. I would not describe Tokyo as a beautiful city (much of it was destroyed by bombing in WW2 and is relatively new) but it has a very unique

feel to it and is a fascinating place. If I was to complain about the route I would say the last few miles of the race were through slightly less interesting areas but all-in-all it was a truly unique experience. As a foreign runner I felt I got even more support and the whole atmosphere was a very friendly one. If you are going to do one marathon in Asia, look no further.



LADIES' CROSS-COUNTRY (by John Ralf)

On 11 January the lucky ladies set off for the longest run so far of the Surrey Ladies' Cross-Country League, 7.7 km, in glorious sunshine which was a welcome change following the very poor weather we had had recently and I believe it raised the team spirits. Steph, Zoe, Alice, Andrea, Becky, Linda, Katie, Ivanka and Victoria, yes nine of them, braved the trudge across the playing fields then through the woods. All the while encountering glorious mud. Mud that was mid-calf deep, and the more runners that passed the more liquid it became. So on the 2nd lap the 'cloggy' mud of the first lap had developed into a soup and soooooo many white tops with designer mud splats. I believe the girls enjoyed the run and muddy conditions. Steph was the first Strider to finish and get the post-race flapjacks ready for demolition.

On 8 February, in Arctic conditions in Lloyd Park, the Ladies ran their final Surrey league race of the season. They were mid-table so no promotion or relegation, so I perhaps untimely suggested they just go out and enjoy themselves this time. The brave-hearted ladies team of Steph, Alice, Zoe, Eve, Isabelle and Victoria left getting changed until the very last moment as they had spent the morning 'warming up' by helping setting up their own cross country course. Two glorious laps of the near usual course on syrupy mud made for very entertaining spectator viewing, especially on the inclines. I think that this was a very unique course, condition and possibly never to be sampled again. Thanks to Serena for stopping off from her run to cheer on the team along and also those runners with some of their partners and family members. They did themselves proud as the results showed. You all counted to the end result!

So now they can put up their waffle shoes for 8 monthslet the mud bake on hard before digging them out for the next season. A great season of running and club representation in the Surrey league by just a few. Maybe next year those who have not tried this event will be prepared to give it a go. So it only leaves me to thank all the ladies that did take part for taking part, keeping me entertained whilst they ran and of course the abundance of cakes at the end of the hard slog for the club. Thank you all.





**Steph Upton was the first Strider to finish in three of the four Surrey Women's League matches
(photo by Kevin Hann)**



**Zoe Williams ran in all four matches and is our new women's cross-country champion
(photo by Kevin Hann)**

SURREY CROSS-COUNTRY LEAGUES: FINAL TABLES

MEN'S LEAGUE DIVISION TWO

Reigate 1414 (promoted)
Croydon Harriers 1459 (promoted)
Wimbledon 1547
STRIDERS 1856
Stragglers 1861
Dulwich 1913
Epsom 1961
Dorking 2137 (relegated)
Kingston 2232 (relegated)

Clapham and Walton were relegated from Division One:
Guildford and Ful-on-Tri were promoted from Division Three.

WOMEN'S LEAGUE DIVISION TWO

Guildford 160 (promoted)
Ranelagh 273 (promoted)
26.2RRC 445 (promoted)
Elmbridge 638
Kingston 811
Walton 841
Ranelagh B 874
Lingfield 924
Epsom Oddballs 1016
Holland Sports 1127
Sutton Runners 1129
Collingwood 1133
Tadworth 1214
STRIDERS 1315
Dulwich Park 1570
British Airways 1752
Epsom Allsorts 1848
Lingfield B 2009

(There are 19 clubs in Division Two of the Women's League. However, Croydon Harriers only competed in two of the four matches; Runnymede only competed in the first match; and Sutton Athletic Club had no finishers in the senior women's race in any of the matches.)

THE MADNESS OF LONG-DISTANCE RUNNERS (by Nick Kyritsis)

I had entered to run the 30 Miles Winter Tanners Marathon/Ultra in January 2013 but the day before the race the organisers cancelled the event because the course was covered by snow that had frozen up, more snow was expected and it was impossible to get marshals to remote checkpoints.

In case you are not familiar with the Tanners Marathon, it starts and finishes at Leatherhead Football Club car park, it is a 30 mile event taking in Surrey Hills, Box Hill and every other hill the organisers could find in the Dorking and Leatherhead area, including the massive hill at Speer's Field near Denbies, and the runners follow written route descriptions that are sent in advance to all registered participants.

I got in touch with some of the 100 Marathon Club guys and we decided that since we had the route description we could run it at our own risk.

Despite the snow and ignoring the warnings of further heavy snow, six of us met at the start area and just before 7.15 we set off carrying enough supplies to help us get through 30 miles on a very tough course. We had agreed that for safety reasons we would all stay together throughout the race and within the first hour we realised that this was going to be a tough task. The snow started getting quite heavy and one of the guys decided to turn back fearing that he may not be able to get back to Margate if the snow got too heavy.

Five of us decided to carry on and it became very clear that the route description was of little value in certain areas because everything was covered by snow so it was difficult to find the vital references in the route description. We went the wrong way at least a dozen times and we had to keep re-tracing our steps. We all managed to pick a variety of injuries, I pulled my hamstring in one of the falls I suffered and I also managed to twist my ankle putting my foot through a hole I could not see because it was covered by the white stuff.

One of the guys hurt his knee quite badly falling over a frozen and slippery stile, but we carried on regardless. It was ironic to find some sections of the course in the last 6-7 miles were clear of snow because of tree cover but by that time we were all too injured and too shattered to benefit from it.

We managed to get to the finish in just under 8 hours (we normally run the 30 miles course in under 5:30) and allowing for all the times we went the wrong way, we believe we covered 33-34 miles. Our troubles were not over because there was a heavy covering of snow on the roads and it took me 1 hour 20 minutes to drive back to Selsdon. Sitting in the car for so long, my injured hamstring and knee were killing me.

The following day we discovered that we cannot count the marathon because according to the 100 Marathon Club rules, a marathon can only be counted if the distance is over 26.2 miles (which it was), it must be run over a pre-measured and approved course (which it was) but must involve a minimum of 10 runners (oh, damn).

Well, here you are: injuries, suffering, freezing for hours, driving for hours, missing the Punchbowl Marathon because of my injuries and not being able to count the marathon.

Verdict: WE ALL LOVED IT!!! As I said my friend, the Madness of Long Distance Runners. Will we do it again? Hell, no.

Anyway I think this is an amusing story that only runners can appreciate and understand.

UKA CLAMP DOWN ON 'NUMBER-SWAPPING'

Each year UK Athletics review the 'rule book' and consider whether to adopt various suggested changes. Most of these are of little relevance to Striders. For example, among the changes for 2014 is that girls aged from 13 to 16 will now throw a 500-gram javelin rather than a 600-gram javelin: this will clearly affect our local rivals at Croydon Harriers, but it won't concern Striders. However one new rule which could concern Striders is a new Rule 209(4) which states:

"Athletes who receive transferred numbers without permission will be disqualified from the race. Both runners will be subject to disciplinary action by the appropriate National Association."

Such athletes have always (and understandably) been liable to disqualification from the race. What is new is the reference to "disciplinary action by the appropriate National Association" (which, for Striders, is England Athletics, which operates the athlete registration scheme which was introduced a few years ago). The rule change was actually requested by 'Run Britain', which is a relatively new organisation, established a few years ago in order to encourage, and improve the standards of, British road running. Its managing director is Geoff Wightman (a former marathon international from Dartford) and its directors also include Dave Bedford, who was for many years Race Director of the London Marathon.

'Run Britain' maintain detailed road ranking lists (including separate lists for men and women, and for the various veteran age-groups). They have also instituted an incentive scheme whereby registered runners are given a handicap based on recent performance. For example, our best cross-country runner, Iain Harrison, has a handicap of 1.2, while our chairman has a handicap of 17.9. 'Run Britain' have given monthly prizes to the runner who has improved their handicap most in a particular month. Clearly, both the national rankings and the prize system would be jeopardised if a novice runner (particularly a woman or a veteran) were to enter a race and then pass their number to a fast male runner without the permission of the race organisers. So 'Run Britain' are anxious to clamp down on unauthorised 'number-swapping', and an SCAA official has indicated to me that they are quite keen to make an example of one or two runners who transgress in this way.

This raises the questions of 'how severe will the punishment be' and 'how will it be enforced'. In 2005 the London Marathon imposed a life ban on a veteran runner who passed his number to his son, who ran fast enough to qualify for a veterans' prize, and in 2009 the Edinburgh Marathon imposed a life ban on a woman who passed her number to a male athlete from her club, who ran fast enough to qualify for a woman's prize: see the report on http://news.bbc.co.uk/1/hi/scotland/edinburgh_and_east/8120637.stm. It is unlikely that England Athletics would impose a life ban on runners caught in this way, but it is anticipated that they are likely to suspend an athlete's competition licence for two years, which would appear to be a significant deterrent for a keen runner. And the answer to the question 'how will it be enforced' is apparently that it will be policed by reference to the athlete's registration number, and that athletes who are caught contravening the rule will be placed on a 'blacklist', just as currently happens to athletes who are found to have taken a 'prohibited substance' (who are commonly referred to as 'drugs cheats', even though the list of prohibited substances does include some legitimate medicines, as well as steroids).

I am aware that there have been instances in the past when a fast male Strider has completed a race in a number allocated to a woman, or to an over-50 male runner, without informing the race organisers. Personally I would strongly discourage Striders from doing this in the future.

BOOK REVIEW – CONDITIONING FOR MARATHON RUNNERS AND ENDURANCE ATHLETES

(by Mike Winch: reviewed by Alan Dolton)

Mike Winch was an international shot putter who won silver medals in the Commonwealth Games in both 1974 and 1982, and is still placed sixth in the UK all-time rankings. He subsequently became a successful coach (the athletes whom he coached included our best ever female shot putter, Croydon's own Judy Oakes.) Some Striders may be forgiven for wondering whether a shot putter is the best person to advise distance runners about conditioning. But this is a very useful and readable book, with a great deal of valuable advice on how to minimise the injuries which plague so many distance runners.

In his introduction, Mike comments:

“Paula Radcliffe has not achieved such magnificent success merely by running every day; in addition, she performs core stability and strength training to a very high level of competency. ... While it may come as no surprise that Paula can outperform many men in the gym, some people will be less aware that the tricky mid-region exercises she practises to ensure correct posture and strength during her running also mean that she can outperform many male endurance athletes on the track.”

The first two chapters are entitled 'basic aerobic conditioning' and 'advanced aerobic training'. Winch explains the basic physiology of running and also comments on the importance of biomechanical efficiency. He observes that:

“Seeing Haile Gebreselassie run is like watching poetry in motion, as he uses minimum movements to produce maximum effectiveness. In contrast, Paula Radcliffe apparently has several inefficient movement patterns, but compared with her earlier action she has made massive improvements and has reached a balanced and effective style of running.”

The latter statement can be borne out by watching videos of Paula as a teenager, when she was well-known for her inefficient head and shoulder movements, and comparing them with videos of her at the time of her London Marathon and World Championships Marathon victories, where her head and shoulders were much more stable and where her strong abdominal and gluteal muscles meant that she did not suffer from the excessive hip rotation which adversely affect so many female runners.

Mike also emphasises the importance of choosing shoes which 'fit perfectly and will provide the correct support in the correct place, keeping the feet in a balanced and neutral position at all times'. He comments that 'if in doubt, athletes should consult an expert or at the very least try out several pairs of shoes to find the best and most comfortable fit'.

The third chapter is entitled 'general anaerobic conditioning' and includes some suggestions for basic circuit training exercises such as squat thrusts, sit-ups, press-ups, lunges, etc. The chapter is very well illustrated and the exercises are clearly described. It also includes a short section on 'water running' (sometimes colloquially known as 'aquajogging'). Mike recommends this as 'a rehabilitation method employed during periods when running is impossible, as the full running movement can be performed without any impact strain'.

The fourth chapter is entitled 'the importance of running technique and posture'. It gives recommendations of various exercises (or 'drills'), some of which will be familiar to those Striders who regularly attend our Tuesday sessions at Croydon Arena. Mike comments:

“... while corrections to running technique come about only slowly and with great perseverance, the results can be extraordinarily effective in improving times in the endurance events. Just a tiny improvement in each stride can mean a significant improvement to the end result, as it will be repeated many thousands of times in each race.”

The fifth chapter is entitled ‘mobility, range of movement and suppleness’. It gives recommendations for several different stretches, and again is very well illustrated.

The sixth chapter is entitled ‘core stability conditioning’. Mike comments that ‘the core involves all the muscles that protect and stabilise the abdomen, hips, pelvis and lower back’. Again, he recommends various exercises in a chapter which is very well illustrated.

The seventh chapter is entitled ‘specific circuit and stage training’. This expands quite considerably on the third chapter and gives a wide range of recommendations for circuit training exercises, with many useful illustrations.

The final three chapters in the book are relatively short. The eighth chapter is entitled ‘general and specific weight training’. Mike notes that weight training can help avoid injuries and thereby prolong a runner’s career, but also notes that ‘if weights are used incorrectly, they can be very detrimental to the endurance athlete by causing an increase in muscle size in areas that are of little use’. He observes that an 800 metre runner requires significant power in order to accelerate rapidly, whereas a marathon runner does not need the same degree of power but does need substantial endurance. Mike recommends that long-distance runners should work ‘primarily in the range of between fifteen and fifty repetitions’ when performing weight-training, whereas 800 metre runners will need to do fewer repetitions but will need to use heavier weights.

The ninth chapter is entitled ‘assessing progress’. Mike discusses the ‘Cooper test’, which was a test designed in 1968 for use by the US military. The test is very simple: the aim is to run as far as possible in 12 minutes. According to Kenneth Cooper’s original tables, a 50-year-old man should be able to run at least 2000 metres in that time, whereas a 50-year-old woman should be able to run at least 1700 metres. An experienced competitive female athlete should be able to run at least 2400 metres (ie to run at eight-minute-mile pace), whereas an experienced competitive male runner should be able to run at least 3100 metres (ie he should be able to complete a 3000 metre race in 11 minutes 36 seconds or faster).

Mike also discusses various ‘range of movement tests’. He observes that distance runners sometimes have difficulty in flexing their ankles because of shortening of the achilles tendon. To measure ankle flexion, the foot should be placed flat on the ground and the knee should be pushed forward. The angle between the shin and foot can then be measured with a large protractor. A 70-80 degree angle is average: an angle of 60 degrees or less indicates good flexibility, while a 90-degree angle indicates poor flexibility. Similarly, Mike comments that some distance runners ‘tend not to extend the knee fully during their event, or to use full flexion’. This will reduce stride-length and affect performance, so runners should practise ‘sprint drills’ of the type which Mike has outlined in the fourth chapter of the book.

The final chapter of the book is very brief and is entitled ‘workouts for beginners and fun runners’. Mike advises that those who are new to running should ‘always err on the side of caution and base your efforts on sound knowledge or advice from a good coach’.

This is a well-illustrated and very readable book, which I would definitely recommend to those Striders who are keen to improve their performance or general fitness and are interested in trying to improve their strength or flexibility (or both).

VETERANS LEAGUE 2014 – PROVISIONAL TIMETABLES

MATCH 1 : MONDAY APRIL 28th 2014 KINGSMEADOW (KINGSTON & POLYTECHNIC)

	<u>TRACK</u>		<u>FIELD</u>	
			MEN	WOMEN
1830			JT(O/35,50,60)	SP(O/35,50,60)
1900	100 Men	O/35,O/40,O/50,O/60	HJ (O/40,50,60)	TJ (O/35,50,60)
1910	100 Women	A, B,O/50,O/60		
1920	2000 WALK	M&W O/35,O/50	SP (O/40,50)	
1940			LJ (O/35,O/50)	JT(O/35,50)
1950	400 Men	O/35,O/40,O/50		
2000	400 Women	A,B,O/50		HJ(O/35,50)
2010	1500 Men	O/35,O/40,O/50,O/60		
2025	1500 Women	A,B,O/50,O/60		
2035	4x100m Relay Men			
2045	4x100m Relay Women			

MATCH 2 : MONDAY MAY 19th 2014 CROYDON ARENA (CROYDON HARRIERS)

	<u>TRACK</u>		<u>FIELD</u>	
			MEN	WOMEN
1830			HT(O35,50&60)	
1900	100 Men	O/35,O/40,O/50	PV(O/35&50)	PV (O/35 only)
1910	100 Women	A,B,O/50		
1915			DT(O/40&50)	
1920	1500 Men	O/35,O/40,O/50		JT(O/35,50&60)
1930				LJ(O/35,50&60)
1935	1500 Women	A,B,O/50, O/60		
1950	400 Men	O/35,O/40,O/50,O/60		
2000	400 Women	A&B,O/50,O/60	LJ(O/40,50&60)	HT (O/35&50)
2010	5000 Men	O/35,O/40,O/50,O/60		
2040	1600m MEDLEY RELAY	Men		
2050	1600m MEDLEY RELAY	Women		

MATCH 3 : MONDAY JUNE 16th 2014 EWELL COURT (EPSOM & EWELL HARRIERS)

	<u>TRACK</u>		<u>FIELD</u>	
			MEN	WOMEN
1830				LJ (O/35,50,60)&HT(O/35,50,60)
1900	200 Men	O/35,O/40,O/50,O/60	PV(O/40,50,60)	PV(35)
1910	200 Women	A,B,O/50	HT (O/40,O/50)	
1920	800 Men	O/35,O/40,O/50		
1930	800 Women	A,B,O/50,O/60		
1940	3000 Men	O/35,O/40,O/50,O/60	TJ(O/35,50)	
2000	3000 Women	A,B,O/50	SP(O/35,50,60)	DT (O/35,O/50)
2025	4x400 Relay Men			
2040	4x400 Relay Women			

MATCH 4 : MONDAY JULY 14th 2014 WIMBLEDON PARK (HERCULES WIMBLEDON)

	<u>TRACK</u>		<u>FIELD</u>	
			MEN	WOMEN
1830			DT(O/35,50,60)	SP((O/35,50)
1900	2000 WALK	M&WO/35,O/50	TJ(O/40,50,60)	HJ (O/35,50&60)
1925	800 Men	O/35,O/40, O/50,O/60		DT (O/35,50&60)
1930			HJ(O/35,50)	
1935	800 Women	A&B, O/50,O/60		
1945	200 Men	O/35,O/40,O/50,O/60		TJ (O/35,50)
1955	200 Women	A,B,O/50,O/60		
2000			JT(O/40,50)	
2005	5000M Men	M O/35,O/40,O/50		
	& Women	W A,B,O/50		
2030	4x200m RELAY	Men		
2045	4x200m RELAY	Women		

30 YEARS AGO: LOCAL ATHLETICS IN SPRING 1984

The main athletics news story in the spring of 1984 was the arrival in England of the talented 17-year-old South African distance runner Zola Budd. Competing in South Africa earlier in the year, she had run 5000 metres in 15 minutes 01.83 seconds, almost seven seconds faster than the official women's world record, held by the American runner Mary Decker. South Africa had been expelled from the IAAF because of its policy of apartheid, so that Budd's time was not officially recognised by the IAAF. Budd had lived in South Africa for all her life; her mother was of Dutch descent, and she spoke Afrikaans as her first language. However her paternal grandfather had been born in England, and under UK law this made her eligible for a British passport. The question of whether she was entitled to represent Britain as an athlete gave rise to some fierce debate. She joined Aldershot, who had a very strong cross-country team.

The East Surrey League held its annual road relay at Boxhill on 10 March. The race was won by Epsom, while Crawley, who had entered the league for the first time despite being based outside Surrey, took second place. Croydon Harriers' hopes of retaining the league title suffered a setback when some poor team selection saw their B team finish third, one place ahead of their A team. Two future members of Striders represented Croydon in this event: Alan Dolton ran 10 minutes 14 for their A team, while Peter Yarlett ran 11 minutes 07 for their C team. Croydon turned out a full-strength team for the final race of the season, which was the annual road race at Ewell on 11 April. They comfortably won the team event with Alan Dolton winning the race, Ken Penney finishing third, Gary Bishop fourth and Robin Dickson sixth. However this was not enough to stop Crawley from taking the overall league championship.

In March 1984 Wandsworth Council agreed to replace the old six-lane cinder track at Tooting with a new synthetic surface. The old track was closed at the end of April, and the new synthetic eight-lane track eventually opened in August 1985.

The Surrey 10000 metre championship was held at Croydon Arena on 29 April. Ollie Foote of Belgrave retained the title in a time of 30 minutes 55.2 seconds. Paul Sanderson of Woking was second (31.35.8), while Alan Dolton placed third (31.55.8). Croydon's Ken Penney won the 3000 metre steeplechase in 9 minutes 35.2 seconds.

The fourth London Marathon took place unusually late in the year, on 13 May. The race was won by Charlie Spedding of Gateshead in a time of 2 hours 9 minutes 57 seconds. His club colleague Kevin Forster was second in 2 hours 11 minutes 41. The women's race was won by Ingrid Kristiansen of Norway. The first local runner was Bob Treadwell of Surrey Beagles, who placed 69th in 2 hours 21 minutes 9 seconds. This time placed him 94th in the British marathon rankings for the year: a British runner recording an identical time this year would place very much higher. Croydon Harriers' former international Don Faircloth had run 2 hours 20 minutes 58 in Bermuda earlier in the year, but in London he ran a slightly disappointing 2 hours 27 minutes 17 seconds. (This was the first time in four London Marathons that Don had run outside 2 hours 20 minutes.) His Croydon colleague John Lee was not far behind in 2 hours 28 minutes 10. The first South London Harrier was Tom Roden in 2 hours 30 minutes 59. His twin sister Anne Roden was the first local woman, in 3 hours 03 minutes.

Striders were again well represented. The club's press report in the Croydon Advertiser claimed an impressive total of 15 finishers, led by David Robjohns in 2 hours 50. Philip Radband ran 3 hours 04, and the other Striders were Graham Ellis (3.13), Rob Pinfield (3.15), Steve Lunn (3.16), Tony Brown (3.34), Bernie Wright (3.43), Val Pinfield (3.59), Rob Hardy (4.05), Verina Smith (5.10), Elaine Mason (5.12), Catherine Locking (5.12), Maggie Hubbard (5.25), Saku Vethavanam (5.45) and Sashi Dave (5.45). At this time Striders were still primarily a club for people who worked for Philips (as the club name 'Philips City Striders' indicated), and none of the club's first three finishers trained with the Croydon group of Striders. Robjohns lived in Orpington and was a first-claim member of Blackheath, while Radband worked in the Halifax branch of Philips and Ellis worked in the Cambridge branch. Some years later Striders' committee decided to exclude these performances from the club's all-time rankings. Of the Croydon-based Striders, Rob Hardy rejoined us in 2010 after several years' absence, and helped to organise some of the early parkruns at Lloyd Park.

10 YEARS AGO: LOCAL ATHLETICS IN SPRING 2004

On 21 March Striders produced a good team performance to place third out of 15 teams in the East Surrey League's annual road relay at Boxhill. Second-claim member Lee Morgan gave the team a good start on the first leg, covering the 2.1 mile course in 11 minutes 14 seconds, which was the fifth fastest time of the day, and placing third. His SLH colleague Billy Corr made an encouraging debut for Striders and held third place with 12 minutes 11. On the third leg Tom Thrower, the youngest member of the team, ran a very good 11 minutes 36 but was overtaken by Ed Prickett of Reigate, who ran the fastest time of the day. On the final leg Justin Macenhill pulled Striders back into third place with 11 minutes 29. Crawley won the event in 45 minutes 22, followed by Dorking (45.59), Striders (46.30) and Reigate (47.17). In the young athletes' race, held over the same course, Striders' Daisy Collingridge had an excellent run, recording an impressive 13 minutes 49 and beating all the other girls and all but two of the boys.

The 26th Croydon 10K took place on 4 April. The winner was Australian Lee Troop in a course record of 29 minutes 25 seconds. Jonathan McCallum of Croydon Harriers was second in 31 minutes 48. The first over-40 was Dave Ogden of South London Harriers, in 35 minutes 14. The first woman was Annie Emmerson of Bridgend, who ran 35 minutes 43. Thirty-two Striders competed, led by veteran Don Kayum who placed 23rd in 36 minutes 54. Dave Shaw was 29th in 37 minutes 30.

On 6 April Striders produced a good team performance to place third in the East Surrey League's annual road race at Ewell, lifting us to second in the final league table. Our leading runner was again Lee Morgan who placed fifth, covering the four and a quarter mile course in 23 minutes 37 seconds. Justin Macenhill placed tenth (24.18) while his brother Damian was 22nd (26.23) and Nigel Davidson was 23rd (26.31). Peter Yarlett was 27th (27.08), and won the over-50 category.

The 24th London Marathon took place on 18 April. Striders had an impressive total of 20 finishers. Our first finisher was long-distance specialist Dave Shaw who covered the distance in 2 hours 56 minutes 26 seconds, finishing 845th overall. Our second man home was Tim Bett, who had completed the Two Oceans 35-mile marathon in Cape Town the previous week, and still had sufficient stamina to record 3 hours 28 minutes 27. Striders' next three finishers were all women. Elene Kayum ran 3 hours 33 minutes 21, and was followed by club colleagues Kate Custis (3.36.38) and Emma Haillay (3.41.56).

On 2 May Striders had an impressive total of 24 finishers in the Sutton 10 kilometre road race, which was the first Surrey Road League match of the season. Both our men and women finished sixth. Our first man home was Justin Macenhill, who placed 30th, covering the three-lap course in 37 minutes 39 seconds. Veteran Don Kayum was next home in 37th place (38.06), with Damian Macenhill 50th (39.10) and Alan Dolton 53rd (39.33). David Batten had a good run to finish third in the over-50 category, placing 58th overall (39.45). Striders' women were led home by Kerry Backshell, who finished 171st (47.33), ten places ahead of team-mate Emma Haillay (48.25). Patricia Carr completed the team, recording 53 minutes 32 for 238th.

On 5 May Striders produced a good team performance to place third in the annual Beckenham Running Club road relay. On the first leg Lee Morgan brought Striders home in a close second place, covering the 2.6 mile course in 14 minutes 19 seconds. Veteran Don Kayum took over and moved Striders into the lead with 14 minutes 41. On the final leg Justin Macenhill faced strong opposition from Aldershot and Kent AC, and despite running a very respectable 14 minutes 23, had to settle for third place, just ten seconds behind the Kent runner.

The Surrey Championships took place at Kingsmeadow on 15 and 16 May. Croydon's Martyn Rooney won both the under-20 400 metres (47.6) and the 800 metres (1.55.29).

On 16 May Striders produced an excellent team performance to place third in the Richmond Half-Marathon, which incorporated the Surrey Championships. Striders were led by Justin Macenhill, who placed 20th of the 468 finishers, recording a time of 83 minutes 53 seconds. Don Kayum placed 25th in 84 minutes 38, while Damian Macenhill was 29th in 85 minutes 25.

RONNIE TAKES THE LEAD



Ronnie leads Paul Cripps in the Lloyd parkrun ...



**... but running with Ronnie can sometimes be a messy business
(Photos by Kevin Hann)**

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