

# Striders of Croydon

## Easter 2005 Magazine



## The Marathon Edition

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Spot the autographs scatter  
through the newsletter.  
Answers at the end.  
Compliments of Kevin Burnett

# Editor

*The magazine continues as just that. Detailed information on recent events, the diary of future events and more pictures, etc etc. is all available on the Striders website at*

<http://www.stridersofcroydon.co.uk>

*Thanks to all the contributors to this edition. This time we have a Marathon supplement, with contributions from many of the Marathon runners, we have the Events supplement, various features on Club Activities, the Health and Fitness section with contributions from Ian Campbell and Paul Weir and finally the History section with articles on past events and people from Alan Dolton, John Keen and finally the true story of the Striders creation of the Marathon.*

*With so many sources of material I had some problems with formatting. In the end I had to abandon everything and start again. To those who sent preformatted documents apologies if the end result doesn't look like what you sent me.*

*Good Luck to all running Marathons in the next few weeks.*

*Ed*

## Chairman's Corner

### Direct From the Chair: Spring 05 "Marathon Time"

So okay how many of those that I asked in last year's summer newsletter that had taken part in their first marathon at London last April had, when they crossed the finish line in The Mall, uttered those famous words "Never again!" Will be lining up at the start line in Blackheath/Greenwich on 17th April this year?

It's strange how the marathon affects different people in different ways. Some will be satisfied just to complete it once, some will vow never to do it again and yet after a couple of years have passed and the feelings of that day have been forgotten will return like an old love affair to. While others, have fallen in love with the marathon will return every year and will even run other marathons in between London as they can't get enough of the drug that this event is!

For those that are running their first marathon at London this year I wish them good luck and every success, of course I wish this to every strider taken part in this year's event and who might not be a marathon 'virgin' However, your first marathon is always the one that you remember the best as the experience of the crowds, the noise and being part of a huge mass of humanity all moving in the same direction just blows you away! No matter how many other marathons you take part in and even if you complete them in a better time there's nothing that matches up to your first ever marathon experience!

For those of you that are starting on Blackheath Common and do not fancy getting changed in the big tent that they erect on the day or the thought of queuing up for the portable loos is just too much to bear, can I offer advice on a little known secret? On the south side of the common, Tranquil Vale I think, there are some council owned changing rooms that are normally used by Sunday morning footballers that play on the common, which the council usually open up on Marathon Day, well they have every time I've either run the London marathon or ran up to watch. Of course like most municipal owned buildings such as this, they are hardly plush but can offer some privacy and if the elements are unkind on the day, some protection and of course the queue for the loo is not as long, if there's a queue at

all! Plus there are both male and female facilities. If anyone wants to know where they are then feel free to drop me a line but of course once I've let you in on this secret please let's just keep it to ourselves!

When I joined the club back in 1989 to run my first marathon it was the usual practice for those running the marathon to meet up and some of the non running striders to provide a lift to either Greenwich or Blackheath. However this practice seems to have fallen away over the years, partly because the club membership has grown to the extent that the number of striders take part has also risen, making this difficult to organise and partly because most runners usually use the fact that extra trains are laid on from Charing Cross on the day, free of charge for runners, and there are plenty of trains to London Bridge, where these trains also stop, from East Croydon on Sunday mornings. This also allows runners to stretch their legs rather than be cooped up in a car with 5 other sweaty runners! Some of the later trains can be very crowded and an alternative journey by public transport could be to take the tram to Elmers End and then the train to Lewisham from where it is a 10 minute walk up to the common or catch the DLR to Greenwich if you're starting from the red start. I would recommend either of these routes to get to the start but if neither of these arrangements appeal to you and you're still worried about how you are going to make it to Blackheath on the day, please contact a committee member and we'll arrange something to get you there on time!

Of course the striders supporters group will be situated along the marathon course to offer encouragement and cheer you on your way. We will be situated along the course at The Highway in Shadwell so will be able to offer our support at around the ½ way point and at just after 20 miles as the route goes down both sides of the dual carriageway that makes up this road. So look out for the strider's bright yellow and green banner that we will tie up to the safety barriers along the road. We will try to stay on the same side of the road until all striders running have passed before crossing the road via a subway and setting up on the other side of the road.

Those striders that are considering coming along on the day to support should be aware that the course has changed this year so that runners will run on the south side of The Highway and return on the north side unlike previous years when the opposite was true. This will avoid runners having to run through St Katherine's Dock then around the Thistle Hotel before running along in front of the Tower of London and on those painful cobbles! Even if they do put down a carpet they still bloody hurt by the time most of us get to that point! Makes such obvious sense I don't know why it wasn't thought of years ago, the course will now make its way around the back of the tower before joining up with the usual route in Lower Thames St.

Of course there will be the usual post Marathon celebrations, either directly afterwards at The Prince Albert Pub(I think that's the name) in Victoria Street SW1, which is a short limp/crawl away from St James Park and just around the corner from the Run &

Become shop, or later that evening in a Pub in Croydon that's yet to be announced. (Possibly Porter & Sorter or Builders Arms just as long as we don't want any meals) I should remind all marathoners that it is club custom and tradition that you should come to the evening do dressed in your marathon t-shirt with your marathon medal hanging from your neck so that you look like an extra from "Jim'll Fix it" Failure to do so will result in you take part in another strider custom of getting a round in for any strider present!

On the subject of marathons special mention must be made to fellow strider, Nick Kyritsis, who will be attempting to run 7 marathons in 9 weeks as part of his aim to run 100 marathons! The mad fool!

So it just leaves me to say good luck again to all running the marathon, I hope you all achieve your goal be it a new personal best or just to survive!

JG

## The Marathon Runners



### Karen Mc Dermott

This will be my second attempt at London and I hope 2nd time lucky! I am looking to finish between 4 hrs 15 mins and 4 hrs 30 mins but would be happy with anything faster than last year when I finished at 4 hrs 31 mins.

So far the training has been going well despite the flu bug which meant I was unable to run for 2 weeks. This time round I've increased my mileage in the hope that I don't hit the dreaded wall at full pelt at 21 miles like I did last year - we shall see.



### Serena Stracey

This years FLM will be my first marathon. My target is to finish but all things being good to get below 4 hours. I am doing it because I have always wanted to. More importantly it is an easy way to raise money for charity (breast cancer in my case).

No funny experiences...what is funny about training for a marathon!!

Please could I have some tips.



## Liz and Tomas Orange

Marathon runs in the family.....Tomàs and Liz (the one at the back)

Liz Every April when I saw pictures of the London Marathon on television, I thought, one day I'll take part in this race, but my running remained haphazard until the day I joined the Striders, after picking up a leaflet at the Race For Life. And then I started running much more regularly and tried to enter the London Marathon twice. Last December I was stunned when I found out that my name had come out in the club ballot.....I had been toying with the idea of taking a charity place but I had found all sorts of excuses to defer that commitment and suddenly I had a place!.... It took a long time for it to sink in. John Gannon gave me a friendly word of caution: from now on your life won't be the same. Your time is not your own...Well he was right and it is certainly a challenge but I have managed to train consistently and I am enjoying it, although I wish I were faster...I am hoping to finish the Marathon in one piece and I want to enjoy every minute of it.

I am running for Alzheimer and I know that my contribution will help this very worthwhile charity. An added pleasure to the anticipation of the Marathon is the fact that my son Tomàs will also be running, although I am unlikely to even get a glimpse of his fast

shadow. (I can always console myself by saying that if I were his age etc... or that he inherited my genes ...!)

Tomàs is a talented sportsman and he has had success in cricket, rugby- always a tense time at home, this Six Nations Cup, with divided loyalties!...- and more recently rowing. He also qualified as a sailing instructor in France. He definitely is a natural runner and loves any challenge. He is currently based in Leeds and is working with a church while finishing his Masters. He is trying to fit in as much training as possible within his limited free time. He would love to finish the Marathon in under 3 hours 30. Tomàs is running for a small charity called Voice, which works to help children with learning difficulties who have been victims of abuse.

## Peter Shew

I am running my 4th London Marathon this year. I am running again to raise money for "Children with Leukamia" and hope to raise £1000- £1500 which will mean I have raised around £4000 during the past years. I am aiming to achieve my goal of finishing in under 4 hours. Since I joined the club about a month ago I have never felt better and hope to remain injury free!! The only advice I would give to first timers is use the toilets at the start!! and enjoy what is a fantastic day. It is a great achievement whatever time you get round in and I would like to wish all the runners the best of luck.



## Phil Mazur

I've "done" 10 marathons so far. Lots of London's, a Paris (back to back with a London -which is why my knees are bugged!!), a Seven Sisters, and walked 2 Beachy Heads, and 2 Bra Moon Walks -complete with decorated bra!!! My best time was a London in 3 hrs 24mins. This time my target is to get back under 4 hrs and then I can stop!!!!. I'm running for International needs and Breast Cancer, so if you want to sponsor me let me know when you loop back to pick me up on a run.

Experiences:-

Good? Beating paratroopers, rugby players, Alan Dalton -when I was a Harrier, Being beaten by Elvis, Batman, various wombles. Finishing!!!

Funny? Beating Paul Weir!! Coz he'd been knocked over by the 5 hr Pace Maker; finding 15,000 women all doing aerobic warm ups at the same time and being unable to do it, the wife threatening to divorce me when I said its just a little hill at

Beachy Head.

Vivid? Wanting to throw up and almost fainting at the end of the Seven Sisters, Mike Gamgrill telling me that the bloke with a 100 t-shirt ,we'd just run past, was nothing special, Nick the Greek and I having a wee on the Champs Elysee and not getting arrested, seeing Bjorn Again as the warm up band on the bra walk, being told I had a nice pair of tits on the bra walk(or was that, that I was a right tit, can't quite remember), getting the marshals to lie to my wife about how far we still had to go on the Seven Sisters

Tips for the first timers - Don't do it! Never listen to Dave Shaw, remember its all right to walk, at the start if you see a queue -join it(it'll be for the loo)

## Ian Campbell

Rotterdam will be my third marathon. My first marathon was Blackpool prior to joining Striders. I trained quite hard for this but in hindsight did not do enough long runs. Consequently, on the day I crashed and burned! Also, I had a recurring knee injury that decided to flare up again just two weeks before the race. Unable to run I had several sessions of ultrasound. On the day it went well but after 21 miles I seized up and had to walk/hobble the 5 miles or so to the finish line. 4 hours 41m for my first marathon.

I am now training for a sub 3 hour marathon using the Runners World training programmes on the basis that I am going to miss out some of the training due to other commitments. My real aim is for a sub 3hr 15m marathon.

As mountaineers say, I am doing it because it's there to do! I have given up most of the charity running as it's actually harder collecting the money than running the marathon.

My best experience has got to be my second marathon in Amsterdam. I had trained really hard throughout the year and felt good and strong on the start line. I was aiming for sub 3hr 30m. In the end I was able to keep a steady pace throughout and even able to do the last two miles or so at a faster pace. Finish time 3hr 19m and 27s. On the finish line I was so pleased and a little overcome that I had eventually broken my target after six months hard work. There is nothing like believing you can reach a target and when you do it there is so much relief as well as pleasure. Due to the different starting pens I did not know that Tim Bett had beaten me by 7 seconds, if only I had been able to have him in my sights it would have driven me on even more. Tim and I have had a few jokes about that afterwards and that's why my next marathon is the same as Tim's. Nothing like a bit of friendly rivalry!

My best tip is, whatever you do you must get the long runs done. They are the key to being able to survive a marathon. The rest of your weekly running is to enable you to get a time get some good speedwork in and a solid base of endurance. I found that the 3 hour plus runs were essential. My formula was to start at 6.30AM on Sundays, not everyone's cup of tea I know, and do one hour on my own then meet up with fellow marathoners at 7.30AM for the Croydon 10k route and then join the club run at 8.30AM. That way your last hour was done with the club so mentally much easier to accomplish. It even gave you the option to extend your run with the club run to 4hrs if necessary.

My other tip would be the potions, lotions and notions, but, you will have to read the other article for that one!

## Stephen Tyler

My thirteenth London on the spin, sixteenth in all! I am running for St John Ambulance (again!) My three targets as per normal, to finish, sub 4.30 and Sub 4.15 (fanciful at this stage but what the heck?).

My reason for running, to maintain and improve my sylphlike figure and to improve my stamina and general fitness for refereeing and work.



## Justin Macenhill

This will be my 4th Marathon - All London.

Times are as follows:

1992 = 04:02

2002 = 03:21

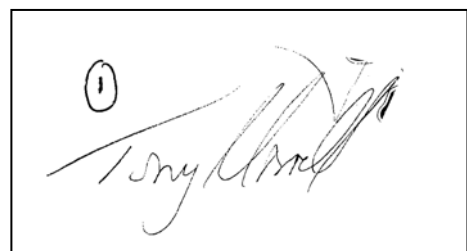
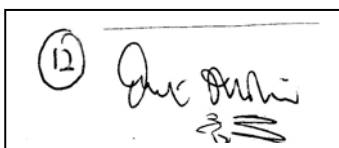
2003 = 02:55

2005 = ????

Target is to better 2003.

My first was 04:02 which I was very pleased with until I saw the front page of the Sports Section of The Times which showed a photograph of a 1 legged man crossing the finish line - his time - 04:01!

I am in for good for age which means I don't actually have to do it for a charity this time around. However, I decided I would still do it for a charity but haven't decided which yet. I did try St Giles however, they are not registered on the Just Giving website which makes them a little difficult and may also preclude me from getting match giving at my work.





## Tim Bett

Greetings from Wassenaar. Its the Rotterdam Marathon on 10 April for me and am looking forward to hosting a Striders deputation. Started positively with dreams of a millennium pb but a heavy business and travel schedule has derailed that. Training on my own and late at night hasn't helped as I don't have the discipline to raise my pace above a slow plod. On the other hand, I have managed to run in Sydney, Honolulu, Salt Lake City, Copenhagen and Sevenoaks in the last few weeks. Does this mean I lead a glamorous life?

It hasn't helped this week - got snowed-in in Copenhagen and now there is 8" of snow/ice making it impossible to get out. I'm in Copenhagen again for the next couple of weeks so really don't know how I am going to get any running in. Revising my target to 4hrs.

## Dave Shaw

Just done the Steyning so target is to break three so my main aim is to enjoy

I Am doing it because it's Good experiences would vivid recollection of getting happened, I would do it - a marathon last year; and finishing my first London to Brighton with Morgan.



now 15 marathons and 2 ultras, my pb is 2.55. Generally my hours but I think I may not be in good enough shape this year - the day.

there....

be finishing my first marathon; breaking three hours - with a to the House of Parliament and knowing that whatever great sense of "job done"; coming third in the Steyning

My only really bad experience was a couple of years ago, unaccountably setting off in the Thanet marathon at roughly my 10k pace - and as a result really suffering for the final 32k.

Tips for fist timers would be - taper well, doing very little in the last fortnight; drink all the Lucozade you get every five miles; most importantly - don't go too fast. View 20 miles as halfway and only push on if you feel good then.

Damian Macenhill

I started off aiming for 3:10 but the training has gone well so I am going to attempt to break the near impossible 3 hour target. This will be the fourth marathon, all of which will have been in London with my best time being 3:21. I have a charity place with BESPS (British Engine Steam Preservation Society), any donations gratefully received.

A tip, don't listen to doom mongers such as Chris. He will tell you that marathon running is bad for you and then decide to run one himself.



## Paul Weir

Last year at London I was tripped by a Runners World pacer and it ruined the chances of my First under 4hr marathon, which i got at Stevenage. They have given me a place this year and i hope to go under 3.hr 30.

## John Humphries

The FLM will be my first marathon and the target is to get round in under four hours. I had originally thought of going for Dublin or Amsterdam later in the year. However as so many others from the club were running London I decided to try for a charity place as I was running out of training partners. I was lucky enough to get a place through CLIC (Cancer & Leukaemia in Childhood) and have raised nearly £3000 to date.

I am very glad I managed to get a place as the training has been so much easier with people who are aiming for the same goal. The camaraderie on the Friday and Sunday runs has been great with the only downside being that I am turning into a bit of a running "geek". I can now tell anyone who will listen, which sadly includes most of the people who run on a Friday night, my mileage, hours, mile splits and which trainers I've run them in. (This does however take your mind of being taken up the Shrublands by Dave, Phil and co !)

## James Mason

Am running London for a second time - ran in '04 in 4hrs 13m 43s (to be precise!)

Target is to improve on time and not to find it quite so painful this time round! I'm not running for a charity



## Chris Morton,

Rotterdam marathon

Aims - in this order - 1. To finish, 2. To get a PB (sub 3.25) 3. To get under 3.15 Only my second ever marathon. Why ? I really don't know - maybe because I've just turned vet and so I've lost my ability to make sensible decisions. MY tips ? If you have just started running spend a year doing 10Ks and cross country before you even think about doing a marathon.



## Phil Richard & Nick Allison

This year is the 25th Anniversary of the London Marathon; Nik will also be 25, and Phil will be 50. we have both been keen followers of the Marathon but up to now from the comfort of the arm-chair.

This year however, we decided that it is about time to take part. 5 Years ago my nephew Nik incurred a serious and rare sports injury - compartment syndrome, which caused nerve damage and the removal of two muscles from his lower left leg. The initial goal was to walk and play rugby again and after six months of intensive rehabilitation he achieved both.

But, the ultimate goal was to always run a marathon to truly put the injury behind him. Nik now has that opportunity to run with me.

"We decided to run for a charity to inspire us to enter and to see it through. We chose JOHN GROOMS <http://www.johngrooms.org.uk> and they kindly offered us Golden Bond entries to take part."

Founded in 1866, John Grooms is a leading provider of services for people with disabilities. It works with disabled people to improve their quality of life and gives them choices and freedom to live as independently as possible. The charity provides residential, nursing, respite care and brain injury rehabilitation in the UK and overseas.

We also decided to join Striders. We turn out regularly on club runs on Wednesday evening and Sunday mornings and have found a great group of like-minded people. There are several other fellow Marathon trainees and we are all finding the mutual support extremely encouraging.

You can sponsor Phil and Nik by logging on to his own sponsorship page on [www.justgiving.com/philandnik](http://www.justgiving.com/philandnik).

## Linda Daniel

ZURICH MARATHON 2005

I will be running the Zurich Marathon on Sunday 3rd April and will be raising money for the Wellchild charity.

Wellchild are the UK's leading children's charity for health and wellbeing and their mission is to improve children's health and healthcare through research, information, support and education.

There are nearly 15 million children in the UK and one in five of them have a long term illness such as diabetes, asthma or some form of blood, kidney, skin, heart or intestinal disorder.

There are currently more chronically sick children in the UK than at any time in our history

WILL YOU HELP MAKE EVEN MORE CHILDREN SMILE ?

I would very much appreciate your donation for this very worthwhile cause. Please email, [linda.m.daniel@btinternet.com](mailto:linda.m.daniel@btinternet.com)

phone or send in your sponsorship pledge – my details are below.

For more information on the Wellchild Charity please click on this hyperlink

<http://www.children-nationwide.org.uk/#begining>





## Dave Goodall

This will be my first, so I'm venturing into the unknown.

Ideally I would like to finish in under 4 hours. Perhaps more realistically I would just like to finish without hitting the wall, or any lampposts for that matter.

I am doing it as a personal challenge, and I thought I better try and do it while the body was still able and before old age takes its toll, although after almost three months of training the body is beginning to voice its protests. I was also inspired by watching the valiant efforts of a real cross section of Striders at last year's marathon.

How about an insane experience - applying for the marathon in the first place. Although it must be said that I have enjoyed the camaraderie amongst my fellow marathon trainers,

especially when being taken up the Shrublands for yet another training run.

As I sit here exhausted after yet another training run, the tip that instantly springs to mind is don't do it! However, taking a more constructive attitude I think novices need to remember the importance of Carling loading. Carbo loading is all well and good, but you should never underestimate the beneficial effects of a nice, cold, pint of Carling after a long run.



## Scott Anthony

This will be the second marathon I have run but the last one I did, I got a call on the Friday night by someone with a spare number and I did it with no training at all and as someone else. so I guess this is really my first marathon. I have entered from Australia and my dad is also coming over to do the run. he is 56 years of age and has done easily over 20 marathons with a pb of 2:51. Personally I think he would love to break 3 hours again but he may be more looking at 3:10. His name is Murray Antony and hopefully the Striders will get to meet him before the marathon on a Sunday or Wednesday run.

I have set myself a target of what I would like to do, but I know that it will not be that easy, so lets just say I would like to run a time near 2:50, guess we will see on the day.

## And some words from two not running the Marathon.

### Susan Haynes

#### Marathon Men -



I remember my first London Marathon in 2002 as being one of the best days of my life. However, last year's FLM is far more memorable. I hooked up with a Runner's World pacer – a handsome chap by the name of Ross – who, on reaching 5 miles, decided he was too hot in his tracksuit top. Being a pacer, of course, he couldn't stop. I was only too pleased to assist him to undress on the move!

Then of course there was the lovely fireman in New York. At 22 miles, I was in pain, having picked up an injury 6 miles before. I had blown my race plan. A PB was not going to happen. The finished seem light years away. There were tears. Then I was rescued by my firefighter. "Hey girl! Don't cry, you're doing great! Come over here and give me a hug!". So I did. And the though last four miles hurt, I covered them with a smile on my face!



## Mick George



18 times Marathoner in a 15 year period.

After completing my first London marathon the high lasted for days. So much so that a friend from Stoke –on-Trent convinced me to take part in his home town 's Marathon- 'The Potteries' to be held two months later on a scorching mid- summers day in June. Big mistake , the endorphin rush led me to believe I was an invincible marathon runner. I was proved very much wrong ' The Potteries ' put on a further punishing 30 minutes on my finishing time compared to the London .The hot temperatures(25C) and that flaming steep hill at the 18mile mark did me in plus ,I believe, two months between the races was to close for comfort for me. But I did finish of sorts. I learnt fast that not to let the mind rule the body. To really enjoy the marathon experience always give yourself plenty of recovery time from a previous Marathon and put in plenty of LSD training. It also helps to take part in all of those pre- ½

marathon, 15 mile and 20 miler races. Mind you once you get to read this article, I'd imagine you are all well on your way with your running schedule towards achieving your personal goal's.

Writing this article has reminded me that I'm too late for the Hastings ½ and Paddocks Woods' one. Two of my favourite pre- marathon races. On hindsight it's probably just as well as I haven't done much running since my torturous Amsterdam Marathon last October .The experience really brought home to me how important it is to put in the mileage and proper systematic training before attempting a marathon. It was probably all of those miles I put in the bank with the Striders over the years that finally got me round and those other Striders' doing it with me gave me the strength to finish. As it was ,it was only one hour slower than my PB of 3rs. 20mins.

The best piece of advice I can give to those first timers is to keep an even pace ; Stick to your own pace don't try and keep up with anybody else, don't throw away all of that hard training by blowing up; keep well hydrated and try and go for a negative split for the second half of the Marathon. There is nothing better for your morale towards the end( the cobbly bit at the Tower of London) is to be overtaking your fellow runners with comfort and confidence.

Good luck to you all. Enjoy the day. I hope to be there, at The Highway, with my new digital SLR Camera. So give us a smile even though you may feel a bit crippled inside on the homeward bound side of The Highway..

IT FEELS GREAT.

## RELIEF BEYOND BELIEF

### John McGilvray

***This article was written by John just after he had finished the first London Marathon in 1981. It was published in the Penge Advertiser. Ed***

So far as most people are concerned the London Marathon is now well and truly finished. Everybody who is going to finish has by now, hopefully, done so. The memory of the event however, will remain fresh in the minds of the participants for many years. John McGilvray of Bourdon Road, Penge will certainly never forget it. He gave an account of his 'adventure' within 2 hours of finishing....

"Apply Vaseline to all moving parts" Chris Brasher had advised and how his edict was been carried out! Greenwich Park was awash in a sea of liniment at the start. Then, lining up alongside placards bearing estimated times. "Don't be too ambitious" I thought walking to the 4-hour marker. The distant sound of gunfire at 9 am and we are off.

Walking pace only as far as St Mary's Gate. "I can keep this pace up easily". Sharp left into Charlton Way and multi-sound assaults the ears. Helicopters whirring overhead batteries of press photographers clicking merrily but above all the shouting, cheering, clapping crowd. Suddenly, a brass band blaring a faster tempo

than I care to match. Jogging steadily now, past the 1 mile marker, glancing at my watch 12.5 minutes way over my intended 9 minute mile pace. Prudently fighting down a desire to sprint, I spot a figure in a gold coloured tracksuit just ahead "Flash Reggan" thinks I. "Oh hello, Jim", I remark conversationally as I pass the famous figure of Jim Savile O.B.E. on his way to raising £50,000 for Stoke Mandeville Hospital. 3 mile marker and a saucy miss leaning on her garden wall calls out "over here for the kiss of life!" Another 23 miles and she might have no end of takers....

Running past the Maritime Museum after 6 miles, I glance up at the Observatory we left almost an hour ago. Then wheeling tightly around the Cutty Sark through Southwark Park and past Sunday morning footballers whose match would have started and finished before I reach Buckingham Palace. On through the derelict dock area and still the crowds throng the route offering encouragement. 10 miles and I spot someone reduced to a walk which induces feelings of sympathy mixed with confidence that I am still running strongly. We round a bend and there

suddenly is the sight of Tower Bridge and a chill wind whipping up from the Thames catches you unprepared. People are massed either side of the runners and a huge digital clock picks out the time 1.49 as I pass the half way sign. "Good, I'm eleven minutes under two hours" I think resisting the urge to turn left towards the finish only 3 miles away but instead veering right and facing the prospect of a 10 mile loop around the Isle of Dogs. The Cockney East Enders are hanging over balconies shouting encouragement. "C'mon me old son, get them legs moving!" It is after 11 am and over two hours since we set out.

Never having run more than 17 miles in training, I approached that particular mark with trepidation. Past it and looking forward to 20 miles whilst wondering whether I will "hit the wall" as marathon runners call that dreaded feeling when legs turn to jelly. Four miles to go and I am feeling the aches spreading into my calf and thigh muscles. Yet 4 miles is normally a shortish training run I chide myself. Under Tower Bridge the cobbled footpath skirts the Thames invitingly. A Beefeater claps as I gingerly run over the slippery cobbles....

Only 4 miles from the finish I pass a runner carrying the front of a pantomime horse on his back. What a nut! But then are we not all nuts?

Now the Embankment and Big Ben in the distance. "Come on, you've broken the back of it" someone shouts. "Only just over a mile to go, you can do it 6306" an onlooker, a complete stranger, yells in my face. I manage a weak grin and glance up at the face of Big Ben. Half past twelve, exactly 3.5 hours I have been running. Seems like a life time, turning right past the Houses of Parliament, I am staggered by the number of people lining the road, it is like a State Occasion. Outside Buckingham Palace the noise reaches such a crescendo that it takes a few seconds to realise that the finish is actually in sight. A large banner spelling out the word FINISH is about two hundred yards ahead. I try to break into a sprint but am forever locked into my shambling gait. The digital figures print out the time 3:42:10 and I am there. Euphoria? Not initially, just relief beyond belief!

Someone thrusts a medal into my hand and I gaze at it. No bigger than a 10 pence piece but infinitely more precious to me. A symbol of my first marathon. The inauguration of London Marathon, a piece of capital history indeed owes much to the organisers, but especially to the people of London for their encouragement.

Just wondering, via the newsletter, if anyone can be more injury prone than me at the moment :-

After a bad year in 2004 I went to the doctor in late January with depression. Was told to get out more so changed my training routine. Net result torn adductor muscle in right leg, out for up to eight weeks.

Went to physio for treatment on right leg and was given some exercises to do. Net result, ligament damage in left knee whilst exercising right leg.

Fed up with hobbling on alternate legs decided to cycle to gym to do some upper body strength work. Net result, crashed bike on the way incurring cuts to the lip, chin and right knee.

I'm just off to see my counsellor - if I manage the five minute walk without further incident I expect her to ask one question - "why are you depressed?" It may be the last question she ever asks!

**John Keen**

# Owen Trophy Rules for 2005

The idea of the Owen Trophy is that all Striders have a reasonable chance of winning. You need to run at least 6 of the 10 races listed in the table below and if you run them well by your own standards then you will do well in the Owen Trophy.

Each runner will be put into a category. Then bonus points will be scored based on performances against other runners in higher categories and improvement against an individual's own base times.



## Races in the 2005 Owen Trophy

Croydon 10K (Spring)	3 <sup>rd</sup> April
Sutton 10K	1 <sup>st</sup> May
Heatherley 10 (Miles)	15 <sup>th</sup> May
Dysart(10K)	26 <sup>th</sup> June
Elmore 7 (Miles)	16 <sup>th</sup> July
Elmbridge 10K	24 <sup>th</sup> July
Wimbledon 5K	7 <sup>th</sup> or 14 <sup>th</sup> August (TBC)
Kent Coastal Half	4 <sup>th</sup> Sept (TBC)
Wimbledon 10 (Miles)	2 <sup>nd</sup> October
Croydon 10K (Winter)	9 <sup>th</sup> October (TBC)

## Initial Categories

The categories have been created by taking each runner's best 10k time in the period 1<sup>st</sup> September 2003 (Start of last years Road Rankings) to 1<sup>st</sup> March 2005.

Categories will contain small numbers of runners mostly likely between 3-7.

Runners who have not run a 10K during this period will not initially have a category, but will be categorised after there first 10k. This does not necessary need to be an Owen Trophy 10k

## Base Times

Each runner will have a base time for 10k, 10 Mile & Half Marathon, this base time is the best performance over the period 1<sup>st</sup> September 2003 to 1<sup>st</sup> March 2005, for that particular distance.

Base times for Elmore 7 & Wimbledon 5k will be the time set by a runner for the same race last year.

## Scoring Rules

20 points – For each runner finishing an Owen Trophy Race.

### 1) 1 bonus point

- For each runner who betters their base time for a 10K, 10 miles or half marathon.
- For each runner who betters their base time (last year's time) for Elmore 7 or Wimbledon 5K.

### 2) 1 bonus point

For each runner finishing an Owen Trophy Race when there are 8 or less Striders finishing.

### 3) 1 bonus point

- In any race, for each runner from a higher category that they finish ahead of (there are no limits to the number of bonus points available).
- The Owen Trophy Committee has the discretion to discount a runner when calculating other runner's bonus points when:
  - The runner runs the race slower than their expected speed to aid someone else (i.e. running with friends, family).
  - Other exceptional circumstances occur.



## Other Rules



For the runners who do not have a 10k in the period 1<sup>st</sup> September 2003 to 1<sup>st</sup> March 2005 and are therefore not categorised, can still complete in the Owen Trophy, these runners will only be eligible for points under Scoring Rules 1 & 3 and 2 when a base time exists. A runner will be categorised after their first 10k.

If a base time is not available for a particular distance or race, a runner will not be eligible under Scoring Rule 2.

If a runner better their base time for 10k or 10 Miles in any Owen Trophy Race the new time will become their new base time for the next Owen Trophy Race of 10k or 10 Miles.

Runners may be re-categorised after the 3rd and 6th Owen Trophy Race to prevent someone benefiting from being miss-categorised.

## Total Score

Each runner's total score is calculated by taking their 6 best Owen Trophy race scores from the 10 Owen Trophy races.

## Eligibility

The Owen Trophy is open to following runners

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

All paid up – Second Claim members of Striders of Croydon, who enter as Striders of Croydon and wear Club Kit.



## Winner of the Owen Trophy

The winner of the Owen Trophy will be the runner(s) whose sum of points gained in their best 6 Owen Trophy races is the greatest. If more than one runner finish on equal points the Owen Trophy will be shared. Trophies will be awarded to the first three places, and presented at the Striders of Croydon Christmas Function.



## Owen Trophy Categories for 2005

Category	Category	Category	To be categorised after first 10K
A Justin Macenhill	F Adrian Webb	K Wayne Riches	John Foster Phil Mazur Jo Corrigan Dave Shaw Susan Haynes Anne Hawkins Tracy Carpenter
A Duncan Lancashire	F Gary Smith	K Adrian Clark	
A Don Kayum	F Greg Evans	K James Mason	
B Bob Ewen	F Simon Smith	K Linda Daniel	
B Damian Macenhill	G Kerry Backshell	L Roy Easto	
B Tony Shepperd	G Serena Tracey	L Kevin Bannister	
C Alan Dolton	G John Gannon	L Robin Jamieson	
C Paul Finch	G Elliott Bance	L Karen McDermott	
C Chris Morton	H Tom Littlewood	M Alvaro Gomez	
D Colin Cotton	H Steph Upton	M Dave Denton	
D Dave Batten	H Paul Weir	M Neil Riches	
D Mike Willans	I Faye Stammers	N Patricia Carr	
D Tim Bett	I John Humphries	N Pat Edwards	
D Steve Muntzer	I Steve Smith	N Lyn Simmons	
E Morgan Steele	I Mike George	N Dave Hoben	
E Ian Campbell	I Clare McFadzean	N Don Smale	
E Matthew Batten	I Elene Kayum	O Stephen Tyler	
E Geoff Pennells	J Barry Finch	O Liz Orange	
E Alan Purchase	J Nick Kandemir	O Winsome Levy	
E Neil Furze	J Emma Hailly		
	J Dave Goodall		

# Club Social Events

The following social events are proposed for the next few months. Watch the notice board and email for more details.

## Croydon 10k:

After the Croydon 10K on Sunday April 3<sup>rd</sup> meet in the Crown on Wickham Road for a drink and Sunday Lunch if you wish.

## Marathon Day:

Drinks in the evening at the Porter & Sorter from 6.30 - 7pm to compare war wounds.

## Post marathon curry

Wednesday 20th April at Safrans restaurant on Addiscombe Road from 8.30. You don't need to have run the Marathon to join us.

## Wimbledon Dogs

On a Saturday evening in in May

A trip to Wimbledon dogs for food, drink, and to bet on Gordons friends racing.

## "Treasure Hunt"

On a Sunday morning in May – an hours run round Lloyd Park and Shirley Hills with a difference.

## Away day to Dorking.

On a Sunday morning in June. Drive to Dorking, run about 10 miles up/round Box Hill, finish with a leisurely swim at the sports centre then on to a pub for Lunch.

## Handicap Races

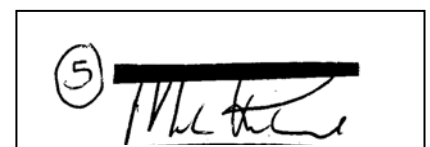
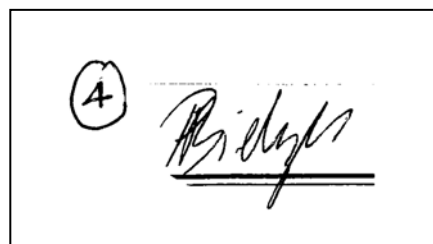
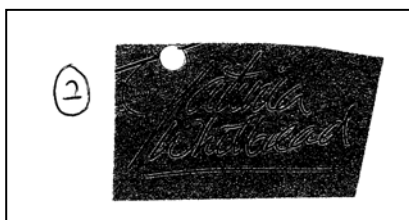
After the Handicap Races in May,Jun,July meet up for a drink in the Club House.

## BBQ

In July, possibly a BBQ at a local pub, Anyone any good suggestions?



Gordon



# Track & Field Competition for Striders - The Rosenheim League



Many people join Striders with the aim of training for a particular race. In some cases it may be the Croydon 10K: in many cases it is the London Marathon. And having completed the distance once, there is usually a desire to have another attempt at the distance, in order to improve one's time.

However, there comes a point at which a runner cannot hope for further significant improvement at his or her original distance, and the attention turns to new challenges. In some cases this may lead people to compete in ultra-distance events, and I am sure that Dave Shaw would be delighted to hear from any Striders who might like to join him in training for the annual 'London to Brighton'. But many people have neither the time nor the inclination to train for such demanding events. By contrast, in recent years an increasing number of Striders have turned their attention to much shorter distances, and to competing in track and field events. With this in mind, Striders have entered a team in the Rosenheim League (Eastern Division) for 2005.

The league was formed in 1964 by Jim Braben of Hercules AC (now merged into Hercules-Wimbledon). It originally comprised just five clubs. In 1978 it was split into two divisions (a western and an eastern division), and in 1987 it began to hold women's events as well as men's events. In the Eastern Division, the women's events were poorly supported, and from 1992 they became 'non-scoring' (enabling the faster women to compete with the slower men). The Eastern Division was strengthened in 2001 with the entry of Serpentine AC. Serpentine are a much larger club than Striders, but they have a similar ethos: like us, they were originally formed as a road

running club in the early 1980s, and like us they are a mixed-ability club, with a high proportion of female members and a wide range of standards.

The Eastern Division now comprises six clubs, and stages six matches each year, all on Wednesday evenings. Each match includes a 100 metres, 200 metres, 400 metres, 800 metres, 1500 metres, 3000 metres and a 4 x 200 metre relay. In addition, each match includes two of the four throwing events, two of the four jumping events, and one of the 110m hurdles, 400m hurdles, and 2000m steeplechase. Each club has to submit a declaration sheet before the start of the meeting, nominating the scoring athlete for each event. However, any athlete not selected for the scoring team can still compete as a 'non-scorer'. In most track events, the scoring race is held first, and the non-scorers compete in subsequent races, graded by the marksman on the basis of anticipated times. (In the 3000 metres and the steeplechase - and sometimes also in the 1500 metres - the non-scorers compete in the same race as the scoring runners.)

Some runners tend to be hesitant about competing in track events, for fear that they will be outclassed by the faster runners. It is probably true that runners who are scared of being 'lapped' should avoid the 3000 metres. But the entry of Serpentine has meant that the Rosenheim now definitely caters for all standards of runner. Last year's results are on Serpentine's website (<http://www.serpentine.org.uk/results/track/>). Taking just one of the matches as an example, among the 'non-scoring' performances were 26.16 for the 100 metres (by a veteran), 40.72 for the 200 metres, 84.02 for the 400 metres, and 6 minutes 39 for the 1500 metres: while a leap of 1 metre 10 gained points in the high jump. These performances should be within the capabilities of most Striders.

In recent years Striders have done very well in getting good turnouts for the Surrey Road and Cross-Country Leagues. It would be good to see a similarly large turnout for this summer's Rosenheim League matches.

The provisional fixture list is as follows:

Wed 11 May - Battersea

Wed 25 May - Croydon Arena

Wed 8 June - Wimbledon

Wed 22 June - Tooting

(Striders hosting - helpers needed for the recorders' box)

Wed 13 July - Tooting

Wed 27 July - Tooting

**Alan Dolton**

Note There is also the Southern counties Vets League open to Men 40+ and Women 35+ and also the Holland Sports Southern League. For more details of these contact **Kevin Burnett** 01883 625547. Dates in the over the page.

# Fixtures List

updated 08/03/2005

Key    Owen Trophy    main events    Sandilands Cup    track & field

<u>Date</u>	<u>Venue</u>	<u>Name of Event</u>	<u>Distance</u>
<b>March</b>			
25	Maidenhead, Berkshire	Maidenhead Easter 10	10 miles road
26	Victoria Park, Hackney	Victoria Park Open 5	5 miles road
<b>Apr</b>			
3	Chiswick	Fuller's Thames towpath 10	10 miles road
3	Croydon	Croydon 10K	Owen Trophy
3	Mels Milers @CH 10K	Horsham, West Sussex	10K road
3	Paddock Wood	Paddock Wood Half	half marathon road
3	Totton, Hampshire	Totton 10K	10K road
3	Woking	Woking 10	10 miles road
5	Ewell	East Surrey League road - 4 miles	
10	Farningham, Kent	Darent Valley 10K	10K road
10	Wimbledon	Wimbledon 10K	10K road
10	Rotterdam, Holland	Rotterdam Marathon	marathon road
17	London	London Marathon	marathon road
24	Worthing	Bluebell 10K	10K multiterrain
24	Bracknell	Bracknell half	half marathon road
<b>May</b>			
1	11:00 Beddington Park, Sutton	Sutton 10K	Owen Trophy
2	Wimbledon Park	Barry Jones 10K	10K road
3	Crawley	track & field	Vets Southern League
4	19:30 Beckenham	Forbanks Road Relay	3 x 2.6 miles
5	Kingston	Coombe hill 5	5 miles road
8	Sevenoaks	Sevenoaks seven	7 miles multiterrain
7	Tooting Bec	track & field	Holland Sports - Southern League
11	Battersea Park	track & field	Rosenheim League 10K and 10 miles road
15	Copthorne, West Sussex	Heatherley 6 n 10	Owen Trophy - 10 miles only
15	Richmond Park	Ranelagh Richmond Half	half marathon road
18	19:30 Sandilands	Club Handicap	5 miles road
21	Horsham	track & field	Holland Sports - Southern League
21		Green Belt Relay	various distances
22	Warlingham	Hillcrest 8K	8K multiterrain
22	Staines, Middlesex	Staines 10K	10K road
25	TBA	track & field	Rosenheim League
26	Farthing Downs	Near As Damn It	about 10K xc
29	Barking, essex	BAD 5	5 miles road
29	Bexleyheath, Kent	Myra Garrett 10K	10K road

**June**

<b>5</b>	<b>Lloyd Park</b>	<b>Race for Life</b>	<b>Striders marshalling</b>
5	Dorking	Dorking 10	10 miles road
5	Beckenham	Beckenham 10K	10K road
5	Seaford, East Sussex	Seaford Half	half marathon road
<b>6</b>	<b>Ewell Court</b>	<b>track &amp; field</b>	<b>Vets Southern League</b>
8	Portsmouth	D Day 10K	10 K road
<b>8</b>	<b>Wimbledon Park</b>	<b>track &amp; field</b>	<b>Rosenheim League</b>
12	Southend-on-Sea	Southend Half	half marathon road
12	Epsom	Epsom 10K	10K road
<b>15</b>	<b>19:30 Sandilands</b>	<b>Club Handicap</b>	<b>5 miles road</b>
19	Paddock Wood	Mascalls 10K	10K road
<b>20</b>	<b>Kingston</b>	<b>track &amp; field</b>	<b>Vets Southern League</b>
<b>22</b>	<b>Tooting Bec</b>	<b>track &amp; field</b>	<b>Rosenheim League</b>
<b>25</b>	<b>Deangate</b>	<b>track &amp; field</b>	<b>Holland Sports - Southern League</b>
<b>26</b>	<b>Richmond</b>	<b>Dysart Dash</b>	<b>Owen Trophy</b>
26	Gravesend	North Downs 30K	multiterrain
26	Orpington	Orpington 10K	10K road
<b>29</b>	<b>19:30 Lloyd Park</b>	<b>Grass relay</b>	<b>3 x 2.5 miles xc</b>
30	Farthing Downs	Near As Damn It	about 10K xc

**July**

2	Dorking	Midsummer Munro half	half marathon multiterrain
3	Wadhurst, East Sussex	Bowl Water 15	15 miles multiterrain
3	Cranleigh	Cranleigh 10K	10K road
<b>4</b>	<b>Croydon</b>	<b>track &amp; field</b>	<b>Vets Southern League</b>
<b>9</b>	<b>Croydon</b>	<b>track &amp; field</b>	<b>Holland Sports - Southern League</b>
<b>13</b>	<b>Tooting Bec</b>	<b>track &amp; field</b>	<b>Rosenheim League</b>
13	Reigate	Reigate Priory summer 10K	10K road
<b>16</b>	<b>Chipstead</b>	<b>Elmore 7</b>	<b>Owen Trophy</b>
<b>20</b>	<b>19:30 Sandilands</b>	<b>Club Handicap</b>	<b>5 miles road</b>
<b>24</b>	<b>Walton-on-Thames</b>	<b>Elmbridge 10K</b>	<b>Owen Trophy</b>
<b>27</b>	<b>Tooting Bec</b>	<b>track &amp; field</b>	<b>Rosenheim League</b>
28	Regents Park	BBC 10K	10K road
28	Farthing Downs	Near As Damn It	about 10K xc
<b>30</b>	<b>Ashford, Kent</b>	<b>track &amp; field</b>	<b>Holland Sports - Southern League</b>

Aug 7 or 14	Wimbledon	Wimbledon 5K	Owen Trophy
Aug 21st	Farnham Common	Burnham Beeches half	half marathon road
Sep 5 <sup>th</sup>	Margate, Kent	Kent Coastal Half marathon	Owen trophy
Sep 10 <sup>th</sup> 10	Wimbleodn Park	Surrey Road Relays	teams of 4 or 6 x 2.6 miles
Oct 2 <sup>nd</sup>	Wimbledon	Wimbledon 10	Owen Trophy
Nov 12 <sup>th</sup>	Lloyd Park	South of Thames junior - 5 m cross country	Sandilands Cup
Dec 17 <sup>th</sup>	Wimbledon Common	South of Thames senior - 7.5 m cross country	Sandilands Cup



# Men's Surrey League cross country 2004/5 : Promotion to division 2

## Chris Morton



Going into the final fixture of the season at Wimbledon Common we sat in a neutral mid-table position : Safe from relegation but too far off for promotion hopes. However, surprisingly, we had the largest team on the day – there were 22 Striders running and several more supporting us.

We could tell we had a strong team on the day and Kevin Burnett, spectating, confirmed that we had all our scorers in before any other team. We managed our usual Striders packing – getting 6 scorers in between 25th and 34th place. However none of us hung around awaiting the results at Belgrave Hall – instead we headed back to Sandilands to celebrate the women's team's promotion. It wasn't until Monday morning that we discovered we had scraped the second promotion place by a mere 30 points.

Its easy to conclude that we were lucky : if Woking hadn't lost their top runners for the final fixture; if chance conversations hadn't lead to scorers racing for us ; if Sutton and Dorking hadn't faded away; if one of those Saturdays had been windy then Paul Finch would have rushed down to the coast to hop on his wind-surfer ..... But, classic football cliché coming up, 'luck tends to even out over a season'. For instance, for the third race at Lloyd Park we lost three certain scorers on the morning of the race, we also had the likes of Dave Batten, Bob Ewen,

Dave Shaw and Neil Furze injured / unfit for the whole season and fixture dates always clashed with Duncan Lancashire house hunting / moving.

In the end I'd prefer to think that we gained promotion because we have a good team spirit and a large squad. Twenty different men scored for us during the season and it made a massive difference that some runners raced for Striders above and beyond the call of duty.

Top honours in this case must go to :

**John Foster** who hobbled around Epsom Downs in November and scored vital points for us

**Peter Yarlett** who always ran for us despite a persistent injury and was in our top ten for the first 3 fixtures

**Damian Macenhill** who limped across Lloyd Park and was 5th scorer despite having to drop out from the Surrey Champs the week before on the same course

Of the able-bodied we had several major successes :

•**Justin Macenhill**, again lead the team superbly and deservedly over the season finished as the 5th highest scorer for the whole division.

•**Iain Harrison** debuted at Epsom Downs, finishing 41st, and just went from strength to strength, ending the season with a 15th place at Wimbledon.

•**John Foster** was also new to the club and consistently scored in the top 35 (apart from at Epsom)

•**Paul Finch** managed to finish in the scoring ten for every race

Apologies to all the runners that I have not mentioned – we had 33 different competitors during the season reflecting the level of commitment throughout the club.

A huge thankyou to all those who ran.

Here's to more success next season.

⑥ Chris Morton

⑦ Dave Batten  
Bob Ewen

# The Whitstable experience.



We thought Bob was joking when he rang to say the A426 was closed by snow! But a few miles down the A2 we slowed to a crawl in thickening snow, Liz rang to say she had been turned back by the police and later we heard that Tim had negotiated the hill into Whitstable sideways. Fortunately all bar Liz finally made it and a little later than planned we finally set off in Arctic conditions.

Bob led us on a short tour of Whitstable town centre, down the 18inch wide Squeeze Gut Ally, past the harbour with a quick detour through the fish market then out onto the sea front. For the next two miles we headed into freezing winds with storm clouds looming out to sea, we began to wonder whether we were doing the right thing. When it began to snow quite heavily a few of us though it was time to turn back. Fortunately as we headed inland the snow stopped, the wind dropped and things began to improve.

We ran down alleyways through the suburbs of Whitstable and up onto the golf course above the town. A brief hesitation as we admired the view and guessed where the footpath went in the snow before we headed across the golf course and into the trees.

To avoid a busy road we cut through pleasant but muddy woods to the next road. The map showed a

route to avoid the road however the footpath vanished into snow covered woodland so we ended up running the next section off piste.

Back on the road we headed up to the University, to meet Gordon the dog and his support team.

We were now an hour behind schedule so five decided to do the extra 3 miles round Canterbury while the rest of us took the short cut. Through the university campus we joined the Crab & Winkle way. It wasn't quite "downhill all the way" as the map suggested but after a few ups and down we enjoyed a long steady run down the old railway track through snow covered woodland back to the coast.

Towards the end another burst of heavy snow to add interest, a zig zag though the town and we had made it and with perfect timing the Canterbury five arrived a minute later.



We all retired to the club house on the sea front for a drink and well deserved Sunday lunch. So ended an excellent day out, in which the weather certainly provided some added interest. .

## Swimming club

Come and join us on Thursday evenings 8:30 at Trinity School for an hours swim. The sessions are open all club members regardless of swimming ability. Come along for a single session or commit yourself by booking ahead for the 10/13 week term. To cover our costs the charge for individual session is £4 or £35 for a 10 week session.

Neil provides a programme of drills and variations appropriate to your swimming ability and everyone who has been swimming regularly has improved dramatically over the last few months. Personally, I could only swim a steady breast stroke, I found it hard work to swim more than 10 lengths and could only swim the crawl for as long as I could hold my breath. I can now manage several lengths of steady crawl without drowning and managed 40 lengths for the first time last week.

The pool is a 25 metre 6 lane pool, reasonably warm and plenty of room for a few more swimmers. The Newsletter photographer forgot his camera so I have had to make do with an artist impression. Ed



# 40 YEARS AGO:

## ATHLETICS IN WINTER / SPRING 1965

### Alan Dolton

The Surrey Cross-Country Championship was held at Guildford on 2 January. The senior race was won by John Roberts of South London Harriers. SLH also won the team event. The junior race was won by Bob Holt of Hercules AC (who subsequently merged with Wimbledon AC to form Hercules-Wimbledon). Needless to say, few of those who competed in the senior race are still active 40 years later. One notable exception, however, is Brian Shave of Herne Hill, who finished 58th. He has subsequently outlasted most of his rivals, and in 2004 he won the Surrey over-70 championships at 800 metres (3.18.7), 1500 metres (6.29.7) and 5000 metres (23.12.4).

The under-16 championship was held a few weeks later, at Morden Park. The race was won by Don Faircloth of Croydon. Don was then a pupil at Selhurst Grammar School. Five years later he was to take third place in the Commonwealth Games Marathon.

The Inter-Counties Cross-Country Championship was held at Cambridge on 16 January. Tim Johnston of Portsmouth won with Mel Batty of Thurrock second and Mike Turner (Liverpool) third. Turner led Lancashire to the team title for the sixth successive year.

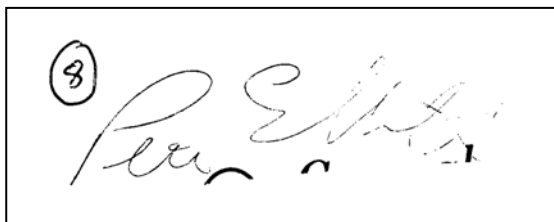
The Southern Cross-Country Championships were held at Brighton on 13 February. The race was won by Mel Batty of Thurrock. Portsmouth won the team event. Three weeks later Batty won the National Cross-Country Championship on a very muddy course at Parliament Hill. Portsmouth again won the team event, with two of their runners in the top three: Tim Johnston placed second with John Cooke third. Peter Welsh of New Zealand was fourth (running as a guest) and Ron Hill of Bolton was fifth.

Mel Batty continued his good run of form in the International Cross-Country Championships, held at Ostend in Belgium. He had a very close battle with Fayolle of France; both runners were given the same time of 36.48, but the judges gave Fayolle first place. However Batty had the consolation of leading England to the team championship. Both England and France recorded 55 points, but England were placed first because their final scoring runner placed 13th, ahead of the final French runner. Besides Batty, the England team comprised Ron Hill (7th), John Cooke (10th), Mike Freary (11th), Gerry North (12th) and Dominic Keily (13th).

The South of Thames Cross-Country Association held its annual inter-club race at Aldershot on 14 November. The race was won by Dave Holt of Hercules AC. Hercules also won the team event, and repeated this in the South of Thames senior championship, held at Bracknell on 30 January.

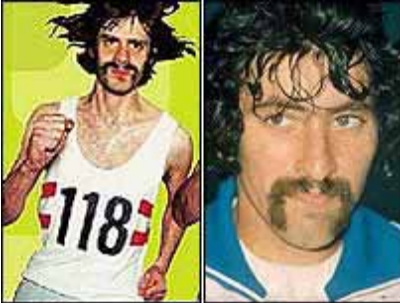
The Surrey Cross-Country League completed its third season. Belgrave won three of the four matches. However, a poor performance in the third match, held at Addington on 16 January, saw them lose the overall title by just 16 points to Hercules AC. Mitcham placed third with Herne Hill fourth, Walton fifth, and Croydon Harriers sixth.

The final London to Brighton road relay was held on 10 April. Coventry won the race for the third successive year. The organisers reluctantly decided that increasing traffic had made the course unsafe. The event was subsequently replaced by a 12-stage relay in the Wimbledon area, organised by Belgrave Harriers.



# David Bedford

## John Keen



Everyone has heroes in life and for those who love sport they are very important, an inspiration, proof that success is possible albeit through hard work, blood sweat and tears. This is the first of four of my heroes from the world of athletics and in fact the only English athlete amongst them, the others being a Belfast born woman, a South African and a New Zealander. They all became, and remain, my heroes for different reasons.

Long unruly hair, a bedraggled moustache, the dress sense of a tramp. In the early 1970s that was me! It was also a good description of one of the best track runners this country has ever seen who in the matter of hearts and records won everything but in the little matter of medals won nothing at all. Dave Bedford.

The Shaftesbury Harriers athlete only knew one way to run - the hard way, from the front. He took the stiffness and correctness from the sport, took it from the middle class and gave it back to the masses.

His great races were at the National Stadium at Crystal Palace, running

10km, 5km and the odd steeplechase the most exciting of which was at the Coca Cola Invitation meet in September of 1971 when the novice Bedford was up against the British number one steeplechaser, Dave Holden. It was a titanic battle and both men became the first UK athletes to dip under 8 mins 30 secs barrier with Bedford winning in 8:28.6.

Holden remembers it this way - "David had never really run one seriously before and he was up for it. I had come back after having a bit of a downer in the European. It ended up a



tremendous race, out of the blue really. Dave went off after the start like a maniac and I eventually caught him. He gave this great big huge leap at the last barrier and managed to get a couple of yards on me. I could not quite claw it back. It was great as

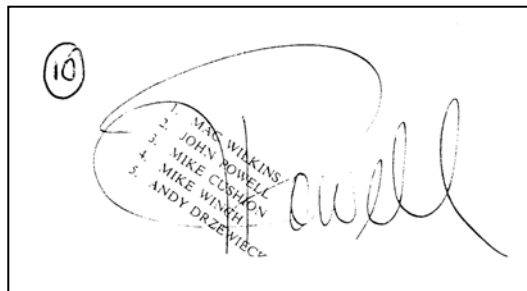
there were 18,000 people shouting. You can't buy memories like that!"

For Dave Bedford it was business as usual - "I felt more like an entertainer than an athlete. Everyone was so involved and athletics is all about involvement. That was fantastic to see. I don't ever think it will be quite the same again I have had some really great memories running at Crystal Palace and the crowd going berserk. To know you can raise that kind of feeling in people. It's very satisfying."

That was the point really - Dave Bedford was an entertainer and the crowds loved him. Crystal Palace was packed out every time he was down to appear and time and time again I was locked out as the masses got there before me! The only time I got in Bedford pulled out because of injury. He was introduced to the crowd during the afternoon. They rose as one to applaud the man.

The impact that Dave Bedford had was to make athletics a must-see event. Even when he had gone, retired with injury in his mid twenties, the crowds came pouring in finding new heroes, Moorcroft, Cram, Coe, Ovett.

So when you see Dave Bedford on your screens as the London Marathon grows ever closer don't think of him as just the 56 year old organiser of the London nor the 118 look-alike - see instead one of the greats, one of my heroes.



# 20 YEARS AGO:

## ATHLETICS IN SPRING 1985

### Alan Dolton

The IAAF World Cross-Country Championships were held in Lisbon on 24 March. The winner was Olympic marathon champion Carlos Lopes. The first British runner was Lancashire's Dave Lewis in 18th place. Ethiopia won the team event with Kenya second. England placed 8th and Scotland 19th. The women's race was won by Zola Budd, born in South Africa but representing England. The USA won the team event with England 8th and Wales 12th.

Less than a month later Lopes ran in the Rotterdam Marathon and set a new world record of 2 hours 7 minutes 11 seconds, almost a minute faster than the previous record of 2.08.05 set by Steve Jones in Chicago the previous year.

The fifth London Marathon was held on 21 April. British athletes took the first three places in the men's race with Steve Jones running 2.08.16, Charlie Spedding 2.08.33 and Allister Hutton 2.09.16. Norway's Ingrid Kristiansen won the women's race in a new world record of 2.21.06.

The first local runner was Paul Foster of South London Harriers (2.31.51). Future Strider Bob Ewen, who was

then with the RAF, ran a personal best 2.47. Striders had eight finishers, led home by Alan Purchase who ran a lifetime best of 2.55.45. Rob Pinfield also ran a lifetime best of 3.03, while Len Picott ran 3.22 and Mick Meech 3.23. Striders' sole woman competitor was Debbie Picott who ran an excellent 3.27 in her first marathon. Cecil Chisholm, running his first marathon at the age of 53, ran 3.43, while founder-member Colin Golding ran the same time. Striders' contingent was completed by Derek Hazell (4.06).

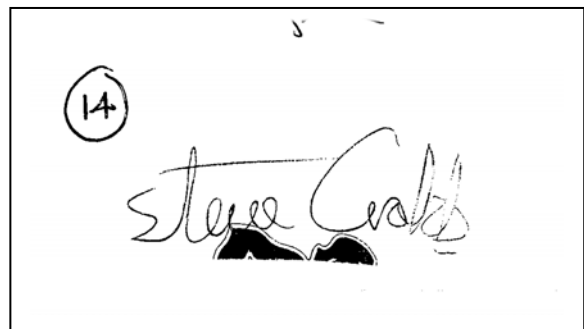
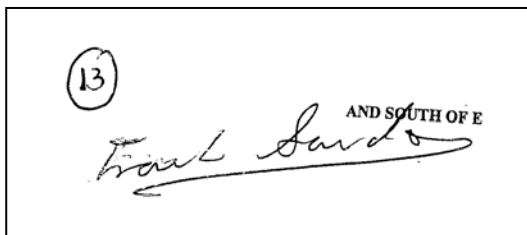
The European Indoor Championships were held in March in Greece. There were three British winners: Mike McFarlane in the 60m, Todd Bennett in the 400m, and Jon Ridgeon in the 60m hurdles. Croydon Harrier Judy Oakes placed sixth in the women's shot (17.83).

The AAA 10 kilometre road running championships was held at Battersea Park on 13 April. The winner was Jack Buckner of Charnwood in 28.13. Steve Jones placed second in 28.17, just a week before winning the London Marathon. The first local runner was Bob Treadwell of Surrey Beagles, who placed 29th in 29.48.

The annual Forbanks Half-Marathon was held at Beckenham on 3 March, and was won by Bob Treadwell in 65 minutes 47 seconds.

The East Surrey League held its annual road relay on 9 March, over the traditional course at Boxhill. The race was won by Croydon Harriers. Their team comprised Martin Walmsley (10.21), Alan Dolton (10.20), Peter Yarlett (10.44) and Gary Bishop (10.18). They finished just over a minute ahead of Hercules-Wimbledon, with Crawley third, Epsom fourth, and Redhill fifth. The East Surrey League's annual road race was held at Ewell on 9 April. The winner was Mark Greenaway of Crawley. Crawley won the team event with Croydon second. In the overall league table, Croydon and Hercules-Wimbledon placed equal first with Crawley third.

The Surrey 10000 metres championship was held at Croydon Arena on 28 April. The winner was Ian Lamplough of Boxhill in 31 minutes 25. South London Harriers' Ray Marriott was second (31.30) with Alan Dolton third (31.50.5).



# Potions, Lotions and Notions!

Every runner succumbs to some form of injury eventually, whether it be through over training or just bad luck slipping on tree roots etc. Of course, if it's serious you need to see a professional straight away. But there are many times when all you have is a niggle that with some TLC will repair itself quickly and you are back in training in no time at all. Apart from rest there are some other interesting ways to help you on your way.

I have a good friend of mine who is a Homoeopathic GP. This article explains the use of some 'potions' that can be used for the basic treatment of ligament, tendon and muscle strains. Perhaps the thought of homoeopathic remedies bring about thoughts of modern day witchcraft but I can assure you that it is an accepted form of treatment available in your local high street store, you just have to try it for yourself.

## Recovery from Injury

*I imagine that it happens to everyone at some time or another. A trip, a fall, a missed footing, a slip...which leads to some sort of injury. Maybe a pulled muscle, torn ligament or a strained tendon. And then running is off the agenda until it heals. Apart from the physical pain of the injury there is the frustration of not being able to run.*

*One way of recovering more quickly from injury is to use homeopathic remedies. You can buy these locally in Boots or a health food shop and you can prescribe them for yourself.*

*Here's a quick guide to what you need to know about the top 3 remedies used in running injuries.*

Remedy	Indications
Arnica	Muscle strain and generally over-exertion
Rhus tox	For tendons and ligaments. Initial movement is painful but improves with further movement. If you continue, the pain will return. Desire to stretch the injured part
Ruta	General tendon and ligament problems. Prefers not to move the damaged part.

*It may well be difficult to classify your particular injury into a single one of these categories, so it's OK to alternate between 2 different remedies.*

*Remedies come in different potencies; 30c or 6c are both available in the shops. It doesn't really matter which you buy but the dosage will be different depending on the potency so read the label.*

*One important principle to follow is that you should stop taking the remedy once you feel an improvement. Don't keep taking it! The remedies stimulate your body to heal itself more quickly and, once the improvement has started, you only need to repeat the remedy if the pain comes back.*

*I treated this guy recently. He'd had a problem with his leg for a few weeks which hadn't stopped him running but it had certainly reduced the distance he ran and the frequency of his outings. He thought it might be a pulled ligament but the muscle in his thigh hurt too. I prescribed Arnica 30 and Rhus-t 30 in alternation for 2 days. After that he emailed me to say 'The leg's much, much better. I was able to go out on Sunday and have an hour's run without any side effects.'*

*Try it !! Buy a book on homeopathy. Consult your local homeopath (see Yellow Pages or [www.homeopathy-soh.com](http://www.homeopathy-soh.com))*

You can of course try other methods. There is of course Deep Heat or Deep Freeze. I find Deep Freeze is good for the legs after a long run session. Then of course you could try the lotion popularised by Paula Radcliffe, Emu Oil. This is available by mail order and is great for rubbing into joints that are in pain from over use. You have to warm the bottle until the lotion becomes translucent and then rub into the joint. If you can't bear the smell of lavender then maybe it's not for you. I have used this lotion many times and now run like an Emu so be careful how you use it!

**I an Campbell**

# Fitness Centre

If you want to lose weight try these simple food tips,

- Eat 5 smaller meals rather than 5 big meals per day.
- Eat no more than 30-40 grams of fat per day
- Drink 6-8 glasses of water per day.
- Eat 3-5 pieces of fruit a day.
- Reduce sugar and alcohol intake.
- Eat white meat instead of red meat.
- Eat brown pasta, rice and bread instead of white.
- No carbohydrates after 6pm

2) Many people at the gym often doing too much too soon on the treadmill. This leads to pain in the shins. If this goes to a running shop and have your foot scanned and get the correct shoes. Often the pain is caused by a simple Bio-mechanical fault i.e. over-pronating or supinating, or even shoes shock absorbing properties wearing out. If the scan reveals nothing and you still get pain then go and see a Podiatrist who will do a full Bio-mechanical assessment.

For those of you that do use a gym and want to improve your running fitness try these exercises below.

2 sets of 12-15 reps on a medium weight

- Squat with or without a ball (Quads/gluteals)
- Lying leg curl (Hamstrings)
- Ab crunch (Abs)
- Bench press free weight or fixed machine (Chest)
- Incline bench press (Back)
- Shoulder press free weight or fixed machine (Shoulder)
- Bicep curl (Biceps)
- Tricep push down use a bench (Triceps)
- Lat pull down (Lats)
- 

What these exercises do along with running is help remove fat and replace it with muscle which leads to an increase in your metabolic rate ie you burn calories even when you are at home.

If you have to run on a treadmill then add a 1% incline. If you cannot get your weekly speed work in then you can do it on the treadmill, by increasing the speed then decreasing it. If you are lucky you may have machines that have interval training on them. Also you can do hill work by using the hill program.

If you are running a marathon in the near future, don't do what one of my clients is planning to do and run a 20K race the week before. During the last three weeks cut down on your running and eat less but include a fair amount of carbohydrate in your diet. This is when cross training such as swimming with SOC on a Thursday night or light weight training comes in to play. You are exercising but resting getting ready for a race/run you have spent 4-8 months training for.

When you have completed the marathon think about your recovery, keep drinking, put warm clothes on, get a stretch and massage, think about eating or drinking about 50-60g grams of carbohydrates within the 30 mins. Finally over the few days after the marathon continue to eat and drink for recovery and take gentle exercise.

6) Should you cross train or should you just run? This is hard to answer but on the whole adding strength training helps build the running muscles.

- It's better than nothing ie if you are injured.
- To stay strong without wearing out the areas used by running, you can target the same muscles but they are worked in differing ways.
- The variety of different types of training keeps people fresh and they can train harder and for longer.

For those of you who don't belong to a gym and want to try some cross training e mail me on pweir38976@aol.com and I'll sort out a guest pass at my gym and show you how.

**Paul Weir**

# The Striders 1485 - 1603

## The true History of the Marathon

By the time Henry the VIIIth came to the throne in 1509. The Striders of Crogdean already had a long and proud record of contributions to the History of the South East. They had created the early track ways, got the Romans to build roads to the coast, named many of the roads in the area and brought the Archbishops to Croydon. They failed to prevent the defeat of Harold in 1066 but contributed to the Domesday book, drafted the Magna Carta and established medieval measures for running distance.

Before Henry VIII came to the throne the tribe was struggling to produce its newsletter. Writing out 50 copies by hand was extremely tedious. One of the club members a Bill Caxton borrowed the idea of movable type from some overseas competitors and in 1477 The first printed newsletter rolled off the press.

The really significant event of the era was the creation of the Marathon....For the whole of his reign Henry employed the Striders to carry messages to his various wives and mistresses. Henry was engineering the split with the Catholic Church so that he could divorce Catherine of Aragon and marry Anne Boleyn, as a result the Striders spent many Sunday mornings carrying messages between his residence at Hampton Court and Anne Boleyn at Hever Castle. This became so routine they began to treat it as a race route. The distance in a straight line cross country from Hampton to Croydon and then on to Hever was a little over 26 miles. It is no longer practical to run the section to Hampton but we have run a section of the historic route from Oxted to Sandilands a couple of time now.

The route was originally known as the Hampton Royal but as the differences between the Church and the King

increased the Striders found themselves in difficulties as they were also personal trainers to Cardinal Wolsey when he stayed at the Old Palace in Croydon. To conceal what they were doing they invented the anagram and renamed the Hampton Royal the Marathon Ploy, very soon the conversation on Sunday mornings was "are you running the Marathon today"? or how long to run the half (from Croydon to Hampton)

Henry married Anne Boleyn in 1533 and she gave birth to the future Queen Elisabeth the same year. By 1536 Henry

had had enough of Anne and had her executed, his excuse being she was flirting with the fit younger Striders who continued to act as runners after the marriage. There was serious risk of execution if it was known you were known to be running the Marathon for Anne so when someone heard that there was place in Greece with the same name they invented the myth that Philippides had run from Marathon to Athens and died as a result, as a way of diverting attention and discouraging others from running the distance.

For some reason the story stuck and the true history of the Marathon was forgotten. An unfortunate side effect was that people lost interest in the the idea of running to keep fit. They were far more interested in an evening out at the theatre. During Elisabeth 1st reign 1558-1603 a Bill Shakespeare recognised a

gap in the market, knocked off 34 plays on his word processor and cornered the market in evening entertainment and Strider membership went into temporary decline. More on how they recovered next time.



Henry in his running kit

**Robin Jamieson**

### Answers to spot the Signatures

- |                    |   |
|--------------------|---|
| 1 Tony Morrell     | UK Middle distance international in the 80s                                   |
| 2 Fatime Whitbread | Javelin world record holder, married to Andy Norman                           |
| 3 Donovan Reaid    | English International sprinter, now a respected coach                         |
| 3 Piotr Belcyck    | Polish Javelin thrower with a PB over 90 metres                               |
| 4 Mark Rowland     | International steeplechaser, Commonwealth games medalist                      |
| 5 Marcus Adam      | Another champion international sprinter from Belgrave Harriers                |
| Dalton Grant       | Champion high jumper still competing  |
| 6 Peter Elliot     | 1500/mile champion, successor to Cow/Ovett                                    |
| 7 Sally Gunnell    | Olympic 400 hurdles champion and many other titles. Currently BBC commentator |
| 8 John Powell      | American Olympic discus medallist   |
| 11 Zola Budd       | Barefoot South African born middle distance/cross country champion            |
| 12 Derek Ibbotson  | World mile record holder  |
| 13 Frank Sando     | Outstanding cross country champion from Aylesford Paper Mills Kent in the 50s |
| 14 Steve Crabb     | Another UK middle distance track international in the 80s                     |