

# Striders of Croydon

2008 Pre Marathon Edition



The successful ladies XC team at  
Richmond

# The Thoughts of Chairman Gannon

Welcome to your Spring 2008 club newsletter As usual it's packed of exciting and informative articles, well okay there's one or two you'll just have to pick your way through the mire to get to them! Of course as it's springtime it means that it's London Marathon time so my little corner, much like the rest of the newsletter I dare say, is very much geared around this fact

## Marathon Time - Running

So it's nearly here! Have you done enough training? Or have you over done it and are now nursing an injury and hoping that you can run? This is your first one or are you an old hand at this marathon lark? Whichever category you fall into may I, on behalf of the club, wish you every success, I hope you meet and beat the target that you've set yourself, be it beating the 3 hour barrier or just actually finishing the dammed thing! I do hope all the months of training including Robin's away day runs or should that be Robin's running tour of London have been worth it and what are you going to do with all this spare time come 14<sup>th</sup> April? I'm sure somewhere in this newsletter that there will be a list of all those from the club running in this year's FLM so good luck to you all!

## Marathon Time -Watching

For those of us not running this year's FLM there will be the option of watching the event. Of course you could watch the day's events in the comfort of your own home on the telly via the BBC. However a much better idea would be to watch the whole event live and in front of your very eyes by being part of day itself by watching on the course. You could watch the start of the race of Blackheath, drop down to the Cutty Sark at Greenwich (is it still there?) to catch the race at about 10K before going underneath the River Thames via the foot tunnel to pick the race up as it makes its way around the Isle of Dogs, named because that's where Henry V111 kept his hunting dogs and not a lot of people know that! Jump on the DLR to Tower Gateway to watch the race at both 13 and 20 miles as it passes over Tower Bridge and the Tower of London. Finally you could jump on a District Line Tube train to join your fellow Striders at.....

## Striders at the Embankment

Many thanks to those of you that have come forward in response to my appeal in assisting at the club's FLM marshalling spot on the Embankment on the day itself. Nice to see quite a few regulars turn up, must be the thought of a free breakfast! Our duties will include keeping the stairs from Hungerford Bridge to Embankment clear and free from members of the general public, looking out for and helping runners that have had to drop out of the race as they get free transport to Embankment Tube station and of course cheering on fellow runners from the bridge itself! Another of our duties will be to answer questions or give directions to Joe Public and we do get ask a few very strange questions so there will be a spot prize for the person who gets asked the most outrageous one, however you will need proof in the form of someone being witness to the event. Prize could include a free pint after the race at.....

## Post Race Refuelling

So if running 26.2 miles, shouting yourself horse shouting support from Hungerford Bridge or directing American Tourists into the River Thames leaves you dehydrated then you'll want to ensure that you're in the Builders Arms in Leslie Park Road Croydon later that evening. Club rules and tradition dictate that all marathon runners must be dressed in their finishers T-Shirts with Marathon Medal hanging from neck in true 1970's porn star mode. Failure to do so will bar you from telling about your day from where you saw your Mother to where you big toe nail fell off! Some runners will go direct to the pub while others may wish to go home to get showered and changed before come down anytime after 7pm. Oh sorry I forgot Scott has gone home to the Down under land so everyone should turn up smelling sweet! Anyway whatever you're doing marathon day make sure it's a good one!!!



# Editors Page

*Thanks again to all who have contributed, especially the Marathon Runners also Phil the Kit Man who spends all his free time searching the obscure corners of the web for useful sporting information.*

*The prize of a bottle of plonk for the front page photo goes to Steph Upton this time, or more correctly her husband Peter who was behind the camera at the time.*

## Club Vision

*Earlier this year I attended a seminar on how to make your club successful. It was aimed more at failing rugby clubs who need lots of sponsorship to survive. But one comment from the presenter was ask your committee what they think the vision of the club should be, they will all give you different answers, he said.*

*So I did and contrary to expectations, there was almost complete unanimity. After a bit of rearranging here it is. Ed*

**To continue to be a vibrant and successful club demonstrated by:-**

- **A happy and increasing membership,**
- **Members achieving their personal goals,**
- **Members competing in large numbers,**
- **Being successful in team and personal performances.**

**To achieve this we will:-**

- **Offer regular runs and training for all abilities from beginners to the to the most experienced,**
- **Provide regular alternative runs and social events,**
- **Provide the facilities and a safe, social and enjoyable environment for running,**
- **Maintain our reputation as being the "friendly" running club in Croydon.**

## The England Athletics Saga

Last year we decided reluctantly that the club had little choice but to join England Athletics and pay the affiliation fee. This was £50 plus £3 a head for last part year and £50 plus £5 a head from this year onwards.

As far as we can see England Athletics does nothing for clubs like ours but if we don't affiliate you would have to pay the extra £2 (for insurance) to enter most events and we would have difficulty getting permission for our own events. You may have noticed already that entry forms are asking for your Registration Number though so far this has been optional.

We paid the subscription last September and provided them with our membership list fully expecting a rapid response. They promised to send us confirmation that your names had been registered and an on line mechanism for verifying the list, adding new members and removing retiring members.

Instead Licence cards started trickling out this February. Some have received two and others are still waiting, including your chairman and your kit man.

England Athletics have finally admitted they were a little over ambitious in expecting to set up and populate a fully functional and secure competitor data base in the space of a few months last year and have now advised us that the membership list is frozen until the development work is complete – probably in May.

Once this is done we should be able to verify that the list agrees with our membership list, we can add all the new members from this year and ensure that you are all registered for the 2008/9 season.

Unfortunately this also means we can't pretend the club is smaller than it is and reduce the cost of affiliation fees for next year. Although our finances are in good health our income is not large enough to cover this extra £5 a head so I am afraid we will be suggesting a slight increase in memberships fees at the next AGM.

# Owen Trophy

## 2008 : new season, same rules (sort of....)

The majority of the feedback we got from last season's Owen Trophy was positive so we will be sticking with most of the system used then.

So, as per last season, each runner will be given a 'target time' and a 'bonus target time' for each race. These targets are based on each runners best 10K time since 1<sup>st</sup> September 2006 multiplied by a specific factor for each race. The specific factor is determined by the perceived difficulty of each race.

The targets for each runner are published before each race so you know what you need to achieve.

The calculations may appear to be complicated but the examples below show that they are really quite straightforward.



Example :

runner A, has a best 10K since 1/9/06 of 40.00

runner B, has a best 10K since 1/9/06 of 50.00

Sutton 10K has a target factor of 1.0197 and a bonus target factor of 1.0095

So for runner A their Sutton target is 40.47 (40.00 \* 1.0197) and bonus target is 40.23 (40.00 \* 1.0095)

While for runner B their Sutton target is 50.59 (50.00 \* 1.0197) and bonus target is 50.29 (50.00 \* 1.0095)

One change this year is that for the first time we are including the Richmond Half on 11<sup>th</sup> May – this is because it is included in the Surrey Road League for the first time.



Unfortunately on that date we are also marshalling and helping at the Race for Life at Lloyd Park. Obviously we don't want Striders who are keen to help out at Lloyd Park to be at a disadvantage in the Owen Trophy so, following a precedent that we have used in the Sandilands Cup, we are giving all those Striders helpers and runners at the Race for Life 21 points in the Owen Trophy.

More detailed information appears on the club website : <http://www.stridersofcroydon.co.uk/>

### Owen Trophy races for 2008:

		Target Factor	Bonus Target Factor
Sutton 10K	4 <sup>th</sup> May	1.0197	1.0095
Richmond Half	11 <sup>th</sup> May	2.25	2.2275
Hillcrest 8	18 <sup>th</sup> May	0.86625	0.85759
Dorking 10	1 <sup>st</sup> June	1.76	1.7424
Dysart 10K	29 <sup>th</sup> June	1.03	1.0197
Elmore 7 **	19 <sup>th</sup> July	1.2	1.188
Elmbridge 10K **	20 <sup>th</sup> July	1.015	1.00485
Wimbledon 5K	10th August	0.49	0.4851
Croydon 10K	TBC October	1.0175	1.0073
<b>Any Half Marathon between 1st December 2007 and 30th November 2008 (not including Richmond Half)</b>		<b>2.25</b>	<b>2.2275</b>
<b>Any Marathon between 1st December 2007 and 30th November 2008</b>		<b>5.0</b>	<b>4.95</b>

\*\* NB: Elmore and Elmbridge are counted as one Owen race – so you only have to race one of them. If you race both you will just get the points for the race you did best at.

# Track and Field 2008

## Southern Counties Veterans league

**28<sup>th</sup> April<sup>h</sup> Kingston**

**19<sup>th</sup> May Croydon**

**9<sup>th</sup> June Ewell Court**

**30<sup>th</sup> June Croydon**

Last season we did quite well in the mens competition but disappointed in the womens. I hope we can improve this year with more club members participating, especially the ladies. A large percentage of our membership is eligible to compete ( men and women over 35). So please come along and support the club. It is free and two of the fixtures are at Croydon.

Is there any one in the club able to act as manger on the night for these Monday evening fixtures. If so please contact myself.

Note there are two fixtures at Croydon Arena which we are co-hosting with Croydon Harriers. We need help from the club members with officiating track judging, results etc so please come forward.

## Southern League Div 4S - Holland Sports

**3rd May Crawley**

**7th June R N Portsmouth**

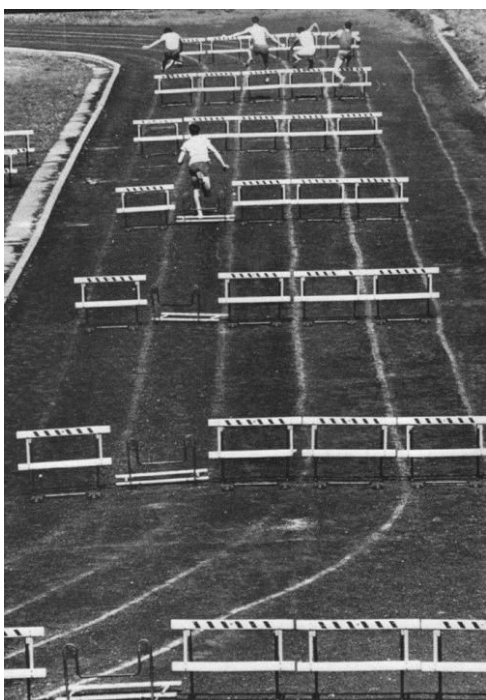
**28th June Deangate, Hoo – Co Hosting**

**12th July Ashford**

**2nd August Hastings**

Holland Sports welcomes as much support as possible form Striders. Competition is friendly and enjoyable. All athletics disciplines are contested at each fixture. 2 athletes per club in every event (42 slots to be filled) so there is space for everyone. There are also 2 non scoring events (100/200m and 400/00m) at each fixture.

I you wish to compete please contact Nigel Bongers - 01883 712087 or Kevin Burnett 01883 625547



### Some motivational quotes:

Somewhere in the world someone is training when you are not. When you race him, he will win.

Good things come slow - especially in distance running.

If you feel bad at 10 miles, you're in trouble. If you feel bad at 20 miles, you're normal. If you don't feel bad at 26 miles, you're abnormal.

Racing is life. Anything before of after is just waiting.

# Marathon Runners

Good Luck to all running in the London or Paris marathons this month

## Susan Haynes



I think I was the only one who cheered when their name was drawn in the club ballot for the marathon (though Simon might have managed a smile). The training team this year could hardly have been better and the “Steadies” have been hitting the streets under the guidance of our trusty leader Robin since January.

It's been the most enjoyable training season and I've been impressed and inspired by the commitment of my fellow marathoners. Though I think even their dedication to the cause was flagging as we fought our way through a blizzard bound Putney on Easter Sunday! Still, as I kept telling them in the pub afterwards – it's all taper from here.

At the moment I'm recovering from a calf strain picked up during the Cranleigh 21. But physio, massage therapist and the marathon Gods willing, I should be OK for race day. So long as the body holds up survival, as ever, will be my main aim. My other aim is to pitch as many press photographers off Tower Bridge and into the Thames as possible.

My usual tip for budding marathoners is that long runs are the key – get these in and you're a fair way to success – but this year, I've picked up a few more:

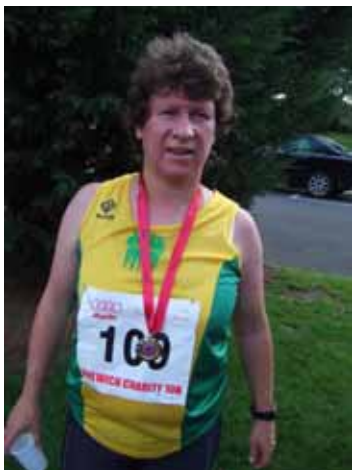
Keep something back for the sprint finish but NEVER expect to beat Andy Thatcher

Julie Logic is the marathon method of your dreams

Smirnoff Ice and Tequila are the best pain relievers money can buy

Try and train with other people, especially ones who make you laugh.

## Julie Shew - by Julie Shew



Just under 4 weeks to go until D Day- April 13<sup>th</sup>, and I'm currently feeling a mixture of things. Trepidation, anticipation, and I guess some excitement, but mainly at the moment I'm sore and tired having run the Cranleigh 21 two days ago. At least I now know I can run 21 miles without stopping in a time which I wouldn't have thought possible 4 months ago.

My adventure started when my name was pulled out of the Striders ballot in December. Up until then I was adamant that I couldn't and wouldn't do the marathon. I didn't even enter my name in the ballot, I was volunteered by my husband, Pete. Those people who were there that night would have noticed the contrast in reactions between myself and Susan. I went a shade of white, then green, as I tried to get my head around it, and Susan who was drawn just after started doing cartwheels around the room.

I guess my first reaction was to hand the place back to the club. However a number of factors prevented me from doing this. Pete was injured at the time, and therefore there would be no competing for club runs. (We have two children, and so we can't both run at the same time). Pete undertook to give his full support, which as he realises now is to become a Marathon Widower. Probably, the biggest factor in my

decision to run was the selection of people who were drawn out after me, Susan, Jacqui, Liz Orange, and Andy Thatcher- what a perfect training team.

I don't think I realised just how much training for a marathon completely takes over your life. Every week seems like Groundhog day, just more training than the week before. Instead of asking “what are you doing this weekend”, friends are asking how far are you running? I feel as if I am spending more time with my training partners than my family. As the weeks move on there are more challenges – the first time I ran over 15 miles, 18 miles, 20 miles, or running over 10 miles on a Wednesday night- absolutely ridiculous !!

In a perverse way I've enjoyed a lot of the training, especially Robin's “away days”. Thanks Robin for organising such varied runs, it certainly beats running around the Croydon 10k. I've also enjoyed the camaraderie on the runs. We have certainly had some laughs. I would especially like to thank Susan for whipping me into shape, and helping me to accomplish more than I ever thought I could this far. I just hope “Calvin” recovers soon. Thanks also to Andy “the sprint”

Thatcher for making me laugh during the long runs, and to everyone that ran with us on those long days. I would also like to thank everyone in the club, who isn't running the marathon for their encouragement and support. I believe that it is at this time of the year that Striders becomes a community rather than just a running club. Most of all I would like to thank Pete and my boys for their unfailing support. I really could not have embarked on this without their help. Pete has encouraged me, sometimes rather too vocally, every step of the way, and I hope he gets back running soon.

So that's the Oscar speeches over, so what am I expecting on Marathon day. My first aim is to finish, and to try and enjoy it, anything else would be a bonus for me. Good Luck to everyone who is running. Hope to see you in the Builders if I can walk.

## Julie Shew - by Peter Shew



As many of you know, my wife Julie is running her first and only Marathon at London in April. As I have been off running for 10 months with an injury, I decided back in October to enter Julie in my place!! Although she was not a runner she decided to join the club a few years ago as most of my time was spent at Striders and she thought it would be the only way to see me!. If I would have told her back then she would be running a Marathon she would have had me taken away and locked up!! She was fortunate enough to win a place in the club ballot and once over the shock of hearing her name drawn decided to give it ago, as all her running partners were also drawn out. As a "veteran" of 5 Londons myself I was delighted for her and even very envious that she was going to run. The reason for my article is that she always says I am never serious in my life and never give her enough credit!! So I would just like to say how very proud I am of her!! She has really stuck

to her training very well and although she does not have a "target" time, I know that she is running well enough to achieve the time I have told her is possible.(our secret!!). Julie has decided to run for Cancer Research as we have a friend who is battling the illness and I know that thoughts of her will keep her going when it gets tough.I would also like to thank Susan Haynes for all the effort she has put in with arranging extra runs for her team. Without her I know Julie would have given up a long time ago. Thanks also to Robin for the "Striders away day" runs which I know Julie has really enjoyed.and to Karen Connor for picking her up every week and giving her lifts everywhere. Finally I would like to wish all the best to all Striders who are running this year, especially Julie's "team", Susan, Jaquie, "Thatch" and Phil " you lot are to slow for me" Mazur!! I hope you all have an injury free run and achieve whatever times you are aiming for. Good luck Julie and look out for the "banner"!!!

## Simon Ambrosi



I remember getting soaked by the rain as I squeezed into a space next to the railings near the Cutty Sark to watch the London marathon in 2006, just 3 months after having the cast removed from my broken leg. At that time I'd only done one proper race and that was the 10K that caused me to wear the cast for 7 weeks! The thought of running a marathon was just too scary!!

In an attempt to get me into a less fragile state for my second 10K I decided to join a local running club called Striders of Croydon. Somehow I began running more and more under the guidance of Jedi Master Chris Morton and when the opportunity of a place via the club ballot came up he said, 'Don't do it!!' I obviously realised this was some kind of reverse psychology Jedi mind trick and put my name forward. Luckily (or unluckily depending on how it goes on the 13th) I got a place and now it was time to really start hitting the streets.

Before August '07, my body seemed to know accurately when I'd been running for an hour and any seconds over that were a real struggle. I entered for my first half marathon in Amsterdam and that gave me the focus I needed to start increasing the long runs. I managed about 14 miles 2 weeks before the half in October and then tried to just keep the training going once the half was out of the way. I've been doing about 50 miles a week since Christmas concentrating my miles around the Tues & Weds nights Striders sessions and a solo long run on Sundays.

My training has been going better than expected and I've found it difficult to come up with a realistic target time but would be pleased with something around 3 hours 10 (hopefully 1 second under). If nothing else then my overall fitness and speed have improved and I've set a couple of PBs along the way. You can help me raise money for Macmillan Cancer Support via the Striders charity page and I hope to see you all along the way or else in the pub afterwards. I'll be the one on the floor with a pint in one hand and a medal in the other!!

## Isabella Kita

All being well I shall be running my first London Marathon this year. I have run one marathon, the New Forest in 2005 but a combination of under training and setting off too fast meant a very slow time. I was hoping for 4 hours 30 in London, but after 3 weeks training as per schedule I put my back out and was forced to rest up for 6 weeks. I have been training mostly alone as didn't want to hold you guys up if back seized up again, but looking forward to more club sessions after the marathon. Have managed a couple of half marathons, Brighton and Hastings and did 22 miles Saturday to Blackheath and back so feeling a bit more confident, though I will now be pleased with 4 hours 45 or even just getting round as haven't really put in enough miles. Have the added incentive of running for The Willow Foundation, Chris has kindly added my just giving page to Striders website if you want to check out what they do. Would like to say thank you to Keith Sheppard ex Strider who has been coaching me and a big thank you to Paul Weir who persuaded me to join Striders and who coached me at the gym running club, and helped me make a big breakthrough with my times by pushing me to run faster. Good luck to all of you taking part, anyone watching on the day, I shall be wearing a purple Willow Foundation vest and no.15120 if you want to give me a wave!



## Angela Taylor



Most people celebrate their 50th birthdays by taking exotic holidays or holding huge extravagant parties. I rather foolishly decided to mark mine by running the London Marathon!

I joined the Striders in November having caught sight of a number of vests as they flew past me in the Amsterdam Half Marathon. I have been taking part in the slower group speed sessions and the weekend long runs and although I'm invariably at the back of the group the support and friendship I've received has been overwhelming and has really kept me going. Special thanks to Robin for the long run routes, and Susan H for her constant encouragement and guidance.

My husband David and the children Faith and George have been great too and although my children tell me that the only time I look my age is when I've just finished a run, I couldn't have done this without their support. My next aim is to encourage David to join the Striders!

I'm running the marathon on behalf VICTA (Visually Impaired Children Taking Action).

[www.victa.org.uk](http://www.victa.org.uk), which is a small Milton Keynes based charity providing resources to visually impaired children and their families. Their main aim is to work towards parents obtaining early diagnosis, correct medical treatment and the best social and educational support so that children can reach their full potential

And my plans post marathon? To put my feet up of course, and then to try and gain some speed!

[www.bmycharity.com/angelataylor](http://www.bmycharity.com/angelataylor)

## Tim Bett



My best laid plans have gone to pot! Flu followed by ankle/calf injuries have taken the motivation and momentum from my training. I had dreamed of a PB at the Rotterdam Marathon and dislodging Colin Cotton from the Striders All-Time Records. But it is not to be. If I recover enough in the next 2 weeks, I might still run Rotterdam (which is on the same day as the FLM) but then only as a training run.

I am still hoping though, to be fit for the Leiden Marathon on 18 May and perhaps run a decent time there. I have run this 3 times before and found it really enjoyable. Leiden is a beautiful old city (birth place of Rembrandt) within easy access of Amsterdam and Rotterdam. So if you want to improve on your London time, why don't you come and join me in Leiden.

Good Luck to all in London!



## Phil Mazur – NEVER AGAIN!!



Apparently I've said that for the last 19 marathons but this time I think I mean it...at least for a while. Firstly whilst I haven't really enjoyed the training for this marathon I'd like to thank Jacqui, Julie, Sue, Robin and Andy for putting up with me. Special mention should also go to Ref, Angela and Karen the Cake who've had to put up with their fair share of moans whilst I've been whiling away the hours with them.

There have been some fun runs, don't get me wrong; I love the Robin specials, but someone should really tell that bloke that he's 60 for heaven sake. I mean that's like old and this bloke's as fit as the proverbial butcher's dog and doing upwards of 50 miles a week. Whilst other mere mortals have suffered chest infections, twisted ankles ( don't play football whilst training for a marathon!), groin strains and sore knees, Robin has gone from strength to strength – dogs bite him and they die!

Memories include : the realisation that Merstham is **outside** the M25; running through prostitute's playgrounds in Kings Cross, Liz Orange telling me I was running sedately 40 minutes into her run and 3 hours into mine; JP telling us he'd hired a personal trainer at £40 an hour and then walking after two hours; and some bloke dressed in a giant nappy at Leith Hill.

Now Leith Hill there's a race! Everyone should do it and the Munro. 13 miles is half a marathon distance you know, so obviously you only need to do half the training.lmfao.

Anyway I don't have a target for this one, I think I'm looking at 4.15 so if I get anything faster than that it's a bonus, if not ...hey, it's only another marathon.

## JP Lamarque



I started to look at the idea of running my first marathon after finishing the Croydon 10k in 2005. I entered my name for the 30<sup>th</sup> edition of the Paris Marathon; being French, one has to start somewhere...

I began training as soon Christmas was over. However, I managed to seriously injure myself and dropped training, races and above all the Marathon.

I decided once again to put my head, my heart and above all, my legs back in training mood after Christmas with a 2008 resolution to run in Paris on 6<sup>th</sup> April with a target time set between 4hrs 30mins and 5 hours.

Therefore there was no roast turkey and chipolatas as I went running in the coldest and wettest last day of 2007. People in East Ham must have wondered what this stupid Frenchman was doing running in the rain on 25<sup>th</sup> December.

I have definitely encountered high and low training days. For me, the lowest of the lowest is running in the rain, which I totally despise. I also remember one particular run, organised by Robin, where after 14 miles on the way back to the club house, I sprained my ankle and was really annoyed.

As the injury was not serious and occurred in the first week on my schedule, I rested for a week and went back out there. On the funny side, there is always someone (Mr Phil Mazur, who else!!) who always like to take the limelight from me and managed to fall at the exact same spot a week later.

On the positive side, I always get a good kick when I finish a route and have completed the distance I set myself. Additionally, I always think that Paris is just around the corner and this motivates to go out running alone or with the club.

My biggest hope for my first marathon is to finish within the time I set myself; to enjoy the event with the weather being kind on the day. After the race I plan to sit down in front of *un Magret de Canard et Frites, une assiette de fromages* and a good French dessert with some red wine, whilst thinking all of the FLM 2008 Striders. Well, I would have done my bit a week before you guys!!!

Despite having not crossed the line in Paris yet, I am already thinking of a second marathon this year with perhaps a PB in mind. Who knows? Watch this space.

Finally, I want to say thanks to Paul Weir for the first five weeks spent training together; Robin for the epic and enjoyable routes he organised over these twelve weeks, showing us around London and Croydon sceneries.

## Ian Campbell



And finally, it looks like I will be starting the 2008 FLM. I say finally, because I have had entries in previous years but have had to pull out due to injuries. Even this year I thought it would be the case as I have had a hamstring and ITB injury that has been a real pain in the \*\*\*\*. So until I actually get on the start line I will not believe it. It now feels like I

have been training for a few years to do one race so the feeling of nerves, expectation and fear are more than any other race build up I have experienced. I am sure that once I get on the start line and the horn goes it will all fade away. I am looking forward to the atmosphere and the fantastic support that you get along the course, especially as you get to the 25 mile marker as you know you have got a great big cheer from the Striders marshalls and you have only got a mile and a bit to go. As for targets, I would like to finish in under 3 hours, but what ever time I get, to get back home with a FLM medal will be worth it so that I can give it to my son on his 1st Birthday on April 14th!!! A big thank you to all the Strider Marshalls (I hope JG is kind to you and you get the best spots) , a thank you to Robin, Chris & Alan for organising and leading the various marathon training sessions throughout the build up , and good luck to all Striders that are taking part in FLM 2008 - may you all get your just rewards for those many hours of training.

## Andrew Thatcher - First Marathon



I spoke to Sue sometime in November randomly about doing the marathon and said well if I was ever going to do it I would want to try to train properly and get reasonably fit. I did apply and got a grey jacket with the logo on, which was nice. I didn't really think anymore about it until e-mailing Chris on the day of the "draw" again thinking might as well, but no more. I still have the text 12 December 2007 22:39 You have a place...

I have to say that I have enjoyed the training from beginning to end, and that has been due to the ongoing support of Sue, Julie, Jacqui, Karen and Angela the regular gang and pretty much the rest of the club along the way. I have been stunned by the changes in my own times, being able to run 13 miles straight and discovering that running more than say 15 seconds. I still prefer a quick sprint as you might have noticed, but equally having learnt the marathon shuffle I have got the hang of that to a certain extent, although still concerned it looks like a fat bloke waddle. I am going to stick with it regardless. Apparently winding up a sprint from Rotherhithe is not to be recommended. Might give it a go?!

Looking back at the diary and the 300 plus miles run to date there were definitely times when I found it hard, running through a ploughed field just off the M25, going up

Sanderstead Hill, er again, and possibly the pneumonia inducing run in the snow from Clapham to Kingston. However hard the training got at each stage there was always someone to keep me going. I know that come the day I will have that support in the back of my mind. I am looking forward to 13<sup>th</sup> April. I plan to enjoy the day, get round and sprint like whatever for at least 12 feet.

Ultimately it doesn't matter how many times I have said that running is rubbish, or concurred with Julie that it is indeed ridiculous, it has been a privilege to have a Striders club place, and it has been an honour to train with the Gravel Hill Mob. I don't know if I will do another but I just hope to live up to my earlier specification of training properly, and running it properly. Good luck to everyone running, and thank you in advance for the support on the day. I am looking for that last burst from Embankment Station onward.

## Steph Gilmour

Note from SoC Edinburgh Division

Hope you are all well. Since moving to Edinburgh at Christmas I have spent a lot of time training for London. I don't recommend marathon training through a Scottish winter!

I've been enjoying the training and set a half marathon PB on a very hilly course at Haweswater in the Lake District at the start of March.

I'll be on the Blue start on the 13<sup>th</sup> of April so hope to see some of you there. Robin did say we could give our sponsorship a mention so here goes – I'm running for the NSPCC. I got a ballot place so every penny I raise goes straight to their work. My just giving site is [www.justgiving.com/stephgilmour](http://www.justgiving.com/stephgilmour)

I'm hoping to get under 4 hours but don't hold me to it!

All of this does mean that I missed the cross country season so well done to our women's team on their promotion. Hope to see all of you soon.

## Liz Orange



London 13<sup>th</sup> April 2008 my 3<sup>rd</sup> Marathon ( London 2005, Paris 2007)

Why am I running the London Marathon???? Why indeed ....I have wondered on and off during the training , I'm not sure I have got the answer yet.

I do love running and setting myself a challenging goal, one that prevents me from hibernating in the winter months and that focuses my running in the winter months.

The London Marathon is unique, I want to experience it all again, particularly the crowd support, I want to see the London sights as you never see them otherwise.

Tower Bridge packed with runners as far as the eye can see..... simply amazing

I also want to raise money for the Alzheimer society. (Dementia currently affects 700,000 people in the UK and there will be over a million people with dementia by 2025. 1 in 3 older

people will end their lives with dementia. The Alzheimer Society is a charity neglected by the general public and I think they deserve every penny we can raise)

I'll be grateful for any sponsorship money : [www.justgiving.com/lizorange](http://www.justgiving.com/lizorange)

I'm a bit scared when I think about it now. Speed is not my forte but hopefully my stamina will not let me down. I am not aiming for a particular time, I am just hoping to finish in one piece. I have enjoyed Robin's Sunday runs and the spirit of camaraderie between the runners.

I am looking forward to the Big Day.

## Robin Jamieson

After finishing my third FLM in 2006 in my best time of 4:16. I thought "that's it", "finish while you are ahead", "stick to half marathons and less from now on".

Unfortunately round about the time of my 60<sup>th</sup> birthday I realized that Peter Coates had achieved 4:05:52 in 2005 for the M60 record.. So I thought I would enter the draw and if my name came up it was the gods of chance telling me to have a go. And it did, so there is no going back, it's 4:05:51 or bust..

With one exception training has been good fun this time, I have had the luxury of being able to go out during the day when the sun is shining. I have been able to recce some new routes through the country side and London and lead many of you to places you had not been to before. It has been an excellent way of doing extra miles without really noticing it.

Phil slightly exaggerates my mileage, I've only passed the 50 mile mark once and that was last week only because on the Kingston run, where I was planning to turn back at Kew bridge I had to carry on to the loos at Richmond. I now know why it is called the runs!

If he thinks I'm fit he should see Colin Cotton he has just beaten my short lived M60 10 mile record by 9 minutes. Congratulations to Colin (he says through gritted teeth).

One good route I didn't take you all on is the run back from Bexley along the LOOP. This is 19 miles to the club house The train journey to the start is a bit tedious but it is a good, mainly off road route with no real hills. At least it would have been a good route if a middle sized dog in the middle of Petts Wood hadn't taken a liking to my ankle. You expect sore muscles and aching joints as part of training but not chewed ankles. Though it did prove the point that while you are running you feel no pain!



Self in latest dog proof running gear

## Other Runners

Good luck to everyone running in Marathons anywhere in the next few months. As well as the contributors above this also includes. There may be others.

Alan Purchase Steve Tyler, Iain Harrison, Jackie Mazur,

Damian Macenhill, Steve Smith - (if not injured), Don Kayum Dave Shaw,

Ian & Suzy Yates running in Edinburgh on Sunday 25th May

## The Dream



pics from Tony Sheppard

## The Nightmare



## Julie Logic From Susan Haynes

Marathon training with this year's ballot winners has been great fun and it has also yielded surprising bonuses. Not least of these is the discovery of "Julie Logic". When applied to running, Julie Logic is a highly useful tool.

If you've ever struggled to make your weekly mileage totals, Julie Logic could be the way forward for you. With the application of Julie Logic, you are guaranteed to meet all your mileage targets.

Julie Logic works on the basis that there are always things that make runs tougher than they need to be – this can be anything from the weather to those hilly Chris Morton Wednesday Nights (or Good God Not Another Hill, The Man's a Sadist Nights, as they have become known). To account for these added tests to your running you need a structure to measure the additional demands.

Here's the beginners guide to Mileage The Shew Way.

Take your base mileage (as worked out on a map or according to your Garmin) and round it up – so 9.2 miles becomes 10, 6.4 becomes 7 and so on.

Then add any of the following that apply:

If it's windy add 2 miles

If it's a hilly route add 3 miles

If there is the merest hint of rain add 0.5 miles

If it's raining heavily add a mile

If there is any off road whatsoever (including that little bit of Lloyd Park by the allotments) add 5 miles

Additional miles may be added for early starts, races that are longer than they should be (the Brighton Half for instance was **at least** 14 miles), speedwork and running with a hangover.

So, your average Wednesday club run could be a minimum of 17 miles if you round it up and apply Julie Logic! You'll never struggle to do your marathon training again.

*There is of course the opposite of this when running the actual race – the miles you can subtract.*

*The adrenalin is worth 3 miles,*

*Cheering crowds 3 miles*

*Loud bands – especially drumming at running pace 2 miles*

*The crowds of other runners 2 miles*

*The Striders supporters 3*

*Total 13 miles*

*So you really only have to run a half marathon.- Edf*

100 YEARS AGO:

## ATHLETICS IN 1908 - Alan Dolton

In 1908 neither Striders, nor our local rivals Croydon Harriers, existed. There were no running tracks in Croydon. The nearest track was apparently the old cinder track at Crystal Palace. (The Crystal Palace stadium had a much larger spectator capacity than the current stadium does, and was used for FA Cup Finals.) The leading local club was South London Harriers, who were one of the strongest clubs south of the Thames. They were based at the Swan & Sugar Loaf in South Croydon, although they used a track at Kennington Oval (home of Surrey County Cricket Club) for their track meetings. The area to the south and east of the Swan & Sugar Loaf was still largely open countryside, so that it was possible to use it as a base for cross-country courses. From around 1910 onwards, this area began to be developed for housing, and in 1913 SLH moved further south, to Coulsdon.

South London Harriers had several wealthy members, and were able to employ a well-known coach, Harry Andrews, who was also a pioneer in the art of sports massage and author of a popular book on 'Massage and Training'.

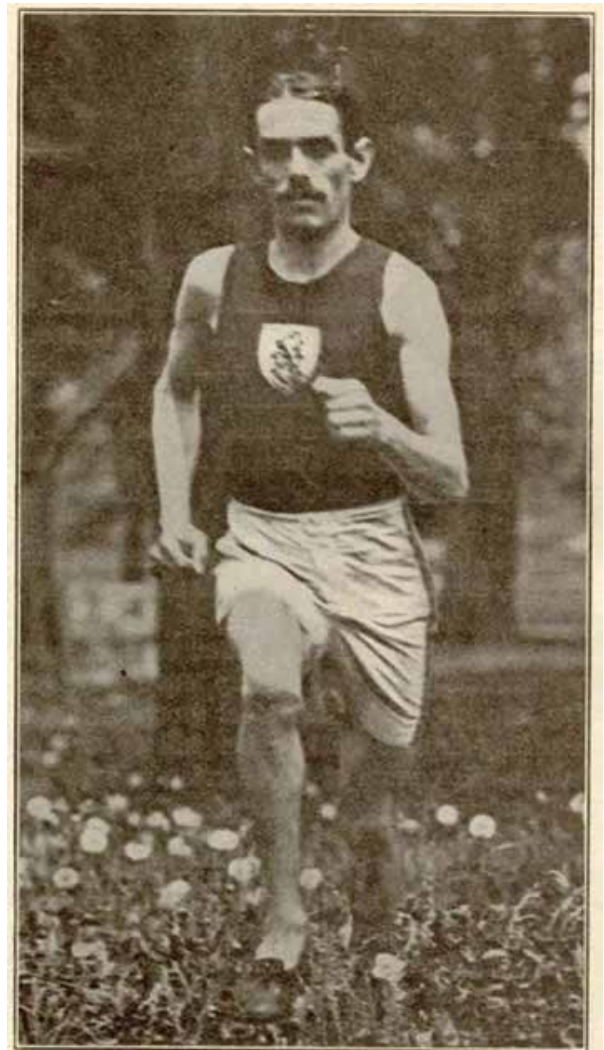
South London Harriers' leading runner had been Alf Shrubbs, who won the National Cross-Country Championship on four successive occasions, from 1901 to 1904. He also won the AAA four-mile and ten-mile track championships in each of these years. (These races have subsequently been replaced by the 5000 metres and 10000 metres.) In May 1903, competing at Stamford Bridge, Shrubbs set a world record for three miles of 14 minutes 17.6 seconds. A year later, on the same track, he set a world record of 24 minutes 33.4 seconds for five miles. His career as an amateur came to an abrupt end in September 1905, when he was suspended from amateur athletics by the AAA for having received unauthorised expenses, in breach of AAA rules. Shrubbs was by no means the first athlete to suffer this fate: in 1896 no fewer than six current AAA champions had been suspended for similar offences. The AAA rules at the time were very strict: cash prizes were not allowed, and meeting promoters were not allowed to pay travelling expenses to competitors.

South London Harriers' principal local rivals were Herne Hill Harriers, who were based at the Half Moon in Herne Hill, but organised occasional races from the Leslie Arms in Addiscombe (apparently because there was less traffic in the Addiscombe area than there was in Herne Hill). There was also a small club called Croydon Adult School Athletic Club, which was affiliated to the AAA but only received occasional mentions in the local press. It subsequently changed its name to Croydon Adult School Social & Athletic Club (CASSAC), and effectively became a tennis club rather than an athletic club or a running club.

Anyone seeing photographs of track races from 100 years ago will notice a difference in athletes' kit. The type of sleeveless vests which are almost universal nowadays were forbidden under AAA rules (although they were quite common in the USA). AAA rules required the whole of the torso to be covered, so that athletes competed in short-sleeved T-shirts, rather than in sleeveless vests. The rules also required shorts to extend to the top of the athlete's knees.

The 1908 Olympics were held in London, and were the first occasion on which the marathon was held over what has become the accepted distance of 26 miles 385 yards. (At the previous Olympics, the marathon courses had been slightly shorter at about 40 kilometres.) The race was run from Windsor Castle to the White City, and became famous because the Italian runner Dorando Pietri entered the stadium in the lead but collapsed before reaching the finishing line.

The race was won by John Hayes of the USA in 2 hours 55 minutes 19. Charles Hefferon of South Africa was second (2.56.06). He had been second at 13 miles (1.15.54), had taken the lead at 14 miles, and at 20 miles was more than three minutes clear of the field, but slowed down badly in the closing stages and was overtaken by Pietri and Hayes at 25 miles. Both Pietri and Hayes turned professional after the Olympics, and competed in indoor races. In December 2008 Pietri competed in a marathon on an indoor track at Madison Square Garden. The race was held over 262 laps in a smoky arena, and Pietri again failed to finish. The winner was a Native American runner from Canada named Cogwagee, who raced under the nickname 'Tom Longboat'.



IN ACTION FOR CROSS-COUNTRY RUNNING

Image courtesy [www.alfieshrubb.ca](http://www.alfieshrubb.ca)



*The notorious end to the 1908 marathon (pictured above), had officials helping Dorando Pietri of Italy over the finish line. This contravention of the rules led to his disqualification. He had entered the stadium in a near state of collapse, and, indeed, fell down five times on the last lap of the track.*

*It has always been stated that the high temperature (78°F) of the day, allied to his strenuous exertions during the last few miles of the race, caused his sorry state. However, recently there has been the suggestion that perhaps the main cause of his distress was the little Italian's habit of gargling with wine during the race, which did not go well with the heat. After a protest by the American team, the second finisher, Johnny Hayes, was awarded the gold medal.*

## 25 YEARS AGO

### : ATHLETICS IN SPRING & SUMMER 1983

The third London Marathon took place on 16 April 1983. For the second successive year, the men's race saw a British winner. Mike Gratton, from the Canterbury-based club Invicta, gained a clear victory over Merseysider Gerry Helme. Gratton had placed third in the Commonwealth Games Marathon held in Brisbane the previous October, and is now a director of a company providing sports holidays. The women's race was won by the outstanding Norwegian runner, **Grete Waitz**.

The first local runner was again Don Faircloth of Croydon Harriers. Having placed tenth in the 1981 and 1982 London Marathons, he slipped to 66th this time around, despite recording a highly creditable 2.17.42. British marathon running had much more strength in depth than it does today: 93 runners, most of them British, finished in under 2 hours 20 minutes. Don's club colleague Martin Walmsley ran a personal best 2.26.22 (and got himself on television when Grete Waitz came past him at 25 miles). Croydon Harriers had seven finishers, six of them under three hours. The first SLH runner to finish was Martin Long, in 2.32.17.



However both Croydon Harriers and SLH were outnumbered by Striders, who made their debut at the event and mustered an impressive turnout of 16 finishers. The first Strider to finish was club chairman Steve Owen, who ran 3.06. He was followed by David Troth (3.28), Ron Carver (3.29), Steve Marsh (3.30), Myles Mayne (3.35), Hugh Coppin (3.35), Susanne Eyre (3.37), Colin Golding (3.42), Mick Meech (3.43), Pat Byrnes (3.44), Bob Hardy (3.46), Jeff Boyman (3.50), Tony Brown (3.57), Sandra Owen (4.06), Bernard Wright (4.08) and Sashi Dave (5.32).

The East Surrey League completed its programme with the traditional road relay at Boxhill and road race at Ewell. Epsom won the road relay for the second successive year, with Hercules-Wimbledon placing second and Croydon Harriers third. The road race was won by Croydon Harriers' talented 19-year-old Gary Bishop; the team event was won by Hercules-Wimbledon, with Croydon second and host club Epsom third. Croydon won the league title, with Hercules-Wimbledon second (in their first season in this league) and Epsom third.

The highlight of the 1983 athletics season was the IAAF World Championships, held in Helsinki in August. Two British athletes won gold medals: Olympic champion Daley Thompson won the decathlon, while European champion Steve Cram won the 1500 metres. His British team-mate Steve Overt was close behind in fourth place, with Steve Scott (USA) second and Said Aouita (Morocco) third. Olympic champion Sebastian Coe did not compete, having halted his season because of illness. The marathon was won by Australian Rob De Castella in 2.10.03. Britain's Hugh Jones (a member of Ranelagh Harriers) placed 8th in 2.11.15. The women's marathon was won by Norwegian Grete Waitz in 2.28.09, with the leading British runner being veteran Joyce Smith, who placed 9th in 2.34.27.

Croydon Harrier Judy Oakes competed in the women's shot and managed to qualify for the final, where she placed 12th with a putt of 17.52 metres. Croydon's 800 metre runner Shireen Bailey failed to qualify for the Championships, as she was unable to reach the qualifying standard of 1.59.9 before the selection date. However, in an end-of-season meeting at Crystal Palace, she improved her personal best to 1.59.64.

Another Croydon Harrier who hit the headlines in the 'Croydon Advertiser' was Robin Dickson, who was in his first year as a veteran. In the Southern Veterans' Championships, he placed second in the 5000 metres (15.41.6) and third in the 1500 metres (4.14.0), while in the National Veterans' Championships, held at Melksham in Wiltshire, he placed fourth in the 5000 metres (15.31.2). 25 years later, Robin still lives in Croydon and still occasionally competes, although he has changed clubs from Croydon Harriers to Thames Hare & Hounds.

The summer of 1983 saw Striders move their headquarters to the CASSAC building in Lloyd Park (which was demolished in 2007). Previously the club had held lunchtime runs from the Philips office in West Croydon. The CASSAC building was to remain Striders' home until May 2001, when we moved to our current base at Sandilands.

## Croydon plans new off road routes

*You may well have seen the proposals to landscape Wellesley road in the papers a few months ago. This was the result of Striders commissioning Will Alsop to develop some new routes for us. These have now been published as the Croydon Vision for 2020.*

*The centre piece of the proposals is of course the replacing of Wellesley Road with a woodland route but in addition green routes are to be developed from Park Hill to the centre and through to Old Croydon and across to Wandle Park and Duppas Hill and bringing the Wandle back to the surface.*



*All excellent news for Striders. As we will have a whole range of new good routes to our North West and connecting up to the Wandle Way .*

*And if you believe any of this you will believe anything. Experience suggests a 25 story tower block in the middle of Lloyd Park is much more likely to happen. - Ed*

### **SPORTS MASSAGE THERAPY**

HELPS REDUCE MUSCULAR  
SORENESS AFTER TRAINING OR  
COMPETITION

HELPS RECOVERY FROM SOFT TISSUE INJURY

**ALAN DOLTON**, LSSM Dip, ITEC Dip, MSMA, MISRM

UK ATHLETICS LEVEL 3 CLUB COACH

70 WARREN ROAD, ADDISCOMBE, CROYDON

TELEPHONE 020 8656 0532

# Health and Fitness Pages

## Ten answers to people who ask you why you run

### Dr Phil

I'm going to skip the obvious, health. We all know running makes you thinner, stronger, and healthier overall. Here are 10 OTHER reasons to run

#### 1. Increased ability to think under stress or exhaustion:

As the pace picks up your ability to talk or think decreases. At the end of a longer run, even when not winded it becomes difficult to dig deep into the vocabulary because of the exhaustion. This is similar to the end of a day at work where the thought process is just not as strong, or to being a woman. As you become a better runner and more physically fit your ability to think becomes stronger. You don't become a better thinker when you're tired, just don't get tired as quickly and the long day at work just doesn't seem so bad.

#### 2. Sets a Good Example

My Year 6 Form now all do some form of fitness training as they've seen the mess I'm in and don't want me to suffer alone.

#### 3. A time to think or analyze

Running becomes a release. A time to ponder. You can use the time to make better decisions by giving them some thought. A little planning goes a long way and what better time to plan than out by yourself for 3 hours.

#### 4. Some "Me" time

Ever feel like someone always wants a piece of you? While you are running the only person that can talk to you are other runners. You can get away from the family – unless Jacqui follows you- or work, unless parents of kids you supposedly teach are in your club- by going out for a nice personal run. Instead of doing something for everyone else you can do something for yourself each day. No moby, no questions, no problems until you are done ( then you get the knee, hip and ankle pain, and have to hitch back to where you started from 3 hours earlier).

#### 5. Read a good book:

OK not actually read, but listen. If you can't find time to start that book you've been meaning to read then why not get the book on your ipod? It's amazing how fast your miles will go by when listening to a good book, rather than Gannon .

#### 6. Keep Regular

This is really a health issue I know, but nothing shakes things loose like running. Forget the prunes and the grape juice, you go out for your morning run and you'll either super duper right after, or your body will be trained to release the hounds before it thinks it is about to start running.

#### 7. Develop Friends

The best way to truly train is with others. They force you to meet them even when you may not feel like it. When you spend 4 or 5 hours a weeks with someone you tend to become friends, although this does not work for everyone does it!! You talk of things you both enjoy and share good stories. You already have something both of you have in common. It is a guaranteed relationship builder if you run with your spouse or girl-friend/boy-friend ; hint don't run with both spouse and girl-friend at the same time as this might produce more conversation than you can deal with.

#### 8. Meet Good Looking People

If you are single, running is a great way to meet others. How many fat people have you met out running? Well ok then, how many super morbidly obese people? Even if they were, they won't be long ( largely as smo people drop dead!). When I go to the race expos and see all the fit people I realize that it's the hobby of a ton of good looking people, many of whom are nearly as good looking as me.. As stated above, what a better way to meet a girl than to go out for a run together 9 avoid being over-zealous though as that borders on stalking).



#### 9. Helps to Develop Goals

As you run you start setting goals that you'd like to achieve. Your goals usually tend to be time or distance based so you set up a training schedule to meet that goal. Like life, you set a goal and then figure out how to achieve it. After reaching those goals you start to realize the joy and happiness that you feel once achieved. It helps you



set more goals in your normal life because you now realize that discipline and hard work result in great things. Running also gives you more energy to reach those goals

## 10. Self Confidence Level Goes Way Up

This perhaps is the best benefit of running. All of the above plus the health benefits will make you feel incredible. It is a great feeling having others tell you how fit you look. After a marathon, things just don't seem so hard, especially your legs, neck, shoulders and arms. The only tough battle you may face from running is when you can't run. Nothing like yearning for exhaustion.

### Bonus: You Save Money

Everyone can run for free. All you need is space. You don't have to join a gym or pay membership of a club – well actually you do, so hurry up and pay your subs those of you reading this, running races and having me subsidizing you coz I've actually bothered to cough up the dosh unlike some people I could name!!

And Remember: "Stamina on the Track Means Stamina in the Sack"

*Thank you note for our Xmas collection*

### Dear Phil

I hope you had a good Christmas and New Year. I just wanted to say a huge thank you for the wonderful £420.26 you kindly raised for us through your Just Giving page. We very much appreciate this gesture, which will enable us to continue our vital work with people affected by stroke.

Thanks again and very best wishes

Chris

**Chris Wynn (Mrs) Regional Fundraising Manager**

The Stroke Association, 3

# Smoking is good for the health?

## News item spotted by Simon Smith



Essays by a Victorian doctor, who was struck off for claiming that smoking was bad for the health, are to be published again.

Dr Thomas Allinson's letters, first published in 1893, were so controversial that the General Medical Council struck him off a year later.

Dr Allinson grew up in Manchester and qualified as a doctor from Edinburgh University in 1881. When he opened a GP's surgery in south London he noticed the poor quality of life for many people.

He advocated three hours a day of walking or other exercise, told people not to work too hard, to cut down on salt, eat more fruit and vegetables, avoid tea and coffee before bed and to be teetotal.

He was also an enthusiastic vegetarian. But his advice to give up smoking appalled society as doctors regularly recommended a cigar as a way to clear the lungs.

He was against many medical drugs of the day which included poisons such as arsenic, mercury and opiates.

Dr Allinson is probably best known today for the name of the bakery he founded that still bears his name.

# Do not Swallow Chewing Gum



# Dr Phil's motivational video links..

Some links found by PM while training hard for the marathon in front of his PC. Please ignore the commercials. Spot the serious ones. If the links don't work for you try copying and pasting them into your browser.

## How to use a treadmill

<http://www.broadcaster.com/video/player.php?clip=717>

## How to behave in your group on a Wednesday evening

<http://www.metatube.com/play/6492/japaneses-running.html>

## Another way of running round croydon

[http://www.guzer.com/videos/free\\_running\\_video2.php](http://www.guzer.com/videos/free_running_video2.php)

## Every man should do these every day

<http://artofmanliness.com/2008/01/08/every-man-every-day-should-do-these-exercises/>

## How to pole vault

<http://upyachka.ru/images/blog/00007923>

## Improving your style

[http://www.self.com/fitness/workouts/video/2007/10/1022\\_running\\_video](http://www.self.com/fitness/workouts/video/2007/10/1022_running_video)

## Fartlek training

<http://www.momentumsports.co.uk/TiFartlek.asp>

# HEALTH: Q&A DR. FEELGOOD

### Q: I've heard that cardiovascular exercise can prolong life; is this true?

A: Your heart is only good for so many beats, and that's it... don't waste them on exercise. Everything wears out eventually. Speeding up your heart will not make you live longer; that's like saying you can extend the life of your car by driving it faster. Want to live longer? Take a nap.

### Q: Should I cut down on meat and eat more fruits and vegetables?

A: You must grasp logistical efficiencies. What does a cow eat? Hay and corn. And what are these? Vegetables. So a steak is nothing more than an efficient mechanism of delivering vegetables to your system. Need grain? Eat chicken. Beef is also a good source of field grass (green leafy vegetable). And a pork chop can give you 100% of your recommended daily allowance of vegetable products.

### Q: Should I reduce my alcohol intake?

A: No, not at all. Wine is made from fruit. Brandy is distilled wine, that means they take the water out of the fruity bit so you get even more of the goodness that way. Beer is also made out of grain. Bottoms up!

### Q: How can I calculate my body/fat ratio?

A: Well, if you have a body and you have fat, your ratio is one to one. If you have two bodies, your ratio is two to one, etc.

### Q: What are some of the advantages of participating in a regular exercise program?

A: Can't think of a single one, sorry. My philosophy is: No Pain... Good !

**Q: Aren't fried foods bad for you?**

A: YOU'RE NOT LISTENING!!! Foods are fried these days in vegetable oil. In fact, they're permeated in it. How could getting more vegetables be bad for you?

**Q: Will sit-ups help prevent me from getting a little soft around the middle?**

A: Definitely not! When you exercise a muscle, it gets bigger. You should only be doing sit-ups if you want a bigger stomach.

**Q: Is chocolate bad for me?**

A: Are you crazy? HELLO ! Cocoa beans! Another vegetable!!! It's the best feel-good food around!

**Q: Is swimming good for your figure?**

A: If swimming is good for your figure, explain whales to me.

**Q: Is getting in-shape important for my lifestyle?**

A: Hey! 'Round' is a shape!

Well, I hope this has cleared up any misconceptions you may have had about food and diets. And remember: "Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways - Chardonnay in one hand - chocolate in the other - body thoroughly used up, totally worn out and screaming, "WOO HOO, What a Ride !!!!"

# SWEAT AND SMILE

Personal training with **PAUL WEIR**  
(diploma in personal training )

To look your best then you need to train with the best

- « Are you too busy to go to the gym to train?
- « Are you fed up of paying for personal training that is too pricey or inadequate for your needs?
- « Would you like to train at your convenience at home or outside?

If yes is the answer to any of these questions then I can help

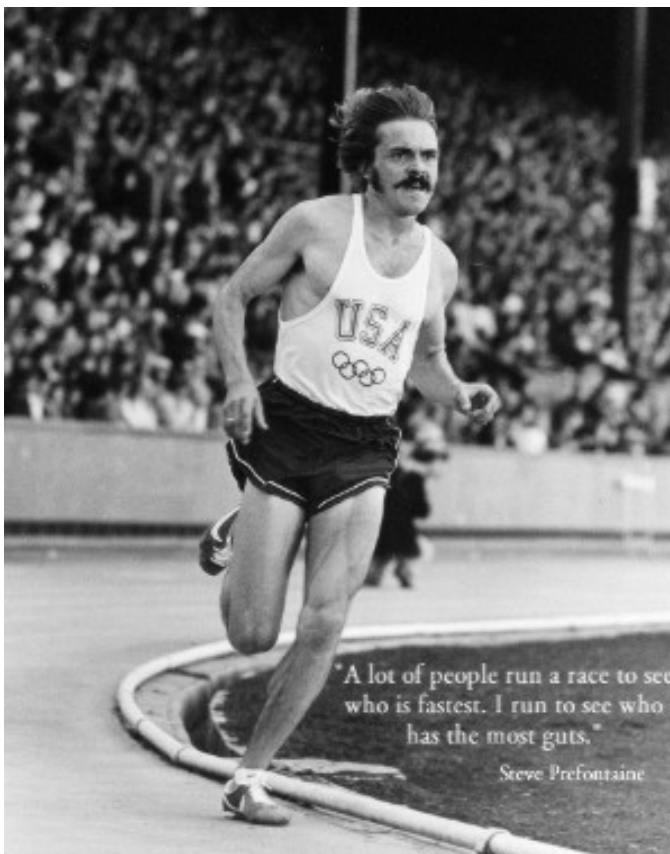
call: 07914 817073

email: [sweatandsmile@googlemail.com](mailto:sweatandsmile@googlemail.com)

Areas of speciality include:

- « Weight loss
- « General fitness
- « Toning and strength training
- « Over 60's well being
- « Power, speed and endurance for sport
- « Running

PRICES AND PACKAGES TO SUIT EVERYBODY!



"A runner must run with dreams in his heart."  
Prague...Berlin...Paris...London...HELSINKI  
1952

**EMIL ZATOPEK**

Triple Gold Medalist

5,000 Metres, 10,000 Metres, Marathon

He was the runner that made the impossible possible - gold in all three long-distance events! Never before or since has an athlete come close to this legendary achievement - something that could only have been done by a man with immense talent, superior training, and glorious dreams in his heart. Emil Zatopek, the "Czech Locomotive", was the story of the 1952 Helsinki games, and as he crossed the finish line here in the 5,000 Metres Final, he won both the admiration of the huge Finnish crowd, and the awe of runners the world over. The expression on his face is incredible, showing a man who has learned how to push himself to the limits, and beyond!