

Striders of Croydon

Spring Newsletter

April 2011



Striders Galore at the Inaugural Croydon Half

Chairman's Corner

An eventful first quarter. Which started with the annual Addington 4. Continued with Sunday Marathon training runs and finished with the Croydon Half Marathon. And well done to all who ran in Brighton & Paris and good luck to all running in the London Marathon.

Scheduling all the Marathon Training runs ahead of time seems to have worked well so we'll do the same again next year. There is still one we haven't done, the run back from Woolwich along the Capital Ring, maybe the train schedules will be better next year. One solution for this type of away run event would be to hire a coach but from a very brief investigation it would actually cost more than the train fare. Anyone know where we can hire a really cheap 25 seater ?

We are always looking for variations so if anyone has any ideas for different routes let me know.

Chris has just announced the Results of the Sandilands Cup. Well done to Lee Flanagan 1st,, joint runners-up Mick and Taylor Huggins, and Alice Ewen 3rd. This year the prizes have all gone to our faster runners but only because they ran in more races. The scoring system favours the improvers and those who enter the most events and some of the slower runners could easily have won it if they had run in more events.

In the men's Surrey League we did well to finish mid table in an increasingly difficult division 2. Although a great Season for Lee Flannigan and Steve Starvis. Also farewell and thank you to Duncan Lancashire who for the past year has been travelling up from his home in Andover to run for us. He's been running with us since 2004

Sadly the women were relegated from division 1. But a great performance from Helen Furze and well done to John Ralf for encouraging so many women to run.

In the Club Records Bill Makuwa's achieved the club's second fastest ever Half marathon in 1.15.08 at Hastings And Cara Kayum is now 9th in the Ladies all time best Half Marathons in 1;34:53 beating her mum Elene's best of 1:36:20 13 years earlier. Well done Cara.

Looking ahead – It's the Owen Trophy Season. As with the Sandilands Cup the scoring is biased towards the improvers and those who run most events. So have a go. If you who ran or helped in the Croydon Half you have made a good start, the other qualifying races are all highlighted on the fixtures list - the next one is the Sutton 10K on the 1st May.

There will also be a few bike rides, including a trip to see how the Olympic park is progressing. We start with a long one, the ride to Eastbourne on 8th May.

Andy Elliot has been renewing the old orienteering course round Lloyd Park, you may have noticed the odd freshly painted post. After a gap of a year I hope to re-launch a variation on the plastic cup shortly. New comers to the club will have to wait to find out what the plastic cup is.

And finally the Croydon Half Marathon. Well what can I say. It started with my car breaking down on the way in. In the rush at the start key people didn't get radios and the marshal didn't get their water. 180 entrants didn't turn up. There were queues for the loos inside when the ones outside were unused. The pace markers at the start weren't visible. People at the back couldn't hear the PA. The start tape nearly tripped the runners up. There was a road works sign blocking the route. There was too much traffic on Selbourne road. The lead runner was too fast which confused the lead cars. It was too warm for the runners. It was too cold for the marshals. We had too many marshals. We had too few marshals. The water station was in the wrong place, at the finish we had people wandering around getting in the way. The locals kept wanting to move their cars and complaining they hadn't been told. We couldn't keep tabs on how many laps had been run. We weren't sure where the stragglers were. People didn't know the way back to the club house. We failed to post all the results up. We lost the ambulance. We lost 2 chips. In fact it was.... An AMAZING SUCCESS. All the feedback I have had has been amazingly positive, the niggles were all really minor and except for the weather all things we can easily get right next time. Well done everyone who took part in this event I couldn't have done it without you. I took on the role of getting the Croydon Half off the ground well over a year ago with some reluctance and by the time I attended the Race Directors course I was thinking what have I let myself in for? but in

practice on the day it all went extremely well, due in no small part to all your support on the day. I am now looking forward to the next one when we hope to have both the start and finish close to Sandilands.

After the London Marathon the next major event we will be asking for lots of helpers is the Race For Life in Lloyd Park scheduled for Sunday 24th July put the date in your diary.

Good luck again to all running a Marathon in the next weeks. Enjoy the lighter evenings and "Keep on Running"

Robin



CCC & The Croydon Ultra

By Ian Campbell



Before Christmas I was working out my running goals for 2011. I decided to enter the draw for the CCC race (Courmayeur, Champex, Chamonix). This is part of the Ultra Trail de Mont Blanc series of races taking place in August. The CCC is a race over the Alps starting in Italy and covering 98km with 5,500 metres of positive ascent and finishing in Chamonix. There is a fair amount of descent as well so the quads will be tried and tested hard. If I was unsuccessful in the draw then I would go for the London to Brighton offroad again or find an alternative similar distance event. Only 1800 entrants are permitted to start the CCC so I was not sure what chance I stood with the ballot.

Anyway, I had the good news to be successful in the draw and I am now a registered runner for the 2011 CCC event. This means that I am in for some hard training over the next few months. I will be looking at some ultra distance training runs and races as a build up plus some decent hill training. Finding and training on some long hills will be a challenge in and around Croydon so some improvisation will be required. I am also scheduling an acclimatisation trip to Chamonix for a few days to get some altitude training done a few weeks prior to the CCC. Other than that there will be the usual few marathons and mid week long distance runs as a build up. If you are interested to find out more look at the website www.ultra-trail-mb.com

Last year I surveyed several people to see whether there would be any interest in a Croydon Ultra. I was surprised at how many responded and thank you to those that replied with their comments. The inaugural Croydon Ultra event will take place on July 10th. It will be a self guided and timed event of circa 30 miles distance. There will be a 15 mile cut off point as well. The route starts at Sandilands and out to the White Bear and back to Sandilands via a different route then out to Catford along a cycle path and back the same way. Aid stations will be at 7.5 miles, 15 miles and 22.5 miles and will be amply supplied with water, squash, gels and food so no need to carry much in the way of supplies. Entry forms are on the website www.personaltrainercroydon.co.uk. It would be great to have some Striders participating in the event. Bas at Runathon have very kindly sponsored the prizes for 1st male and female and I have sponsorship from SIS and Clif Bars. I have scouted the route several times and will be doing at least one full reconnaissance of the route prior to the event. I am looking for volunteer marshals (you need to commit to roughly 2.5 hrs at either of the checkpoints) so if anyone is looking to help out that would be very welcome. I will make it worth your while! Thank you in advance.

And finally, good luck to those doing London or other spring marathons, your training will be done by the time you read this and all you need to do is enjoy the day, so enjoy it to the full!

What the books don't tell you about running your first marathon - by Sue Atkinson

When I ran my first marathon I had lots of advice (some of it contradictory) and read books and magazine articles – particularly the London Marathon Magazine and Runner's World. But I discovered that some of what I needed to know I had to work out for myself. That's what this article is about – the things I learnt as I did my first few marathons.

The London Marathon Magazine I was following 6 years ago said to drink lots before the race. So I did. Then I spent most of the race wanting to wee and must have spent a huge amount of time standing in loo queues!

Don't let that happen to you!

Hydration

I find that if I drink up to 2 hours before the start of the race (for London that's 9.45 am but you won't cross the line until after that) I'm ok. So this year I'll drink until 8 am and from then on I'll only sip sports drink.

Then at about 9.55 I'll drink about 150 ml if it's cold, and about 250 ml if it's hot. The first water station is at 3 miles so there's no need to drink much before the start.

If we can manage to do the whole race without standing in a loo queue en route we save precious time. My strategy is to find my pen where I'm supposed to be for the start of the race - but then go back to the loos to 'go' again. So if you're in your pen and the hooter goes, YOU HAVE LOADS OF TIME TO 'GO' AGAIN!

Doing your long runs you'll have worked out that we need to listen to our body when it comes to drinking. Once we are running our body partially shuts down the wee making systems so it is perfectly possible to drink plenty if we feel we need that - but still get over the line at the end without the dreaded loo visit.

It hurts!

My son-in-law Nick gave me the best advice anyone ever gave me for running a marathon. He said 'It hurts, Sue. It really hurts!'

During my first marathon I found it hurt less to run than to walk! So expect the unexpected. But as my sports masseur said that first year, 'The human body is capable of a huge amount more than we might expect'. So keep pumping those arms at mile 20! Most people who start, finish, so just keep going!

Runner's trots

The other advice Nick gave me is to take a lmodium tablet before the start because he said that there is often a lot of poo flying about as people run! I haven't actually experienced that but he's a fast runner so this may be more a feature for those finishing in mind-boggling times.

I've adapted this advice and now prefer to use a glycerine suppository in the morning before I leave home. This means I have as little as possible inside me – hopefully lessening the chances of 'poo flying about'! Sometimes I take an Imodium as well - and I carry some with me along with my pain-killers.

As with everything, don't try out the suppositories for the first time on marathon day! But if you want to run about 2 pounds lighter, do try this strategy.

Carb-loading

I find I put on ridiculous amounts of weight carb loading from the Friday because I see it as a chance to eat flapjacks and chocolate cake! But this year I'm sticking to what Lisa Jackson calls 'nutritious carbohydrates'. (Ok, if I'm really honest chocolate might feature!)

The key to not putting on too much weight apparently is to cut right down on other food groups – protein and especially fat. So a bowl of pasta is great – but have just a bit of sauce. And watch out for too many veggies! I steer clear of beans, broccoli, raisins and so on in those last 3 days. Bland is the key.

With more carbohydrate in our body we will retain much more water – and that's good news. These extra carbs along with taking in some gels as we run is how we're NOT going to hit the wall at mile 20!

I've never hit the wall, probably because I take gels and nibble on sweets as I run, but just the thought of this total collapse fills me with horror.

Vaseline and so on

I know some people think that talcum powder in socks is the key, but I'm an old fashioned Vaseline person. I put it on everything that might have any chance of rubbing. I do this first thing in the morning before I get dressed and take some with me in my kitbag.

In my second marathon I had to stop and take a shoe off because a blister was forming. Never again.

St John's Ambulance people hold out Vaseline for emergencies, but lay it on thick in the morning and that's one more stop we don't need to make.

Running/walking

I'm a great believer in walking. Nick doesn't walk at all – he doesn't need to - but for those of us back there with the rhinos and the clowns on stilts, walking a few paces as we drink or take in a gel, can actually help us conserve a bit of energy that might make the last 6 miles a bit easier.

The third time I did London, two of my friends from my club in Norwich were doing it as well and they said they were going to run all the way. (They were the kind of people who did a half marathon well under 2 hours!)

They did run all the way and finished in 4 hours 55 minutes. I finished in 4 hours 57 minutes but that included quite a bit of walking.

I rest my case about the value of walking when we need to!

And finally

Unless it's going to rain all day, use lots of factor 50.

Running with a pace band will help you not to go off too quickly. I make my own band on a strip of lined file paper and cover it with sticky tape. You can get pace bands at the expo, but I find them really hard to read when I'm running.

I've got lots of mantras and mental images that I think of as I run. One of these images is Dory in the film 'Finding Nemo'.

'Just keep swimming! Just keep swimming!'

So at mile 20 when your legs seem to have turned into rigid tree trunks, think of Dory and just keep going!

And most of all, ENJOY!

The Little Rabbit - submitted by Phil Mazur

A little rabbit is happily running through the forest when he stumbles upon a giraffe rolling a joint. The rabbit looks at her and says, "Giraffe my friend, why do you do this? Come with me running through the forest, you'll see, you'll feel so much better!"

The giraffe looks at him, looks at the joint, throws it away and goes off running with the rabbit.

Then they come across an elephant doing coke, so the rabbit again says, "Elephant my friend, why do you do this? Think about your health! Come running with us through the pretty forest, you'll see, you'll feel so good!"

The elephant looks at them, looks at his razor, mirror and all, then throws them away and starts running with the rabbit and giraffe.

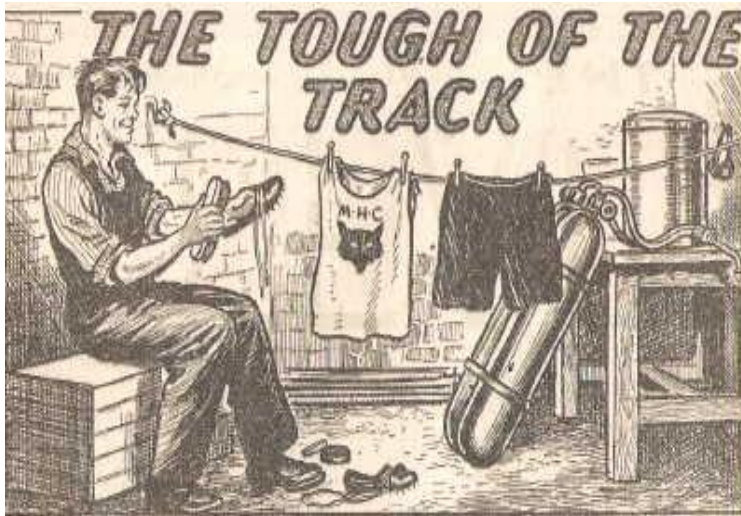
The three animals then come across a lion about to shoot up heroin..."Lion my friend, why do you do this? Think about your health! Come running with us through the sunny forest, you will feel so good!"

The lion looks at him, puts down his needle, and starts to beat up the little rabbit.

The giraffe and elephant watch in horror, and ask him "Lion, why did you do this? He was merely trying to help us all!"

The lion answers, "Every time he's on Ecstasy that little bugger makes me run around the forest like an idiot for hours!"

The Story of Alf Tupper by Linda Daniel



The story of one of Britain's greatest ever fictional runners, comic strip hero Alf Tupper who ran after a day's welding and a helping of fish and chips. An inspiration for British sportsmen over three decades, such as Ron Hill, who represented Britain in the 1964, 1968 and 1972 Olympics and was world record holder at various distances, Alf was the

plucky working-class hero who set records on the international running track in his time out from welding, and all without leaving the printed page!

Alf Tupper was 18 years old when he appeared in the ROVER in 1949 and he continued his adventures in the VICTOR in the early 1960's.

He trained on the canalside, lived under the railway arches and enjoyed a staple diet of fish and chips wrapped in newspaper. Alf Tupper embodied honest guts and was always fighting snobs and cheats against apparently impossible odds. His emblem, often printed on the front of his running vest, was the lone wolf. Alf joined the Greystone Harriers paying a subscription fee of half a guinea.

Whatever his job and wherever it was located, Alf was the eternal underdog. Regarded as a 'guttersnipe' by the posh blokes from the AAA's, he was at his best the day after a night on late shift, lifting heavy objects and getting little sleep. His journey to the track (often White City) almost invariably involved falling asleep on the train and missing his stop.



Sometimes his tardiness was caused by skulduggery of the worst kind by 'stuck-up' rich boys from a university somewhere, but many times, it was because he could not stop himself from rescuing people in distress or just generally being a selfless chap. Regardless, he always got there in the nick of time, and, having just finished his fish and chip he went on to win the championships or even, in 'end

of series' stories, break the world for the mile, and utter his famous catchphrase "I ran 'em all!".

30 YEARS AGO: LOCAL ATHLETICS IN SPRING / SUMMER 1981

The East Surrey League held its annual road relay at Box Hill on 14 March. Croydon Harriers led from start to finish to win by almost three minutes. Their winning team comprised Don Faircloth (10.31), Dave Chettle (9.59), Robin Dickson (10.39) and Martin Walmsley (10.26). Two future members of Striders ran in this event. Peter Yarlett ran 10.51 for Croydon's B team, while Alan Dolton ran 11.34 for their C team.

The first London Marathon took place on 29 March. 22,000 people applied to take part. The field was limited to 7,500 entrants, of which 6,700 actually finished. The men's race saw a dead-heat between Dick Beardsley of the USA and Simonson of Norway, both running just outside 2 hours 12 minutes. The first local runner was Don Faircloth of Croydon Harriers, who finished tenth in 2 hours 16 minutes 36, which was his fastest time since 1973. The first woman was Joyce Smith of Barnet Ladies. Gill Drake of Croydon Harriers ran very well to be the second woman to finish, in a personal best 2 hours 38 minutes 57. Five of Croydon Harriers' five runners finished in under three hours: besides Don and Gill, the other three were John Lee (2.33.53), Bernard Imber (2.53.48) and Phil Fenton (2.58.20). Another good performance came from Diane Chettle who ran a personal best of 3 hours 8 minutes.

The Southern Road Relay was held at Wimbledon on 4 April. (This race was held at Wimbledon from 1965 to 1992, when it had to be moved out of London because of increasing traffic. It is now held at Milton Keynes.) 35 teams took part. Aldershot won in a course record of 4 hours 6 minutes 39. Croydon Harriers finished 24th in 4 hours 26 minutes 06.

The East Surrey League held its annual road race at Ewell on 14 April. Epsom won the team event with Croydon Harriers second. This was good enough to give Croydon the league title, with Epsom second and Croydon's B team taking third.

Croydon Harriers' Australian international Dave Chettle had an excellent summer. On 20 April he finished eighth in the Boston Marathon in 2 hours 12 minutes 23 seconds. Unlike some present-day marathon runners, he did regular track sessions to maintain his speed, and on 27 June he finished third in the Southern 5000 metre championships at Crystal Palace. His time of 13 minutes 58.3 seconds was only 12 seconds outside his club record.

On 25 April Herne Hill held their annual ten-mile road race on a traffic-free but hilly course at Brockwell Park. Croydon's Don Faircloth ran well to place second in 50 minutes 10, while club colleague John Lee was 14th in 53 minutes 30. Croydon's Gill Drake won the women's race, placing 44th overall in 57 minutes 13. Future Strider Alan Dolton placed 63rd in 58 minutes 53.

The AAA Marathon Championship (which nowadays is combined with the London Marathon) was held on a hilly course at Rugby on 10 May. Croydon's Don Faircloth placed seventh in 2 hours 20 minutes 27. The Surrey Championships took place on the old cinder track at Motspur Park on 17 May. Among the Croydon winners was 19-year-old Dave Cocks, who produced an excellent sprint finish to win the 800 metres in 1 minute 53.7 seconds.

On 31 May Blackheath Harriers organised a 100 x 1 mile relay at Crystal Palace (which was quite a challenge for the various team managers). Both South London Harriers and Croydon Harriers managed to field complete teams. SLH had an all-male team and finished in 8 hours 39 minutes 27, their fastest runner being Andy Evans who recorded 4 minutes 23. Croydon Harriers fielded a mixed-sex team and finished in 9 hours 14 minutes 48. Their fastest man was 800 metre runner Bob Benn who ran 4 minutes 18, while their fastest woman was future international Shireen Hassan who ran 5 minutes 03. A week later Shireen won the women's 800 metres in the Southern Championships at Crystal Palace, running 2 minutes 09.1 seconds.

The Polytechnic Marathon took place on 13 June. Croydon Harriers won the team event with Don Faircloth second in 2 hours 25 minutes 23. Their team also included another local runner in John Lee (a former English Schools cross-country champion), and an American, Brock Hinzmann. These two both recorded 2 hours 36 minutes 19 for 11th and 12th places.

25 YEARS AGO: LOCAL ATHLETICS IN SPRING 1986

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

The IAAF World Cross-Country Championships were held in Switzerland on 23 March. The winner was the Kenyan John Ngugi. Kenya had five of the first eight finishers, and easily won the team title. Ethiopia were second and the USA third. England were eighth and Scotland were 25th. The leading English runner was Dave Clarke of Hercules-Wimbledon, who placed 16th of the 328 finishers. Bob Treadwell of Surrey Beagles placed 154th. The women's race was won by Zola Budd, born in South Africa but representing England. England narrowly won the team event by just two points from New Zealand, with France third.

The Sutton Half-Marathon took place on the same day. Croydon Harriers won the team event, led by Don Faircloth who placed third in 71 minutes 03. Club colleague Robin Dickson was ninth in 75 minutes 15 seconds. In the Reading Half-Marathon on 6 April, Striders' leading veteran Simon Morris set a club record of 72 minutes 59 seconds, which still stands 25 years later.

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

The sixth London Marathon was held on 20 April. The winner was Toshihiko Seko of Japan, in 2 hours 10 minutes 02 seconds. Former winner Hugh Jones of Ranelagh placed second in 2 hours 11 minutes 42. The first local runner was Andy Evans of South London Harriers, who placed 40th in a new SLH club record of 2 hours 18 minutes 6 seconds. The first woman finisher was Grete Waitz of Norway, in 2 hours

24 minutes 54 seconds. The first local woman to finish was 18-year-old Sue Spenceley of Croydon Harriers, making her marathon debut. She placed 110th in the women's race in 3 hours 13 minutes 32.

Striders had ten finishers, led by Nigel Davidson who ran 51 minutes 50, which was the second fastest time ever recorded by a Strider. 25 years later, Nigel still places tenth in our all-time club rankings. He was followed by Steve Harman (3.06), Mike Meech (3.06), Ian Clough (3.32), Ron Carver (3.34), John Taylor (3.43), John Keen (3.44), Val Pinfield (3.58), Lynn Blackman (4.17) and Cecil Chisholm (4.17). Two future Striders ran for Surrey Beagles, with John McGilvray recording 2 hours 59 minutes 10 while Nigel Bongers ran 3 hours 16. This was the first year that Striders had not held a post-Marathon reception at City Link House (the post-race celebration was in the Blacksmiths Arms). For the first time, the club newsletter and press report had no reference to any competitors from the Cambridge or Halifax branches of Philips. Striders' newsletters had also changed their title from 'Philips City Striders AC Croydon Area Newsletter' to 'Philips City Striders AC Newsletter', indicating that the club could now be regarded as a 'Croydon' club rather than as a club for employees and ex-employees of Philips.

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

The main Surrey Track & Field Championships took place at Motspur Park on 17 May. For Croydon, Bolaji Odunsi won the 400 meters in 49.3 seconds, while Lynne Draper gained a double win in the women's 100 metres (11.9) and 200 metres (24.5). Donna Fraser won the under-15 200 metres (25.8), having earlier placed second in the 100 metres, behind club colleague Annabel Soper (12.6). One of Croydon's youngest medallists was future Strider Michelle Pierre who placed second in the under-13 100 metres (13.9) and 200 metres (28.2).

15 YEARS AGO: LOCAL ATHLETICS IN SPRING/SUMMER 1996

On 5 March Striders' leading male runner, Lee Morgan, set a personal best of 55 minutes 58 seconds in the Woking 10-mile road race, which lifted him to third place in the club's all-time rankings. Only one more Strider has subsequently beaten Lee's time, so he is still fourth in our all-time rankings.

The East Surrey League held its annual road race at Ewell on 9 April. The race was won by Paul Haywood of Boxhill Racers (21.44). The first Strider was Lee Morgan, who placed ninth in 23 minutes 17. Boxhill won the team race with Dorking second. Striders finished fifth, one place ahead of local rivals Croydon Harriers. Dorking won the league championship.

The tenth Croydon 10K, which had been postponed at short notice in October 1995, was held on 14 April. The winner was Stuart Major of South London Harriers in 31 minutes 39. The first over-40 was Francis Upcott of SLH, who placed fourth in 34 minutes 18. Former Strider Simon Morris was the first over-50, recording 36 minutes

02, which would have been a club over-50 record if he had retained his club membership.

The 16th London Marathon took place in unusually hot conditions on 21 April. Dionicio Ceron of Mexico won the race for the third successive year, recording exactly 2 hours 10 minutes. The first local runner was again former Croydon Harrier Gary Bishop, who still lived in West Croydon although he had changed clubs to Box Hill Racers. He placed 29th in 2 hours 23 minutes 59. Liz McColgan gained a popular win in the women's race, recording 2 hours 27 minutes 54.

1996 saw Striders enter a track and field league for the first time, competing in the Southwest London division of the Southern Veterans League. Striders' first match was at Kingsmeadow on 29 April. Striders' men made an excellent start, having the satisfaction of beating local rivals Croydon Harriers (who were of course an established track and field club) by just one point. Home club Kingston won the match with 228 points, themselves just one point ahead of second-placed Epsom. Dorking placed third with 173 points, while Striders' total of 125 saw them ahead of Harriers' 124. Sutton were sixth (101) with Redhill seventh and Crawley eighth. Striders' victory over Harriers was largely due to having better team spirit: spurred on by team captain John McGilvray, the club fielded athletes in most of the events whereas Harriers had several gaps. One particularly notable Striders performance came from Don Kayum, who set a club veterans' record of 12.8 seconds for the 100 metres despite having very little time to warm up. Unfortunately Don injured his hamstring in the process, and subsequently chose to steer clear of track races. Striders' women had a smaller team but still managed to finish fifth: none of Croydon Harriers' women managed to make the journey to Kingsmeadow.

The Surrey Championships took place at Kingsmeadow on 11 and 12 May. Among the Croydon winners was Michelle Pierre, who won the women's 400 metres in 53.9 seconds.

The second Southern Veterans League match of the season was at Croydon Arena on 13 May. Both Striders' men and women again had the satisfaction of beating local rivals Croydon Harriers. Striders' men placed fourth with 150 points, only 10 points behind third-placed Dorking.

The Surrey Veterans Championships were held at Tooting on 1 June. John McGilvray gained a double victory in the over-50 800 metres (2.27.4) and 1500 metres (4.57.4). In the over-55 category, Kevin Burnett won the shot (6.03) and javelin (21.68) and also took second place in the 100 metres (15.1), 200 metres (31.4), discus (21.07) and hammer (15.52).

The summer of 1996 saw the resolution of the long-running saga of the change of Striders' club name. The Surrey AAA had angered most Striders by refusing to accept the club's application to change the name from 'Philips City Striders' to 'Croydon Striders', on the grounds that it would cause confusion with local rivals Croydon Harriers. The problem was eventually solved by the diplomatic skills of Striders' chairman Nigel Davidson, who persuaded both the Surrey AAA committee and the Striders' membership that the club should be named 'Striders of Croydon' rather than 'Croydon Striders'. And that is how we got our rather distinctive name.

10 YEARS AGO: LOCAL ATHLETICS IN SPRING 2001

Several Striders competed in the Eastleigh 10 kilometre road race on 18 March. Tony Sheppard led us home in 34 minutes 28, and was followed by John Kirby (37.10) and Alan Dolton (37.51). John McGilvray finished strongly to set a club over-55 record of 37 minutes 55.

The 20th Croydon 10K took place on 8 April. Stuart Major of South London Harriers was again a convincing winner in 31 minutes 04. Second was Richard Shipway of Woodstock Harriers in 32 minutes 55. The first woman was Debbie Percival of Medway who placed ninth overall in 35 minutes 10. The first Strider to finish was Neil Furze who placed 14th in 36 minutes 32. Dave Shaw was 16th in a lifetime best 36 minutes 41, while Bob Ewen placed 21st in 37 minutes 09.



April 2001 saw what in my personal opinion is probably the highlight of Striders' history, when Mick Gambrill organised a club trip to Cape Town in South Africa for the very scenic (but very hilly) Two Oceans 56 kilometre ultra-marathon. Nine Striders made the trip, although only three were brave (or foolhardy) enough to tackle the 56 kilometre race: the other six settled for the half-marathon which was held in conjunction. Our first finisher in the 56 kilometre race was Jane Lansdown, while the other Striders to tackle the full distance were Mick and Barbara Gambrill. The severity of the course was shown by the fact that it took Jane more than four hours to reach the 26-mile mark. The trip was of course memorable for the sightseeing as well as the running. Probably the highlight was a day trip to Robben Island where Nelson Mandela was imprisoned for more than 25 years. Also memorable was a visit to a recreation of a traditional African village, some miles north of Cape Town, where we saw some fascinating displays of native African skills and of traditional Zulu dancing. Another lasting memory was the size of South African meals: it is no wonder that they produce so many second-row forwards !!



The 21st London Marathon was held on 22 April. Abdelkader El Mouaziz of Morocco won in 2 hours 07 minutes 11, while the first woman was Derartu Tulu of Ethiopia (2.23.57). Striders' first man home was Tony Sheppard who recorded 2 hours 55 minutes 03 seconds, finishing just ten seconds ahead of Dave Shaw. Oloff Van Zyl, who had moved to Edinburgh during the year, made his final appearance for Striders with 2 hours 59 minutes 01, while club chairman Nigel Davidson ran 3 hours 03 minutes 00. Our first woman home was Diane Ballard (now Diane Osborn) who ran a lifetime best 3 hours 22 minutes 07, while Kate Potter (now Kate Custis) ran 3 hours 24 minutes 06.

May 2001 was an important month for Striders, as we moved our headquarters from the old CASSAC building in the south-west corner of Lloyd Park to our current base at Sandilands. Newer members may take the changing and showering facilities at

Sandilands for granted, but they were a significant improvement on what we had endured at CASSAC (particularly for our women).

The first Southern Veterans League match of the season was at Kingsmeadow on 2 May. Our women finished fourth while our men were fifth. John McGilvray set two club over-55 records, recording 14.2 seconds for the 100 metres and 4.02 metres for the long jump. Linda Daniel and Lyn Simmons both showed excellent team spirit by competing in four different events.

The Surrey Championships were held at Croydon Arena on 12 and 13 May. Croydon's Jonathan McCallum gained an impressive win in the 800 metres, recording 1 minute 53.7.

The second Southern Veterans League match of the season was at Kingsmeadow on 14 May. Our women finished third while our men were fifth. Kate Potter won the women's discus and was second in both the 200 metres and 800 metres. Paula Bongers was second in the 3000 metres with Lyn Simmons second in the B race. For our men, Nigel Davidson was second in the triple jump with a club veterans' record of 9 metres 97.

The Surrey Veterans Championships were held at Kingsmeadow on 26 May. For Striders, Kevin Burnett set a club over-60 shot putt record of 6 metres 62, while Alan Dolton placed second in the over-40 1500 metres in 4 minutes 55.2.

FIVE YEARS AGO: LOCAL ATHLETICS IN SPRING 2006

On 11 March Striders placed third in the East Surrey League's annual road relay, at Boxhill. Matt Morgan gave us a good start, running the first leg of the 3500 metre course in 11 minutes 19 seconds, taking second place. Our other team members were John Foster (12.21), Chris Morton (12.36) and Pawel Bal (11.49). On the following day Bob Ewen produced an excellent run in the Brentwood Half-Marathon. He set a new club over-50 record of 1 hour 21 minutes 9 seconds, finishing 34th overall in a field of more than 1000. This broke the previous club record set by the late Tony Eve, which had stood since 1987. John Foster also ran well to record 1 hour 23 minutes 41, while in the women's race Faye Stammers ran well to record a personal best 1 hour 34 minutes 54.

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

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

The 30th Croydon 10K took place on 9 April. The winner was Iain Lockett of Herne Hill in 31 minutes 26. The first Strider was Justin Macenhill, who placed seventh in 34

minutes 23. The first over-50 was Bob Ewen, who placed 26th overall in a club over-50 record of 36 minutes 44. The first woman was Alice Lethbridge of Aldershot, who placed 40th overall in 38 minutes 16.

The East Surrey League held its annual road race at Ewell on 11 April. Striders finished fourth in the team event, ensuring us second place in the overall league table. Our leading runner was Justin Macenhill who placed fifth, covering the 4.2 mile course in 23 minutes 39 seconds. Matt Morgan also ran well for ninth place (24.39), with Paul Finch 13th (25.41). Chris Morton completed the scoring team with 21st place (26.27), closely followed by Mark Eardley (25th, 26.43) and Dave Batten (26th, 26.46). Epsom won the league with 46 points, ahead of Striders (37), Croydon Harriers (32) and Hercules-Wimbledon (30).

On 15 April Bob Ewen set another club over-50 record in the Maidenhead 10-mile road race, recording 61 minutes 28 seconds. (This record was beaten by John Foster in 2009.) Club colleague Matt Morgan also ran well to set a personal best of 59 minutes 42 seconds.

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

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

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

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DISCOUNTED RATES FOR STRIDERS OF CROYDON

Dates For Your Diary

Sunday 1st May – Sutton 10K, First Race in the Owen Trophy

Monday 2nd May – Greenwich Bike Ride, see Robin for details

Wednesday 18th May – First Club Handicap of the Summer

Wednesday 15th June – Second Club Handicap

Wednesday 13th July – Final Club Handicap

Sunday 24th July – Race for Life, Lloyd Park. **HELPERS WANTED!**

Sunday 25th September – Switchback 5

And Finally...

...a few more pictures from the Croydon Half

