

Striders of Croydon

Summer 2005 Magazine
Post Marathon Edition



Marathon Results April 2005

London

Scott Antony	2.53.18	Thomas Thrower	3.45.14	Matthew Batten	4.11.05
Justin Macenhill	2.54.36	Phil Mazur	3.45.24	Nick Kyritsis	4.24.50
Dave Shaw	3.09.59	Elliott Bance	3.45.27	Peter Shew	4.27.05
Damian Macenhill	3.10.34	John Scanlon	3.48.03	James Mason	4.29.28
Serena Stacey	3.17-18	John Humphries	3.53.35	Karen McDermott	4.37.35
Dave Goodall	3.40.19	Paul Weir	3.58.38	Liz Orange	5.04.05
Phil Richards	3.41.59	Peter Coats	4.05.52	Steve Tyler	5.06.30
Nik Allison	3.41.59	Dave Denton	4.08.55	Winsome Levy	5.25.57
				Lynn Nation	5.51.22

Rotterdam

Ian Campbell	3.11.52
Chris Morton	3.13.02
Tim Bett	3.17.37
Steve Smith	3.40.17
Tom Littlewood	3.56.54

Editor

It seems a long time ago now since the Marathons especially since this edition of the Newsletter is coming out nearly a month late. To compensate it will be less time until the next exciting edition! Thanks to all who have contributed and start thinking about your masterpiece for the next one.

Congratulations to all who entered the two main marathon events this year I think I have got everyone on the front page but apologies if I have missed someone.



Sadly John Keen's excellent Doncaster bid for the Olympics failed so we are going to have to make do with some wasteland in East London instead. It will be fascinating to see how this develops and what contribution Striders can make to the event. Tragic that the elation of the Olympic bid was followed by bombs. I sincerely hope that no Striders or their friends or family were anywhere near at the time.

The magazine continues as just that. Detailed information on recent events, the most up to date diary of future events, more pictures etc etc are all available on the Striders website at

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

Chairman's Corner

A groveling apology from your Chairman, he left his draft contribution at work before going on holiday. His excuse is the trials of starting a new job. To compensate here he is preparing to fall on his Javelin!



John, and the rest of the Club, did a lot to ensure the Race for Life on June 4th was a great success. It is difficult to do justice to the sight of 3000+ women running round Lloyd Park but the picture down the side gives an impression.



Some Marathon Experiences

Karen McDermott



When finishing London in 2004, I was asked as I crossed the line "Will you do this again?" and I very firmly responded "no way" but imagine my surprise to find myself at the start of London 2005 ready to do it all again. I have to say, that the training was fun, despite the Shrublands experience and I think all the "marathoners" really got into the "carling loading" element of the training. My aim was to finish under 4.31 but alas that just was not to be. I very nearly made my TV debut but definitely not in the manner I would have wished.... Even the dulcet tones of the striders supporters (thanks again) could not get my legs to go any faster. I finished in 4.37 and actually did have a smile on my face. I was asked again "Will you do this again" and of course I responded "probably"!

Peter Shew

The day started well enough when I met all my fellow Striders at East Croydon Station. I enjoyed the nervous chat on the train to London. On arrival, I got off with everyone else and walked up the stairs totally fixed to the conversation I was having at the time with Dave Shaw about his past Marathons. I was impressed so much I walked down the next platform with him only to be informed he was on the "Red Start" and I should have stayed on the platform we had originally alighted from!! I ran (sprinted) up and down back to platform 5 only to see the doors closing. I swear I saw Dave Goodall push the close button when he saw me coming but I am still waiting the CCTV footage to prove it!! I eventually got a train and even though my nose was squashed up against the window for the whole journey, arrived save and well and in plenty of time at Blackheath. My next mission was to find Dave G, Karen Mc, Liz and James Mason.

After walking around for what seemed like hours, I thought the best place to find Dave was hanging around the toilets as I know he likes to have one up the "Shrublands" on a Friday night!! After a short walk to the toilets, there he was with some excuse about waiting for Karen. They apologised for losing me but said they hung on for as long as possible. Of course you did Dave.

It was at this point I told everyone about the advice given in Marathon News. It claimed that if you poured a little drop of Peppermint Oil on your vest it would aid endurance if you gave it a sniff when required!! (check your magazines if you do not believe me). I poured more than enough drops on the bottom of my vest only to see Karen collapse with laughter as it now looked like I had p****d myself. The next bit of advice is for all you men out there. NEVER USE THE SAME HAND AS YOU HAD OIL



ON TO VASELINE YOUR PRIVATE PARTS!! I forgot the bottle said not to put oil on bare skin. After feeling like I had been kicked between the legs by an entire Army, I finally cooled down much to everyone's amusement.

The race went pretty well for me and after meeting up with John Humphries at Cutty Sark, I decided it would be suicide to try and keep with him. Next highlight was my eldest son Daniel (6) cheering me on at Surrey Quays. It was then great to see Chris Morton, Tom and the rest on the highway. I began to struggle a bit around 19 miles when I meet up with Nick the Greek. I felt a bit better when he told me he was also aching a bit, but then added it was his 68th Marathon and 4th in 5 weeks!! Other highlights included kissing Sally Gunnell on Tower Bridge and then

having a long chat along side "Eric Pollard" from Emmerdale who gave me great encouragement. Next I shook hands with Colin Jackson and the final memory was at Blackfriars Underpass. I decided to stop for a few minutes to do some stretching for the final assault on breaking 4hrs 30 for the first time. I leant against the wall and heard a voice from above shout "come on you lazy f*****g Strider, move your arse". I looked up and there to my amazement was Alan Purchase and Steve sitting on the wall above me. It did give me such a shock, but I would like to thank Alan for the encouragement he gave me to get going and achieve my goal which really helped. I crossed the line in 4hrs 27mins but just missed qualifying for the Elite Men's race next year. I said never again, but cannot wait to make it 5 London's in 2006. Finally, thanks to Karen Mc, Serena, Phil M, Dave G, Dave D, John H for the most enjoyable training runs I have had since I started running. I look forward to going through it all again (especially the snow in Whitstable) next year. It was all worth it just for the post run drink in the Builders and Indian the following Wednesday.

THE LONG ROAD TO 100 MARATHONS by Nick Kyritsis



I think the majority of the Striders know by now that my aim is to complete 100 marathons. At the time of writing this article I have successfully completed 71 and I have already selected the remaining 29, which will take me to the London Marathon 2007, pencilled in as my 100th.

To achieve my target, I need to run as many marathons as possible each year and I have been to some weird and wonderful places. I decided to share my views and opinions on various marathons with all the Striders and I put together a summary of all the ones I have completed in the last 10 months. I have included all the contact details and if any Striders or friends of Striders get inspired to run one of these events, the contact details will help.

I will write another article in the future, with information, views and opinions on international marathons I completed in the past (Boston, New York, Athens, Paris, etc.), as well as those, which sadly no longer exist (Polytechnic, Harrow, St. Albans, Masters and Maidens, Border, etc.).

I would like to go back to September 2004 when my total of completed marathons stood at 59. The first race of the new season was expected to be the **Robin Hood Marathon** (Nottingham), on Sunday 12 September 2004.

Unfortunately, business commitments took me to Beirut that particular weekend and the new season started badly by missing the race.

Robin Hood Marathon is the second biggest marathon event in UK and over 8000 runners compete in the Marathon and Half Marathon. It is an event I would strongly recommend to all the Striders and the 2005 edition marks the 25th Anniversary.

The hills come in the early part of the course and after 8 mile, the course is flat and fairly fast. From Victoria Embankment route takes the runners through Nottingham City Centre, Nottingham Castle, back to Trent River, past Nottingham Forest football ground, to the National Rowing Centre and back to Victoria Embankment and the finish area.

I have completed the Robin Hood five times and I have a nice collection of framed lace panels, which can be selected in preference to a medal. If you want to run on 11 September 2005, contact the organisers on 0208-9393215 or visit www.robinhoodmarathon.co.uk. I would certainly recommend it.

10th October 2004 – Kingston Marathon

My first marathon of the new season, but a sad day because this was the LAST Kingston Marathon. The organisers will continue with the Half-Marathon and 10 mile races but Sunday trading and traffic around Kingston has made it impossible to continue with the marathon event.

It is a lovely location (identical course to the Breakfast Run in March) and I always enjoyed running there. Any Striders interested in Half-Marathons or 10 miles should run Kingston. It is great! On the day, I had a nice steady run and finished without any injuries, in under four hours.

Marathon Number 60: 3 hours 56 mins 15 secs

www.humanrace.co.uk

17th October 2004 – Amsterdam Marathon

A lot has already been written about the Amsterdam Marathon in previous newsletters and it was great to see so many Striders there. Amsterdam is one of the best big-city marathons, easy to get to it and it is certainly well organised. Another steady run, no injuries so ready to move to the next one. I will be there again on 16 October 2005, (30th running of the race) and I hope to see many Striders in the city's Olympic Stadium where the race starts and finishes.

Marathon Number 61: 4:13:51 (net) – 4:18:51 (gross)

www.amsterdammarathon.nl

30th October 2004 – Beachy Head Marathon

(previously known as the Seven Sisters Marathon)



That was a tough one. The conditions were appalling (wet, windy, cold, muddy) but enjoyed every minute of it. The race starts and finishes in St. Bede's school in Eastbourne and the initial hills of the first 19 miles are followed 150 steps, the Seven Sisters (miles 19-22.5) and after a brief respite at Birling Gap, Beachy Head itself has to be conquered. If you want a P.B., don't bother, but for fun and games, this is the one. Make sure you apply early because places were limited. On the day, I had a good run and one of my best Beachy Head finishes.

Marathon Number 62: 4 hours 52 minutes

www.beachyheadmarathon.org.uk

7th November 2004 – Stevenage Marathon

This marathon is organised every 10 years!!! and I remember running it in 1994. A very boring course but fairly flat and traffic free and overall a low key affair. No point recommending it to anybody because you have to wait until 2014. I suppose you can apply early!!! On the day, my legs were very heavy from the three marathons in the previous three weeks but the main objective was to add another one to the total, which was achieved. It was interesting to meet 3-4 people who had run the first Stevenage Marathon in 1984. One of them in his seventies, told me that he wants to run a 10k race on his 100th birthday. Good luck to him.

Marathon Number 63: 4:34:48

www.fvspartans.org.uk

28th November 2004 – Milan Marathon

I love running in Italy because it is a beautiful country, the goody bags are very good, the weather tends to be very pleasant and there is no difficulty in finding pasta to carboload. The race starts from Milan Central Station built by Mussolini in the 1930s, and the finish is next to the magnificent Duomo Cathedral. It is quite flat, extremely well organised but the facilities at the finish are non-existent. If you ever decide to do it, book a hotel near Duomo and basically walk to your hotel from the finish.

A word of warning about Milan: keep an eye on the traffic. The side roads are closed. Police officers appear in all the junctions but do not be surprised to find cars cutting across the course and forcing runners to stop!!!

This is particularly true in the latter parts of the race when the runners return to Milan city centre and by then most Italian motorists are quite frustrated. I enjoyed the race and for any interested runners, the 2005 edition will be on Sunday 4 December.

Marathon Number 64: 4:24:22 (net) – 4:26:42 (gross)

www.gazzetta.it (click on Milan City Marathon)

6th March 2005 – Steyning Marathon

Dave Shaw must take the credit or the blame for my entry to this race. It is one of the most pleasant, multi-terrain/cross-country marathons and the scenery is stunning. The course rises to 550ft and there are many undulations to keep the runners busy. Steyning is near Shoreham by Sea and the course takes parts of South Downs Way and is not far from Devil's Dyke. Muddy paths at 150 ft, were followed by flooded sections at 250ft, ice at 400ft and areas covered by snow at 550ft. To complicate matters, the wind picked up significantly during the day and the temperature dipped to about 4-5 Celsius.

Bear all that in mind when I tell you that Dave Shaw ran the race in a Striders singlet while I was wearing my Helly Hansen and my windbreaker. Dave had a good run and finished in ninth place overall while I had a very pleasant run and I was happy to compete a fairly demanding course. It is a race I will definitely run again and the scenery alone is worth attending.

Marathon Number 65: 4:46:30

www.steyningac.org.uk

13th March 2005 – Rome Marathon



This has become my favourite Marathon. It is like a history lesson because the race starts and finishes by the magnificent Colosseum and the course covers all the key sights of Rome (The Forum, Spanish Steps, Piazza Venezia, Piazza Navarvo, Fontana di Trevi, etc.). A wonderful city, a perfectly organised race, excellent goody bag, a wonderful medal and very pleasant weather.

I cannot recommend the Rome Marathon enough but one has to be careful with the cobblestoned streets of Rome, which basically leave their mark on the ankles. Think of the cobblestones by Tower Bridge and imagine you run over them for 6-7 miles during a marathon. The rest of the course is on good surface roads and even though it is not a P.B. course, I always seem to have a good run there and I find myself having to slow down in order to protect the legs for future marathons. I went through halfway at 1:45, which is too fast when you plan a series of marathons, so I slowed down and settled for an enjoyable and respectable sub-four finish. A great day out.

Marathon number 66: 3:57:39 (net) – 3:58:16 (gross)

www.maratonadiroma.it

10th April – Rotterdam Marathon

This is a very popular big-city marathon and an ideal course for a P.B. I have been going to Rotterdam since 1997 and I always enjoy the hospitality and the race atmosphere generated by the Dutch people. The race starts and finishes in Coolsingel, which is in the heart of Rotterdam's business centre and there are numerous hotels in the area, which have special marathon deals. There is the option of a 10k race starting 15 minutes after the start of the marathon and runners' partners could be involved in that. My wife ran the 10k race, had time to go back to the hotel, shower, change and come back to the finish area to see me complete the marathon.

The marathon goes over the main Rotterdam bridges, goes past Ahoy Conference Centre, Feyenoord Football Stadium, back into Rotterdam centre and out towards a nice park and then back to Coolsingel.

Between 25k and 30k runners can see the leaders of the race going the opposite way having completed 40k of the

marathon distance. I had a steady run and I was on for a sub-four marathon but the legs got heavy.

It was great to see Chris, Tom and Steve at the airport the following day because I had no idea that other Striders were competing. It is certainly an event worth supporting.

Marathon Number 67: 4:04:18 (net) – 4:07:27 (gross)

www.rotterdammarathon.nl

Postscript: I was surprised to find that my name was missing from the results, published in the newspaper the following day. Having contacted the Rotterdam Marathon office, I was told that there was a problem with the timing chip, which failed to record my split at 5k. To my relief, I got the official certificate 3 weeks later, confirming my time and finish. Quite frankly, I do not worry about the times, I just wanted proof I completed the race, because I need a complete list of results when I declare the marathons to the 100 Marathon Club. It goes to show technology is not always perfect.

17th April 2005 – London Marathon

This was my 13th London Marathon and I must admit I was getting bored with it. How wrong can you be! What a day, what an atmosphere! Any Striders who have run the London Marathon before should be in a position to confirm that it was the noisiest atmosphere of the last few years.

From personal experience, I always felt that New York was the noisiest but London 2005 has taken top position by a long way. I have never run a race where noisy support was in evidence for the full 26.2 miles. It was incredible! The weather was brilliant and Paula Radcliffe's run warmed the crowds up. It was good to meet some of the Striders before and during the race and also the numerous Striders supporting us at different parts of the course. A nice steady run. I had the chance to chat to many friends along the way and finished without any injuries. On to the next one.

Marathon Number 68: 4:24:50 (gross)

24th April 2005 – Shakespeare Marathon

This event has become very popular and it includes a Half-Marathon option. The start and finish is in the heart of Stratford-upon-Avon, which is a very historic and beautiful town. The actual marathon course is not particularly exciting. It consists of two laps of a fairly predictable and boring countryside including a stretch of 2½ miles along the Stratford racecourse. There are a couple of hills which can catch the runners out, especially during the second lap. The race starts at 100pm (after the celebrations and parade to mark Shakespeare's birthday) and it is quite hard to plan what and when to eat. I had a pretty good run and I was even on target to break 4 hours but I had to be sensible and save the legs. Popular event but not one my favourites.

Marathon Number 69: 4:05:48

www.shakespearemarathon.org.uk

1st May 2005 – Three Forts Marathon

Ouch, that was tough. Forgetting the fact it was my sixth marathon in eight weeks, and fourth marathon in successive Sundays, that was a hell of a course. The total climbs add up to 3,500 feet and the race goes through Cissbury Rings, Devil's Dyke, Chactonbury and Steyning Bowl before returning to the start and finish area in Hill Barn, which is one mile north of Worthing. The weather was good, the scenery beautiful but some of the climbs were tough. To give you an idea, the climb to Cissbury Rings is 550 feet. I will certainly run it again.



Marathon Number 70: 4:48:32 (73rd place overall)

www.3fortsmarathon.org.uk

15th May 2005 – Halstead Marathon

This was my seventh marathon in 10 weeks and I must admit the legs started getting quite heavy. I ran the race with Phil Mazur who did particularly well and he completed the course in 3 hours 55 minutes with a heavy cold. I stuck to my 10 minute miling pace and I got round quite easily without injuries. I must admit Phil and I really enjoyed this race. It is run in a beautiful countryside around Essex/Suffolk border, is well organised and we were blessed with beautiful weather. It is a hilly course (11 climbs altogether), there are water stations every 2-2½ miles, excellent marshalling, mile markers throughout the course and a truly enjoyable day. Striders, go for this one, you would love it.

Marathon Number 71: 4:20:13

www.halsteadmarathon.co.uk

Looking ahead to the next few weeks, I plan to run the Windmill Marathon/Rottingdean on 10 July and the Fairlands Valley Marathon (Stevenage) on 17 July. I will include my views on these marathons in the next newsletter, which will also cover the Brussels Marathon, which I am running on 28 August, which marks the start of the new season.

People often ask me how I manage to survive so many marathons in a short period of time. Well, I can only mention what works for me:

I avoid speedwork sessions, because they invite injuries.

I do a lot of long, steady to slow, runs. Some Sundays I will even run for 5-5½ hours at a steady pace. I leave drinks in my car and I re-hydrate after each loop.

I eat a lot of carbohydrates and I am very careful with my general diet.

I stretch regularly on a daily basis.

I always have two days off running every week.

I stick to my plan during races and I place the emphasis on survival, not finishing times. I always set off to complete 10-minute miles (4 hours 20 minutes) and I decide during the race on the time to aim at. Do not get greedy.

We are all so lucky that we are healthy enough to compete, run, travel, meet people from all over the world and enjoy the sights and sounds of different cities, towns and villages, which contribute to the fun.

I have a wonderful family who always supported my efforts and I have loved every mile of every marathon I have run. I often think that trying to complete 100 marathons is not the reason I am running all over the world; it is the EXCUSE to enjoy, on a regular basis, the wonderful world of running in general and marathon running in particular.

Nick Kyritsis



The Rotterdam Experience

A long while ago, at the Strider's Christmas dinner, I found myself on a table with Tim Bett and Kerry Backshall. We were talking general striders gossip and how Tim was finding life in his new position in Holland. The draw was made for the Striders London Marathon places. My name wasn't even in the draw. I had applied not through general application but through work without success.

Nothing had come of that. I wasn't too disappointed. I would take it or leave it. All those months of training and early mornings. I could do without that. Tim then mentioned if we weren't doing the London Marathon perhaps we would like to do the Rotterdam also in April.

That bought about the usual Tom response "Yes, I'm up for that". A few e-mails later Kerry had thought better of it but Ian Campbell, Chris Morton and Steve Smith and I had entered. Let training commence!

We arrived on Friday evening and as there were only four of us from Croydon Tim very generously put us up in his house. This meant his three children Eleanor, Maddie and Nick were banished to one room for the three nights we were there.

As gales lashed the coast we spent Saturday morning checking the weather forecasts and sure enough the Dutch sites and the English sites on the internet were in complete disagreement. Rain and windy, dry with rain later. As it turned out both wrong, a bit windy in patches but dry.

Saturday was spent at the exhibition in Rotterdam to get our numbers and, it turned out top tips on what to have for breakfast on Marathon day morning from last year's winner Felix Limo. A really inspirational interview it turned out to be?!! Following that we just relaxed and were treated to an excellent pre race meal in the evening.

Race day. Having woken only once in the night through pre – race nerves I arose at the much more civilised hour of 7 o'clock for the 11 o'clock start. A train ride from Voorschoten into central Rotterdam to drop our bags off in the hall and before we knew it we were on the start line waiting for the gun to be sounded.

My pre- race plan, as much as I had of one, was to hang onto Steve as long as I possibly could and at all costs avoid the Carbo drinks during the race (bad experience at London 2002). But first, at the start we had to get our vocal chords warmed up with a rousing chorus of You'll Never Walk Alone. Steve and I attempted to then get everyone onto Glad All Over but failed abysmally.



Tom Littlewood

Then bang and we were off. Just under 2 minutes to get over the start line. Steve and I did manage to stay together until 25k. Up until that stage, we felt pretty comfortable. We got used to the measures being in kilometres instead of miles which, in some ways was better. They come round a bit quicker. However, I was having problems running with my pacer bracelet, having great difficulty seeing the splits without my glasses on.

We were through 10k in 48:56 and half way in 1h:44 which Steve said was a bit quick but neither of us did anything about it. At my peril! The kilometre markers flashed by in, what seemed, no time at all. Then, fully as expected it became a bit harder.

Steadily, around the 25 k point Steve was edging ahead. Edging became a five metre gap then 10 and so it grew. I knew he was gone at that time and I had to concentrate on my own race. 3h30 pace had gone a while back but I thought I still might be able to get 3h45. That was until that pacer comfortably cruised past me with about 4k to go.

I came back into the centre of Rotterdam walking at the drinks stations and rather struggling but, in 3h56 I had completed my 6th marathon and second under four hours.

The others were all safely returned and waiting for me at the baggage hall. There had been some problems for Steve after the running in that his hamstring went into spasm. Gladly a walk to the baggage hall calmed that down. Some very creditable performances with Ian the first strider home in 3h11 followed closely by Chris 3h13, Tim 3h17 (he who was supposed to have not had much time for training) and Steve in 3h40. In the excellent facilities there were full post race massage and showers which were very much appreciated although I didn't think much of a Dutch cup of tea.

We made our way back to Tim's house very contented with our runs. The hospitality continued with an excellent evening meal from Nell and we all steadily dozed in front of the US Masters Golf.

The next morning, after what seemed like five minutes to get down the stairs we said our farewells and were off to spend a few hours in Amsterdam before our flights home. We plumped for a leisurely boat tour through the canals.

Overall I would highly recommend this city marathon, not half as crowded as London. A few quiet patches but generally well supported and in the goody bag along with your tee shirt is a top Dutch cd which I'm sure ought to be released over her called Lucky Numbers. Look out for it in all bad record shops!

50 YEARS AGO:

ATHLETICS IN SPRING / SUMMER 1955

Alan Dolton

South London Harriers' leading distance runner, Gordon Pirie, had finished the 1954/55 cross-country season on a high note, with four successive wins, culminating in victories in both the Southern and National Cross-Country Championships. He continued this fine run of form in the 1955 track season. He won his first eleven races, and finished the season with 27 wins out of 35 races.

Pirie's first major win of 1955 was in the Southern six-mile championship, on 23 April, where he clocked a new championship record of 28 minutes 21.4 seconds, ahead of Ken Norris of Thames Valley Harriers. On 21 May, competing at the relatively unusual distance of 2000 metres, Pirie set a new British record of 5 minutes 9.8 seconds. Second in this race was Derek Ibbotson of Yorkshire, who was subsequently to succeed Roger Bannister as the British record-holder for the mile.

Pirie did not compete in the Surrey six-mile championship, which was held on 14 May at Walton. Jack Heywood of Herne Hill won in a championship record of 29 minutes 56.2 seconds.

The main Surrey Championships were held at Motspur Park on 4 June. Pirie chose to enter the mile, which he won in a championship record of 4 minutes 8.6 seconds. His club colleague Peter Driver placed second.

Pirie's first defeat of the year came in the Kinnaird Trophy on 18 June, when he chose to race at 800 metres, well below his best distance. He still recorded a creditable 1 minute 53.3 seconds, pacing second behind Derek Johnson of Woodford Green. Johnson had won the 800 metres at the British Empire Games (now known as the

Commonwealth Games) the previous year, and was subsequently to finish second at the distance in the 1956 Olympics.

Competing at Manchester on 22 June, Pirie won a three-mile race in a personal best of 13 minutes 29.8 seconds. On 6 July he competed in an invitation meeting at Croydon Arena. He again opted to race at the relatively unusual distance of 2000 metres, and won the race in a ground record of 5 minutes 10.0, only just failing to beat the British record which he had set earlier in the year.

The most prestigious inter-club competition in the South London area was the Brockman Trophy, which was held at Croydon Arena on 9 July. Pirie competed in the three miles and won in 14 minutes 16 seconds. The trophy was shared by Belgrave and Herne Hill. Both teams scored 68 points, well clear of South London Harriers who placed third with 47 points

However, Pirie suffered a significant defeat on 15 July, in the AAA six-mile championship at the White City track. On a very hot day, Pirie struggled to

stay in contact with Ken Norris and collapsed with a lap still to run, leaving Norris a clear winner in 29 minutes 00.6. Frank Sando (Aylesford) was second, just ahead of Jack Heywood who placed third in 29.31.8. Only six runners finished the race. It was the second successive year that Pirie had failed to finish this race (he had suffered a foot injury the previous year). He subsequently admitted that he had not drunk any liquid all day, and was found to be suffering from dehydration.

The AAA marathon championship was held a few days later at Reading, in such hot conditions that six runners had to be taken to hospital. The winner was the 40-year-old Bill McMinnis, a physical training instructor in the RAF.



20 YEARS AGO: ATHLETICS IN SUMMER 1985

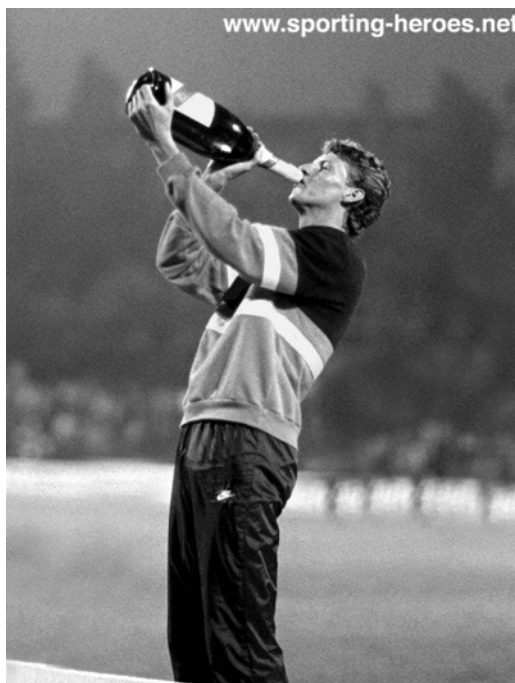
1985 was a quiet year for major competitions, but there were some notable new world records. On 16 July, at a meeting in Nice, Steve Cram set a world 1500 metre record of 3 minutes 29.67, becoming the first man to break 3 minutes 30 for the distance. Eleven days later, at the Bislett Games in Oslo, Cram set a new world mile record of 3 minutes 46.31. At the same meeting, Said Aouita set a new world 5000 metre record of 13 minutes 00.40, while Ingrid Kristiansen set a new women's 10000 metre record of 30 minutes 59.42 (becoming the first woman to break 31 minutes).

Apart from such invitational meetings, the main event for British athletes was the European Cup, held in Moscow in August. Britain placed third in the women's competition and fourth in the men's. There were four individual British winners. Tom McKean won the 800 metres (1.49.11); Steve Cram won the 1500 metres (3.43.7); John Herbert won the triple jump (17.39); and Zola Budd won the women's 3000 metres (8.35.22). Italy's Olympic champion Alberto Cova showed impressive finishing speed to gain a double win in the 5000 metres (14.05.45) and 10000 metres (28.51.46). Croydon Harriers' Judy Oakes placed fourth in the women's shot (17.96). The previous month she had retained the WAAA championship (17.57).

The European Junior Championships were held at Cottbus (Germany) in August. Britain's best event was the 110 metre hurdles, where Jon Ridgeon won (13.46) with Colin Jackson second (13.69). Among the other British winners were Ade Mafe in the 200 metres (20.54) and Roger Black in the 400 metres (45.36).

At club level, Birchfield Harriers (based in Birmingham) won Division One of the British League. Of our 'local' clubs, Blackheath placed sixth in Division One, Belgrave won Division Three, and Crawley won Division Five. Herne Hill and Epsom were relegated from Divisions Three and Four respectively. Stretford won Division One

of the UK Womens League. The only 'local' club in the league was Mitcham, who were relegated to Division Three. (They subsequently changed their name to Sutton in 1992.)



Croydon Harriers had a very successful season, winning Division One of the Southern League for the only time in their history. They won all six of their league matches, and went on to win the British League Qualifying Match at Luton in September, to regain the British League status which they had lost ten years earlier. Croydon's success was based on a very strong sprint squad and on the signing of decathlete Julian Hislop, who had previously been with local rivals South London Harriers. Twenty years later, only five of the Croydon team are still competing: Ian Wright (1500m), Gary Bishop (1500m), Ian Statter (steeplechase), Alan Dolton (5000m) and Chris King (hammer).

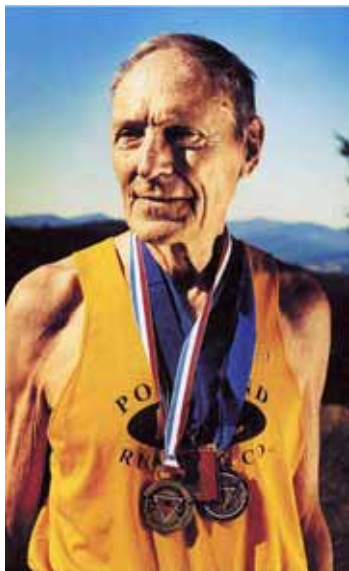
Croydon's women made it a double triumph for the club by winning Division One of the Southern Womens League, winning the first five of their six matches. However they narrowly failed to qualify for the UK Womens League, being beaten in the Qualifying Match by Chelmsford (who had finished bottom of UK Womens League Division Four).

A promising 15-year-old, Kelly Holmes of Tonbridge, won the Kent Under-17 800 metre championship. Her time of 2.13.1 placed her 12th in the national under-17 rankings. At the Southern Championships she opted to enter the 1500 metres, but failed to reach the final, placing fifth in her heat (4.41.4).

Croydon Harriers had found a very promising sprinter in 12-year-old Donna Fraser, who placed top of the national under-13 rankings at 100 metres (12.7) and 200 metres (25.7). Fifteen years later, Donna placed fourth in the Olympic 400 metres in Sydney.

An inspiration to all club members of more mature years

This is a brief abstract from an article in New Scientist a few weeks ago - Ed.



in 1980 John Keston, an actor and singing teacher, discovered he had dangerously high blood pressure. Eschewing medicines, he took up running. He was 55. A few months later he won his age group in a local 10-kilometre road race. In 1994 he became the oldest man to run a marathon in under 3 hours. He is now 80. After starting running at 55, he dominated his age groups for more than a decade and set many age records. He once set three world

records-10,000 metres, 1000 metres and the mile in a single meeting. In 2001, in his mid-70s, he was inducted into the USA Track & Field Masters Hall of Fame. He is a US citizen but was born in the UK

He tells his interviewer why age does not weary him....

I was active as a child, but not an athlete. I grew up in London. My family didn't have a car, so I would run two miles to school, then run home for lunch and back to school. At the start of the Second World War, when I was 15, I worked in a factory that made airplane cowings and

fuselages. On weekends friends and I would bicycle 80 miles on a round trip to Brighton.....

.....I won my age group in my first race, a 10-kilometre road race when I was 55.....when I was 59 I decided to train for the Twin Cities ... by the time of the race I was 60.... I ran it in 3 hours 23 minutes.....at the finish line I felt as though I could run another marathon right away.....my next marathon I ran 2:58:32,that gave me marathonitis..... My best was the Los Angeles marathon, which I ran in 2:52:38, when I was 63...

.....When you take up running you probably have seven or eight years during which you're building up training and experience. Younger runners can peak sooner, but older ones take that long to get to the point where they're putting in enough training to be good. During that time you get faster, even though you're older. I didn't become world class until I was in my 60s. Once you reach your peak speed, you can sustain it for maybe three or four years before you start to decline. But the decline doesn't mean that you're not still good - it's just an effect of ageing. I set more world records in my 70s than in my 60s.....the training pattern that works best for me is running every third day and walking about six miles on each of the other two. I also raced a lot, using the races as my speed work. And I lift weights, though I'm somewhat lazy about it.....when you get to be 73, that's when it starts to go down." ...At 77 I was the oldest runner to break 3 hours 20 minutes in the marathon. At 78 it was 3 hours 36 minutes, and at 79 it was 3 hours 43 minutes. ...

Found by Simon Smith in a recent Medical Journal

Rehydrating sports drinks are up to 30 times more erosive to teeth than water, according to researchers at the university of Birmingham. They found the drinks can dissolve tooth enamel and the hard dentine underneath, exposing the pulp. Researchers said sports drinks had high acidity levels designed to increase shelf life. They found that athletes' dry mouth meant that they did not produce enough saliva to regulate the acidity. The study involved a group of active participants who wore mouth protectors to protect their own teeth, with enamel samples mounted into the gum shields. Dr Asker Jeunkeendrup who was part of the research team said "There are two reasons why athletes are more at risk. The first is that when they exercise their saliva production is reduced. They get a drier mouth and that increases erosion. The second reason is that because athletes sweat a lot they lose a lot of fluid so drink more than most people.

The research team suggest that during and immediately after training athletes drink water or a weak solution of diluted fruit juice with a pinch of salt in it.

Lillian Board by John Keen

I know how she died. I know where and when she died. But, even after all these years, I do not know, nor can I comprehend, why Lillian Board died. She is my second of four heroes that I present to you. Perhaps you are too young to remember her so you may laugh at my suggestion that, had she not died of cancer at the age of 22, Lillian Board would have become one of the greatest ever athletes.

Take a list of attributes you need to become a top class athlete. Lillian Board had them all. Style, balance, speed, vision, determination. She came to my attention in the late 60s. My teenage hormones were just playing games when this easy on the eye blonde lady came into focus on the back pages and on our (black and white) tv screens. Running had a new hero, Britain had a new hero.

A British vest for sure but Lillian was in fact born in Durban, South Africa on December 13th 1948. As far as I can recall she came to east London with her family in 1950 as they resettled in the UK. Coached in the early days by her father George she became a member of London Olympiades at the age of 12 and her sprinting and long jumping prompted a short but brilliant career.

It is probably very wrong of me to encapsulate this career in just two races, and Lillian was much beyond that, but these two races were special, historic to those who care about the sport of athletics. They both involved the French athlete Colette Bessott. The first was at the Mexico City Olympics in 1968, the 400m final.

Lillian, despite only being 19 years of age was the favorite, the Golden Girl. Colette, two years older, was an unknown, thought of as lucky to be selected. And off the final bend the result looked forgone, Lillian ahead, Colette tailed off in fifth. But inch by inch the lead was cut. If you see the pictures of the finish it is clear that Lillian tied up, her head and body thrown back whilst Colette dipped to win the gold medal by one tenth of a second ahead of Lillian with Russian Natalia Pechonkina in third.

One tenth of a second? That's nothing! The following year the two were to meet again despite the fact that Lillian

had moved up in distance to 800m. Colette took the world record at 400m that year, 1969 but the fireworks came at the European Championships in Athens. First Colette was beaten by fellow French woman Nicole Duclos in the 400m by two hundredths of a second, Nicole also taking the world record in a time of 51.72 seconds. Lillian, meanwhile, took the 800m title by a country mile, one second, setting an Empire record of 2 mins 1.5 secs to beat Annelise Damm-Olesen of Denmark.

Two hundredths of a second? That's nothing! Britain has a sort of reputation when it comes to relay races. Give the



Brits a lost cause and all of a sudden you have a team of heroes. In the 4 x 400m the French lined up with lead off leg from Bernadette Martin, to gold medalist Nicole Duclos, to Eliane Jacq with Colette on the last leg. The Brits lead off was Rosemary Sterling, then Patricia Lowe to Janet Simpson and finally Lillian. The Brits didn't stand a chance.

It is, to put it mildly, sensational when world records are set. To have two world records set in the same race will surely never be repeated again. Both France and Great Britain finished in the exact same world record time, 3 mins 30.8 secs. The difference between this race and the losing 400m at the Mexico Olympics was in the last stride. Lillian dipped, not much but enough to win. Whenever I see this race replayed it still sends shivers

down my spine.

An Olympic silver, two European gold medals, an MBE, an appearance on the first ever Question of Sport on the BBC. Lillian Board had it all, she was a superstar at the start of 1970.

Alas, Lillian Board was dying of stomach cancer. Her last ever race was at the Crystal Palace that June.

When Lillian died in the Munich University hospital on 26th December she was surrounded by her family, father George, mother Francis and twin sister Irene.

There is very little mention of Lillian in this country yet they named a street after her in Germany. How quickly we forget our heroes.

CAST IRON, WATER TIGHT REASONS NOT TO RUN:

(or: Susan's Guide to Running Excuses Pt 1)

For reasons I don't quite understand, among some of my fellow committee members I have a reputation for being able to come up with some good (though often dubious) excuses for never actually running. As I know there are times when putting on your trainers and heading out the door is the last thing you want to do, I thought I'd share a selection with you. (Incidentally, for anyone who thought my "I'm taking my dog racing so can't do Race for Life" was just another line, I hope the article elsewhere in this newsletter will finally vindicate me).

Health:

1. I'm injured (**never** specify an injury, someone is bound to know how to cure it).
2. I've got a bad cold ('flu, if you are a bloke)
3. I've got terrible blisters (rest assured, no one will ask to see the evidence)
4. I've got a bone in my leg (by the time they've worked this one out, you'll be long gone)

The weather:

1. It's too hot
2. It's too cold
3. It's too windy
4. It's too icy
5. It's too wet

Hectic Life:

1. Work is just so busy at the moment, I can never get away on time.
2. I have to take the kids swimming/to Brownies/the vet (NB. only works if you actually HAVE kids)
3. I have to take the dog to the vet (I must have the sickest dog in Croydon)
4. I've got so much to do at home (works well on a Bank Holiday or near Christmas)
5. I have to pack
6. I'm going on holiday
7. I'll be on holiday
8. I'll be on my way back from holiday
9. I'm unpacking

Events

1. I did a really tough race, I need time to recover (it was the London Marathon in 1992)
2. I'm saving myself for my next race (the London Marathon in 2012)
3. I've got a hard training session planned (sometime in the next 6 weeks) so I just want to take it easy today.

Clothing

1. I need new trainers
2. My washing machine is broken, so I don't have any clean kit
3. I haven't bought any new summer kit yet (and I couldn't possibly be seen in last year's colours)
4. My socks keep giving me blisters (see "Health" above)

Gadgets

1. My stopwatch is broken
2. I forgot to charge my GPS
3. My heart rate monitor needs a new battery
4. I've lost my water bottle

Lame but better than nothing:

1. I'm really tired, I haven't slept well lately (because I've been out partying instead).
2. I'm too hungover (see 1 above)
3. I didn't put the clock forward so got up late (yes, I really have used this one)
4. I'm concentrating more on my other sports at the moment (eating, drinking, sleeping)

What You Tell Yourself:

1. I did a hard run yesterday, I can take it easy today
2. I'll go tomorrow
3. Missing one won't hurt.
4. I'll cross-train instead (walking to the pub is cross-training, right?)
5. There's beer in the fridge.
6. There's wine in the fridge

There's beer and wine in the fridge

Readers will know that Sue's other excuse for not running is that she is managed by Gordon the Greyhound and Club Mascot who has his own agenda.

In early June he raced in the dog equivalent of the Vets League and although he retired injured he came second overall in his class. – He is not however volunteering the information that there were only two in his class. As you see Gordon's day job along with Oliver Furze is modeling the club kit for Kevin.



STRIDERS OF CROYDON CLUB KIT

You may not be aware (especially new members to the club) of the range of running kit which is currently available to purchase at very reasonable prices from our club. Below is a list of all the items, together with prices, which you can obtain from our Kit Officer, Kevin Bannister.

Men's Club Vest	-	£12.50
Women's Club Vest	-	£12.50
Green Running Shorts (Unisex)	-	£10.50
White Coolmax Short Sleeved T Shirt	-	£12.00
White Coolmax Long Sleeved T Shirt	-	£15.00
White Cotton Long Sleeved T Shirt	-	£8.00
Black Tracksters	-	£17.00
Running Gloves	-	£7.00
Wooly Hat	-	£5.00
Green Sweatshirt	-	£16.00

All the above tops have the Club name printed on reverse. The tracksters have the Club name printed in yellow down one of the legs. The wooly hat has the Club name printed on the front of it.

If you wish to purchase any of our kit, then contact Kevin Bannister either by phone or email on the numbers listed below:-

Mobile - 07968 087830

Home - 020 8688 5085

Email:

Kevin@kbannister77.freeseve.co.uk



The Green Belt Relay



May saw the 10th running of the Green Belt Relay race with thirty four teams of 10 competing. Striders last entered a full team in 2002. But Tony Shephard and Gerry Crispie (*now an ex Strider*) and on one occasion Don Kayum have run it several times with other teams.

The relay is organized by Stragglers Running Club from Kingston-upon-Thames. The first running in 1995 saw eight teams of ten runners completing the 20 stage 206 mile relay race around London. The relay has grown in teams and distance over the last eleven years, with 2005 being the largest with 34 teams and 212 miles.

The race starts at Hampton Court and ends the first day in the pretty village of Blackmore in Essex, before returning back to Kingston on the second day. The course is renowned for its scenery and the places of interest it passes through. For more info see www.greenbeltrelay.org.uk.

This year Tony and Gerrie entered as part part of "The Millennium Group". One of the team was injured and they drafted in Irish

international athlete Sonia O'Sullivan. She finished first lady and third overall on the first stage, along the Thames to Staines Bridge (12.8 miles). She doubled up by also taking the last stage (9.5 miles from Walton Bridge to Ham) in a new record time of 49 minutes and 55 seconds, a full 32 seconds faster than the men's record, and the first ever overall stage win by a female.

As a result. The team managed to secure the Vets team prize for the third time, after wins in 2004 and 2002. T



This is a complex event to run in and support and for the last few years has clashed with other Striders activities. Next year it will be on w/e 20/21st May. Anyone interested in organizing /running in a Striders team? Ed

Some more serious? advice from Simon Smith

- Now that I am a vet 40 I am often asked by younger runners if I have any Karma type wisdoms I can give them about running. Here in no particular order are the rules of thumb that have kept me (relatively) fit over the years.
- .Always wear clean socks and put Vaseline on your toes at all times even in bed. It works – I never wake up with blisters.
- If you wear pants under your shorts change them daily. If you can't, beat them with a stick. We were taught this at an old Phillips City Striders training camp. Ron Carver once wore the same shreddies for so long that when he went to hit them they beat the crap out of him.
- If you get the trots then speed up and outrun them.
- Remember it is impossible to sneeze while remaining in control of your anal sphincter. If you have the trots pray you don't sneeze. I know, I was that soldier, 2004 Croydon 10K.
- If you get the trots really bad the only answer is 3 parts sand and one cement.
- Keep a log book (no reference to the above topic) It will give your children and grand children hours of entertainment.
- If you are running across a field and you see there is a bull in it wear C&A clothing and be bad at your job because you don't want to be outstanding in your field.
- And finally if you go running in a developing country (what's developed about us I would like to know with our WMDs, Lager louts and reality TV?) don't give the local population old T shirts or water bottles, try raising money to give them clean water or a health centre.

Track and Field Results

Reports by Kevin Burnett

The Rosenheim League

Match 1 Battersea Park 11th May

A Aronburg	100m 13.94	1500m 5.07.05
M Morgan	200m 27.9,	1500m 4.40.5
D Lancashire	400m 60.57	800m 2.12.03
C Morton	400m 71.51	800m 2.52.12
J Macenhill	800m 2.17.54	3000m 9.43 .92
K Burnett	Hammer 12.99	Discuss 15.64

We performed admirably on our debut in this mid week track and field league. With only 6 we were a little stretched and did not cover 3 of the events. As we expected the standard is "testing" for us in the league events but there is a non scoring competitors (both male and female) in all events to cater for all abilities.

Matt was our highest scorer with a 2nd in the 1500 and both Duncan and Justin placed 3rd in the 800 and 3000 respectively. We finished 5th of the 6 competitor clubs beating Herne Hill Harriers (a notable scalp) although it must be said they did not (surprisingly) compete in 7 out of the 12 scoring events.

Match 2 Tooting Bec May 25th

A Aronberg	100m 14.0	800m 2.25.9	1500m 5.02.4
M Morgan	200m 27.0	1500m 4.35.0	2000SC 6.58.7
C Morton	400m 72.8	3000m 11.14.5	HJ 0.90 LJ 3.17
S Shaw	3000m	13.20.5	
D Saw	3000m.	13.20.7	
K Burnett	Hammer 13.4	Jav 16.17	

Another fine sunny evening at Tooting Bec for our 2nd fixture where we finished 5th in the men's events.

Sophie competed well in the 3000m and this got the club off the mark in the womens competition. All the events are competitive but friendly so let us have some more of our female members taking part on behalf of the club.

We had 5 men competing who covered all of the 12 events. Matt was the most successful with a good 2nd position in the steeplechase and a 3rd in the 1500m. Chris our versatile team manager did 5 events including the relay to score valuable match points. Alex our 100m man also ran 3 other events. Dave ran a non scoring 3000m to encourage daughter Sophie in the women's comp.

In the league table the men are 5th with 4 points after two matches..

Match 3 – Not sure what happened to match3 Ed

Match 4 Tooting Bec June 22nd

A Aronberg	100m 13.9	200m 29.1	3000m 11:37.1
D Lancashire	400m 59.2	800m 2:09.6	3000m 10:01.4
Justin Macenhill	400m 56.4	Shot 6.97(n/s)	
Matt Morgan	1500m 4:36.4	400H 75.2	LJ 4.48
Tom Littlewood	3000m 12:00.5		
Chris Morton	LJ 3.58		
John Gannon	Shot 5.17	Jav 21.25(3)	
(Alex/Matt/Duncan/Justin)	4x200	1:51.8(3)	



Match Overall:

1 Croydon H 50.5; 2 Herne Hill H 48; 3 Serpentine 41; 4 South London H 34.5; 5 Striders of Croydon 34; 6 Hercules Wimbledon 24

Standings after four matches: 1 Croydon H 10.5 (198.5); 2 Serpentine 16 (186); 3 Herne Hill H 16 (170); 4 South London H 14.4 (156.5); 5 Hercules Wimbledon 10 (114); 6 Striders of Croydon 7 (115)

Women

Standings after four matches: 1 Serpentine 24 (90); 2 Croydon H 18.5 (38); 3 Herne Hill H 13.5 (33); 4 Hercules Wimbledon 4 (6); 5 Striders of Croydon 3 (4)

Rosenheim League club placing

Men	Croydon	HW	HHH	Serps	SLH	SoC
100m	5		6	3	4	4
200m	5	2	6	3	4	1
400m	4	3		6		5
800m	2	4	5	1	6	3
1500m	5	2	6	3	1	4
3000m	1	5	2	4	6	3
400m hurdles	5			6	3	4
Pole Vault	4.5		6		4.5	
Long Jump	4	2	6	5	3	1
Shot	5	6	2	4	3	1
Javelin	5		3	6		4
4x200m	5		6			4
Totals	50.5	24	48	41	34.5	34
Positions	1	6	2	3	4	5
Match Points	6	1	5	4	3	2
Match Points b/f	14.5	9	11	12	11.5	5
Total Points b/f	147	90	122	145	122	81
Current Totals	20.5 (198.5)	10 (114)	16 (170)	16 (186)	14.5 (156.5)	7 (115)
Current Positions	1	5	3	2	4	6

Women	Croydon	HW	HHH	Serps	SLH	SoC
200m			6	5		
800m				6		
Long Jump	4		6	5		
Javelin	5		4	6		
Totals	9		16	22		
Positions	3		2	1		
Match points	4		5	6		
Match Points b/f	14.5	4	8.5	18		3
Total Points b/f	31	6	17	68		4
Current Totals	18.5 (38)	4 (6)	13.5 (33)	24 (90)		3 (4)
Current Positions	2	4	3	1		5

Southern Counties Vets league

3rd May Crawley

N Riches 100m 14.8, 400m 64.4 Shot 7.43
 G Pullen 100m 17.2, 400m 84.4, 1500m 6.22.7,
 Shot 5.46, Hammer 11.77, LJ 3.19
 A Dolton 2000 m walk 14.32.5, 1500m 5.31.3,
 C Morton 200m walk 15.41.9, 400m 70.2, 1500m 5.20.2,
 D Hoben 2000m walk 13.27.8,
 M Meech 100m 18.9 400m 89.1

Our team of 6 did well did well to finish 5th in the women's and 4th in the mens competition. Michell did the 100m and 400m as her debut for us on the track to enable Striders to finish 5th. With the number of veteran ladies in the club we should be able to have more than one competitor in these fixtures.

Our five men covered most events. The highest points scoring was Dave who was 2nd in the O50 walk, both Alan and Chris were 3rd in the O40 category. They both also ran a respectable 1500m as did Graham in the O50 race. Ever reliable Graham also did 6 other events which enabled us to pip both Crawley and Croydon Harries for 4th place.

Neil, always enthusiastic, ran well in the 1000m and 400m as well as taking part in the shot.

All in all a good performance with 6 competitors.

6th June Ewell Court

C Morton 200m 32.8 800m 2.47.5 Javelin 16.78
 D Batten 800m 2.30.4 3000m 10.46.3
 I Campbell 3000m 10.42.7
 G Pullen Discus 14.41 TJ 7.44
 B Ewen 800m 2.32.5
 K Burnett Discus 22.29 200m 37.1 Javelin 19.31
 L Daniel LJ 3.19 200m 35.6 800m 3.05.7 Discus 13.23
 M Statham 3000m 11.46.9

Eight of us competed at Ewell Court where we finished 5th in both competitions. Linda did well taking part in 2 track and 2 field events with 800 her best effort. Maggie ran a good race to finish 3rd and first in her age category. We do need more support from our vet ladies so that we can challenge Dorking and Mole Valley and Croydon Harriers for a higher league placing.

Our 6 men covered most events but again with more members competing we could have finished 3rd or 4th. Our highest scoring was in the 3000m where Dave won the M50 race in 10.46.3. Ian finished 3rd in the race as well as 3rd M40. Dave had a previously run in the 800 as did Bob and Chris. Chris turns his hand to most things where there is a club need as witnessed in these fixtures as well as the Rosenheim League. Graham also fills in in those technical and less popular events like Triple Jump as well as officiating. We thank him for his continued support for us. Ian, Dave, Chris and Bob also finished the evening competing in the 4X400m relay.

Bear in mind when looking at performances that athletes have competed in several events in a short space of time and cannot always perform at their best.

Future Events

Amsterdam

A few of us have decided to make a return trip to Amsterdam this year, as we enjoyed it so much last year (yes, we do remember it).

We are flying out on Saturday 15th October on the 06:10 Easyjet flight from Gatwick, returning on either Sunday night or Monday afternoon. We're staying in the same hotel as last year, the NH Museum Quarter.

If anyone would like to join us please do. As we are all booked, you'll need to arrange your own travel & accommodation (speak to John Gannon nicely and he can probably add you to our booking or recommend another hotel).

You can enter all races online (use Google search for "Amsterdam Marathon").

Susan & Karen



Mexican Night

Tables have been booked at Conchitas in South Croydon for Saturday 13th August for 7.30 to avoid any late nights for those who are racing the next day.

It should be a good laugh, a few beers and a burrito - how can you turn that down! Watch out for a reminder from Serena nearer the time.

Serena



The Box Hill Bash - Sunday August 7th

As an alternative to the usual Sunday morning run this will be a run around and up Box Hill followed by a cool off in the pool at Dorking Leisure Centre and finishing with Sunday Lunch at a local pubs. The timetable will be:-

07:30 Leave Sandilands car park

08:15 meet at Whitehill carpark NT Car Park on Headley Lane between Mickleham and Headley.

8:30 10K 1st Leg run from Mickleham to Headley via Mickleham downs, Stane street, Headley Heath and back to the Car Park

9:45 6K 2nd Leg run up Juniper Bottom to the top of Box Hill, admire the view, the back down the downs via Burford.

10:30 Head for the smart new Dorking Leisure Centre to change, shower and leisurely swim. This is a public session so it will be more of a splash than a serious swim. There are swim lanes if you wish.

11:45 Head for the Watermill pub just outside Dorking below Box Hill for Lunch. -

To encourage as many of you as possible to join in this will be a mix and match event. You can choose to do the whole thing or just do the run, or join at 9:45 and just do the short run followed by a swim (or skip the swim and just use the facilities to change and shower) or even just join us for lunch.

Watch out for a much more detailed flyer in a week or so



Fixtures for July 2005 onwards

updated 28/06/2005

track & field Owen Trophy main events Sandilands Cup

<u>Date</u>	<u>Start Time</u>	<u>Venue</u>	<u>Name of Event</u>	<u>Distance</u>
2-Jul		Dorking	Midsummer Munro half	half marathon multiterrain
3-Jul		Wimbledon	Jim Braben memorial 10K	10K road
3-Jul		Wadhurst, East Sussex	Bowl Water 15	15 miles multiterrain
3-Jul		Cranleigh	Cranleigh 10K	10K road
4-Jul		Croydon	track & field	Vets Southern League
4-Jul	7:00 PM	Battersea Park	Sri chimnoy 2 miles	2 miles road
6-Jul	7:30 PM	Lloyd Park	Grass relay	3 x 2.5 miles xc
9-Jul		Croydon	track & field	Holland Sports – S League
9-Jul	8:00 AM	Battersea Park	Sri chimnoy 10K	10K road
10-Jul	10:00 AM	Crawley	Crawley 10K	Multiterrain
10-Jul	10:45 AM	Crystal Palace SC	Crystal Palace National Sports Centre 10K	road plus earlier junior races
10-Jul	8:00 AM	Brighton	Windmill walks and marathon	marathon & team events
11-Jul	7:00 PM	Battersea Park	Sri chimnoy 2 miles	2 miles road
13-Jul		Tooting Bec	track & field	Rosenheim League
13-Jul		Reigate	Reigate Priory summer 10K	10K road
16-Jul		Chipstead	Elmore 7	Owen Trophy
18-Jul	7:00 PM	Battersea Park	Sri chimnoy 2 miles	2 miles road
20-Jul	7:30 PM	Sandilands	Club Handicap	5 miles road
24-Jul		Walton-on-Thames	Elmbridge 10K	Owen Trophy
25-Jul	7:00 PM	Battersea Park	Sri chimnoy 2 miles	2 miles road
27-Jul		Tooting Bec	track & field	Rosenheim League
28-Jul		Regents Park	BBC 10K	10K road
28-Jul		Farthing Downs	Near As Damn It	about 10K xc
29-Jul	7:30 PM	Bushy Park, Teddington	Wedding Day 7K	multiterrain
30-Jul		Ashford, Kent	track & field	Holland Sports – S League
30-Jul	8:00 AM	Battersea Park	Sri chimnoy 10K	10K road
31-Jul	11:30 AM	Clayton, Sussex	Jack & Jill Challenge	5.5 miles multiterrain
1-Aug	7:00 PM	Battersea Park	Sri chimnoy 2 miles	2 miles road
8-Aug	7:00 PM	Battersea Park	Sri chimnoy 2 miles	2 miles road
14-Aug		Wimbledon	Wimbledon 5K	Owen Trophy
21-Aug		Farnham Common	Burnham Beeches half	half marathon road
28-Aug		Arundel	Arundel castle 10K	10K multiterrain
28-Aug		Colchester, Essex	Mersea Island 10	10 miles road
29-Aug		Barking, Essex	Barking Park 5K	5K road
29-Aug		East Hoathly, E Sx	Kings Head Canter 5K	5K road
4-Sep		Margate, Kent	Kent Coastal Half marathon	Owen trophy
4-Sep		Lingfield	Dry Hill 10	10 miles multiterrain
10-Sep		Wimbledon Park	Surrey Road Relays	teams of 4 or 6 x 2.6 miles
2-Oct		Wimbledon	Wimbledon 10	Owen Trophy
8-Oct	3:00 PM	Epsom Downs	Surrey League XC - div. 2 - men	Sandilands Cup
29-Oct	8:00 AM	Battersea Park	Sri chimnoy 10K	10K road
12-Nov	2:00 PM	Lloyd Park	South of Thames junior - 5 miles cross country	Sandilands Cup
19-Nov	3:00 PM	Richmond Park	Surrey League XC - div. 2 - men	Sandilands Cup
26-Nov		Parliament Hill	London xc championships	xc
17-Dec	2:00 PM	Wimbledon Common	South of Thames senior - 7.5 miles corss country	Sandilands Cup
7-Jan		Lloyd Park	Surrey xc championships	Sandilands Cup
14-Jan	2:30 PM	Lloyd Park	Surrey League XC - div. 2 - men	Sandilands Cup
28-Jan		Exmouth, Devon	Southern xc champs	xc
4-Feb	3:00 PM	Richmond Park	Surrey League XC - div. 2 - men	Sandilands Cup
11-Feb		Parliament Hill	National xc champs	Sandilands Cup