

# Striders of Croydon

Summer 2007 Magazine



# The Thoughts of Chairman Gannon

Welcome all to the Strider's Summer Newsletter! I would like to say that I hope that you are all enjoying running in the nice warm and sunny English summer! However I think of late most of my running (not that has been much) has resulted in finishing covered in mud and stuffing newspaper in my running shoes to dry them out! Makes the memory of the weather we experienced at the FLM back in April hard to believe.

My usual ramblings in the newsletter are about what has happened since the last edition and such items such as how the club membership is doing, which if you would like to know stands at an all time high of 176, but this time I thought I would just mention a couple of items that caught my interest recently and neither of them running related, well only a thin link to it at best!

The first one concerns your club treasurer and newsletter editor, Robin Jamieson, who along with fellow club member Peter Yarlet undertook to walk the entire route of the London Loop, which is a long distance path that goes around London, bit like a walker's M25! As this path is about 300 miles in length they wisely decided not to do it in one go but to slice it up in chunks that could be managed in a day. The two wise old lags then used public transport to get to the start of each stage and back from the finish to ensure that their footprints were eco-friendly! Although I think this option was a wee bit cheaper for Robin, armed with his new OAP Bus pass, than it was for Peter! I think this was a fantastic achievement and I'm full of admiration for both of them, if not a little envious that I was not with them as they made their way around our capital city. However if I had been there I think the similarly to the Last of the Summer Wine TV programme would have been to close for comfort! I feel sure that this would be a very good point for Robin to drop in one of the many photos that I dare say he has taken on his travels! This event was almost one of the last that Peter will attend as a full blown Strider as he and his lovely wife are moving to join another ex-Strider, Bob Pullen, in the Strider's outpost of Whitstable in Kent. I would like, on behalf of the club, wish them well in their move and new home. It was a pleasure to run with you Peter.

The other item I would like to mention is one that I took part in along a few other striders only just recently. This was a Cricket match that was organised between the club and colleagues from the Foreign Office of David Goodall. David, as most of you that have been with the club for more than the past year, will recall sadly died just over a year ago from lung Cancer at the young age of 49. It was during the wake of his funeral that the idea of this game was born and I'm happy to report that at out of a moment of great sadness an afternoon of joy and entertainment emerged that everyone that took part in really enjoyed! Goodall himself must have had a word with the powers to be upstairs because we were blessed with a beautiful sunny afternoon on the day of the game. The FO had turned up in full force and as only a few striders had turned up by the start of the game I, as captain by accident, won the toss and decided to bat. We opened with John Humphries and Michael Edwards (Pat's son) and as both were regular cricketers, well Michael was and John had the right gear, the rest of us though we would be safe for a few overs. You can then imagine our feelings, as both players were out for cheap shots. They were quickly following by Tom L and Steve the Ref leaving us at 23 runs for 4 wickets when your chairman joined the club secretary, Chris, at the crease. Of course we fully expected to quickly join our club mates but by a combination of sheer luck and a policy of only playing anything that looked like getting anywhere near the wicket, we managed to put together a partnership of 50 runs before we both retired on 18 overs of the 20 over match to let the remaining players have a bat. We eventually finished with figures of 83 for 6. After a break for liquid refreshment we took to the field with renewed hope only for it to be dashed as the FO's opening batsman begin to take our bowling apart. Although we did have some success, highlights of which were Chris's stunning full-length dive to take a superb catch and Phil Mazur's donkey drop of a ball that came down with snow on it to totally fool the poor batsman and take away his off-stump, the FO soon passed our total with 13 overs and for the loss of only 4 wickets.

Of course it was really one of those occasions that playing was more important than winning and I feel that we were just pleased that we were not fully trashed, especially as for most of us the last time we played Cricket would have been in the hallowed halls of learning! Both teams adjourned to the bar of course for yet more liquid refreshment and to enjoy a delightful buffet as we watched the club run leave at 7.30pm. A few more beers where drunk in memory of David while his wife, Di, made a short but moving speech where she presented one of DG's Cricket trophies to the man of the match, our very own Chris Morton! At the end of a memorial evening (and I could tell it was as even Steve behind the bar was smiling) we bid a fond farewell and vowed to repeat the same thing next year. When I hope a few more of you, perhaps spurred on by the photos of the evening that are on the club web site and perhaps in this newsletter, will join us.

So there we have it, a whole article with out the mention of running! Well okay not quite as I would just like to mention the fact we have our own race, Swtichback 5, coming up in a couple of months time on September 23rd. Our AGM will also be due at the end of that month so please starting thinking about who you feel should be club man & woman of the year. Finally a quick plug about our posh do at the Croydon Park Hotel on 6th October to celebrate our 25 years as a running club! Tickets, which are now sale at £30 each are going like hot cakes so don't delay in buying yours!!

Chairman Gannon

# 25YRS A STRIDER

## MY (Abbreviated) STORY

By Colin Golding



The Flora London Marathon 2007 is over. Reported, in the papers, as the hottest London Marathon ever!

The Gillette London Marathon 1983, according to my old running log, was overcast, cool and wet!!

On the Internets F.L.M. 2007 results, Striders had 30 finishers (congratulations to all).

Our first man home was Scott Antony in 2hrs 41mts (is that a club record?) and first woman Kerry Blackshell in 3hrs 27mts.

In the G.L.M. 1983, Striders had 17 finishers. Our first man home was Steve Owen in 3hrs 06mts and first woman Suzanne Eyre in 3hrs 37mts.

I've used these comparisons as a good way of starting my story. For as all good Striders know, The London Marathon 1983 brought about the birth of Striders!

So like David Tennant let me take you back in time, over 25yrs ago where the story begins.

For me, it probably began towards the end of 1980. I suddenly realized my weight had gotten out of hand and although I didn't weigh myself at the time, I was round about 14st. So with the support of my wife I went on a cut down diet. About 18months later I reached my goal of 12st 7lbs. This would bring us to about the end of August 1982.

At this time we lived in Fawcett Rd, Old Town, Croydon. I often use to see my next-door neighbour, Hugh Coppin, go off running with a friend (who later I was to learn was called Ron Carver!) Also at that time there was a big boom in jogging to keep fit, brought about by an American keep fit fanatic called Jim Fixx.

So once obtaining my goal weight my thoughts turned to, 'So what now?'

I immediately thought of Hugh and Jim Fixx and decided to start jogging! The hardest part of my start to jogging was actually donning a tee shirt, shorts and plimsoles (I didn't have any trainers then!) and go out into the Croydon streets to run!!! Because even then people would call out things like 'Keep those knees up!' and 'Can't you go any faster?' But out I went, just going round the block from where I lived for about 10mts and learning to ignore the jibes!

I sought advice from Hugh whose first tip was to purchase a good pair of trainers, for round about £20, a lot of money then! He also offered to do a few training sessions with me. My next thoughts were if I was going to spend that kind of money on trainers, I needed an incentive to keep up the new fitness regime.

Working for Philips Electronics in Croydon at the time, I came across a notice on the notice board (early September) asking if anyone was interested in forming a running club to gain entry to the London Marathon 1983. The contact name was a Michael (Mick) Meech working in the Cashiers Dept.

'Could this be the incentive I was looking for?' I thought. So at the first opportunity I went and introduced myself to Mick. After telling him I'd literally only just started running around the block I asked him if he thought it possible, a beginner like me, could run a Marathon 8

## 25<sup>th</sup> Anniversary Dinner

Another reminder that tickets are now on sale for the 25<sup>th</sup> Anniversary black tie Dinner and Dance at the Croydon Park Hotel on Saturday 6th October. The club will be subsidising tickets for the occasion, making the cost a very reasonable £30 per person for a three course dinner with wine and a live band.

Please come along and help us to make this event a very special celebration of our club and its achievements over the last 25 years. Partners and friends are, of course, invited along too. You might also like to provide us with a photo of what you looked like in 1982 (assuming you were around then) for our "Rogues Gallery" to be displayed on the night.

Tickets are limited and are available on a strictly first come, first served basis from Susan Haynes, or any of the Committee members (details on our website). Contact details for Susan are :

Susan Haynes  
107 Selsdon Park Road  
South Croydon  
CR2 8JJ

Tel: 07854 008397

e-mail:

[Susan.Haynes@bromley.gov.uk](mailto:Susan.Haynes@bromley.gov.uk)

months later? His enthusiastic response was of course 'Yes'. (Getting to know Mick later and becoming good friends, I realized that his passion and enthusiasm for running was such that he would have said yes regardless).

I also asked him for any tips on training. He replied I should start off with short distances three or four times a week and start increasing the distance gradually. He also suggested I start a running log, listing distance, time, conditions etc (This I have done ever since, although not in the same format).

So I told him I would be interested in helping to form a running club and enter the GLM 1983. He also told me of others who had said they would be interested, three of whom I knew. Steve Owen, Patrick (Pat) Burns and Shashi Dave.

When I heard this I decided to go and have a chat with Steve. I found out from him that he and some friends had been running together for some time. He said he had approached Croydon Harriers for some advice and they had been unhelpful. Due to this he had thought of starting up his own running club but had then seen Mick's notice!

After that we met up a few days later to start the ball/club rolling! An initial committee was formed; Chairman: Steve Owen, Vice Chairman: Pat Burns; Secretary: Mick Meech and yours truly Treasurer! We all agreed on a club name Philips (after the firm) City (part of the name of the building Philips occupied: City House) and Striders (for obvious reasons). Later we would be nicknamed Striders by most of our rivals. The club was also open for friends and relatives of Philips employees to join. Membership fee 50p!!!! It was then left to Mick to register us and affiliate to the various governing bodies.

So once committed it meant I had to knuckle down to some serious training. I started my running log on 19th Sept 1982. The first few weeks I was running three or four times a week, of between 1 to 3 miles. Hugh, my neighbour, told me of the Croydon Fun Run in October and said I should run it. He offered to run the route with me as a training session and this we did on 3rd Oct '82. I knew I was going to have to increase my mileage rapidly so put in some further training runs of 6 milers.

(Although I did run on my own I also trained with Hugh and Ron on weekends. I think as a club we also started Wednesday and Sunday training sessions, changing from cars in the car park in Lloyds Park. But not sure when as memory a bit foggy!!)

On Sunday 17th October 1982 I ran my first ever race The Croydon 5 (The Croydon Fun Run was then either a two lap 10 miler or one lap 5 miler). I completed the run in 42mts 40secs.

Somewhere between the club's first meetings and my first race we had to obtain our entry forms for the GLM. The entries would be submitted using the last Postal stamped, date/time, system (the current Computer generated selection would be in use after this). It meant queuing up outside the Post office overnight to make sure the entries were stamped early enough to guarantee an entry (6pm to 6am). One person could submit 6 entries each. In shifts of three we camped outside East Croydon Post Office to submit our entries. As only 16 Striders were entering I offered to put Hugh and Ron's entries through, thus making our 18 quota. Not sure of the date but think it was sometime in October? We learnt sometime in December that we had all been successful with our entries. Hugh said that as we had put his and Ron's entries in they ought to join the club. After the Croydon run I increased my weekly runs to 6milers and my weekend runs to 8,10 then 12milers ready for my next race The Hogs Back (11.25mils) on 18th Dec 82. This I completed in over 92mts. My increase in mileage continued in this vane ready for whatever races I entered in my Marathon build up.

The Tadworth 10 on 3rd January 1983 was my next



Guess Who?

I've always believed that if you put in the work, the results will come. I don't do things half-heartedly. Because I know if I do, then I can expect half-hearted results.

*Michael Jordan*

If you train hard, you'll not only be hard, you'll be hard to beat.

*Hershel Walker*

You play the way you practice.---

*William J. McMinn*

I don't think jogging is healthy, especially morning jogging. If morning joggers knew how tempting they looked to morning motorists, they would stay home and do sit-ups.

*Rita Rudner*

I think people can handle 150 to 200 miles a week. But something has to give somewhere. If he's a student, how's he going to study? He may be at the age of chasing and courtship, and that's an important form of sport and recreation, too.

*Bill Bowerman*

It's unnatural for people to run around the city streets unless they are thieves or victims. It makes people nervous to see someone running. I know that when I see someone running on my street, my instincts tell me to let the dog go after him.

*Mike Royko*

If you start to feel good during an ultra, don't worry you will get over it.

*Gene Thibeault*

If God invented marathons to keep people from doing anything more stupid, the triathlon must have taken Him completely by surprise.

*P.Z. Pearce*

race. For this Hugh offered to pace me round. Something I will always be grateful for, as I believe that is how I learnt to pace my races (Most of the time anyway!!). All the way round he kept me in check and I achieved my goal (75mts) in 74mts 58sec!

Then there were the Mitcham 25km on 23rd January in 2hrs 6mts. The Woking 10 on 27th January in 69mts 33secs. The Beckenham Half Marathon on 6th March in 97mts 34secs. The Worthing 20 on 13th March in 2hrs 36mts 34secs and the Roding Valley Half Marathon on 20th March in 99mts 33secs.

All through my training runs and races my logbook says of my condition when finished, Tired, Very Tired or KNACKERED!!!! (The odd Good or Tired but Elated appears now and then!)

With no club colours decided this point, Philips offered to sponsor the club with new kit to run the Marathon. The committee chose Light Blue Ron Hill running vests with a mesh midriff and Dark Blue Le Coque shorts. A logo in dark blue was printed on the vests, over the left breast, which read "Philips City Striders London Marathon '83".



Mick Meech, Shashi Dave, Ron Carver, Steve Owen, Colin Golding, Myles Mayne  
Suzanne Eyre Sandra Owen  
Roger Dale Patrick Byrnes

complimented my kit with Sauconey running shoes.

(Later we would choose the red, white and blue colours for the club strip and Steve's friend Rob Pinfield would design the clubs logo, a running man, using the initials of the club, PCS, to form the figure. I thought it was a brilliant design.)

We were also sponsored by Air Mauritius. They supplied us with yellow Ron Hill running vests and Air Mauritius bags. For this we allowed them to use the clubs runners as a way of collecting sponsorship money for charity.

On the eve of the Marathon, Striders arranged a pasta party at Selhurst Park. This was something I had forgotten about until Mick reminded me!! We also arranged for a mini -bus to drive us up to Greenwich Park on the morning of the Marathon and collect us afterwards for a post party to celebrate, again at Selhurst Park.

So the big day dawned on Sunday 17th April 1983. All the hard work training aimed for this big day. I think all of us in the mini-bus that morning were excited and nervous at the same time! Being newcomers to the Marathon most of us would be starting in Greenwich Park. Hugh and Ron having already run the London would start on Blackheath.

Mick and I had already agreed to run together and support each other round. When the start eventually began, we were just inside the gates in Greenwich Park so it took us about 4 or 5mts to actually cross the start line. Our aim was to run 8mt miles and try for a 3hr 30mt finish.

The Marathon's two starts merge at around the 3.5ml mark with barriers separating the runners for a short distance. On the left hand side of the road were the Greenwich runners and on the right Blackheath. You can imagine our surprise when we saw Hugh and Ron on their side of the barriers. At the first opportunity we ran up behind them and said "Hello". However they were moving a little too fast for us and we let them move ahead eventually losing sight of them.

## Mazur's Tips for Beginners

Wear spandex shorts under your regular running shorts so you don't chafe "down there", and you look more manly.

Ladies, do not skimp on a bra. Even if it costs more than your shoes it's still a bargain and stops you blinding yourself.

Buy running clothes you look good in, and that will motivate others to run faster, just like I do.

Remember to say "Thank You!" to race volunteers (e.g. when you get that cup of water at the aid station and it hits them when you throw it away half-full).

On really hot Marathons remember to throw as much water away as you can.; this prevents people behind you from hydrating, therefore they are too ill to pass you and you beat them!

Don't carry loose change. It will annoy those who are running with you, especially if you throw it at them.

Each pound you lose makes running a little easier. Each tenner given to me will make you faster ( I can even sell you a variety of running schedules, I nicked from some bloke on ebay!)

More later.....

Mick and I kept up our pace until, somewhere around the half way stage, we became separated at a water station. Looking forward and behind I could not see him. So I plodded on regardless hoping that I would find him or vice versa! Unfortunately as it turned out we never did. At the 20mile stage, the furthest distance I had run in training, I started to walk and jog for the rest of the race. And then finally I was in the Mall and running up towards Buckingham Palace. It was nearly over, turning into Birdcage Walk I hoped my family and friends would be there to cheer me on. Sure enough they were, cheering so loudly I felt like I'd won. There was a small climb onto Westminster Bridge and over the finishing line in 3hrs 42mts 53secs. My first thought was "Never again", however I went on to run another twelve!!

Over the next couple of years I just plodded on, not really making any progress and picking up the first of my many different injuries along the way. Until finally I collapsed at work (after being out for a run) caused by overdoing it and stress!!

That was the turning point, I was so depressed and downhearted about my running I was going to give it up. But in stepped Mick, he said if I followed his schedules he would coach me. Fair enough I thought, I might as well give it a try and slowly but surely the improvements began to happen. To be honest I think Mick had more faith in my ability than I did. The realization that I could do it was during the Hogs Back (11.25mils?) race in December 1986. I thought the target Mick had set me was too fast but when I looked at my watch at 10mils I was surprised how close I was to the target! My finishing time was 68mts 40 something (misplaced my log for 1986). Rob Pinfield (2nd fastest after Steve Owen in the club) had finished ahead of me in about 68mts 25!!!! The following year Rob didn't run it but I equaled his time!

The club also began to grow, membership increasing and decreasing before and after The London Marathon! I think the average membership was always around the 50 mark?

We also stopped changing in the car park in Lloyds Park and became affiliated with CAASAC. Their clubhouse was attached to the side of the council building in same said car park!!!!

Mick also had contacts with Hailsham Harriers. Their coach was a good friend of his, Derek Wells. Derek was an Olympic athlete from the 1952 games. So Striders often competed in mob matches with them and although we never won we always had good fun. Another time we competed against them were in the Forbanks Relays (are they still being run?)



Final view of the old club house before it is demolished.

The club also began to compete in the cross-country season, although Steve wasn't keen on us entering as he thought we would be humbled! However we finished half way up the leader board on our first outing, which not only surprised him but us!!

I've had a lot of highs and lows during my 25yrs membership with the club and here are just a few of them,

HIGH: Being honored to become a lifetime member \*\*

LOW: Changing of the club colours.

HIGH: Winning the Hailsham Fun Run in 1990. Also breaking 5mts for the mile at Battersea Park in the same year.

LOW: My disastrous run in The Dublin City Marathon in 1986. My third and slowest Marathon!!

\*\* (My only disappointment, as the 20yr Lifetime membership decision was an historical moment in the clubs history, it's a shame no Congratulations letter was sent out. Or is that just me?).

And so there you have it the birth of Striders and my running career.

So finally I'd also like to take this opportunity to thank the following people,  
Hugh Coppin for teaching me to pace myself in races.

Mick Meech, for believing in me and helping me to believe in myself.

John Keen for trying to coach me while he lived in Doncaster.

Dave Langley for his effort and support in trying to coach me to run sub 3hr Marathons (I'm sorry I let him down on both occasions).

Nigel Davidson and John McGilvary for the enjoyable track sessions of 400 and then 800meter sets.

**Hope you have managed to stay reading to the end and I haven't sent you all off to sleep. See you at the 25yr Dinner Dance and possible a 25yr celebratory run?**

**Cheers Colin**

# Marathon Reports

## Liz May - Paris 15th April

April in Paris has always sounded very romantic.... It was really great to be back in my "hometown"...., the weather was lovely, we (my son Tomas and I) had a few quiet days but not so quiet nights: as it was so hot, people were spending a lot of time outdoors, spilling out from the cafes onto the pavements and chatting loudly into the early hours, waiting for a bit of cooler air...not the ideal quiet night before a marathon!

Our usually quiet little corner of Montmartre was very much alive day and night. I had not quite anticipated the difference it makes to the marathon morning if you are not at home and try to get a breakfast of some sort at...5.30 am (that is what Tomas wanted!!!! shock, horror..).

Then we were making our way to the departure, there was such a buzz on the metro, as there is only one starting point. The runners are very different from London: only a handful of people dressed up, including a man "dressed" as the Eiffel Tower but there was a good atmosphere among the runners, with a fair number of foreigners. Queuing for the loo was a real sport, as there were only 4 loos per pen.

Then off we went. I'll never forget running down the Champs Elysees, it was such a sight, and then Place de la Concorde and down the Rue de Rivoli. etc What sights for the eyes to feast on!! I really enjoyed the Bois de Vincennes too, but on the way back along the River Seine, the underpasses were a pain. IT was hot hot hot, despite the early start (8am English time) and water was very scarce at the first water stations, but plenty of oranges, bananas etc.....and even various wines later on in the BOis de Boulogne... I was tempted but thought it might not be such a good idea and abstained. I was mightily relieved to cross the finishing line. A PW, but never mind...A great place to run, although the crowd support is nothing like London. There were some great bands too. All in all a very memorable day, and yes, I think I'd like to have another go at it.

## Steve Tyler - London 24<sup>th</sup> April

It is Sunday evening as I start typing this rubbish. It is pleasantly cool unlike earlier in the day when like many, I was emasculated by perspiration. For those who don't understand that euphemistic phraseology, I sweated my nuts off. If any of the ladies can suggest something appropriate for the distaff side of the human race, please feel free to advise.

Training, as with many participants, involved the various long-distance runs on Sunday mornings throughout the South-East, starting with tens through halves to a succession of twenties plus Wednesday club runs. For me, work affected midweek running but there was refereeing on Saturday afternoons as well.

Carbo loading in the days leading up to 22nd April, no running or football and up at six to the alarm on the Sunday morning. It was evident that Michael Fish had nothing to do with the forecasting as it was uncannily accurate – the hottest of the twenty-seven London's thus far. As per normal, I drove up to Waterloo Station where street parking was free as it was the Sabbath. A gentle stroll round to Waterloo East where the crowds on the platform were heavier than I have seen hitherto.

For future reference, always go to the front of the train – you have more chance of a seat than at the rear where the lemmings await its arrival. For what it's worth, it is also closer to the exit stairway at Greenwich! A visit to Greenwich nick for the usual



preparations and a greeting by the canteen lady (who hadn't seen me since last year) "Oh, I see you're running again!" Clearly a candidate for the CID.

A stroll up the hill having carried out all preparations (changing, downloading, greasing up, last minute nibbles) and chucking my bag on the baggage van. It was already unseasonably and unreasonably hot. It was to get worse, much worse!

Out the gates to the start and off again for my fifteenth LM. There was no air but despite this, early on I was pressing ahead quite nicely. But it wasn't to last.

Up to Cutty Sark, I was doing okay but the heat started taking its toll around Tower Bridge where apparently, for the first time in my eighteen marathons, I was shown on the box.

Not that they intended to show me – there was someone next to me in a fancy costume and I saw the camera mounted on a gantry turn towards him – so I ran in front on the off chance! Now the stamina disappeared and it became a struggle with running and walking. I did take on water and Lucozade – caps on to drink when I wanted to and to carry between feeding stations instead of taking a couple of swigs and throwing them away.

It got harder as the run progressed – too much heat, no strength. There were numerous people receiving treatment for heat exhaustion from early on. I knew that I was struggling and my aim - instead of 4.30/4.45 - became to just finish come what may and to hell with the time. To be honest, I did care about the time but there was bugger all that I could do about it!

A fast walk saw me overtaking and overtaken as the miles passed oh so slowly by – the description shagged doesn't really do the emotions justice as the sun beat down on the route.

Eventually Blackfriars Tunnel and the long sweep round the embankment with the Houses of Parliament in the distance and taking its habitual age to arrive at that stage of the race. A look up at the new Hungerford bridge and the Striders banner with Michelle Meech peering (I'm glad I remembered the r!) over the runners from up high.

At that point you know – barring catastrophe – you will finish and strangely that puts strength back into the legs. I know it's psychological but it's nevertheless true.

The mental strength on the approach to Big Ben (St Stephen's Tower to be pedantic) and to play a silly police game which is usually done on probationers. "Anyone got the time please?" and when someone falls for it, grinning and pointing to the clock itself. Followed by them grinning and realising that this silly sod has got one over one them.

And then the finale running into Birdcage Walk and The Mall. Pleased to have finished, pig sick about the time. Off to the South African Embassy for photos and a nibble before struggling to the aforementioned Hungerford Bridge expecting to see the Striders helpers. Nope – they'd gone home. Perhaps they'd heard the Chelsea result at that stage!

Food, bath, Builders and back home to pen this. Beauty sleep (I am deeply in the red on that score) and ready to work for a 7 am start. And as a (sore) footnote, Monday morning was ideal marathon weather, nice and cool Roll on Edinburgh in May.

Underground, Overground, Wombling Free,  
The Bobby of Striders of Croydon is he..  
Being a nuisance to those left behind ,  
Runners that the everyday folks leave  
behind.

Uncle Tyler

He can remember the days when he wasn't  
the last result in The Times,  
With his Warrant Card.

Stephen is organized, works in a team.  
Tyler is tidy and Tyler is clean.  
Underground, Overground, wombling free,  
The Bobby of Striders of Croydon is he..

People don't notice him , they never see,  
Under their noses young Tyler may be.  
He wombles by night and he wombles by  
day,  
Looking for miscreants to trundle away.

He's so incredibly, utterly devious  
Making the most of everything.  
Even bottles and tins.  
Pick up the pieces and make them into  
something new,  
Like a fluorescent running jacket for you





## Steve Tyler - Edinburgh 27<sup>th</sup> May

When will the stupidity end? First London and then five weeks later Edinburgh! The Whitsun Bank Holiday (Whittrain?) was a much more low key event than the only two that I have previously run – London and New York – but nevertheless perversely enjoyable.

A nine o'clock city centre start before going to the suburbs and beyond before returning for a grandstand finish at Musselburgh racecourse.

This year saw a new course – it had previously been much hillier - but nevertheless Ian ??? did a PB there last year in heat akin to this year's London. But a bank holiday weekend is not replete with some wind and rain and that was how the race day began – it was hammering down on my walk from the city centre hotel to the baggage lorries, apparently just like for the plastic cup!

The drains couldn't cope with the cloudburst and huge puddles were everywhere and shelter at a premium in what was a confined city-centre area. The start is more picturesque than London – in the city centre. Princes Street is a wide thoroughfare with shops on one side and a vast garden in a dip with the Castle and associated buildings high up in the background.

To compare size with London, there were but four baggage lorries as opposed to ten times that number. And, as well as the main race (run in my case), what is called the "Hairy Haggis Relay" where teams of four compete with three handovers during the event.

Nine o'clock and the start saw the masses heading eastwards to the sound of bagpipes and as I filed past the start on the wrong side of the barrier to the turning point, I saw a certain Justin Macenhill being one of the first runners over the line. It was to be over six minutes before I reached that point which effectively ended my chance of beating him!

Flat for the first five hundred yards and then a steady incline (where I saw the terrible twins Gert and Daisy (Serena and Karen) wrapped up to ward off the worst of the weather and ipso facto there was a good chance that Damien would also be running although I didn't see him) to the course's highest point and then a gradual downhill and a sharp right under the railway. Past the Scottish Parliament on the right (it looked like the entry to a theme park) and Holyrood on the left, we headed past Arthur's Seat, by Meadowbank Stadium with its towering floodlight pylons and towards the coast.

A right turn on the seafront and an eastwards view along the coast of the Firth of Forth, the wind sometimes not sure which direction it wanted to blow and sending wild sea horses scurrying across the estuary. Definitely not a day for this landlubber to even contemplate taking a boat trip – fortunately, I'd done that the previous day when the waters were much smoother.

For veterans of London, imagine the bend on the Thames from Blackfriars to the Houses of Parliament – around two miles and the time it takes mere mortals to traverse that arc. Shrouded in a rain haze eight miles in the distance was the concrete blot on the landscape of the Cockenzie power station which I remembered having read about in the blurb and on the web. And above and behind, evil looking dark clouds ready to drop their load without fear or favour on runners and spectators alike.

Through various coastal villages, crowds sparse but cheering on "Big Nose" to Musselburgh Race Course and the first relay changeover. Disconcerting as those fresh runners with but a short distance to complete went zipping past. And from this point onwards, it was an out and back course, the leading runners would for the most part be passing the other way in the not too distant future.

Further along towards that soulless square edifice creeping all too slowly towards me and then suddenly the lead vehicle coming in the opposite direction with a blue-arsed fly in pursuit. I'd seen more fat on a chip – not that people would say that about me! A quick check of his number showed him to be part of a relay team – not someone who was doing the full monty!



Around half-way, the two courses briefly diverged after the first eight of the “proper” race leaders had gone by and during that period our own JM must have passed by as I didn’t see him. And then out into the Scottish countryside pushing through what was effectively a gorse and tree lined coastal road up towards Gosford House, an imposing stately home. A U turn just past the main gate, a lap round the grounds and then back towards Musselbrough. The undulations on that road appeared less on the way back for some obscure reason.

There were still runners coming the other way – more sparse than when I had passed in that direction a short while before. All shapes, sizes and ages. Glancing across the water towards Auld Reekie, the Forth Rail Bridge was on the horizon, slightly shrouded in cloud but nevertheless visible. The various harbour walls - sheltering their fleets of fishing boats which were rocking relatively gently - were holding back the seahorses as they were pummelled by mother nature, spume occasionally splattering those competing.

As the mile markers passed, fatigue set in and the lack of real preparation since London showed. Quads aching, slight dehydration (although I was never without a bottle of water in my hand throughout the event) I pushed onwards – the aberration of over 5.28 in April uppermost in my mind. Sub five was on – nothing to boast about I grant you but a target nevertheless – and eventually Musselburgh came into view. An S bend into the course itself and a Grandstand finish over half an hour better than five weeks previously.

A shout from the crowd confused me. Steve. Who? One of the Tanners Marathon regulars also had also run it – well under 3.30 (TM - first Sunday in July for the uninitiated – 10, 20 and 30 mile options – silly name optional (Dan Gleables this year)).

And that was it, collect medal, kit bag and change into something dry before a tasty cheeseburger and onions before finding the Edinburgh bus for suitcase and plane. Edinburgh’s weather at that point? It was sunny when I flew out unlike Gatwick where it was piddling and I got soaked collecting my car from you know where.

Would I do it again? Yes is the unequivocal answer – if people were interested, we could have individuals doing the full monty and the not-so-daft forming relay teams followed by a good piss-up!! The latter option would doubtless meet the approval of many members without the run thrown in to spoil matters!

Time wise, Justin ran 2.48.53 (21) and Damien 3.23.23 (391). As for Muggins, not far behind on 4.55.04 (2988)!



## Training Centre

Some more links spotted by Phil

a fitness training programme for the Neanderthals in the club

<http://www.cavemanpower.com/fitness/programs/>

Every weight lifting exercise you could ever think of

<http://thetrainingstationinc.com/exercises.html>

# Track and field - Race Reports

## Kevin Burnett

### Southern Counties Vets

#### 30<sup>th</sup> April Kingston

D Lovell	100m 14.0	400m 66.9
D Batten	100m 14.3	400m 65.7
G Pennells	400m 64.9	1500m 5.12.3
A Dolton	1500m 5.16.9	2000 walk 14.36.3
B Ewen	1500m 5.15.6	
M turner	1500m 5.40.9	2000 walk 13.01.9
D Hoben	2000 walk 13.28.9	
K Burnett	Hammer 15.45	

Eight of us competed at Kingston in the first vets league fixture of the season finishing 5<sup>th</sup> (what a surprise).

We again had no women competitors. Bob gave us our only win with a good run in the 1500m. Geoff also ran well in the O35 race as he did also in the 400 in a time of 64.9

Dave B and Dave L covered the 100 and 400 scoring useful points in our quest for 4<sup>th</sup> place. We had a full complement in the walk with Mick first home for us. Alan had two 3<sup>rd</sup> places in the 400 and walk.

We only had one score in the field events ( out of 8 scoring categories) partly due to officiating duties which meant we trailed Dorking and Mole Valley in the final scoring. Effectively with only 5 clubs having a presence and 3 clubs with only a token attendance, the officiating duties are now more onerous for us.

#### 21<sup>st</sup> May Croydon

S Smith	200m 30.7	3000m 12.09.5	TJ 6.60
C Morton	200m 33.3	800m 2.46.9	3000m 11.56.1
D Batten	200m 28.9	800m 2.28.6	Discus 13.13
K Burnett	200m 38.1	Discus 19.16	Javelin 17.86
D Lovell	800m 2.32.0	Javelin 24.44	
B Ewen	3000m 10.58.4		
	4x400m relay 4.25.2		
K Backshell	800m		

We co-hosted the second fixture with Croydon Harriers on a grayish evening. Eight of us were competing including Kerry to get our womans team off the mark in 5<sup>th</sup> place. The men were 3<sup>rd</sup> on home ground beating Kingston and Poly nad Dorking and Mole Valley but well adrift of Epsom and Ewell and Croydon Harriers.

Dave B was our only event winner in the 800m. Dave also ran well in the 200m finishing 2<sup>nd</sup> S WELL s trying his arm at the discus. Ever willing Steve had three 4<sup>th</sup> places in the varied combo of 200, 3000 and triple jump. Chris also did 3 individual events. Bob had his usual steady paced run to finish 2<sup>nd</sup> in the 3000. Dave L threw well in the javelin as well as running the 800 and relay.

Kerry had a good 2<sup>nd</sup> in the 3000 following a 4<sup>th</sup> place in the earlier 800. Hopefully we will have more ladies competing in the July fixture at Croydon.

As part of our commitment to co-hosting we had Alan, Joanne and Yasmin afficiataing on the track and in the field – thank you all.

#### 11 June – Ewell Court

D Lovell	100m 14.1	400m 63.2	HJ 1.30	LJ 4.27
S Smith	100m 14.3	400m 70.7	1500m 5.44.4	
K burnett	100m 17.4	400m 90.2	Shot 6.39	Hammer 16.41
D Batten	400m 63.6	Shot 5.78		
C Morton	1500m 5.35.2	5000m 20.25.5		
A Dolton	1500m 5.29.8	5000m 20.11.3		
B Ewen	5000m 18.17.7			
	Medley Relay 4.57.2			

A fine evening at Ewell Court for the 3<sup>rd</sup> fixture where seven of us took part, but sadly no women. Alan had a 2<sup>nd</sup> placing in the 5000m as well as 4<sup>th</sup> in the 1500m. Bob against younger opposition had a good 3<sup>rd</sup> in the 5000m Dave L again a busy man competing in 5 events on track and field. Dave B, 3<sup>rd</sup> in the 400m and then trying the shot put. Steve willing as ever covered the three shorter track events as well as a leg in the relay. Chris had a 3<sup>rd</sup> place in the 5000 as well as 4<sup>th</sup> in the 1500 and relay. In total we finished = 4<sup>th</sup> with Dorking and Mole Valley thus maintaining 4<sup>th</sup> spot after 3 fixtures. We may avoid our perennial 5<sup>th</sup> place this season.

# The Rosenheim League

## 2<sup>nd</sup> May Battersea Park

D Batten	100m 13.0	200m 30.0
N Batten	800m 2.24.8	
S Ambrosi	400m 65.8	1500m 5.23.6
M Morgan	3000m 9.58.6	
A Dolton	800m 2.41.8	
	4X200 relay 2.05.0	
K Burnett	Hammer 13.78	Discus 14.97

A fine summer evening for the first of the 6 Rosenheim fixtures. We were a little under strength with only 6 competing as it clashed with th Beckenham road relay. Nick had a promising run in the 800m finishing 4<sup>th</sup> in a respectable time and boding well for the future. Father Dave covered the two sprints where he was competing against younger rivals. Simon debuting, ran the 400 and 1500 and Matt not fully fit running the 3000 leaving Alan to do a non scoring 800. We did not perform well in the field events not having a competitor in the two jumps. True to form we finished 5<sup>th</sup> beating our neighbours South London Harriers.

## 23<sup>rd</sup> May Croydon

D Lovell	100m 14.6	400m 63.7	HJ 1.3	LJ 4.31
K Burnett	100m 17.8	Hammer 14.31	Javelin 16.70	
D Batten	200m 29.3			
D Piper	800m 2.18.2			
N Batten	800m 2.20.9			
M Morgan	1500m 4.36.1			
J Macenhill	3000m 9.28.7			
P Finch	3000m 10.41.7	HJ 1.45	LJ 4.24	
B Ewen	300m 10.46.8			
J Clarke	3000m 12.43.3			
D Shaw	300m 13.16.0			
S Shaw	3000m 13.16.0			
Y Ramsey	3000m 14.46.8	100m 17.2	Javelin 5.73	
	4X200m Relay 1.50.8			
M O'Hare	Hammer 19.45	Javelin 27.46		

We had 14 competing and Alan officiating in the second fixture at Croydon. – probably our best turnout for a track fixture ever. The men finished 4<sup>th</sup> just failing to beat Croydon Harriers by 1 point and the women were 3<sup>rd</sup> behind Serpentine and Croydon Harriers.

Not all events are scoring events for the women. Yasmin did 3 events – finishing 2<sup>nd</sup> in the 100m, a first attempt at the

javelin and trailing her clubmates in the 3000. Joanne ran a good steady 3000 as our scorer being followed home by Sophie and Dave Shaw running together.

For the men we had 2 winners. Paul won the high jump with 1.45 and then did the long jump and 3000. Justin was our other winner in the 3000 having a good race with Vic Maughan of Herne Hill. In total we had 7 running the 300m.

Matt O'Hare had a 2<sup>nd</sup> placing in the hammer and was 3<sup>rd</sup> in the javelin scoring useful points. We had several 4<sup>th</sup> places- Dave B in the 200, Dave L in the 400, Darren in the 800, Matt M in the 1500 and the relay.

It was also good that several members competing as non scorers. All events are open to non scoring competitors in addition to the team scorers.

## 6<sup>th</sup> June Tooting Bec

D Lovell	100m 14.1	200m 28.8	HJ 1.30	TJ 8.35
D Batten	400m 63.1			
Y Ramsey	400m 82.2	HJ 1.00	Discus 10.65	
M Morgan	800m 2.15.2	3000m 9.42.1		
B Ewen	1500m 5.03.9			
C Morton	3000m 11.46.7			
M O'Hare	Discus 20.01	Hammer 18.75		
K Burnett	Discus 15.70	Hammer 13.91		
	4X200relay 2.02.2			

In the 3<sup>rd</sup> fixture, switched to Tooting Bec from Wimbledon Park we finished 6<sup>th</sup> in the mens and 3<sup>rd</sup> in the women. Thanks to Yasmin who competed in 3 of the 4 scoring events we pipped Croydon Harriers for 3<sup>rd</sup> position but remain 4<sup>th</sup> in the table after 3 matches. Yasmin would welcome some support in the remaining fixtures, all at Tooting bec.

Seven men competed a;though two were in non scoring events. Dave L was the busiest with four individual events plus the relay with probably his best high jump.

We had no winners this time. Our highest placings were 4<sup>th</sup> in the 3000m for Matt M and 4<sup>th</sup> in the Discus for Matt O. We were 5<sup>th</sup> in the seven events and with no scorer in the sprint hurdles we trailed SLH by 8 points and finished 6<sup>th</sup>. It would appear we will not be contesting as a club at the finals in Kingston in August, although individuals can compete in non scoring events for the princely sum of £1

# Striders Downhill Running Club

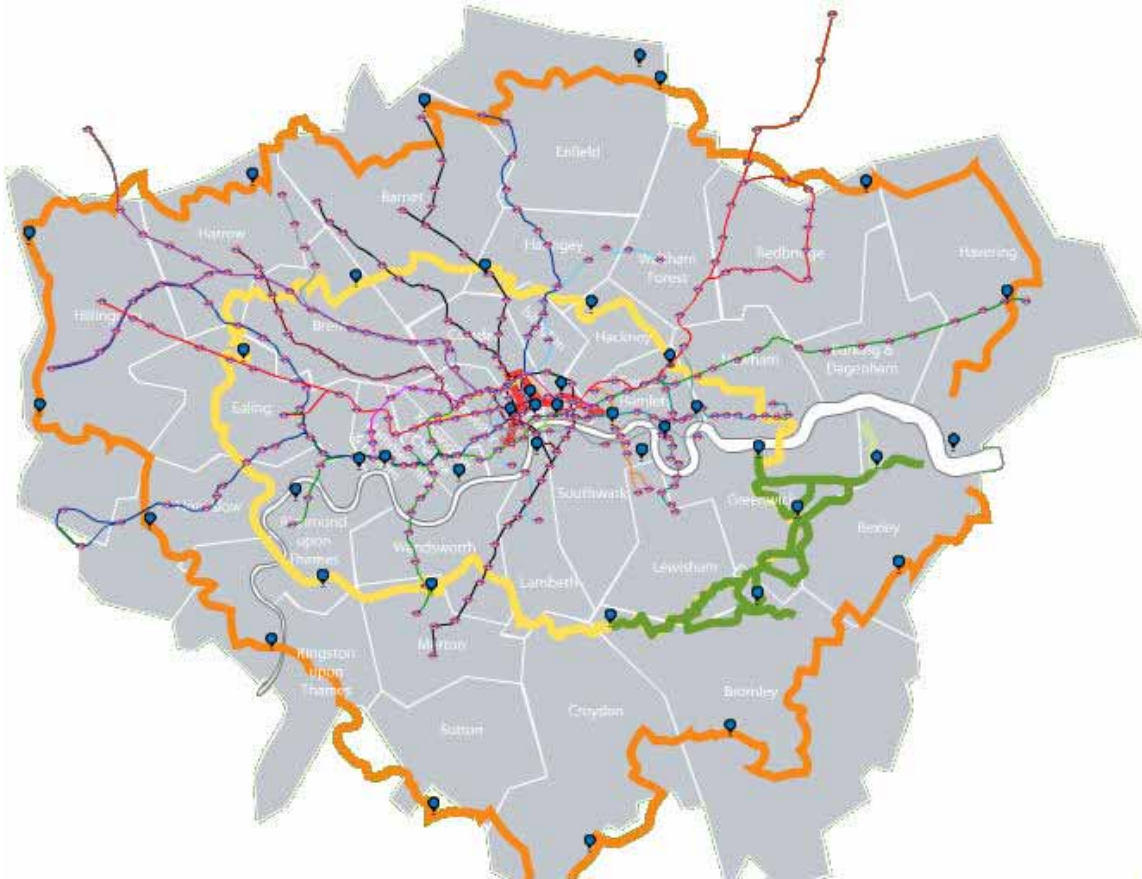


Club members pictured preparing for the third annual run down Box Hill. This strenuous? event of a 120 meter descent in 500m on grass was preceded by a warm up run of just over 12k (don't mention the steps or the long uphill stage). The team then retired to Dorking pool to recover followed by lunch in the sun at the Watermill – It's a hard life.



# Walking Round London

Robin Jamieson with photos by Pete Yarlett



In case you didn't know there are two long distance walks that circle London. The Capital Ring at about 70 miles and the LOOP (London Outer Orbital Path) at about 160 miles. I finished walking the Capital Ring in 6 10-15 miles stages early in the year and Peter Yarlett and I have just completed walking the LOOP in 8 stages of 20 miles plus.

If you have the time I can recommend both. If you don't have the time but fancy a day out I can recommend:-

The capital ring from Woolwich to FalconWood or the Green chain walk from Erith to Falconwood which shares much of the same route.

The Capital ring from Wandsworth ( or Wimbledon Park to miss some suburbia) to Richmond via Wimbledon Common and Richmond Park.

The LOOP from Petts Wood back to Shirley Hills.

The LOOP from Kingston back to Shirley Hills. You can break this one at either Banstead or South Coulsdon.

You can find more details and links to leaflets maps etc etc at

<http://www.tfl.gov.uk/tfl/gettingaround/walkfinder/>

There are excellent guide books for both which you can find in most Waterstones. You are welcome to borrow my copies.

The Capital Ring is pretty well signposted the LOOP is signposted in parts.

## Most memorable points on the Capital Ring were.



The start & finish at Woolwich – the sign post sets one expectations 35 miles to Richmond Bridge one way 42 miles to Richmond Bridge the other.

The surprising amount of parkland you pass through despite this being suburban London

Walking over Horsenden Hill to see the Wembley Arch right in front of you.

The lack of pubs – and the number closed round the northern stretch.

The walk across the Olympic site and the realization that it is still a working industrial estate.



## Most memorable points on the LOOP:-



Peter Yarlett and I set off in late April in warm sunshine and wearing shorts! By the third leg we were back in trousers and the rest of the walk we got varying degrees of wet.

The service in some of the pubs – from positively surly to a somewhat tipsy landlady celebrating her birthday.

The number of churches, cricket grounds and duck ponds. When we started the ducklings were tiny by the end they were nearly fully grown

Walking out of woods near Havering to see a completely unexpected view of London.



Meeting up with a few other LOOP walkers, in particular an elderly couple, him carrying the guide book her wearing a dirndl, ordinary shoes and carrying a shopping bag!

Realizing that the guide lied about some of the distances and 19 miles turned into 23 (doesn't seem much but it is an extra hours walking).

Stopping at a view point above Harrow on the Hill to be presented with a glass of champagne to celebrate my 60<sup>th</sup>. Thanks Peter



The Lavender fields near Oaks Park Sutton

Bumping into a group of Charcoal Burners on Kenley Common

Confirmation that South of the river is better than the North.

**Finishing** the final 29 mile leg and still being able to walk... just



# 20 YEARS AGO: ATHLETICS IN SUMMER 1987

## Alan Dolton

The highlight of the 1987 season was the World Championships, held in Rome in August. Britain's only gold medal came from Fatima Whitbread in the women's javelin, with a throw of 76.64 metres. Britain's men gained three silver medals. Peter Elliott was second in the 800 metres (1.43.41) behind Billy Konchellah of Kenya. Jon Ridgeon was second in the 110 metre hurdles (13.29) with Colin Jackson third (13.38). The race was won by Greg Foster of the USA (13.21). Britain took second in the men's 4 x 400 relay, behind the USA. The British team comprised Derek Redmond, Kriss Akabusi, Roger Black and Phil Brown.



Abdi Bile of Somalia won the 1500 metres (3.36.80) with defending champion Steve Cram eighth (3.41.19). Said Aouita (Morocco) won the 5000 metres (13.26.44) with Britain's Jack Buckner third (13.27.74). Earlier in the year Aouita had set a world record of 12 minutes 58.39 seconds for the 5000 metres, this being the first time that anyone had run the distance in less than 13 minutes. Canada's Ben Johnson won the 100 metres in a world record 9.83 seconds.

Ingrid Kristiansen won the women's 10000 metres (31.05.85) with Britain's Liz Lynch fifth (31.19.82). Douglas Wakihuri (Kenya) won the men's marathon (2.11.48) with Hugh Jones of Ranelagh fifth (2.12.54). Rosa Mota of Portugal won the women's race (2.25.17). Croydon's Judy Oakes did 18.43 in the women's shot, failing to qualify for the final.

The English Schools Championships were held in Birmingham in July. Kelly Holmes won the senior girls' 1500 metres (4.30.0). Jon Brown of Sheffield won the intermediate boys' 3000 metres in 8.40.0. Twenty years later, Jon is well-known as one of our most successful marathon runners. Croydon had two winners at these championships. Annabel Soper (Shirley High School) won the intermediate 100 metres (12.2) while 14-year-old Donna Fraser (St Mary's) won the junior girls' 200 metres for the second successive year, recording 24.5.

The WAAA Championships were held in Birmingham two weeks later. Fatima Whitbread won the javelin with a championship best performance of 72 metres 96. Croydon had several champions. At senior level, Judy Oakes won the shot with a putt of 18 metres 44, while Mary Berkeley won the long jump with a leap of 6 metres 52. Mary was controversially not selected for the World Championships in Rome. Croydon's Lea Hagggett won the under-17 high jump (1.75) and Annabel Soper gained a double win in the under-17 100 metres (12.06) and 200 metres (24.28). Annabel never fulfilled her teenage potential: she subsequently retired from competition, qualified as a sports massage therapist, and emigrated to Canada. Donna Fraser won the under-15 200 metres (24.59).

At club level, Birchfield Harriers won the British League Division One. Of our local clubs, Herne Hill finished bottom of Division Three, while Croydon Harriers finished third in Division Five. Their team included one future Strider in Alan Dolton, who ran a lifetime best of 14.45.5 for the 5000 metres. Haringey won the BAL Gold Cup, while Essex Ladies won the Jubilee Cup. Croydon's women reached the final of this event for the third successive year, placing seventh of the eight clubs. They had two individual winners:

## More of Mazurs Tips

During longer runs if you don't like to carry water take some cash in your pocket pouch or a shoe wallet. Run a route where there's a corner store that you can use as a pit stop to pick up your water and maybe use the bathroom (remember to put the top back on the shower gel before leaving).

Use Vaseline or BodyGlide wherever things rub; this also works for running.

Guys: Band-Aids before the long runs. Your nipples will thank you in the shower afterwards (and you all thought the noises were Chris talking to himself whilst washing!).

Ice aches, pains, gin and tonic immediately.

Frozen peas make a great ice pack for aches and pains. A thin t-towel wrapped around them makes the cold more comfortable, especially in the groin area.

Do not try a marathon as your first race.



Mary Berkeley won the long jump (6.39) while Maggie Lynes won the shot putt (15.44). Essex Ladies also won the UK Women's League Division One. Croydon Harriers won Division Four with Mitcham second.

Striders fielded five teams in the Beckenham Road Relay on 10 June. Their A team placed eighth: the team comprised Dave Langley (13.55), Graham Woodger (13.50) and Henry Galvan (13.33). The B team of John McGilvray (13.43), Steve Harman (14.32) and Nigel Davidson (13.51) finished 14th.

Twelve Striders completed the Horsham 10 on 15 July. Steve Harman placed 57th in a personal best 59.05, while Nigel Davidson was 61st in a personal best 59.21. Tony Eve set a club over-50 record of 62.54, while new member Kevin Burnett ran a personal best 81.50

In the Sri Chinmoy 10K at Battersea on 2 August, Dave Langley set a Striders club record of 33 minutes 45 seconds

## 10 YEARS AGO: ATHLETICS IN SUMMER 1997

The highlight of the 1997 season was the World Championships, held in Athens in August. There were no British winners, but silver medals went to Denise Lewis (heptathlon), Colin Jackson (110m hurdles) Jonathan Edwards (triple jump), Steve Backley (javelin) and the men's 4 x 400 relay team. Abel Anton of Spain won the men's marathon (2.13.16) while Hiromi Suzuki of Japan won the women's race (2.29.48). Britain's best performance in the distance races came from Paula Radcliffe who was fourth in the women's 5000 (15.01.74). Gabriela Szabo of Romania won in 14.57.68.

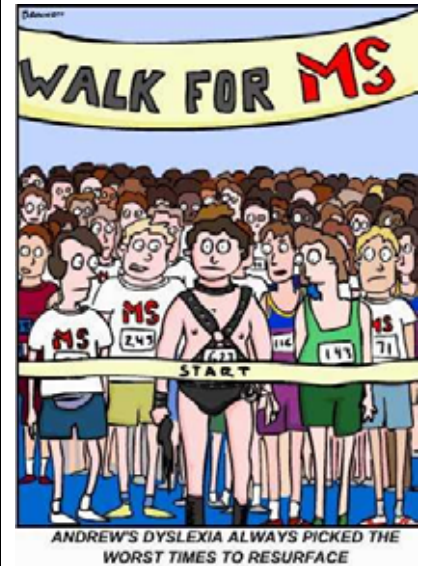
Britain's men did very well to win the European Cup, held in Munich on 21 and 22 June. Britain had four individual winners: Linford Christie (100 metres), Roger Black (400 metres), Jonathan Edwards (triple jump) and Steve Backley (javelin). The 4 x 400 relay team also won their race.

Croydon had two winners in the British Championships at Birmingham on 12 and 13 July. Donna Fraser won the 400 meters (51.82) while Judy Oakes won the shot putt (18.42).

The London Marathon was held on 13 April. Antonio Pinto of Portugal won the men's race (2.07.57) with Britain's Richard Nerurkar fifth (2.08.36). Joyce Chepchumba of Kenya won the women's race in 2.26.51, just one second ahead of Liz McColgan.

Striders produced some good performances in the East Surrey League's annual road race, held at Ewell on 8 April. Lee Morgan placed seventh (23.21) with Eric Parker eighth (23.33) and Tony Sheppard 12th (24.00). John McGilvray ran 25.32 for second in the over-50 category. Striders placed second in the team event. In the overall table they were third, behind Boxhill Racers and Croydon Harriers.

Two days earlier Lee Morgan had finished sixth in the Croydon 10K (34.53). The race was won by Barry Cooke of Croydon Harriers (33.41). Former Strider Simon Morris was ninth (36.40).



### Refreshment

The reserve spurt of energy that joggers deploy when passing someone sexy, even though they're so exhausted they could throw up their own heart. Body language is transformed from flailing sweatbox to "I'm fit - and so are you, baby. Let's work out." Once safely out of sight, they fall over.

Spotted by Matt O'Hare

Eric Parker had an excellent summer. On 25 May he placed third in the Holland Sports 10K in a lifetime best 34.29, while on 15 June he set a lifetime best of 2.53.18 in the Potteries Marathon. He also set a lifetime best of 1.15.35 in the Southend Half-Marathon.

At club level, Belgrave Harriers won Division One of the British League, while Shaftesbury Barnet won the UK Women's League. Croydon Harriers' women finished bottom of Division Three. Their men's team were 18th in Southern League Division One, while SLH were 24th in Division Three and Holland Sports were 20th in Division Seven. The Holland Sports team included several Striders. Among their best performances were Lee Morgan's 15.24.1 for the 5000 metres and Eric Parker's 10.36.7 for the 3000 metre steeplechase.

Striders enjoyed their second season of track competition in the Southern Veterans League (Surrey Division). Their women did very well to place third of the eight competing clubs, while the men finished sixth. Several women set club records including Linda Daniel's 33.3 for the 200 metres and Wendy Smith's 6.70 metres for the triple jump. For the men, team captain John McGilvray led by example with several good performances including an excellent 12.21.4 for the 3000m steeplechase, while Mick Gambriell set a club record 28.84 metres for the javelin.

The Surrey Championships were held at Wimbledon Park on 10 and 11 May. Paul Haywood of Crawley won the 5000 metres (14.53.3), while Claire Pauzers of Herne Hill won the women's 3000 metres (9.54.8). Jeina Mitchell of Croydon won the women's 800 metres (2.06.2). Croydon's Kemila Brathwaite placed second in the under-17 300 metres (42.5). Kemila now works as a physiotherapist and has treated several Striders.

The Surrey Veterans' Championships were held at Tooting on 24 May. Striders' Kevin Burnett had a very successful afternoon, winning the over-55 shot putt (6.51), and taking second place in the 100 metres (15.0), 200 metres (31.4), javelin (24.16) and hammer (15.30). Alan Dolton won the over-40 1500 metres (4.32.1).

## **SPORTS MASSAGE THERAPY**

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**ALAN DOLTON,**

LSSM Dip, ITEC Dip, MSMA, MISRM

UK ATHLETICS LEVEL 3 CLUB COACH

70 WARREN ROAD, ADDISCOMBE, CROYDON

TELEPHONE 020 8656 0532

## **More from the Downhill Running Club**

(As cycling on the flat is about the same as running downhill)



The club relaxes by the Thames on the Wandle Way, Thames Path Waterlink Way Route.



Making emergency repairs