

# Striders of Croydon

## Summer Newsletter

July 2010



**Our Motley Crew of Vets (with a fine selection of handbags!)**

## Chairman's Corner

Lots of Marathons since the last News Letter. In total 53 Striders have run in the various events this spring though that does include an impressive 4 runs by Lisa Jackson 3 of them in three weeks – Well done Lisa. Also thanks to all those who helped at the VLM especially John Gannon for organising you.

Also since the last newsletter lots of PBs:-

Victoria Legge, Martin Gourlay, Suzy Yates, Jo Penny, Hannah Musk, Amanda Barros at 10K; Kim Ford at 10M;

Yasmin Anderson, Sean Gallagher, Richard Lee-Smith, Ben Fancourt, Paul Stanford, Josephine Thompson in the Half Marathon;

Tina Macenhill at 5k

Plus another 27, too many to list, in the various Marathons.

Suzy Yates, Helen Furze, Alice Ewen, Josephine Thomson all got into the top 10 all time club records.

Lesley Bourke achieved a clean sweep of the records for her age group.

And finally Bill Makuwa achieved the clubs all time best Marathon at London in 2:40:38 (faster than my own PB in the **half Marathon**).

The next major event coming up is the Race For Life – thanks to everyone who has volunteered to help. It looks like about 40 of you will be involved in this one. Not including those of you who are actually running in it.

Looking back I see that at the time of the last newsletter we were still uncertain about the Croydon Half Marathon as we couldn't get agreement from the council on the use of Lloyd Park and were not certain about their response to required road closures. Since then things have moved on a lot. We decided to base the event at Sandilands so the council kindly allowed us use of the side of Lloyd Park as long as we don't interfere with the probably solitary football match. The council and police have been most helpful on road closures and offered us much more than we asked for. Bas Sharif has confirmed that Runathon will provide the prizes and cover much of the financial costs. We have lots of pledges for supplies for the goody bags. We have a website though it doesn't say much yet. We have a race license and the course will be officially measured in the next month or so.

So it's the **Runathon Croydon Half Marathon**. It will be on Sunday 3<sup>rd</sup> April 2011 starting at 9:15. The event centre will be at Sandilands, the start just outside the lower gate on Ranmore Avenue, the finish on Lloyd Park where the Croydon 10K finishes. There will be chip timing for both start and finish and some good cash prizes. Medals and a goody bag.

We will launch the event at the Croydon 10K in October when entry forms the event website and online entry will become available.

In order not to have to pay a fortune to the police and council for road closures the race will be a charity event. Any proceeds will be equally shared between the Sandilands club, Croydon Harriers and the Garwood Foundation, which if you didn't know is a local charity for disabled children and adults based on Melville Avenue.

We would also like as many Striders as possible to run in this race. However the event will need a lot of helpers, to marshall, run the event centre, water stations, start, finish, car park etc etc. So the ruling will be that if you can volunteer a spouse, partner, relative or friend to help you will be guaranteed a place. All Striders who don't want to run will be strongly encouraged to help if they possibly can. We will also recruit as many helpers as we can from Croydon Harriers and the other Sandilands clubs. Once we are confident we have enough helpers and support we will open entry for other Striders.

Croydon Harriers through Mike Fleet are providing advice and support and will be providing most of the signage on the day as well as helpers and contacts with various suppliers. You will no doubt be pleased to know the portaloos have already been booked!! Croydon Running Sisters have

already offered to run the baggage tent and by a lucky piece of timing you may have noticed that the club car park has expanded.

Amazingly **Parkrun** at Roundshaw Downs / Croydon Airport is coming up for its first birthday. I hope as many of you as possible will be able to run or help on Saturday 17<sup>th</sup>, July to help celebrate. The event is now getting around 90 runners with an average over the full year of 62 and a record 121 four weeks ago. 71 Striders have run in it and average of 4.5 times.

Frustratingly having got the event started I have hardly ever been able to attend due to family commitments so I am especially grateful to everyone who has helped make this event a great success over the year and with special thanks to Mick Turner who has attended virtually every event and also Nicola Stevenson of Collingwood AC who has shared the Race Director role with him. The Event would never have happened without them.

May all your runs be through sunlit forests.

**Robin**

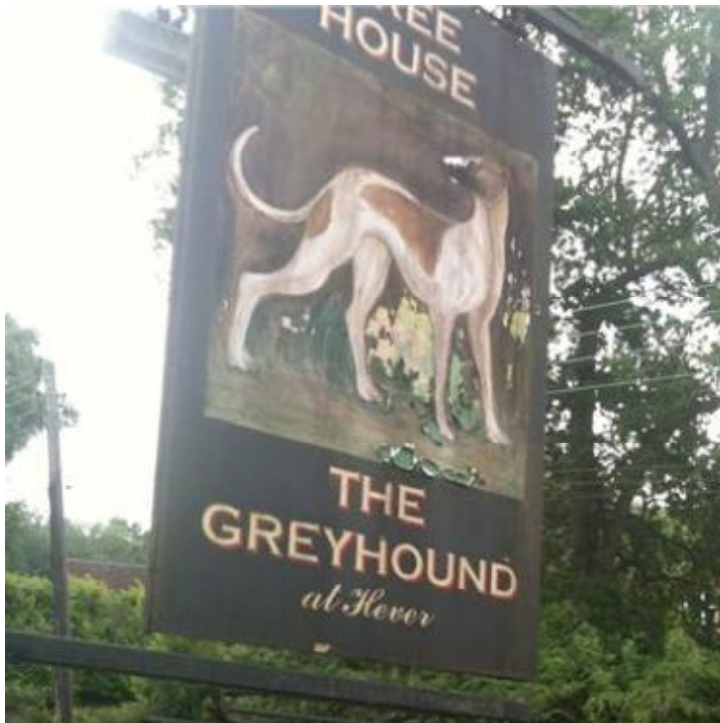
## Roundshaw Downs Parkrun 1st Birthday

17th July - 9.00am

Please come and help us celebrate our first birthday. It's been a great first year, and we'll be marking it with a bring and share picnic and awards ceremony. Special thanks to Steph Upton, who has helped out in over half the events this past year and to all the other Striders who have run, supported or volunteered.

Mick Turner

## Striders' Pub of the Month



As recommended by Mick Turner and Gordon, our Club Mascot



## Marathon Madness - Over for Another Year?

### London Marathon Report 2010 - Mathew Chapman

Well, I managed to get round. The entire day passed in something of a blur, but I know that I enjoyed myself or, more accurately, I enjoyed finishing. My hopes of glory as I staggered towards the finish line were slightly compromised when a celebrity runner (a presenter from GMTV someone told me later) overtook me in the final straight. In some of the official website photographs (which, apparently, are supposed to show me) you can just make out the bottom of my legs in the top corner of the photograph in which the celebrity appears with his arms raised in triumph.

It was, in fact, a brilliant, brilliant day. Some impressions that I can vaguely remember:

- a. The joy of rain at the start – I was really pleased to find myself shivering in the rain at Blackheath as I waited for the starting gun;
- b. The sheer number of people;
- c. The noise on Tower Bridge – like some great wave hitting you as you reached the half way point (although, I am very glad that the vuvuzela craze did not start until after the Marathon);
- d. The fantastic music and atmosphere at the pubs in south east London – I was tempted to stop for a swift half on more than one occasion (a man at one of the pubs was giving out vodka-flavoured orange segments).

I have recently read someone in *Runners' World* describing their personal challenge of beating as many comedy/fancy dress runners as possible. I was doing the same. I think that if the prospect of a "sub 3" is not going to happen (in this lifetime) then overtaking an ample sufficiency of fancy dress runners is a reasonable alternative goal. I am not proud of myself for feeling slightly pleased when I saw Dangermouse looking very dodgy around Canary Wharf. He looked like he was going to be sick so I suppose it's just as well that he had removed his head before staggering to the side of the road. I hope that he managed to finish.

Some friends of mine promised to come along and to offer some support. They bought me a bottle of champagne and the thought of a chilled glass of alcoholic fizz at the finish kept me going as I clocked up the miles. When I reached the end I received a text message which read, "*Well done. Too many crowds to brave the tube to get to end so we have drunk your champagne. Now in pub.*"

I am very grateful for all of the advice and training runs (no, really) that the Club offered in the run-up to the big day and, of course, for the opportunity to run London in the first place. The city showed itself at its best on Marathon day; it looked beautiful and it was amazing that so many runners and spectators were able to replace the cars and buses. I felt quite misty-eyed at the end (actually, that was probably more to do with the insistent pain). I now have a place for Brighton next year ...

### Edinburgh Marathon - 23 May 2010

Susan Haynes & Andrew Thatcher

As predicted, it was messy. It was hot, our lack of training showed, it was hot, there were blisters, it was hot, we said "never again" a lot, it was hot, we finished in one piece (just) and it was hot. The beer was good, the company excellent and no doubt we'll do it all again soon.

## The Inaugural Brighton Marathon 2010

Simon Rawlinson

Sunday 18<sup>th</sup> April 2010 was a first marathon for both Brighton & me!

48 hours prior to the race, I was stranded in Gibraltar (where I'm currently working) – thanks to a certain Icelandic volcanic ash cloud – not expecting to be home on time. Fortunately, some managers at the office also needed to be in London for a meeting the day after my marathon. I managed to persuade them to let me join them on a 21 hour plane, train & automobile journey from Gibraltar to London. The lucky break was getting hold of Eurostar tickets, and made it back to Croydon by around 2.00 on the Saturday afternoon.

On the downside, not had the day's rest or eaten pasta planned weeks before. Just a combination of baguettes, crisps & biscuits bought at service stations on route from Barcelona to Paris by car during Friday night. Managed a burger & chips too whilst awaiting the Eurostar early Saturday morning. Healthy eating, eh?

When home, was relieved to find my running pack had arrived anyway. Also lucky that my new Garmin Forerunner had been left with a neighbour rather than taken back to the post office. Not used one in training – just estimated distances with Googlemap and timed my runs overall. Hence the marathon itself would be my first opportunity to use it. Wasn't really sure what time I'd be capable of completing the race in, but had 4:30 in mind as a target. Pleased to say managed

4:17:08. There's no doubt getting lost on long Sunday runs in the heat of Spain and hill-training on the Rock of Gibraltar had helped me prepare myself.



Some people might say the weather was too nice on the day of the run, but then can't moan given how drenched the Brighton Half Marathon runners were in February. It brought the crowds out too, and people's support matters as much as anything on race day.

Being my first marathon, it's tricky for me to compare the course with others, but the crowds were amazing. Had to smile as passing 'The Wall' at 20 miles. Yes the Power Station loop was tough but the last 3 miles made up for it and what a great atmosphere at the finish. An impressive

medal too! Well done Brighton - already in for 2011! I'll be in a real dilemma if gain a place in London too.

## The Salomon Trail South Downs Marathon Saturday 12th June 2010 - Kate Custis

This lovely trail marathon followed a point to point route along the South Downs Way from Slindon College to the Queen Elizabeth Country Park near the A3.

The route consisted of 4 distinct sections, each section being defined by a climb from a valley or road crossing dissecting the Downs, followed by a long midsection along the ridge of the Downs, roughly at the 200m contour before a descent into the next valley or road crossing. Needless to



say the profile was quite scary to look at! This multi-sectional route allowed either completion of the entire race, or alternatively a relay option with 4 runners in each team. The route was marked exceptionally well with additional wooden signs showing the route of the South Downs Way so getting lost was impossible.

On the day of the race Linda Daniel and I were blessed with a lovely sunny day and set off from Slindon at 9am. Personally I had done no specific training so decided that I would keep running until I had to walk. This seemed to work fairly well and I chatted to a range of runners along the way, walking up the larger hills and running the rest. The scenery was fantastic with far reaching views to the south coast and the surrounding countryside and definitely helped by the sustained sunshine.

Support along the way was limited to a few cyclists and walkers however at all of the 4 check points there was a sizable crowd who were enthusiastic in their support. The marshals were helpful, supportive and cheerful and there was a plentiful supply of water, energy drink and gels at the feeding stations and at the finish. Prizes included a nice technical T-shirt, medal and goody bag.

I finished in a reasonable time of 4:24:43 with Linda just a little way behind. All in all a fantastic days run along one of the most scenic areas in the South of England which I would definitely recommend to all. Maybe next year Striders can muster at least one relay team!

**Good Luck to all Striders running in Marathons later this year!**

**K.B. INTERIORS  
& Garden Maintenance  
Painting ♦ Decorating  
Garden Maintenance**

*Do you wish you could get that painting  
& decorating, you keep putting off, done  
at a reasonable cost, by someone you  
could trust to leave a key with?  
Or have someone to keep your garden  
looking neat & tidy?*

**Phone Kevin Bannister on  
020 8688 5085 or  
07528 65 65 80 (mobile)  
for a chat & a free estimate  
Or if you prefer, email me on  
[Kbinteriors@fsmail.net](mailto:Kbinteriors@fsmail.net)**

**I live locally in South Croydon & am fully  
P & D qualified, insured &  
Police (CRB) checked**

## Dates for Your Diary

**14th July - Final Club Handicap of the Season  
17th July - Parkrun 1st Birthday Celebrations, 9am Roundshaw Downs  
17th July - Elmore 7, Owen Trophy Race  
18th July - Brighton to Thames Bike Ride. Meet at Brighton Pier, 9.30am  
21st July - Rosenheim League, Tooting Bec (Helpers needed, see John Ralf)  
25th July - Croydon Race for Life, see Robin for details  
25th July - Elmbridge 10K, Owen Trophy**

**8th August - Wimbledon 5K, Owen Trophy Race  
11th August - Rosenheim League Final**

## RECOMMENDED RACE - Linda Daniel

### Weald St. Georges 10K and 2K Fun Run - The Village Green, Weald Village, Sevenoaks

Sunday 5<sup>th</sup> September 2010

Sevenoaks Weald, a small, attractive village formed in 1894 from part of the ancient parish of Sevenoaks hosts the Weald St. Georges 10K and 2K Fun Runs. They are low key, undulating, pleasant runs through the beautiful rural roads of the Weald of Kent.

The races start on the Village Green, with lots of local support in a friendly, carnival atmosphere and in recent years by the Olympic, Commonwealth and World Champion Dame Kelly Holmes who was born in the nearby town of Pembury near Tunbridge Wells. I ran this race last year and Kelly happily cheered and supported all the runners throughout the race, personally handed out our medals, chatted and signed our running numbers at the finish and presented the lucky winners with their trophies.

Definitely a good medal event.

“THERE AIN’T NOTHING LIKE A DAME”



By winning Olympic gold medals in 800m and 1500m races Kelly Holmes became only the third woman in history to achieve the middle-distance double, the others being Tatyana Kazankina of the Soviet Union in 1976, and Svetlana Masterkova of Russia in 1996. She is the only British athlete to have won two gold medals at a single Olympics since Albert Hill in 1920.

## 40 YEARS AGO: LOCAL ATHLETICS IN 1970

The Surrey Cross-Country Championships were held at Milford on 3 January. The senior race was won by Bob Holt of Hercules-Wimbledon, who covered the twelve-kilometre course in an impressive time of 34 minutes 15 seconds. Former international Gerry North of Belgrave was second in 34 minutes 27, while Bob Holt's brother Dave placed third (34.54). Croydon Harriers' promising 21-year-old Don Faircloth ran very well to place fourth in 34 minutes 58. In sixth place was Belgrave steeplechaser John Bicourt, who subsequently represented Britain at the 1972 Olympics. John is now a coach and advises Striders' former track captain Matt Morgan. In twelfth place was Steve Badgery of Mitcham. Forty years later Steve is still running very well in the over-60 category; he has changed clubs and is now with Hercules-Wimbledon. Other competitors who are still active today include Stan Allen of Herne Hill, who was 38th: he no longer competes but still coaches at Tooting and is a regular spectator at Rosenheim League matches there. Bob Belmore of Guildford was 66th: he is now the team manager for Veterans AC and for the Surrey veterans' team. The team event was won by Hercules Wimbledon with 95 points, just three ahead of Mitcham. Belgrave were third with South London Harriers fourth, Ranelagh fifth and Croydon Harriers sixth.

In the younger age-groups, Francis Upcott of South London Harriers placed 22nd in the under-20 race and is still competing very well as a veteran forty years later. The under-17 race was won by future Olympic marathon runner Bernie Ford. He was then running for West Surrey Harriers, but subsequently moved to Aldershot when that club ceased to exist. Bob Treadwell of Surrey Beagles placed sixth: he went on to become an England cross-country international and to win the Surrey senior title seven times. In eleventh place was Martin Long of South London Harriers. Martin went on to become a successful steeplechaser and now acts as starter at several Rosenheim League matches. In sixteenth place, running for Croydon Harriers, was future Strider Peter Yarlett.

The Surrey Cross-Country League completed its eighth season. Belgrave won Division One with Hercules-Wimbledon second and Mitcham third. South London Harriers placed sixth, narrowly avoiding relegation by finishing just four points ahead of Herne Hill. Croydon Harriers, who had been relegated the previous year, won Division Two.

Croydon Harriers' leading distance runner, Don Faircloth, made his marathon debut at the Polytechnic Marathon, held on the traditional course from Windsor to Chiswick on 13 June. It was an outstanding debut as he won the race in a Croydon club record of 2 hours 18 minutes 15, which was more than sixteen minutes faster than the previous club record set by Mike Caudwell four years earlier. More importantly, Don thereby gained selection for the Commonwealth Games Marathon, which was held at Edinburgh in July, only a few weeks later.

Don's England colleagues had both been pre-selected: they were Ron Hill of Bolton, who had won the marathon at the 1969 European Championships, and Bill Adcocks of Coventry, who had competed at the 1968 Olympics. Their rivals included the world record holder, Derek Clayton of Australia, and Jim Alder of Scotland. Ron Hill took the lead after five miles and went on to gain a convincing win in 2 hours 09 minutes 28. Jim Alder was second in 2 hours 12 minutes 04. Don had another excellent run, moving through the field and finishing very strongly to place third in a lifetime best of 2 hours 12 minutes 19.

The British Athletic League completed its second season in 1970. Thames Valley Harriers won Division One with Birchfield second. Surrey AC, who had been a leading club in the 1960s, placed bottom of Division One: they subsequently suffered three more successive relegations, dropped out of the league in 1973 and merged with Belgrave in 1982. Croydon Harriers, who were having their most successful spell in their history, were fourth in Division Three.



The Surrey Womens Cross-Country Championships were held at Woking on 12 December. For the third successive year, the winner was Bridget Cushen of Hercules-Wimbledon. Bridget was an Irish 1500 metre international: forty years on, she is now with Sutton & District AC and still competes in the Southern Veterans League.

## 25 YEARS AGO: LOCAL ATHLETICS IN SUMMER 1985

The Surrey Championships were held at Croydon Arena on 18 May. Among the Croydon winners were Dapo Laifa in the men's 400 metres (47.8), and the very promising 18-year-old Sharon Burke who gained a double win in the women's 100 metres (12.0) and 200 metres (24.7). 14-year-old David McKenzie gained a hat-trick of wins in the under-15 boys' 100 metres (11.6), 200 metres (23.4) and 400 metres (51.7). In the same age-group, Mark Purser placed equal second in the high jump (1.60). Karen Sutton won the under-15 girls' 1500 metres in 4 minutes 41.1 seconds. The youngest Croydon winner was 12-year-old Donna Fraser, who gained a double win in the under-13 100 metres (13.2) and 200 metres (26.9).

Another talented Croydon Harrier, Judy Oakes, lived in West Wickham and competed in the Kent Championships rather than the Surrey Championships. She gained a hat-trick of wins in the shot (17.66), discus (49.42) and javelin (42.60).

The European Cup was held in Moscow in August. Britain placed third in the women's competition and fourth in the men's. Croydon's Judy Oakes placed fourth in the women's shot with a putt of 17.96 metres. The previous month she had retained the WAAA championship (17.57).

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 AC, who were relegated to Division Three. (They subsequently changed their name to Sutton & District AC 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 on 7 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. 25 years later, five of the Croydon team are still competing: Alan Burn (800m), Ian Wright (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. In the Qualifying Match at Warley on 14 September, they were surprised to be beaten by Chelmsford (who had finished bottom of UK Womens League Division Four).

Croydon Harriers' promising 12-year-old Donna Fraser placed top of the national under-13 rankings at 100 metres (12.7) and 200 metres (25.9). Fifteen years later, Donna placed fourth in the Olympic 400 metres in Sydney.

Six Striders ran in the Sri Chinmoy 10-mile road race on 4 August. They were led home by Mick Meech who ran exactly 61 minutes. He was followed by Ron Carver (63.24), Alan Purchase (64.00), Colin Golding (64.15), Cecil Chisholm (69.20) and Dave Hoben (69.22). Eleven Striders completed the Epsom Half-Marathon on 8 September. Dave Langley, in his first race for the club, ran a personal best 81 minutes 34. Club chairman Steve Owen ran a personal best 82 minutes 49. Other Striders included Alan Purchase (88.00), Colin Golding (89.05), Simon Smith (90.30) and Dave Hoben (95.45).

The Glasgow Marathon was held on 22 September. The race was won by David Lowes of Chester-le-Street in 2 hours 15 minutes 34. Further down the field, Striders' chairman Steve Owen ran a lifetime best of 2 hours 49 minutes 40 seconds, while club colleague Ron Carver also ran a lifetime best, recording 2 hours 58 minutes 44.

## 20 YEARS AGO: LOCAL ATHLETICS IN SUMMER 1990

The Surrey Championships took place at Croydon Arena on 19 and 20 May. Croydon Harriers showed their strength in the sprint events, and had all the first five finishers in the women's 100 metres. 18-year-old Annabel Soper won in 12.1 with 20-year-old Samantha Farquharson second (12.4) and 17-year-old Donna Fraser third (12.4). Val Theobalds was fourth (12.4) and Yvonne Cole fifth (12.7). Croydon also had all three medallists in the women's 200 metres, with Donna Fraser first (24.0), Val Theobalds second (24.5) and Linda Smith third (24.9). Linda had previously won the women's 400 metres (55.5). For Croydon's men, David McKenzie won the 200 metres (21.7). Among the Croydon winners in the younger age-groups was the very promising 16-year-old Michelle Pierre, who gained a hat-trick of wins in the under-17 100 metres (12.6), 200 metres (25.1) and 400 metres (58.5). Mark Purser won the under-20 110 metre hurdles (15.7), and also placed second in the 100 metres (11.4), behind club colleague Shane Roiser (11.2).

The English Schools Championships were held at Derby on 14 July. Three Croydon athletes won gold medals. Donna Fraser won the senior 200 metres (23.9), while Annabel Soper won the senior 100 metres (11.5) and Dawn Grazette won the shot putt (13.27). Michelle Pierre placed third in the under-17 400 metres (58.3). Another Croydon runner to make the finals was Mark Purser, who placed fifth in the senior 400 metre hurdles (55.5). Jeina Mitchell, who lived in Mitcham and joined Croydon Harriers later in the year, won the under-17 women's 1500 metres in 4 minutes 26.2. She finished ten seconds ahead of Bedford's Paula Radcliffe, who placed third. Paula's hard training would see her move ahead of Jeina in the next two years.

Four Croydon athletes competed in the World Junior Championships, held in Bulgaria in August, and all four won medals. Jason Livingston placed second in the 100 metres, recording 10.25 seconds. Britain took second place in the women's 4 x 100 relay, with a team which included two Croydon runners in Annabel Soper and Donna Fraser, as well as future Olympic medallist Katherine Merry. Croydon's Lea Haggett was third in the high jump, equalling her personal best of 1 metre 88.

Croydon Harriers' women finished fifth in Division One of the UK Womens League, which was their highest placing in the club's history. Sale Harriers won the league with Essex Ladies second and Stretford third. Croydon's team included 3000 metre runner Amanda Bridge, whose father Ken had been one of Striders' leading road runners in the mid-1980s, and ran 84 minutes 03 in the 1987 Welwyn Half-Marathon.

The British League completed its 22nd season with matches on 11 August. Haringey won Division One with Birchfield second and Belgrave third. Of our local clubs, both Hercules-Wimbledon and

Croydon Harriers had successful seasons and gained promotion, with Hercules-Wimbledon placing second in Division Four and Croydon second in Division Five.

In the Southern League, Herne Hill placed sixth in Division One, while South London Harriers could only finish 23rd, and were relegated to Division Two. Redhill & Surrey Beagles were 23rd in Division Five. Holland Sports had not yet entered this league. The Rosenheim League Final was held at Tooting on 22 August. South London Harriers won with Croydon Harriers second, Mitcham third and Hercules-Wimbledon fourth.

Striders were not yet taking part in track competition, but some members produced good performances in open meetings. At Crawley Colin Golding set club veterans' records of 60.3 for the 400 metres and 2.11.9 for the 800 metres. At Battersea on 3 September John McGilvray set a club veterans' record of 17 minutes 01.0 for the 5000 metres. At the same venue two weeks later he set another club veterans' record of 9 minutes 38.6 for the 3000 metres.

South London Harriers held a 10-mile road race on a hilly course at Coulsdon on 26 August. The winner was Tim Butler of Reading in 51 minutes 47, with Andy Evans of SLH second in 53 minutes 39. The first woman was Viv Hill of Redhill & Surrey Beagles, in 67 minutes 32. Viv now competes for SLH under her married name of Mitchell.

## 10 YEARS AGO: LOCAL ATHLETICS IN SUMMER 2000

On 3 June Jane Lansdown became one of the very few Striders brave (or foolhardy) enough to compete in the annual 22-mile 'Man versus Horse' event, at Llanwrtyd Wells. She completed the course in 3 hours 10 minutes (just eight minutes slower than her time in the London Marathon a few weeks earlier).

The third Southern Veterans League match of the season was at Kingsmeadow on 5 June. Our men were fourth while our women were fifth. Our best event was the 5000 metres where Alan Dolton placed second in the over-40 race (18.26.4) while John McGilvray was second in the over-50 race. Another second place was achieved by Tony Sheppard in the 1500 metres. Ron Carver set a club over-50 shot putt record of 7 metres 74. Kate Custis competed in four events, and set a club women's over-35 javelin record of 12 metres 76.

Striders' annual club handicap took place on 14 June, on the original course (which was significantly flatter than the one we now use). The first runner home was Jon Silva, while the fastest actual time was achieved by Neil Furze, who ran 29 minutes 22.

The final Southern Veterans League match of the season was at Croydon Arena on 3 July. Our women did very well to place second in the match and third in the final league table, just one place ahead of fourth-placed Sutton. Their leading performer was again Kate Custis who competed in four different events. She was the only woman to compete in all four matches, and competed in a highly impressive total of 16 individual events during the season. Our men placed fourth in the match and also in the final league table. Kevin Burnett set a club over-60 javelin record of 22 metres 48. Kevin was one of only three Striders' men to compete in all four matches, the others being John McGilvray and Alan Dolton. Kevin and John shared the honour of competing in most individual events, each managing a total of 11.

In the Forbanks 5 mile road race at Beckenham on 12 July, Eric Parker ran well to place fifth (29.36). Nigel Davidson was ninth (30.28) and John McGilvray 11th (34.18). Striders had 10 of the

54 finishers, our numbers possibly being boosted by the relative novelty of being able to travel to the race on the newly-opened Tramlink system.

South London Harriers held the Coulsdon 10-mile road race on 27 August. The race was won by David Lear of Crowborough (57.33), while the first woman to finish was Sue Spencer-Cusick of SLH, who placed 24th overall in 65 minutes 03. Striders placed second to SLH in the team event. Our team comprised Dave Shaw (22nd), Alan Dolton (31st), Colin Cotton (38th) and new member Chris Morton (53rd).

The Surrey and Sussex Multi-Events Championships were held at Crawley on 9 and 10 September. Kevin Burnett set a club over-60 pentathlon record of 2086 points, including performances of 32.4 seconds in the 200 metres and 3.33 metres in the long jump.

Three Croydon athletes competed in the Olympic Games in Sydney in late September. Donna Fraser had an outstanding run to finish fourth in the 400 metres in a lifetime best 49.79 seconds. She also competed in the 4 x 400 metre relay, where Britain placed sixth. The team also included former Croydon Harrier Natasha Danvers, who had moved to California and had temporarily changed allegiance to Division One club Shaftesbury-Barnet, but subsequently returned to Croydon Harriers in 2008. Earlier Natasha had placed eighth in the 400 metre hurdles (55.00). Judy Oakes competed in the shot putt but failed to qualify for the final.

The annual 'Switchback' race was held on 23 September, ably organised by Jane Lansdown. Tony Harran of Herne Hill was a clear winner, recording 27 minutes 59 for the course which was slightly short of five miles (it was lengthened to the correct distance in 2002). Ian Lamplough of Boxhill was second in 28 minutes 37. Striders were led by Peter Yarlett who placed fourth in 30 minutes 33. John McGilvray was fifth (31.09) and Nigel Davidson eighth (31.34). The first runner to finish who was not a member of an athletic club was former cyclist David Batten, who showed great potential by placing tenth (31.54). After the race he was persuaded to join Striders.

## FIVE YEARS AGO: LOCAL ATHLETICS IN SUMMER 2005

The Dorking 10-mile road race, which incorporated the Surrey Championships, took place on 5 June. Striders' women placed ninth in the team event. They were led home by Kerry Backshell, who placed 23rd in the women's race in 72 minutes 33 seconds. Clare McFadzean also ran well to place 34th in a personal best 75 minutes 04, while Steph Upton placed 55th in 79.20. Our men were led by club secretary Chris Morton, who placed 81st in 65 minutes 54 seconds. Damian Macenhill was 94th (66.37) and Alan Purchase 149th (69.58).

The Dysart 10 kilometre road race, which also incorporated the Surrey Championships, took place on 26 June. Striders showed good strength in depth with 25 of the 389 finishers. Striders' women again outperformed our men, placing fifth in the team event. They were led home by Serena Stracey, who ran strongly to finish ninth in the senior women's race in a time of 42 minutes 4 seconds, finishing 125th overall. Striders' next two women both ran well to record new personal bests. Faye Stammers gained the reward for some hard training by finishing 13th in the senior women's race in 43 minutes 45 seconds (163rd overall). She was chased hard by club colleague Clare McFadzean, who finished just eight seconds behind her, placing eighth in the women's over-35 category (169th overall). Our men also did well to finish seventh of the 23 teams competing. We were led by Bob Ewen who placed 38th in 37 minutes 44 seconds. John Foster was 56th (38.43) and Chris Morton 69th (39.16).

On 6 July Striders produced another good team performance to win our annual inter-club cross-country relay at Lloyd Park. On the first leg Justin Macenhill ran 14 minutes 41, which was the fastest time of the day. He was followed by Bob Ewen (15.31) and Tony Sheppard (15.26). The team finished 46 seconds clear of second-placed Beckenham. Collingwood placed third. The fastest woman was Striders' Serena Stracey (17.51).

The Elmbridge 10 kilometre road race took place on 24 July. Striders were led home by veteran Tony Sheppard, who ran well to place 56th in 37 minutes 11 seconds. Damian Macenhill was 70th (37.51) and Dave Batten 93rd (38.59). Our women were led by Serena Stracey, who placed 180th overall in 42 minutes 20.

On 14 August Striders' women produced one of their best ever performances to place second in the Surrey 5 kilometre road running championships at Wimbledon. Ranelagh Harriers gained a comfortable victory, but our total of 25 points saw us finish one point clear of host club Belgrave Harriers. The team was led by Serena Stracey, who was the 13th woman to finish, placing 114th overall in a time of 20 minutes 20 seconds. Clare McFadzean also ran well to record 21 minutes 20, placing 135th overall and placing fourth in the over-35 women's category. She was just 18 seconds ahead of club colleague Kerry Backshell, who completed Striders' scoring team, placing 142nd overall and fifth in the over-35 women's category.

Striders' men also produced a good performance to place fourth in their team event. They were led home by Duncan Lancashire who ran very well to place twelfth in a strong field, recording 16 minutes 27 seconds. He was closely followed by Justin Macenhill, who placed 16th (16.51). Matt Morgan completed the scoring team in 29th place (17.17).

The IAAF World Championships took place in Helsinki in August. Croydon's Donna Fraser helped Britain to third place in the women's 4 x 400 metre relay. Her club colleague Martyn Rooney helped Britain's men's team to fourth place, running the second leg in 44.8 seconds.

The summer of 2005 saw Striders compete in the Rosenheim League for the first time. Although our men's team finished the season at the bottom of the table, we were not disgraced, and only finished last in one of the six matches. Three of our athletes competed in every match (Matt Morgan, Alex Aronberg and Chris Morton). Our women were very short of numbers but the efforts of our youngest competitor, Sophie Shaw, meant that we placed fifth in the final table.

Striders also continued to compete in the Southern Veterans League, where our men placed fourth of the eight clubs in our division, while our women were fifth.

## **SPORTS MASSAGE THERAPY**

**HELPS REDUCE MUSCULAR SORENESS AFTER TRAINING OR COMPETITION  
HELPS RECOVERY FROM SOFT TISSUE INJURY**

**ALAN DOLTON, LSSM Dip, ITEC Dip, MSMA, MISRM  
UK ATHLETICS LEVEL 3 CLUB COACH**

**70 WARREN ROAD, ADDISCOMBE, CROYDON  
TELEPHONE 020 8656 0532**

**DISCOUNTED RATES FOR STRIDERS OF CROYDON**



