

Striders of Croydon

Summer 2012 Newsletter



Forget the Men's 100 metres. The Striders' Handicap Final is the Blue Ribbon Event of the Summer

Chairman's Corner

Congratulations to all those Striders helping at the Olympics it all seems to be going amazingly well so you must be doing a good job. I regret to say I have been watching it all from my sofa I even chickened out of watching the Ladies cycling up at Box Hill when it started hailing just as I was about to set off. As you know we got allocated 14 tickets for the athletics I am sure the lucky few will have a good day out. By the time you read this we might have heard we have been allocated some more, though I am not holding my breath.

The summer months should be the time we organise a few more away runs, cycle rides and other events unfortunately a combination of rubbish weather and the Olympics has been against us this year. However there are still plenty of Sunday mornings left so watch out for last minute announcements on alternatives.

The next major event in the striders calendar is the Triathlon on Thursday 16th. For those who haven't done one before this is your opportunity to have a go and see what it feels like trying to switch from swimming to cycling to running. Don't worry if you think you are a rubbish swimmer this is a very informal event, come and have a go.

We had planned to have our own major sporting event to celebrate our 30th Birthday and the Olympic Year however perhaps the Bank Holiday Monday was a bad choice, perhaps we didn't market it well enough but the numbers just didn't add up so we concluded it was better to cancel it and lose our deposit than risk spending a lot of money for a very small number of Striders. We still hope to organise a rather more low key event in September if the jet stream ever decides to stay north of us for long enough.

We are still continuing to do Striders Strolls on the last Friday of the month. After a good start numbers have been a bit low for the last two, Friday is not ideal for all of you who have to work a five day week but there isn't time to fit them in at weekends but do come along if you happen to have the day off. The one at the end of August will be a bit shorter as a few of us will be doing a much longer walk the week before.

Corrine is hoping to offer you a Striders Ski trip in January next year again watch this space as she will need to confirm numbers and book this well in advance.

The Race For Life two Sundays ago was a great success thank you all again for your support. The organiser Liz really appreciates us as it takes whole chunk of organisational effort off her hands. The whole thing is getting a bit too "elf and safety" conscious with a positive glut of unnecessary signs which I am sure no one takes any notice of. They could really just put a large one up at the start – saying this is an off road route take care. I have suggested it but they won't take any notice.

Enjoy the rest of the Olympics.

Robin



The Fundraising Section

AKA Striders Doing Mad Things For Money

Part One - Liam Redmond

Just to let you know my charity run has finally been verified- 'Fastest Half Marathon in a Fireman's Uniform' (sorry - the terminology Guinness use is gender specific). It s on the Guinness World Records website at

<http://www.guinnessworldrecords.com/world-records/7000/fastest-half-marathon-in-a-firemans-uniform->

Thanks for all the publicity, support and advice - it really helped. I've raised over £400 for the Fire Fighters' Charity, and hope to raise a bit more. I might attempt the full marathon in fire kit at London 2013.

Part Two - Mark Bayliss

Challenge Series launches with Mark Bayliss tackling the Enduroman Arch to Arc triathlon

Mark Bayliss to attempt the challenge as the first person to complete without a wetsuit, as he goes for the record as well

On Thursday 21st June, inov-8TM announced the launch of the inov-8TM Challenge Series – a campaign that will see committed athletes take on some of the toughest challenges in the world. The first challenge in the series will take place in September 2012 with Mark Bayliss undertaking the ultimate triathlon - the Enduroman Arch to Arc.

The Enduroman Arch to Arc triathlon involves a gruelling 87 mile run from Marble Arch in London to Dover, followed by a Channel swim from Dover to Calais, finishing with an epic 181 mile bike ride from Calais to the Arc de Triomphe in Paris. In a world first, Mark Bayliss will attempt to become the only athlete to complete the Enduroman Arch to Arc challenge without the use of a wetsuit for the Channel swim.

Taking the wetsuit out of the equation, after such a long run, Mark will face a physiological challenge that none of the previous nine Arch to Arc competitors have had to endure.

Dr James Carter, UK Head of the Gatorade Sports Science Institute, who has been helping Mark prepare a nutrition plan for the challenge said: ““Mark will have two additional challenges to deal with when swimming the Channel without a wetsuit. Firstly, his energy requirements will be increased because he will have to work harder to stay afloat; secondly, temperature regulation, namely preventing too great a drop in body temperature, will be made more difficult. Mark will feel colder and he will also lose heat quicker without the insulating properties of the wet suit. Previous competitors have worn a wet suit and this additional buoyancy and insulation would have helped conserve energy, maintain body temperature and, therefore, increased their chances of success”.

In preparation of the event, Mark is undertaking a gruelling training regime where he will cover 3,000 kilometres running, 15,000 kilometres cycling and 2,000 kilometres swimming. Mark has already tackled some monumentally tough events which include the Jurassic Coast Challenge (78.6 mile run over three days), Human Race open water swim (10 kilometres) and a 200 mile bike ride.

In his training Mark will take on the gruelling session of a triathlon which is half the distance of the Arch to Arc. This will involve a 45 mile run around the Caterham area at night, followed by a 6 hour swim in Dover harbour and a 100 mile bike ride finishing in Caterham.

Mark Bayliss said: "It's been getting on for 10 years of working towards the Arch to Arc challenge, it's not been a short term plan. All the events and training I've done over the years have been about getting a step closer. It's gone from a mythical event, to a dream, to a reality and now it is right in front of me. The training has been going very well and I'm really looking forward to finalising my preparation over the next few weeks and getting started from Marble Arch in September."

Prior to this challenge Mark, Director and Company Secretary at Wings Transport, has competed in hundreds of triathlons, represented England as a junior in Water Polo and Great Britain at youth level in Triathlon and Duathlon. Since 2007 he has swum the English Channel solo and also swum as part of a four person relay team (Croydon Amphibians Masters). He has competed in the Sri Chinmoy Lake Zurich Marathon Swim (26.4km) three times, raced two Ironman triathlons, 13 marathons and 10 ultras, including the Marathon des Sables. This year has already given him many challenges, and the biggest is still to come, the Enduroman Arch to Arc in September.

Commenting on the Mark Bayliss challenge, Eoin Treacy, European Marketing Manager for inov-8™ said: "Mark is the ultimate committed athlete, and really encapsulates inov-8™'s values of pushing the limits of performance. We are very proud to support Mark through his training and excited about his Arch to Arc challenge launching our inov-8™ Challenge Series. We hope Mark's example will inspire many others to push themselves further in their performance."

In addition to just tackling the challenge Mark is also fundraising for SportsAid. SportsAid helps young British sportsmen and women to achieve their ambitions by supporting them during the defining early years of their careers. You can sponsor Mark now at <http://uk.virginmoneygiving.com/MarkBayliss>.

For more information about the event and for further details about Mark's training go to www.facebook.com/INOV8run, follow @INOV8run or watch the latest footage at <http://www.youtube.com/user/INOV8run>. For more information about inov-8™ products visit www.inov-8.com.

Part Three - Susan Haynes

Over the last couple of years, my running has been patchy at best and certainly not up to the training required for another marathon. So I began to look around for something a bit different to raise funds for the British Lung Foundation, in memory of my lovely Dad who died last year.

For someone who complains bitterly every time Chris Morton's routes send us up Sanderstead Hill, climbing a mountain might not be an obvious choice. But that is what I am going to do. On 7 October I set out for Tanzania to climb Mount Kilimanjaro. Well, if Chris Moyles can do it....

At nearly 6,000 metres Kilimanjaro is the highest free-standing mountain in the World. An area of contrasts, there is a permanent snow cap at the top and tropical forest at the bottom. This presents significant challenges in terms of terrain, altitude and climate. Not to mention having to sleep in a tent, something I haven't done in over 30 years.

I've been doing all the training I can, which has included climbing Snowdon and discussing wicking underwear with complete strangers (never before has my opening gambit in conversation with a man been "So, are you going get some of those merino wool underpants?"). I put myself through all this, sleeping under canvass, altitude sickness, dodgy toilets...and all you have to do is sponsor me. This you can do at

<http://www.justgiving.com/SusansKiliTrek>

Any donation, however small, will be gratefully received.

Thank you!

Some Thoughts On Injury From Ian Campbell

The ankle injury plan or 'how to get back running as quickly as possible'

Have you ever had a serious ankle injury and wondered how long it will be take to get back on the road running? Well that is exactly what happened to me in October last year during the Amsterdam marathon. I was doing a mate a favour?, and pacing him to break 4 hours for a pb. I was doing it as a fun run and in city that I really enjoy. But things turned sour at the 21 mile mark. I basically twisted my ankle going over some tramlines and it ballooned up within a couple of minutes. I told my mate I would catch him up. I even tried to run a few yards thinking I could run it off. What a stupid idea that was! I knew the race was over but I had to hobble a mile to the next check point and a first aid point. I was wrapped up in a foil blanket with an ice pack and waited for 30 minutes or so for an ambulance and then x rays. The process was very efficient but I ended up in hospital for 3 hours and then whisked back to the finish to pick up my gear and my first walk (?) with crutches. Then came the pleading for a lift to get me back to the hotel. All roads blocked so no taxis. My marathon took me about 9 hours from the start to getting back to the hotel. My mate finished in under 4hours so job done for him.

Any what follows is my action plan for rehab of the ankle. You may find it useful if you have any form of ankle injury although you obviously need to go to a good practitioner. I would recommend someone who has a background in sports physio rather than your GP.

Injury diagnosis

October 16th fell on ankle during Amsterdam marathon. I twisted and fell on left foot, sole inwards. Then went to the hospital for an x ray and then had ankle iced and bandaged.



Amsterdam Hospital



Left ankle after 2 hours

Determination of injury

Ankle injuries are graded by their severity on a scale of 1 to 3 as below. My ankle injury was graded as 2.

Grade 1 - slight stretching of ligaments

Grade 2 - partial tearing of ligaments

Grade 3 - complete tear of ligaments

My ankle was taped up by the hospital. Its important to make sure that it is not too tight and that you can have some movement. During the first week with this bandage on I ensured that I did some rudimentary flexing of the toes and ankle. You need to get blood flowing and ensure some form of flexibility to improve the start point of the real rehab.



The ankle after 1 week. Showing major bruising on the outside heel, toes & upper ankle.

Rehabilitation phase

What follows are the three phases of my rehab program. This took approx 5 - 6 weeks of disciplined rehab before I was able to resume proper training. At about 3 weeks I was able to run for about 1 mile. Then it was a general progression of continuing the strength exercises for the ankle and slowly building up the running. My running diary tells me that I did a 4 mile run after exactly 4 weeks from the injury and by the end of November I had built up to circa 20 miles per week in 3 or 4 sessions. Not quite my normal mileage but with some faster paced sessions.

Phase 1 - PRICE

Protection, Rest, Ice, Compression, Elevation

Exercise - every hour 20 reps toe pumps back and forth

Progress exercises to underwater (when possible)

Physio to help with range of movement by moving ankle bones

Towel crunches with toes 10+ reps

Include 2mins ice, 2 mins hot to reduce swelling and accelerate healing process 2 to 3 times a day for 20 mins

Phase 2 - swelling subsided and no discomfort

Range of motion exercises and build strength

- drawing letters

- dorsiflexion - one legged squat with heel touching ground

- strengthening - isometric exercises, manual resistance, elastic tubing

Objective - same number of reps as normal leg.

Possible to do some low impact exercise.

1. Sitting on floor ankle toe pumping back and forth 20 reps 5 times a day increase to sitting on a chair with leg elevated outwards

2. Sitting on floor with resistance band tied to a solid fixture. 20 reps 5 times a day.

3. Strengthen the plantar flexis muscles. Sitting on floor with resistance band to toes and other end in hand. 20 reps 5 times a day. Progress by increasing resistance.

Objective to achieve equality with normal leg.

4. Standing next to wall with hands touching for support. Calf raises 20 reps 5 times a day. Hold for 2 second.

Progress to no hands on wall. Then step on block to do same exercise but lowering heels.

Phase 3 - restore proprioception

Maintain balance on one foot compared with the other.

Balance board

1. Leaning against wall and balance on one leg for one minute. Rest and do several times avoiding muscle fatigue.

2. Wobble board. Balance for one minute on one leg. Rest and do several times avoiding muscle fatigue.

When ready resume sports specific skills ie jogging and running

Start plyometric exercises and jogging/running patterns. Build up various distances and reps. Eg 20m x 5 reps, 50 metres x 5 reps, 100m x 5 reps, 200m x 5 reps, 500m x 5 reps.

Build up to include 20 mins runs with twists and turns to test ankle strength.

Single leg hops over dumbbells forwards, backwards and diagonally.

Include single leg standing on an uneven surface and with a band to pull the other leg. Also single leg standing on uneven surface with dumbbells and point other leg forward, sideways and backwards to touch dumbbells.

Olympic Opening Ceremony - The View From The Stage

Well what a journey! It all started in November last year with auditions at the Three Mills Studios in Bromley by Bow; followed by a long wait before hearing we had been successful. Our rehearsals started in April, weekly initially then becoming more frequent.



In May we moved to an outside venue in Dagenham, on an unused part of Ford's site, where we gradually started piecing together our scenes on fields of play simulating the size of the Olympic stadium. Here we endured torrential rain, high winds, blistering heat then more rain. Plastic ponchos became an essential item of clothing! Sam and Jan rehearsed on one field of play with their beds, while Sue and Kevin practiced on the other side with fences and turf.

With one month to go we relocated to the Olympic Stadium at Stratford with most of our choreography learnt. Despite the wet summer, all the volunteers kept turning up to learn their parts. Danny Boyle was present at every rehearsal as well, such was his commitment to the



ceremony. He was constantly mobbed for photos and autographs but didn't seem to mind!

Over the final week there were four dress rehearsals, which meant 10 hour days getting ready and hanging around until show time. However there was a real festival atmosphere at the holding area, Eton Manor, a thirty minute walk from the stadium.

Nurses, factory workers and ravers sat on the grass, sunbathing and chatting. We attended about 150 hours of rehearsals, giving us a glimpse of the blood, sweat and tears that go into taking part in the Olympics. Being able to finally discuss the show is a relief as it's been hard work trying to 'save the surprise'.

Huge sacrifices have been made by us all in terms of our family and social lives and of course our running has taken a back seat to the point of being non-existent for the last 2-3 months.

Was it worth it?

Being part of the greatest live show in earth, performing in front of the Queen, heads of state, 80,000 people in the stadium and a billion people around the world.....You bet it was!!



The Greater Manchester Marathon - 29th April

By Linda Daniel

It's grim up North so they say, and so it was on the Greater Manchester Marathon day.

It rained from start to finish, gale force winds that did not diminish.

Darren Campbell started the race, fired the pistol then ran away, for cover under a canopy.

Hundreds of spectators lined the route, waved and cheered in their wetsuits !

The great Ron Hill ran like the wind as he passed Old Trafford and Altrincham, also Man U's Football Stadium, and at last his goal in sight, the finish line Beckhamed !

4,000 runners arrived back at the park soggy and soaking just like the start.

Wet and weary and feeling out on a limb, yes up North is very GRIM !!



Your (Mancunian) Editor would just like to point out that the North is not always grim.. There are at least two days a year when the sun shines. Honest.

Two Views From The Water - Bewl Water 15

The Ref's Eye View

Bewl is my first Sunday in July substitute for the late Tanners Marathon and I first did it last year when the water level was quite low. 2011 was a warm and sunny day, 2012 not quite so. The summer rain had made the going good and very soft in places. Heavy rain greeted runners as they arrived in the sleepy village of Wadhurst for the thirteenth running of this event. The start takes you through a downhill and you get your first glimpse of the reservoir glistening through the trees and then pick up the well trodden track around the water. It is

extremely difficult to get lost on this route - all you have to do is keep the water to your right and you should have no problems. Undulating through the woods, past the sailing club and restaurant, we pushed on to the main dam with its view of where we had come from. The shape of the reservoir means that distance is deceptive and soon after this dam as we bore 180 degrees left, there were runners just over the water but around three miles ahead not the short distance that I believed at the time. As has been the norm this summer, the sunshine was interspersed with squally showers. There was a pair of shrews cycling round the course and laughing at me. The final part of the run went on local country lanes and there was a contestant for mastermind manning the 12 mile marker. "it's downhill after you get to the top of the hill!" Baby's head time before the end, up from the lake to the finish. Well worth the effort.

Corrine Carr

It all started on 25th March as we were heading back from the Hastings half. Linda D. made a throw away comment as we were driving on the A21 past the turning to Bewl. "Have you ever been to Bewl? Lovely place, reservoir etc." A few weeks later, the Ref sent an email out saying "Bewl 15...highly recommended". Lisa N, Margaret, Sandie, Tina Mac, the Ref and I signed up for it. Some of us were a bit nervous at first as we had not done any serious training since the marathon but we liked the idea of a new challenge.

Sunday 1st July at 10.30. It took us less than an hour to get there. It started pouring down with rain as we got nearer and nearer and we were wondering whether it was such a good idea after all. Most importantly, we debated what to wear for a while, layers/no layers, sunglasses etc...it cleared up as the race started and stayed (nearly!) dry throughout.

The Bewl 15 is very well organised by the friendly Wadhurst Runners. It is a 15-mile off-road race mainly in the woods and across farmland around the reservoir with a 3-mile hilly section along quiet country roads towards the end of the race. Easy parking, changing facilities and water stations every 3 miles are provided. There are plenty of supportive marshals; the scenery is lovely with the reservoir as a backdrop and best of all medals, goodie bags, free beer and cakes (made by the Womens' Institute) are given out at the end. Whilst you take part in the race, the rest of your party can enjoy a day out walking, cycling, sailing or fishing. It's a great place for kids and adults alike. Trophies are given out to the first male and female runner and vet runner for each of the vet categories. Sadly, we didn't get any L. It made a nice change from running on roads and trail shoes are recommended if it has been raining as some bits can be muddy and slippery. Due to its unique distance, it's also a great one for a PB - how many other 15-mile races have you done??

Our anecdotes include me being stalked by a heavy breathing Seaford Harrier for part of the run (not a great chat up line, guys!) and Sandie who managed to slip on the mud. Some of us would definitely do it again next year!

The fastest runner did it in 1:31:08; the slowest in 3:54:45. We were somewhere in between...

History Of The Olympic 10000 Metres

Although Striders were originally formed as a club to train for the London marathon, a look at the annual road rankings which our secretary prepares each year show that the most popular distance for Striders which race at on the road is the '10K' (ie 10000 metres). As recently as the 1960s, there were very few 10K road races in Britain: the most popular distances were five miles or ten miles. However the last forty years have seen a gradual process of metrication, as we have slowly fallen into line with other European countries.

The modern Olympics were first held in 1896 in Athens, but the Games of that year did not include any track events longer than 1500 metres. At the Paris Olympics of 1900, the longest track race was the 5000 metres; at the St Louis Olympics of 1904, the longest track race was four miles; and at the first London Olympics, held in 1908, the longest track race was five miles.

The 10000 metres made its Olympic debut in 1912, in Stockholm. The track was only 383 metres in circumference, so that the race was slightly more than 26 laps. The race was won by the Finnish runner Hannes Kohlemainen. By modern standards, his tactics were somewhat naive, because he ran the first 400 metres in 64 seconds and reached halfway in 15 minutes 11, half a lap clear of his nearest rival. He ran the second half of the race almost a minute slower than the first half, but still managed a comfortable win in 31 minutes 20.8 seconds. Louis Tewanima of the USA was second in 32 minutes 06.

Between the two World Wars, the Finns dominated the Olympic 10000 metres, winning four of the five races. In 1920, in Antwerp, Kohlemainen won the marathon, leaving the 10000 metres to his fellow-countryman Paavo Nurmi, who was renowned as a pioneer of even-paced running and frequently raced holding a stopwatch (there were no lightweight wristwatches in those days!). He won in 31 minutes 45.8. Joseph Guillemot of France was second (31.47.2) and James Wilson of Scotland was third (31.50.8), gaining Britain's first Olympic medal at this distance. As in 1912, the track was an unusual distance: it was 389.8 metres in circumference, so that the runners had to cover just over twenty-five and a half laps.

Nurmi, whose training included regular speed work and time trials over distances between 400m and 1000m, was not selected to defend his title in Paris in 1924, where he instead gained a double victory in the 1500 metres and 5000 metres, both races being held on the same afternoon. The 10000 metre title stayed in Finnish hands as the winner was Ville Ritola who won in a new world record of 30 minutes 23.2. Edvin Wide was second in 30 minutes 55: he had been born in Finland, but was running for Sweden, having moved there as a teenager. The track was 500 metres in circumference, which was the standard distance in France at that time, so that the race was exactly 20 laps of the track.

In 1928, in Amsterdam, the race was held for the first time on a track measuring exactly 400 metres, giving the 25 laps which have now become standard: all subsequent Olympics have been held on tracks measuring 400 metres. Nurmi and Ritola dominated the 10000 metres: Nurmi took gold in 30 minutes 18.8, with Ritola just six-tenths of a second behind. Wide was a well-beaten third in 31 minutes 00.8. Finland's run of four successive Olympic 10000 metre wins was broken in Los Angeles in 1932, when Kusocinski of Poland won in 30 minutes 11.4. (Eight years later, after the German invasion of Poland, Kusocinski was executed by the Nazis.) Finnish runners did gain the silver and bronze medals, with Iso-Hollo second (30.12.6) and Virtanen third (30.35.0). And Finland won all three medals at the 10000 metres in Berlin in 1936: in a close finish, Ilmari Salminen won in 30 minutes 15.4, just two-tenths of a second ahead of his team-mate Arvo Askola. Iso-Hollo placed third (30.20.2).

Because of the Second World War, the next Olympics were not held until 1948, in London. The Finnish world record holder, Viljo Heino, was the favourite to continue Finland's long history of success in the event. Emil Zatopek of Czechoslovakia set a fast early pace; Heino tried to stay with him but dropped out after about 7000 metres. Zatopek went on to win by more than half a lap in an Olympic record of 29 minutes 59.6. Alain Mimoun of France was second in 30 minutes 47.4.

Zatopek retained his title in Helsinki in 1952, where he improved his Olympic record to 29 minutes 17.0, with Mimoun again taking second place (29.32.8). Zatopek completed an unprecedented treble at these Olympics, for he also won the 5000 metres (with Mimoun again taking second and Gordon Pirie of South London Harriers placing fourth) and then made a winning debut at the marathon, finishing more than two minutes clear of his nearest rival.

In Melbourne in 1956, the favourite for the gold medal was the Ukrainian Vladimir Kuts, who had set a world record of 28 minutes 30.4 earlier in the year. He showed his intentions by running the first lap in 61.5 seconds. He led through halfway in 14 minutes 06.8, well inside world record schedule. The only runner to try to stay with Kuts was Gordon Pirie of South London Harriers: he stayed in contact until the 20th lap, but then slowed so badly that he eventually finished eighth, more than a minute behind Kuts. Kuts himself slowed in the last few laps but held on to win in 28 minutes 45.59. Kovacs of Hungary finished strongly to take second place (28.52.36) with Allan Lawrence of Australia third (28.53.59). Kuts later completed a double by winning the 5000 metres: Pirie ran more cautiously and was rewarded by finishing second.

In 1960, in Rome, the winner was another Soviet runner, Pyotr Bolotnikov, who set an Olympic record of 28 minutes 32.2. Grodotzki of East Germany was second (28.37.22) and Dave Power of Australia was third (28.37.65).

Having won bronze medals in 1956 and 1960, Australians were hoping for gold in Tokyo in 1964 through Ron Clarke, who had set a new world record of 28 minutes 15.6 in 1963. Defending champion Bolotnikov set a fast first lap but could not maintain the pace, and Clarke led the field at the start of the last lap. However he was outsprinted by the American Billy Mills, who ran the last lap in 59.8 seconds to win in a personal best of 28 minutes 24.4. Mills was closely followed by Mohammed Gammoudi of Tunisia who took second in 28 minutes 24.8, exactly a second ahead of Clarke. (Incidentally Mills was of Native American descent: he had been brought up on the Pine Ridge Reservation in South Dakota, and had been orphaned at the age of 12. His Native American name was Makata Taka Hela.)

The 1968 Olympics were held at the high altitude of Mexico City, so the times in the 10000 metres were significantly slower than in the previous three Olympics. For the first time, African runners took a clean sweep of the medals with Naftali Temu of Kenya winning in 29 minutes 27.40, just ahead of Mamo Wolde of Ethiopia who placed second in 29 minutes 27.75. Mohammed Gammoudi was third in 29 minutes 34.2.

In Munich in 1972, Lasse Viren of Finland gained an impressive victory in a new world record of 27 minutes 38.35, with Emil Puttemans of Belgium taking second in 27 minutes 39.58. Viren also won the 5000 metres, and he retained both titles in Montreal in 1976, where his winning time in the 10000 metres was 27 minutes 40.38. Carlos Lopes of Portugal took the silver medal in 27 minutes 45.17: he was to win the Olympic marathon eight years later. Brendan Foster of Gateshead placed third (27.54.92), gaining Britain's first medal in the 10000 metres since 1912. Two other Britons placed in the top eight: Tony Simmons of Luton was fourth (27.56.26) and Bernie Ford of Aldershot was eighth (28.17.78).

In Moscow in 1980, Miruts Yifter of Ethiopia produced a very fast last lap to win the 10000 metres in 27 minutes 42.69, with Maaninka of Finland placing second (27.44.28). Yifter also won the 5000 metres.

In Los Angeles in 1984, the winner was Alberto Cova of Italy in 27 minutes 47.54. These Games went down in Olympic history as the only occasion when a 10000 metre runner failed a drug test after finishing in a medal-winning position. The culprit was Marti Vainio of Finland, who had crossed the line in second place. Mike McLeod of Elswick crossed the line in third place (28.06.22), and subsequently received the silver medal.

On a happier note, these Games also included the first Olympic marathon for women. There were still no women's track events longer than 1500 metres, but this omission was rectified in Seoul in 1988, when the first Olympic women's 10000 metres took place. The pre-race favourite was the world-record holder, Ingrid Kristiansen of Norway: she duly led for the first seven laps but then dropped out of the race. Liz McColgan of Scotland took the lead just before halfway but was unable to drop Olga Bondarenko of Russia. Bondarenko produced a fast last 200 metres to win in 31 minutes 05.21, with McColgan second in 31.08.44. The men's race was won by Brahim Bouyateb of Morocco (27.21.46) with Antibo of Italy placing second (27.23.55).

There was also a Moroccan winner in Barcelona in 1992, when Khalid Skah won in 27 minutes 46.70, just ahead of Richard Chelimo of Kenya (27.47.72). The women's race was won by Derartu Tulu of Ethiopia (31.06.02), with the South African Elana Meyer finishing second (31.11.75).

In Atlanta in 1996, the men's race was won by an Ethiopian who had already won two World Championships at the distance, and was to become one of the best-known and most popular distance runners of all time: Haile Gebrselassie. He won in 27 minutes 07.34, with Paul Tergat of Kenya second (27.08.17). The women's race saw a close battle between the world record holder Wang Junxia of China and Fernanda Ribeiro of Portugal. The Chinese runner led at the bell but Ribeiro sprinted past her with 50 metres remaining to win in 31 minutes 01.63.

The Sydney Olympics in 2000 saw Ethiopians win both the men's and the women's events. The men's race saw another close battle between Haile Gebrselassie and Paul Tergat. Gebrselassie won by just nine-hundredths of a second, recording 27 minutes 18.20. Ethiopians took gold and silver in the women's race, with the 1992 champion Derartu Tulu running the last lap in 60.26 seconds to regain her title in a personal best 30 minutes 17.49. Her team-mate Gete Wami finished second (30.22.48) while defending champion Fernanda Ribeiro was third (30.22.88). Britain's Paula Radcliffe finished fourth (30.26.97) after having led for most of the race.

The Athens Olympics in 2004 saw Ethiopians take gold and silver in the men's race, with Kennenisa Bekele winning in 27 minutes 05.10 and his team-mate Sileshi Sihine placing second in 27 minutes 09.39. The women's race was won by Xing Huina of China in 30 minutes 24.36, with Ejagayou Dibaba of Ethiopia placing second (30.24.98) and defending champion Derartu Tulu taking third (30.26.42).

In Beijing in 2008, the Ethiopians repeated their achievements of eight years earlier by winning both the men's and women's events. Kennenisa Bekele retained his title by winning in 27 minutes 01.17, while his team-mate Sileshi Sihine again took silver (27.02.77). In the women's race Tirunesh Dibaba, whose sister had taken silver four years earlier, won in an Olympic record of 29 minutes 54.88. Elvan Abeylegesse, who was born in Ethiopia but was running for Turkey, finished second in 29 minutes 56.34.

The early years of the Olympic 10000 metres saw Finland dominate: the last fifteen years have seen Ethiopia dominate. They have won all of the last four men's races and two of the last four women's races, and have also taken four silver medals in that period (two men's and two women's). Britain's best performances came in the 1980s when Mike McLeod and Liz McColgan both won silver medals, but no Briton has ever won gold in this event. Can we hope that Mo Farah will break the Ethiopian monopoly of the men's event by succeeding in London in 2012?

Alan Dolton

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

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

Fully qualified & insured

Dates for Your diary

Wednesday 19th September – Striders' AGM

Sunday 23rd September – Switchback 5 (see Mick or Susan for details)

Sunday 7th October – Dulwich 10K (replaces the cancelled Wimbledon 5K in the Owen Trophy)

Saturday 20th October – Men's & Women's Surrey League X-Country (see Striders' website for details)

Sunday 21st October – Croydon 10K, Lloyd Park (Final Owen Trophy Race)