

Striders of Croydon

Christmas 2004 Magazine



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Welcome to the first news letter under new management and thank you to all those who have contributed. As all the detailed information on recent events is available on the Striders website I have concentrated more on the things that might appear in the Sunday Colour supplement and left the sports pages to the web site.

To that end you are reminded that all you want to know about the club is at <http://www.stridersofcroydon.co.uk/>

Thanks to all the contributors:- Paul Weir provided a number of Training Tips now known as PW Tips which appear as foot notes. We have the truth about the plans for the 2012 Olympics from John Keen, Life and running in Whitsatble from Bob Pullen, The continuing history of the Striders, items on some of the events of the last quarter. Including the Amerstdam Marathon from JG and Dave Shaws experience of Running the London to Brighton. I have included the latest fixtures list to keep when you bin the rest. Alan Dolton has provided his continuing history of UK Athletics. Kevin Burnett has provided race reports and his collection of athletes signatures as the basis of this months competition, To encourage others to lead Wednesday night runs JG has provided some more routes.

The end result is perhaps a bit long on words and short on detailed facts, which is why I have renamed it the striders Magazine. Your feedback on how to approve the next one which is due out around Easter will be gratefully. Get typing now.

Thanks and Happy Christmas to you All

Ed

Chairman's Corner



Greetings fellow striders! And may I be the first you wish you all a happy Christmas!

Since taking up running all those year's ago I've always associated this time of year with finding out if

your in the London Marathon or not as the acceptance or, as often as not, the rejection notices are usually sent out at the beginning of December. This year due to the increase in Strider's membership we have been allocated three instead of the normal two places for next years Flora London Marathon. For those of the newer members among us that might be unaware it has been the normal practice for those striders that have received a rejection notice to enter into a draw for these club places. This year will be no different and we are hoping that everyone who has applied to the FLM will find out if their in or not by the time of the club's Christmas Dinner to be held at the clubhouse on 10th December. Of course this is another reason to come along to the dinner! So please ensure that if you have entered the FLM and receive a rejection notice to let Chris Morton know as soon as possible along with some proof of your rejection, so there should be

at least three striders getting an early Christmas present! I also remember if I was fortunate to receive an acceptance how I was filled with both happiness and dread with equal measure and I'm sure that this year's intake will be feeling much the same within the next few weeks!

It was interesting to compare the process of entering another marathon and in another country as I, along with about 15 other striders, took part in either the full or half Amsterdam Marathon in October. No form to fill in with a black pen, no ballot to enter, no acceptance or rejection, all entries are done on line via the marathon web site so you pay your money and you're in! Much less stress! Okay I know it was a much smaller field than the London with just over 16,000 runners taking part in the 3 races; Marathon, ½ Marathon and 10K but I can't see why on line entries couldn't be done for the FLM.

It's been busy few months travel wise for the club as a small party of striders also took part in the annual pilgrimage to the Club La Santa sports complex in Lanzarote although I would have thought it still a little to warm in September to take part in some of the activities on offer! Perhaps next year I will finally get to go on one of these tours, if not La Santa perhaps one of the other places that have been mentioned on several emails that I have seen been sent to the Strider email list of late. I'm not to sure of what interest there is within the club for trips like this, in fact I think we got more striders going to Amsterdam than we did La Santa, so it would be good to hear from everybody if this is something you think we should be arranging as a club. Indeed feedback would be appreciated on every, and anything, you think we should be doing as a club, both on a running and social viewpoints. Please feel free to send your comments to myself or any committee member. I feel communication between ourselves is important so for those on the committee it is really important to find out and know what the membership is thinking and wants from a club like ours. So please don't be shy in coming

forward with your views, either in person, on a club run for example, try to find a committee member who runs at a slower pace than you! By telephone, contact numbers for all committee members are on the club web site and finally by email of course.

This gives me the chance to plug the strider's email list, which is a great way of finding out what is going on at the club. We now have 70 striders on this list although this number does not reflect that some people could be on the list twice, as they could be listed at home and work. If you're not on the list but would like to be please visit:

<http://sports.groups.yahoo.com/group/striderslist/>

If you're worried about being overwhelmed with emails don't be, there was only 66 emails sent during October and if that's to much you can just sign up so that you don't get any emails but can just visit the site to view what messages have been sent.

I must say that I'm looking forward to this edition of the club newsletter as this will be the first one to be produced by our new editor, Robin Jamieson, who has taken the role over from the previous editor, Chris Morton. I thought Chris did a wonderful job

to bring the Newsletter on to its present form so will be looking forward to seeing what direction Robin takes it. (No pressure there then Robin!) Having once been an editor of the newsletter, believe it or not! I do have a special interest in the newsletter and find it fascinating how the format and how it is now put together has changed over the years. I think I was the only the 2nd ever editor and use to have to chase people to post me their articles and I mean post i.e. via the Royal Mail! Most use to be hand written as the world of PC's and word processors was still some years away for most people, (it was the early nineties) then hand write my own contribution before asking my long suffering wife (she's still suffering by the way) to type up the newsletter and then photo copy sufficient numbers for the membership that we had at that time! Thankfully that was no more than 50 at that time! Thank goodness that we've progressed since then! However it's good to know that some things don't change as I heard from Robin that he recently received a stack of handwritten race reports from Kevin Burnett, something I recall also receiving! Well done that man!

Once again, merry Christmas and happy New year to you all!

John Gannon

PW Tip 1 - To drink or not to drink during a run now that's a question? Most runners don't really need to drink on runs lasting up to an hour or racing a 10k, but remember before you start running to be well hydrated. But what do you drink? Well in my opinion a runner drinks a sports drink, these contain various levels of fluid, electrolytes and carbohydrates Even this is not that simple as they can be broken down to into 3 types. I will list them for you and tell what they are best used for.

Isotonic drink, contain Fluid, electrolytes and 6-8% carbohydrate. This will rapidly replace fluids lost by sweating and boost of carbohydrate. This is best used before during and after running and this is the choice drink of most runners. If you buy a powdered form that you mix with water add a bit extra and you can turn an Isotonic drink into a Hypertonic one.

Hypotonic drinks, contain Fluid, electrolyte and a low amount of carbohydrates. This will rapidly replace fluids lost by sweating. Suitable for athletes who need fluid without the boost of Carbohydrate.

Hypertonic, contain Fluid, electrolytes. Used to supplement daily carbohydrate intake, normally best used after running or events where you need high level of energy ie London to Brighton.

The world is your oyster (or crab and winkle)

By Barnacle Bob Pullen

Now I have settled into life by the seaside, it seems a good time to write about the East Kent running scene and my new club Canterbury Harriers.

If you are wondering what on earth I'm on about, I escaped the joys of Croydon earlier this year to move to Whitstable to become a DFL (as in 'dahn from London'). Whitstable is on the North East Kent coast and is a heritage town famous since Roman times for its wild 'native' oysters which are dredged just offshore. The town has also undergone (ahem) 'gentrification' as the Sunday broadsheets would have it and therefore attracts a better class of 'chav' to the area what with its fancy restaurants and bars, galleries, whitewashed clapboard cottages and pretty seafront. You can take it from me that these people know nothing about bar etiquette. Despite all this, Whitstable is a super place to live and run.

The first thing that struck me when I started exploring Whitstable's running potential was the sheer variety of terrain and surroundings. Naturally I started off by running along the seafront which in itself gives a variety of scenery depending on the time of day, day of the week, weather conditions, tides and what's going on offshore. For example, a wind farm is being constructed 5 miles off Tankerton Bay, so there is frequently a bizarre looking construction ship that raises itself up off the sea surface on hydraulic jacks in order to pile the foundations for the wind turbines - all very surreal. At other times there is a yacht race under way from any



one of four sailing clubs situated between Whitstable and Herne Bay. If I'm nearing the end of a run I often run alongside the fishing harbour at Whitstable, particularly at the weekends, to take in the smells of the oyster processing huts and fish market and watch all the townies wolfing down plates of freshly caught local seafood. No point in doing this at a start of the run - I'd get the munchies!

Whitstable is only 6 miles from Canterbury. In fact, the two towns are connected by a wide bridleway that runs from Whitstable Harbour to Westgate Towers in Canterbury. This undulating path runs through open farmland and woods and was formerly a railway line built in 1830 to haul coal and other merchandise from the harbour to Canterbury. The line eventually became a passenger service known as the 'Crab and Winkle' line in honour of

the day trippers who descended on Whitstable at the weekends to sample the town's famous oysters and other seafood delicacies. Following closure of the line in 1953, the rolling stock was transferred to Southern and can still be seen operating through East Croydon station.

There are a number of running clubs in the Canterbury area including Invicta East Kent and Wingham Trotters, but I opted to join Canterbury Harriers. There are many similarities between Harriers and Striders. It's a mixed ability club who welcome everyone, are friendly with about 130 members, train 3 times a week, and like a drink. There are however some differences. The training seems to be particularly vigorous and taken very seriously by the majority of Harriers - ie. Tuesday nights are based around either speedwork or

PW Tip 2- Did you know there is evidence to suggest that running in the morning helps you lose weight (just look at me), it is all to do with the glycogen levels in your body. If you get up and run before breakfast the body has very little glycogen to use, as it still burns calories as you sleep. Breakfast refuels these levels, so run early and you start to burn fat much quicker as the glycogen in the muscles gets used up and the body starts to burn fat and also you have the afterburn effect that keeps your body metabolism high for several hours after you run making it more likely that what ever you eat gets burnt off rather ending up as fat.



hill sessions and Wednesday is track night! Thursday night is billed as a steady paced hour run, but my first experience of this was trying to cling onto a small lead group led by the head coach for the last 15 minutes as he upped the pace from 8 min/miles to 6 and a half! I now know the trick is to ease off and get swallowed by up the next group, and that the run breaks into a number of different paced groups for the second half of the run. Nice of them to let me know before we set off! Aside from specific marathon training groups, there is no regular club-led Sunday run which was an initial disappointment, although I have been doing my own stuff in order to find out about the area and beginning to hook up with runners who also live in the Whitstable area.

The Harriers don't have a stake in a community sports facility in the way that Striders do, but instead meet at the sports club of a private school in Canterbury. This is pretty lush with a swimming pool, gym and squash courts but more importantly has a bar. A certain ex-boxer from Ireland, known as the 'Clones Cyclone' is a regular user of the facilities. The other significant

difference I have noticed, which is in itself pretty significant as the City already has a top flight track and field club (Invicta East Kent), is that Harriers have a very strong female membership, in terms of numbers, ability and ambition. Harriers' women regularly walk off with winners medals at Kent races either for individual prizes or team ones. They even won the 2003/04 Kent Fitness Cross Country League. Talking of which, this is another major difference!

Although there is a traditional Kent Cross Country League and annual County Championships run by the Kent AAA, only the top half a dozen clubs compete in this and it is split along traditional county competition lines with men, women and juniors competing separately at four fixtures. By contrast, the Kent Fitness Cross Country League is comprised of 18 Kent clubs and held over 8 fixtures between October and March. Elite men (10k sub 34 min) and women (10k sub 38 min) are barred. There are two team championships, one for women and one for combined teams. The women's team for each club requires three runners, one of which

must be over 40. The combined teams consist of seven men plus the three women. Of the seven men, at least one must be over 40 and one must be over 50. The atmosphere at these races, with mixed teams and about 300 competitors in each race, is pretty different to my experience of the Surrey League fixtures! Not necessarily better, but certainly different. Guests from other clubs (or non-club members) are welcome to compete and some of the fixtures are nearer to Croydon than Canterbury - see Canterbury Harriers website for details.

Appetite whetted? Good coz with the Strider Committee's agreement, I am will try to organise a long Sunday run in this neck of the woods to tie in wth the usual Marathon series of ultra long runs followed by a slap-up pub lunch. Watch the Stridernet for details!

There are already pretty strong links between Striders' and this part of Kent in view of Mick and Barbara Gambrell's move a few years back from Croydon to Margate, and their leading role in neighbouring club Thanet Road Runners. Their main races are picked up in the Striders fixture list, and I will endeavour to add some more, such as the very fast and popular Whitstable 10k on the May Bank Holiday, and Saxon Shore relay team event which runs from Folkstone to Whitstable each June.

And finally - is it true that oysters have aphrodisiac qualities? You'll have to ask the missus!!

Oh, and as Christmas is approaching, there is a Christmas Cracker 5 mile race along the seafront on Boxing Day. Will I be doing it? Only if I aim for a PW!

Anyone seen me banjo?

PW Tip 3- Did you know pain is the bodies way of telling you something is wrong, but it does not always mean you have to stop training. Yes you can carry on running if 1) The pain is mild and goes away as you run or walk. 2) The pain does not cause you to limp even slightly. 3) The pain shows signs of going away from day to day as you continue to run. 4) The sore area is not swollen. **YOU SHOULD NO RUN IF** 1) The pain or soreness you feel is present throughout your workout. 2) The pain worsens the farther you go. 3) The pain causes you to limp or alter your running gait (Style) in any way. 4) The pain get worse as each day goes by.

Olympics 2012 – The Doncaster Bid

John Keen

Much has been made of the Hackney (or London as Lord Coe would call it) bid for the Olympics in 2012 yet very little has come out about the bid that I have put in to have the Games held in my back yard. No, not actually my back yard. That would be silly as it is one of the smallest gardens in the country and, when the conservatory is finished, there won't be room to swing a cat let alone a hammer. Besides, her at number 26 wouldn't be having it with those javelins flying around. She's got enough problems what with her Bert having a thing with that floozy from Shagmoor Avenue.

Whilst I'd have a stab at getting a 50,000 crowd and multi national teams into my back garden, putting everyone up overnight in the often mispronounced Fox and Bucket, the reality is that it wouldn't work. Better than Atlanta but not as good as Sydney.

No, my idea is that the games should be held in and around Doncaster. We have the infrastructure in place already. In March our new airport, the Robin Hood Doncaster Sheffield I'm In Charge And I'll Call It What I Like Airport, opens offering flights to all destinations around the civilized world and Scunthorpe. Already in place the number 57 bus from the South Bus Station (soon to be renamed the "Bus Station" to avoid discrimination) travels to all the right places, although it does not run after seven in the evening and doesn't run at all on Sundays.

Within the next two years (Please God) the council are building a new footie ground (the Stade de Donny) which will have 15,000 seats for 15,000 people to stand and watch the games. Right next door to that they are building an athletics stadium, eight lanes, seating for 500. So far, so good. Footie stadium for opening ceremony, Lesley

Garrett, the finest pair of lungs around, to lead the singing, athletics track next door, off and running.

There are minor problems with other sports. The closest we have to a velodrome is the bike rack in the car park at Tesco's. We might have to think about that one but at least the cycling road races can be accommodated, the M18 motorway, currently used for chariot racing, being more than a test. We have hockey pitches, rugby, facilities for darts, bar billiards, crown green bowling and pigeon racing whilst anything to do with horses can go to the racecourse. However, unless sliding down the pink flute becomes an Olympic sport we may have to push the pool events off to Sheffield and the vast Ponds Forge facility. On the water we are already in place.



We have the wonders of Lakeside which used to be an airfield until we had a heavy shower one night. It might not be your conventional rowing course but as long as the crews can steer the boats in a circle and avoid the Canadian geese and the shopping trolleys I can't see a problem. If they don't like it then the River Don is nearby, just can't see the British coxless four stopping after 2000 metres to negotiate the lock.

We have no immediate facilities for boxing but have earmarked the Market Place to be used for fights on Friday nights, results to be announced in the magistrates court the following Tuesday. Shooting

events have been assigned a venue although this may change before the 2012 date as the police are questioning the renewal of the licence of the Fat Sam's nightclub.

The pit village of Armthorpe has been assigned as the Olympic Village, a blessed relief surely for Greek sprinters as it's only a short motorbike ride away from the hospital.

Armthorpe Colliery reclamation, site for the Olympic village

The locals of Armthorpe will welcome the world with open arms (£50 a night, bed and fried breakfast) and treat them as they would their own.

It only remains for us to design a marathon course. This is never an easy task but luckily Doncaster is one of the flattest towns around. We've decided to send the runners out south towards the snobbish village of Bawtry and thence to Clumber Park in Nottinghamshire via the A1 and back again. Most of the road works on the A1 will be sorted by 2012 so no problems there but the runners will have to have £5 ready to pay the gateman to enter Clumber Park.

Obviously, we have never been so excited since Sheffield Wednesday sacked their manager, which wasn't that long ago come to think of it. But we are. We are all geared up and ready to go, let the good times roll! Me and my co director, Arthur Best-Pett, will do all that we can, excluding bribes, to ensure that the IOC see that Doncaster is the ideal venue for the Olympics 2012.

We may be a little bit behind the likes of Paris, London (Hackney), New York and Moscow but one thing is for sure – we are light years ahead of Madrid.

Striders de Crogdean 1066 – 1509AD

Robin Jamieson

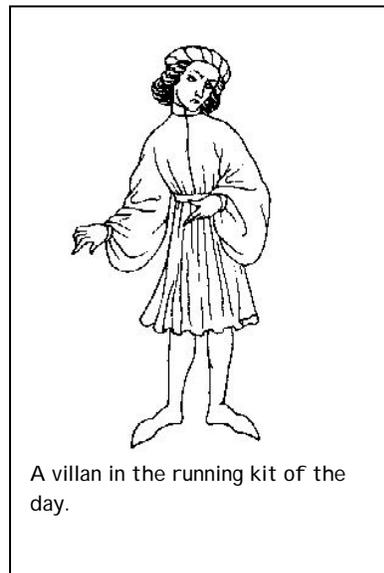
The continuing true? Story of the Striders contribution to the history of the South East.

Harold and his army jogged down from Stamford Bridge after his victory over Harold Hardrada. The Croeas Deanas Straeders then jogged with him across to Caldbec Hill near Hastings to meet William Duke of Normandy on 14th October 1066. Sadly Harold and his army were, to put it politely, knackered. They had not been training regularly, missed the regular Tuesday track sessions, had done no hill training and spent Sunday mornings in bed. The rest is history...

The Straeders decided discretion was the better part of valour, quickly changed their name to the Striders de Crogdean and waited to see what would happen next. King William built castle everywhere and took control. However he realised that he needed to keep his army fit so commissioned a complete survey of all the running clubs in the country. The result was the Directory Of Middledistance Exercise Societies or DOMES day book. In our area the major club was Crogdean but there were also two clubs at Addington, (suprisingly one in the area covered by New Addington and clubs at West Wickham, Coulsden, Sanderstead and Wallington

The Crogdean entry reads:-
Archbishop Lanfranc holds in demesne CROYDON. T.R.E (before 1066). it was assessed at 80 hides, and now at 16 hides and 1 virgate. There is land for 20 ploughs. In demesne are 4 ploughs; and 48 villans and 25

bordars with 34 ploughs. There is a church, and a mill rendering 5s., and 8 acres of meadow, woodland for 200 pigs. Of the land of this manor, Restold holds 7 hides of the archbishop; Ralph 1 hide; and they have £7.8s. from them for rent. T.R.E., and afterwards, the whole was worth £12; now £27 to the archbishop, £10.10s to his men.'



A villan in the running kit of the day.

As you all know a Hide is 4 Virgates a Virgate 30 Acres and an Acre roughly one plough. What historians have failed to register is these measures are nothing to do with farming but measures used for training runs. An acre is 220 * 22 Yards i.e two sprint lanes a convenient distance apart, later to be the distance used for cricket pitches. Thus the area used for running tracks became the standard

measure for any area. A Hide was the area that could be conveniently run round on a Sunday morning.

Club members were known as villans or bordars depending on their success in club events. Villans being higher status than bordars. The record also shows the club paid £27 rent to their landlord, the Archbishop and kept £10 10s for club expenses.

The other significant event of the time was the signing of the Magna Carta by King John at Runnymede. Again events have been misinterpreted by the historians. Runnymede was in fact Running Meadow, the main site for national cross country events. King John was the name of the tyrannical leader of the Straeders at this time who insisted on leading the club on long fast runs invariably leaving the bordars, the slower runners, to die in the forest. After a disastrous Sunday morning when half the club was lost. King John was finally forced to sign a document at Running Mead obliging the leader of all runs to loop back at least once every Virgate and ensure the villans picked up the bordars.

Other than this life in the dark ages was pretty grim and didn't pick up again until the arrival of Henry VIIIth in 1509...

PW Tip 4- Did you know everybody has two types of muscle fibres in their body. They are fast twitch and slow twitch muscle fibres, both are good for different things. Fast twitch muscle fibres contract very quickly and are very powerful but also tire quickly, top class sprinters have loads of these fast twitch fibres. Slow twitch fibres on the other hand contract slowly and with less force but they don't tire quickly many top class long distances runners have many of these slow twitch muscle fibres. You cannot change how many of each you have but you can train them to act a little like the other type. So the next time someone speeds past you, they may be more of a sprinter than an endurance runner

The Amsterdam Marathon – October 2004

John Gannon



10.58AM 17th October Sunday morning, Olympic Stadium Amsterdam, the site of the 1928 Olympic Games and I'm taking a pee in an open air urinal surrounded by 5,000 other runners on the track and their supporters situated in the stands, its 2 minutes before the start of the Amsterdam Marathon, now how and why did I agree to do this? Oh yes I remember, out on an early morning training run with Morgan Steel the previous April I mention, in passing and in the hope that I'll impress my running partner that morning, that I'm thinking about doing this race. Now before I know it I've invited Morgan and his wife Jackie to spend the weekend of the race with my wife Wendy and I out in my flat in the Netherlands, I've entered the marathon, on-line I have to add, no ballot here! And I'm sitting around Morgan's house while we book flights to take us all out there!

Morgan, when I say I'm thinking about doing a race it doesn't mean I won't to actually do the bloody thing! I'm just trying to make out I'm serious about my running for God's sake!

When word got out that Morgan and I were doing the marathon there was considerable interest within the club, especially as there was also a ½ Marathon being held as part of the race. Before I knew it there were over a dozen striders who had decided to take advantage of the cheap flights offered by Easyjet, £50

return and the short flying time, 45 minutes to Amsterdam. As I work out in the Netherlands I was asked about accommodation and I was lucky enough to be able, via my work place, to book a 4 star hotel based in the Museum Quarter of Amsterdam at a corporate rate of just €140 per night, so based on 2 sharing a room this worked out at about £50 per person per night. Of course being near the fantastic museums that this city has to offer was high on the list of our cultured strider club mates!

Of course organising flights and hotels was the easy part, now we had to get the training in! Thankfully as there was a group of us all training for the same event this made the training a little easier but I soon found myself getting up at a ridiculous hour on a Sunday morning and running to the club to meet some of my fellow Amsterdam bound striders at 7.30AM as well as Dave Shaw, who was in training for his annual pilgrimage to Brighton some two weeks before Amsterdam. I was also lucky(?) that Tim Bett was also a fellow ex-pat like me working in the Netherlands so we were able to meet up and share the joy of those long Sunday morning training runs when we were both out in Holland on the same weekends. I guess we must now know the dunes that act as a natural barrier between the North of Holland and the North Sea as well as we know the parks and woodlands of Croydon!

This was the first autumn marathon I had ever taken part in and I found the training to do a lot easier to do during the warm summer months than the dark winter ones, especially on the early morning runs as getting up and running when it was light and sunny is certainly preferable than when it was still dark, cold and perhaps even raining! However, the down side is there is not the same number of ½ Marathons or 20 mile races during August & September that can be found in the lead up spring marathons such as London. Mind you the thought of doing a 20 mile race on a hot summer's morning does not sound that appealing!

So back to the Olympic Stadium on a slight damp autumn Sunday morning, when Morgan and I entered the marathon we had both put our finishing times down as between 3-3.30 so found ourselves in the 'C' starting pen only 100 metres away from the start line. In the build up the race the organisers had said there would be over 15,000 people taking part so I was concerned how we were going to all fit into the stadium. It was until after the race that I discovered that they meant that many people were taking part in both the Marathon, ½ Marathon and 10K that were also being held at the same time the marathon was taking part and therefore all the races would have different start times.

Morgan and I started the race together having bumped into the

Kayums, Don & Elene, as we made our way to the stadium but of the other 11 striders that were also doing the Marathon there was no sign. Morgan, due to a change in jobs, had not got in as much training as he would have liked so our plan was to run the first half together and then see how things went for the 2nd half. The first 10K, which we completed in 48.12 and in line with our schedule of sub 3.30, saw us do a loop past the Museums and Amsterdam's version of Hyde Park, called the Vondelpark before re-entering the Stadium for a lap and then heading out of town. We also ran past the hotel everyone was staying at, which gave 4 out of the 5 Striders that were doing the ½ marathon a chance to cheer us on. The 5th and loudest Strider, no names, no pack drill Kevin Bannister, we saw or should I say, heard when we entered the Stadium, cheers mate! By this time we had also joined up with Elene and I later found a photo of the three of us running abreast down the back straight of the track! It was as we entered the stadium that we caught the first sight of another strider in the form of Alan Purchase who had just coming out. The course meandered its way out of the city and then along the Amstel river that Amsterdam takes its name from. The course runs along both sides of the river so there was a chance for us to see the leaders making there way past the half way mark as we past between 15 & 17K. We also caught sight of Don on the other bank and shouted out our encouragement much to the amusement of the runners that were accompanying us at this point. Morgan and I had kept up a steady chat as passed the kilometres away, mostly about what pace we were doing as we passed each kilometre marker. These 'chats' must have been heard by our fellow runners as some asked us what time we were aiming to finish in to which we replied something between 3.20 & 3.30 and when they found out usually decided to run with us. It was one of these runners that pointed out that although there were runners ahead of us we did have a huge pack of

runners behind us most of which I think had overheard our estimated finishing time so decided to run with us. When I looked behind me I could see he was correct! I felt like Forrest Gump! I did wonder what they would have all done if I had just stopped? Properly would have kept going and run over me!

We crossed the river and reached 20K in 1.36 bang on schedule before passing the ½ way mark in 1.42. It was at this stage that the path along side the river became very narrow and at some point as we were passing other runners that Morgan and I got separated from each other, I was in front of Morgan at this stage and as we had previously agreed that we would run together until then I decided to push on as I was feeling good as this stage. The route then left the river and we were running around some pretty uninspiring out of town industrial units, however also at this stage the route double back on itself I was able to spot Tim, Alan and Ian Campbell who were I guessed between 5-8 minutes ahead of me, which was at about the 25K point. I seemed to be overtaking quite a few runners especially when the route an unexpected short climb up a bridge! The course had been dead flat until that point so you could have heard the groans as turned the corner! Of course this feeling good did not last for to long as I reached 30K in 2.24 and then began to die a little, the number of people I was overtaking soon become matched by the number of people overtaking me and it become a mind game to keep going, luckily I had gone over the course from the 35K mark the previous week when I was on the serious research of finding a suitable bar to drink in after the marathon! My spirits were raised when, as we re-crossed the Amstel, I spotted Alan in front of me and he had seemed to have died more than I had! I pulled up along side him, clasped my hand on his shoulder and muttered 'You're nicked son!' I was even more surprised to find a few days later that the official photographers had actually captured the moment and I'm sure

that it will used in a future caption competition in the club newsletter! My spirits were further lifted when, as we were running through Vondelpark for the second time and just past the 40K mark, I was surprised to see Don in front of me! We had a quick chat as I passed when he informed me that he had suffered from cramp and had walked/ran for the last 8 miles. By this time I had also slowed down as my time at 40K, 3.16, proved. Still only another 2.2K to go I told myself but the welcoming site of the Olympic Stadium took a long time to come into view! I spotted Tim walking out of the stadium as I was entering and he shouted out words of encouragement but I was to far gone to reply! Once into the stadium it was just a further 300 metres the wrong way around the track to the finish, I tried to remember to smile for the cameras but of course totally missed them so was captured looking pretty dead on my feet. I did have enough energy to reclaim my striders top that I had left tied to the gantry at the finish, hey that cost me £3.50! before returning my champion chip and making my way out of the stadium back towards the sports hall were we got changed before the race. Oh my finishing time? 3.27.42 some 8 seconds faster than my last marathon at London in 2001! Who said you had to get slower as you got older! It was only when I had stopped running did I look down and realised that both my nipples had exploded with delight and my strider vest was a Technicolor of red and yellow!

My one compliant about an otherwise well organised marathon was it was a squeeze to get out of the stadium and the post race goodies consisting of a sports drink and half a banana left a lot to be desired! My fortunes changed to the good once outside because as I was taking a rest sitting on a wall a Dutch Red Cross lady came along to advise me not to hang around as I would get cold, when I jokingly ask her if she had a Magic Carpet that could transport me the ½ mile back to the sports hall her reply was no but she could provide a mini bus

that was only a short hopple away! I couldn't believe my luck! It felt like I was a VIP as I was driven around past my fellow marathoners. Once back at the sports hall I was spotted by Alan exiting the mini bus, which began the rumour that I was in an ambulance after the marathon! Once back in the sports hall a clod shower awaited me and man did those nipples feel snore! I meet up with Morgan and we exchanged times, as he thought his lack of sufficient training during the previous two months had effected his time as he finished in 3.44. We then meet up with our support crew and, once refreshed with cups of tea and cakes, made our way slowly to the Irish Pub we had previously arrange to meet up with our fellow striders. This pub was situated on the course of both the ½ & full

marathon just outside the Vondelpark and I had hoped that we would have got there in time to see some of our club mates go passed in the ½ marathon however this was not the case as it took a lot longer than planned to walk the couple of miles and we were all pleased to see that some of the trams had started to run again! A very pleasant few hours were passd in said Irish Pub, which appropriately was called the ARAN Irish Pub, a ran! Get it? Stories and tales of each other's races were swapped, large meals of hot food was eaten and many pints of the famous Irish sports drink were consumed before we felt that we were fully recovered and the Gannon/Steel party made their way home. Our fellow striders continued their recovery by going for a meal at

a local restaurant. Times for everyone are shown below, my thanks go to Morgan and Jackie for an enjoyable weekend and all of my fellow amsterdamers, especially Tim and Ian Campbell for their company on those long training runs. Would I do it again and would I recommend it? Yes I would on both counts, it's a well organised marathon over a nice flat course that, as Ian and Susan will vouch, is prefect for a PB and Amsterdam is easy to get to with plenty of low cost flights courtesy of Easy Jet, the city itself has plenty of hotels, there's plenty to see and do even apart from the obvious attractions that Amsterdam is famous for! For which I will leave for the words of Mrs Steel to sum up: "Ere Wendy its right Mucky here, I say right Mucky! Now what's that fist for?"

Marathon:

Gerry Crispie - 2.59.58
 Tim Bett – 3.19.22
 Ian Campbell – 3.19.29
 John Gannon – 3.27.42

Don Kayum – 3.30.45
 Alan Purchase 3.33.37
 Elene Kayum – 3.42.22
 Morgan Steel – 3.46.55

Nick Kyritsis – 4.13.51
 Mike George – 4.22.23
 Dave Hoben – 4.23.59

Half Marathon:

Tom Littlewood – 1.43.50
 Kevin Bannister - 1.46.01
 Lyn Simmons – 2.00.39
 Karen McDermott – 2.00.41
 Susan Haynes – 2.00.45

Beachy Head Marathon -

Tim Betts



As for Beachy Head, I cannot recommend the event enough. Perverse I know, but I enjoyed it from beginning to end despite the constant climbing/descending, the mud and the ferocious wind (compare Addington Hills?).

One of the most encouraging elements was the spectator support - in particular, there was one attractive young lady who appeared at 4 or 5 points on the route and always shouted for Striders of Croydon. As you can imagine, this does not happen often - so I noticed and it was much appreciated. On the last occasion, as I sped past, I heard her shout "do you know Neil and Helen Furze" - this of course shattered my dream; it was not my manly mud-splattered yellow and green vest that appealed to her but the fact that I might have celebrity links!

PW Tip 5- I over heard someone in the club say they are putting on weight with running, believe me they looked much slimmer, i'll explain why they had put on weight, muscle weighs more than fat, so by losing fat and gaining lean muscle you may in fact put on weight, to show you that you are getting leaner, measure your body keep a note of Leg, tummy, arm measurements and in a few weeks re-measure and see the difference, proof you are leaner and slimmer and better for it.

Cross Country Leagues

After 2 events out of the 4 in the Surrey League

Women - 3rd in division 2 - only 4 pts ahead of 4th team (Sutton) - 3 teams get promoted

Men - 3rd in division 3 - 61 pts behind second team (Woking), 18pts ahead of 4th team - 2 teams get promoted

after 2 races out of the 4 in the East Surrey League we are 7th out of 13 (mixed team)

The Croydon 10K



*A few of the club entrants in a mass start?
No race report for this one.*

Not sure why Alan is running in the wrong direction.

Holland sports vets League

Further Details of the Holland Sports events by Kevin Burnett can be found on the website.

At the end of the season Holland Sports, with whom Striders compete came 10th in the League table as follows

Rank	Team	Points	Appearances	Points	Appearances	Points
1	East Bourne Rovers	709.5				
2	Horsham B	23665.5				
3	Herne Hill H B	22 685				
4	Paddock Wood	20 686.5				
5	Tunbridge Wells/Langton	647	20			
6	Serpentine B	19 639.5				
7	Medway Maidstone	19 611				
8	Worthing Harriers B	18 585.5				
9	Haywards Heath/Lewes	597	16.5			
10	Holland Sports	16 513.5				
11	Tonbridge B	16 462				
12	Crawley B	15 429.5				
13	Redhill & Surrey Beagles	554.5	14.5			
14	Kingston Poly B	10 203				
15	Swale Combine	9 172				
16	Darford B	2 18				

Player	Appearances	Points A	Points B
K Burnett	3	6	27
C Cotton	2	9	4
N Davidson	1	3	0
D Lovell	1	3	0
J Macenhill	1	13	7
E Parker	4	47	56.5
G Pullen	4	3	29

Kevin Burnett writes...

As Well as Striders who competed this season Rob Hall (who has a London Marathon time of 2.43) is the most prolific competitor (even more so than Eric Parker), having competed in all the events over the season. In at least 2 fixtures he contested 15 events in one afternoon – generally all A string events (including Relays). Others who competed this season are Daryl Hillier, Simon Wing, Mark Gamble, Michael Sinclair, Nick Potter and 2 juniors. Lastly Nigel Bongers – he competed twice this season before sustaining a foot injury at Farthing Downs. As some of us know Nigel does a lot of work on behalf of Holland Sports be it administrative, team manger, coaching as well as competing. We from Striders who competed are indebted to Nigel for giving us the opportunity for competing on the track in the Southern League. - Thank you Nigel.

PW Tip 6 - How often should I change my running shoes? You should change your shoes after they have done about 400--500 miles, or before if they are causing an injury. They may still look ok on the outside but the mid sole may well be damaged or worn out something you cannot see unless you take the shoe apart. Also break in new running shoes slowly. If they cause friction try applying vaseline to the inside of the shoe in areas that caused the friction.

London to Brighton

A day trip to the seaside

The hardest part of London to Brighton is the decision to do it. At some point in 2003. Morgan and I had decided that maybe 54 miles wasn't impossible - other people did it, why shouldn't we? We ran the race in October 2003 and it was a great day. Ideal conditions, a cold but sunny day, a great sense of teamwork, running together with Striders accompanying on bikes. Sticking to our plan we'd moved through the field and finished in good shape. Do it again, I thought, even though Morgan couldn't make it in 2004.

Training for L2B is similar to a marathon, but with longer long runs and no real speedwork. At its peak, I'd run for 5 hours on a Saturday morning and 4 hours on Sunday. While these runs can get tiring towards the end, much of the training is easy, cruising along on a summer's morning listening to music or chatting to clubmates. It's a big time commitment, but, if you build up to it, not too physically challenging. I did one race beforehand, the mountainous Jog Shop 20 which is a sort of Switchback on steroids. This apart, it was largely long, slow runs.

Pre-race preparation needs more thought than the average race. You take food/drink which the organisers put out at the 5 mile feed stations - so for each I taped together a bottle of Lucozade Sport, a carbohydrate bar or gel and some sweets. The weather forecast was not good, making the choice of clothes difficult. Up to a marathon, I'd run in a vest whatever the weather - but going much slower and longer, the cold could be a problem. Alternatively, if it warmed up, I could end up running 50 plus miles carrying a waterproof. In the end I

settled on an extra T-shirt that I'd shed at Croydon and Jane and Sophie would meet me at 35 miles with extra clothes if necessary.

Registration is at a school near Waterloo at 6 a.m. . It has the feel of a local cross-country race, where many people know each other by sight. There's a good sense of confidence with everyone fairly experienced at distance running, if not ultras. We walk over Westminster bridge and the 93 runners gather outside Parliament - it's not yet dawn and even the centre of London is quite. Just before 7, you're called into the road, and, on the first "bong" of Big Ben, we're off.

There are three types of L2B runners. Those who can race it, those who think they can race it (and end up walking a lot of the way) and those who are happy just to run it. I'm definitely in the third

category. My thinking was - 28 miles from here, I'm going to have to start a marathon - what sort of shape do I want to be in? I figured it's pretty much impossible to run the first few miles too slowly, and started right at the back - based on last years experience, it was clear that a fair number of those streaming off early on would be slowing down later in the race.

You barely notice the first 10 miles. You're running very slowly, chatting to others around you and even though it's very early in the morning there's a festive feeling to it. We passed through Brixton, Streatham and into Croydon town centre where Nick K jogged with me to the Striders drinks station. Great to see family and clubmates there and off towards Purley in good shape. Looking through the results (you get a 10 mile split and position) I went through the first 10 in 1.30 and 79th



Dave and Nick at the Striders Water Station

PW Tips 7 Did you ever want to run faster but hate the track, then try this tip, next time on a Wednesday night club run, do some interval training here is a simple version that anybody can do, Warm up for 10 minutes then repeat this cycle, Jog, speed up, jog, speed up and so on. How fast and how long you run at a faster pace is up to you.

place.

On to Farthing Downs and cheery hellos from the SLH drinks station. Eating and drinking is a big focus of the first half of the race. I'd resolved to walk through each drinks station long enough to consume each Lucozade and carbo gel/bar. You don't feel hungry, but it was critical to stick to the plan rather than do what feels right. So the first half of the race had a five mile cycle of: eat and drink/feel a bit nauseous for a couple of miles/feel good for a couple of miles/get to the next drinks station. I'm sure that the top ultra runners don't do this, and it certainly breaks your rhythm but I think that eating sufficiently in the early stages is essential for to average club runners.

Towards Redhill, everyone remained pretty cheerful and kept an even place (I was 78th at 20 miles). I was running with a V50 called Steve doing his 5th L2B. The weather remained OK - grey and drizzly but not too cold. For me at least the race remains fairly sociable until 30ish miles, as you're running well within yourself and on reasonable pavements through Redhill and Horley. But noticeably some people were starting to struggle as they went through the marathon distance and I moved forward 11 places by 30 miles. These people I guess were marathon runners who had not trained for the extra distance. The race starts to get harder beyond 30. You run along the B2036 with no pavements, quite heavy traffic and a few grinding hills. The runners become increasingly spread out and, when you do pass people, a chat is replaced by a nod of grim determination. At this stage of the

race, the weather also started to break up and the gentle drizzle was replaced by persistent, cold rain. Jane and Sophie were waiting for me at 35 miles drinks station and gave me a boost, but that aside, it was a question of digging in till Ditchling. This part of the race was certainly less fun than last year and there's not much to be said for slow, solitary running through the rain. You go through some pleasant countryside but somehow it doesn't really register. Through Cuckfield, and at 40 miles I'd moved up to 59th, passing former Strider Dean Casella on the way.

You get cheered on by supporters in cars accompanying runners in the same part of the race - they're very generous, both with encouragement and offers of food/drink. Particular thanks to ex-Strider Mick Gambrell and the Thanet team support crew.

At least the early slow pace and fuelling meant I remained in physically good shape. A few people were walking at this stage and it wasn't the weather for a pleasant stroll on the South Downs. At some point around 45 miles I heard I was 52nd, which gave me an incentive to make the top 50th. Focussing on picking off those in front helped sustain the pace.

Ditchling Beacon marks the end of the hardest part of the race. Arriving at its foot I had two choices and, for me anyway, running up it wasn't one of them. As I'd got this far, the lying down and dying option seemed a shame, so, as planned, I walked up it. It's actually a welcome relief and when near the top someone shouted "Almost there" I thought "Oh no, I'll have to start running again".

Over the top and through 50 miles, with gently undulating Downland and a view of the sea. Through 50 miles I was in 48th place - physically tired but psychologically in good shape. There's one slight hill at about 52 but after that its downhill into Brighton and I was cruising in. No one had passed me since the start but, with about 400m to go, some bloke popped up on my shoulder, breath rasping and eyeballs bulging. Spurred into to action, I raced the last 200m (for me the only really competitive bit of the race) and finished ahead of him, in 8.44.09 and 46th place.

On reflection, I think you need two things to run L2B - the first is time. The training is not particularly hard, but there is a lot of it. I'm very lucky that my family, if not completely understanding are very tolerant. The second is a plan and the commitment to stick to it. If you get nutrition, hydration or pacing wrong in a 10k, you maybe have a hard couple of miles ahead. If you get it wrong in L2B, the second half of the race will be very long indeed.

These two things will get you round. I'd add two more to really enjoy the day. The first is good weather, although this is perhaps hard to arrange. More practically, I'd recommend running with someone and if possible with a support crew - this makes the difference between surviving the last 15 miles and enjoying them.

All in all it's a great day out - many thanks my long suffering family, all the clubmates I trained with and the legion of people involved in organising the race.

PW Tips 8 - I was running the other day with SOC and I over heard this. 'I am slow which means I am unfit,' I wanted to say something to that person but felt it was not my place, but it did get me thinking, so i will say this, fitness is specific and means different things to different people, because you are slow does not mean you are unfit as fitness can be described as the "ability to carry out all of your daily tasks without getting to tired and still have energy to run at night"
Did you know girls that the elastic in your sports bra starts to go after 35-40 washes and will not give the support it did when you brought it, so think before washing it.

Mertsham Half (approximately)!



On October 24th October the Magnificent Seven attempted the Merstham Half. The longest of the runs feasible on a Sunday Morning by catching a train out and running back off road.

There is a selection of photographs of the run on the Striders website taken by Peter Yarlett.

The route starts on a footpath straight from the platform on Merstham Station, then up a steep bank to a footbridge across the M25, through the small residential area of Merstham trapped between the M25 and M23, down and under the M23 through a tunnel. Then up a greasy muddy footpath to the top of the Downs. This leg seemed like an ice rink on a

slope after the storms of the day before. The route then follows the ancient Pilgrims Way to the highest point on the run at Willey Park Farm and our only spectator (right) .

About this point the phone rang! Where was Tom he has got everyones car keys? Judging from the photos I then seem to run the rest of the first half with my mobile to my ear trying to contact Adrian Clark to arrange an early pickup for Tom. The route takes you across a view point at Gravelly Hill and through woodland and down to a foot bridge across the A22. Fortunately Adrian had offered to provided a drinks stop and was able to meet us here to rescue Tom and also Sue who was suffering from an injury the



day before. The Famous Five ran on. The next leg took us down a long (3K) steady down hill on traffic free tarmac through Marden Park and past Woldingham Girls School (though where were the girls). For next time, if it is dry underfoot there is an alternative route along the ridge above the Park. After a short leg through a corner of Woldingham we crossed Woldingham Golf Course on a virtually invisible footpath across two fairways and the practice range. Unfortunately I paused to chat to a group of Golfers and failed to notice we should have turned right parallel with the course. Instead we battled up a hill and after further detours emerged much closer close to Warlingham Green than expected. We got back on track easily enough though it meant slightly more road running than I had intended.

The rest of the run back from Chelsham and through Selsdon Nature Reserve was on familiar tracks. I started flagging at this stage and left the Fabulous Four to run on ahead. Total distance 21.75 K but it felt just a bit longer.

The next one will be the run back from Oxted on Tuesday December 28th.

PW Tip 9 - How do i improve, do i need to just run more? In short the answer is yes but follow this idea of how to progress and you will see some excellent results. Change only one of the below at anyone time. To progress and improve your fitness you can follow the FITT principle. F means frequency, ie train more often. I means Intensity push your self harder. T means Time train for longer. T means type vary your training methods, ie cross train use Karen's swimming evening. By sensibly applying the above you will improve your fitness, but it is important to be patient. Start slowly and build up gradually. You will feel yourself getting progressively fitter, stronger and faster.

updated 18/11/2004

Fixtures for November 2004 Onwards

Owen Trophy [main events](#) [Sandilands Cup](#)

Date	Start Time	Venue	Name of Event	Distance
4-Dec		Coulsdon	Pirie 10	10 miles XC
4-Dec		Richmond Park	Ellis Trophy & Dysart Cup	
5-Dec		Portsmouth	Victory 5	5 miles road
5-Dec	10:00 AM	Westgate on sea	Thanet Coastal 10	10 miles road
11-Dec	2:00 PM	Wimbledon common	Hercules invitational XC	5 miles XC
12-Dec		Bicester, Oxfordshire	Andy Reading 10K	10k road
12-Dec	9:00 AM	Guildford	Hog's Back	9 miles road
12-Dec	11:00 AM	Peacehaven, East Sussex	Mince Pie 10	10 miles multiterrain
18-Dec		Wimbledon Common	South of Thames senior - 7.5 miles XC	Sandilands
19-Dec		Reigate	Holly run 6	6 miles XC
26-Dec		Haslemere	Boxing Day Run	3.5miles multiterrain
1-Jan		Wimbledon Common	Lauriston 7 miles	7 miles road
2-Jan		Epson Downs	Tadworth Ten	10 miles multiterrain
8-Jan		Lloyd Park	Surrey XC championships	Sandilands
9-Jan		Plumpton Green, East Sussex	Plumpton Classic	7.5K multi
15-Jan		Lloyd Park	Men's Surrey League XC division 3	Sandilands
15-Jan		Richmond Park	Women's Surrey League XC division 2	Sandilands
16-Jan		Dartford, Kent	Dartford 10	10 miles road
22-Jan		Guildford	Guildford 10K	10K multiterrain
22-Jan	2:30 PM	Wimbledon Common	Vets AC 5.5	5.5 miles XC
23-Jan		Epsom Downs	Epsom Oddballs Perch	6.25 miles XC
29-Jan		Parliament Hill	Southerns XC championships	Sandilands
30-Jan		Canterbury	Barretts Canterbury 10	10 miles road ?
6-Feb		Ashford, Kent	Ashford & District 10K	10K road
6-Feb		Chichester, West Sussex	Chichester Priory 10K	10k road
6-Feb		Watford	Asics Watford Half	half marathon road
12-Feb		Priory Park, Reigate	Men's Surrey League XC division 3	Sandilands
12-Feb		TBC	Women's Surrey League XC division 2	Sandilands
13-Feb		Chessington	26.2 RRC Velentine's 10K	10K road
13-Feb		Sidcup, Kent	Sidcup 10	10 miles road
19-Feb		Birmingham	National XC championships	20 miles & 10 miles road
20-Feb		Bramley, Hampshire	Bramley 20/10	half marathon road
20-Feb		Brighton	Sussex Beacon Half-Marathon	half marathon road
20-Feb		Dover	Deal Tri Dover Mercury Half	half marathon road
27-Feb		Tunbridge Wells, Kent	Tunbridge Wells half marathon	half marathon road
27-Feb		Woodford Green, Essex	Roding Valley Half	half marathon road
6-Mar		Greenwich	Greenwich Meridian 10K	10k road
6-Mar		Margate, Kent	Thanet 20	20 miles road
6-Mar		Reading	Reading Half	half marathon road
12-Mar		Box Hill	East Surrey League road relays - 2.1 miles	
27-Mar	TBC	Paddock Wood	Paddock Wood Half	half marathon road
5-Apr		Ewell	East Surrey League road - 4 miles	
21-May			Green Belt Relay	

50 YEARS AGO: ATHLETICS IN AUTUMN/ WINTER 1954/55

Alan Dolton

The 1954/55 autumn season began with the Surrey Road Relay, which was held at Woking on 11 September. The race was won by Herne Hill, who took the lead on the second leg and never relinquished it. They had finished runners-up to South London Harriers the previous year. Four weeks later the Southern Road Relay was held on its traditional course from Westminster to Brighton. Again Herne Hill were successful, taking the lead on the third leg and never losing it. The following week they won the team event in the annual Walton 10-mile road race.

The first major cross-country event of the winter was the annual South of Thames inter-club race, held at Footscray in North Kent on 13 November. The race was won by Ron Stonehouse of Farnham. He subsequently became a successful coach, coaching many members of the very strong Aldershot squad of the 1970s and 1980s. The team event was won by Sutton & Cheam Harriers (who are now known as Sutton & District AC).

South London Harriers' international Gordon Pirie had had a disappointing summer, having to miss the Empire Games and the European Championships after breaking a bone in his foot in July. He resumed racing in October,



BBC Sport Personality for 1954 - Chataway represented Britain in a special athletics match-up with Russia. He was behind Vladimir Kuts in the 5,000m, when he raced ahead to win in the last 10 strides in a world-record time. The dramatic pictures were broadcast to 12m viewers.

winning a two-mile race at White City (8.54.8) and a three-mile race in Manchester (13.53). The meeting at the White City saw a classic 5000 metre race between European champion Vladimir Kuts of Russia and Britain's Chris Chataway, who had placed second in the European Championships. Kuts led for almost the entire race but Chataway just beat him in a sprint finish, recording a new world record of 13 minutes 51.6 seconds. The following month Pirie won a 10000 metre race in Manchester in 30 minutes 7.2 seconds. He returned to cross-country racing the following week, winning a race in Brussels.

The Surrey Cross-Country Championships were held on South London Harriers' course at Coulsdon on New Year's Day 1955. Pirie retained his individual title with Mike Maynard of Herne Hill second and Peter Driver (SLH) third. South London Harriers also won the team event, with Belgrave second and Herne Hill third. SLH showed their strength by also winning the team events in the junior (under-20) and

youths (under-17) races.

The Inter-Counties Championships were held two weeks later on a badly frozen course at Liverpool. The winner was Ken Norris of Thames Valley Harriers and Middlesex. Pirie finished sixth after falling heavily with a mile to go while disputing the lead. Maynard considered the course too dangerous and did not start.

The South of Thames held their annual championship race at Horsham on 5 February. The winner was Hugh Foord of Brighton, who remained active as a successful 'veteran' runner into the 1980s. The team event was won by Belgrave.

The Southern Championships were held at Brighton on 19 February, in icy conditions on a hilly course. Gordon Pirie won the individual race and also led South London Harriers to team victory. SLH also won the junior (under-20). With their confidence high, SLH went on to have one of the greatest days in the club's history in the National Championships at Cardington (near Bedford) on 5 March. Again Pirie was the individual champion, despite running the last two miles barefoot after losing a shoe in heavy mud. SLH gained an impressive 'clean sweep' of the team titles, winning the senior, junior and youths' races.



BBC Sport Personality 1955 - Pirie, the middle distance running champion, reportedly covered 200 miles a week during training. He clinched the award after setting five world records and beating a string of first class athletes, a feat that won him huge popularity.

PW Tip 10 -So much is said about diet but it is a simple fact if you eat more calories than you burn, you will put on weight. Aim to have a balanced diet made up of these percentages for your total daily food in takes 50-60% of your food should be carbohydrates, 25-30% of your food should be fats and finally 10-15% of your foods should be proteins. On the question of fats aim for your fats to be monounsaturated and if possible don't touch saturated fats. This is a big subject if you want to know more then ask me. But take heart running 1 mile burns 100 calories.

20 YEARS AGO:ATHLETICS IN WINTER 84/85

Alan Dolton

The Surrey Cross-Country Championships were held at Brockwell Park on 5 January. The individual winner was Richard Partridge of Aldershot, beating Bob Treadwell (Surrey Beagles) by just four seconds. Epsom won the team event for the second successive year. The women's championships were held separately at Camberley. The winner was Rachel Disley of Hounslow. 20 years later, Rachel still competes, but is now with Thames Hare & Hounds. Hounslow also won the team event (despite having their headquarters in Middlesex rather than Surrey).

The final match of the Surrey Cross-Country League (Division One) was held on South London Harriers' course at Coulsdon on 16 February. Having won the first three matches, Aldershot were already certain to retain the league championship, and consequently fielded a below-strength team. Ranelagh won the match with Herne Hill second. In the overall table, Herne Hill placed second with Ranelagh third. Belgrave (4th) and SLH (5th) retained their Division One status. Epsom and Omega were relegated to Division Two.

Woking were already almost sure of the Division Two championship before the final match at Lightwater, but there was a close battle for the second promotion place between Croydon Harriers and Thames Hare & Hounds. Croydon won the match to beat Thames by just 20 points in the overall table. Their team at Lightwater included two current Striders : Alan Dolton was 23rd

and Peter Yarlett 36th. Guildford won the Division Three title, with Mitcham second.

Croydon Harriers won the Surrey Women's Cross-Country League for the third successive year. Belgrave placed second while South London Harriers were third. This was only SLH's third season in the league : they had only begun accepting women as members in 1982, after more than 100 years as a male-only club. The league comprised 17 clubs, all competing in just one division.

The Southern Championships were held at Cockfosters on 9 February. The individual winner was Nick Brawn of Invicta (based in Canterbury), while the team event was won by Bournemouth. The women's championships were held separately, at Ipswich on 2 February. The race was won by the South African runner Zola Budd,

competing as a guest but ineligible for the trophy as she had not lived in the UK for the required nine months. The trophy went to the runner-up, Surrey champion Rachel Disley. The team event was won by London Olympiades (who no longer exist).

The National Championships were held on a muddy course at Milton Keynes on 2 March. The individual winner was Dave Lewis of Rossendale. Aldershot won the team event for the third successive year. South London Harriers placed 72nd, with their leading runners being Andy Evans (181st) and Francis Upcott (203rd). Croydon had

only five finishers and failed to complete a team.

The women's championships were held separately at Birkenhead. The race was marred when anti-apartheid protesters tried to block the course and stop the race as a protest against the participation of Zola Budd. Budd dropped out of the race, which was won by Angela Tooby of Cardiff. Crawley won the team event.

There was a strong field for the Woking 10-mile road race on 24 February. Keith Penny of Cambridge won in 48 minutes 21, with twelve runners breaking 50 minutes. 42-year-old Croydon Harrier Robin Dickson ran well to be second veteran (and 50th overall) in 52 minutes 50, while Alan Dolton placed 27th in a lifetime best 51 minutes 32.



ZOLA FACTS

Born: 1966 in South Africa

Honours: Double world cross county champion 1985/6

Former 5000m world record holder

Holds British mile record

Most famous for: Running barefoot

Or she was booed in the 1984 Olympics when Mary Decker tripped over her in the 3000m

PW Tip 11 - How often should I change my running shoes? You should change your shoes after they have done about 400--500 miles, or before if they are causing an injury. They may still look ok on the outside but the mid sole may well be damaged or worn out something you cannot see unless you take the shoe apart. Also break in new running shoes slowly. If they cause friction try applying vaseline to the inside of the shoe in areas that caused the friction.

Competition Corner



Who are they and what are they and what is the punch line?

Match the Signatures

Above is the **Kevin Burnett** collection of sporting autographs.

- Can you match them to the names?

- | | |
|---------------------|---|
| A Dave Lewis | English National cross country champion. AAA champion at 5000m |
| B Rod Dixon | New Zealand middle distance runner in 70s |
| C Wendy Sly | Olympic silver medalist at 1500m lives locally |
| D Arthur Wint | West indian 800m runner 9880 yards in those days) |
| E Christine Banning | Olympic 1500m finalist , Comonnwealth silver medalist |
| F Dick Quax | New Zealand middle distance runner of John Walker era |
| G Alex Michallek | West German middle distance runner |
| H Shireen bailey | Olympic Runnr at 800m AAA champion |
| J Alan Pascoe | 400m hurdle champion currenty incolved in UKA promotion work |
| K David Moorcroft | 5000m World record holder, currently UKA official |
| L Kirsty Wade | former Commonwealth Games champion at middle distance |
| M Diane Melinte | Romania Olympic 800m champion |
| N Chris Chataway | 500m world record holder, pacemaker for Roger Bannister |
| O Diane Edwards | Better known as Diane Modahl 800m runner |
| P Brian Hooper | UK champion pole vaulter Currently coaches members of Woking AC |

Last Month – Our chairman showed his great respect for the club colours with
 "Bloody hell! These colours are a bit much! Still at least no one will notice my puke stains



Some Routes for a Wednesday Night

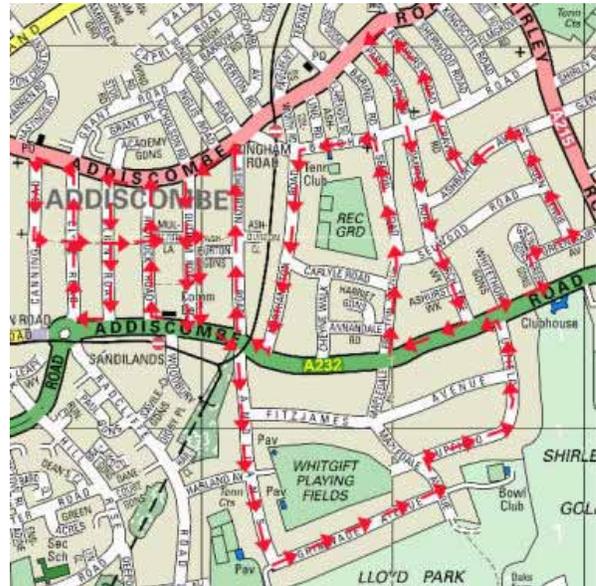
(with thanks to AZ for the maps)

compliments of JG

Run 1: Vales and Dales of Addiscombe

A run that can be used as a hill session for those interested as you can push it hard going on the 'up' sections while recovering on the 'down' sections. Also useful if '40 minute' cut-off is required as never more than 15 minutes away from clubhouse.

- Grimwade – Upfield - turn left into Addiscombe Road
- Cross road at TF light crossing – turn right towards Shirley Road
- Turn left into Greencourt Gdns – right into Greencourt Ave
- 1st Left – Craigen Ave – left at the end – Asburton Ave
- 1st right – Caven Rd – cross Bingham Rd into Fenhurst Rd
- Left at end – Lower Addiscombe Rd – 1st left – Parkview Rd
- Cross Bingham Rd into Compton Rd – carry on onto Birch Tree Way
- Right into Addiscombe Rd – 1st right – Fryston Av – Left into Bingham Rd
- 1st left – Northampton Rd – right at end into Addiscombe Rd
- 1st right – Ashburton Rd – left at end – Lwr Addiscombe rd – 1st left – Outram rd
- Right at end – Addiscombe Rd – 1st right – Havelock Rd – left at end – Lwr Addiscombe
- 1st left – Elgin Rd – right at end – Addiscombe rd – 1st left – Clyde rd
- Left at end Lwr Addiscombe – 1st left – Canning Rd
- At end turn back down Canning Rd – turn right into alley ½ way down r/h side
- Run along alley crossing Clyde & Elgin Rds – alley ends in Havelock Rd
- Turn left & then right into Mulberry Lane – turn right into Outram Rd
- At end turn left – Addiscombe Rd
- Depending on the pace of the group and how long the run has taken, you now have 2 options:
- Option 1
- Cross Addiscombe Rd at TL crossing by Ashburton Ave – turn left & then right into Sandlilands – continue up road until clubhouse
- Option 2
- Continue along Addiscombe Rd – Cross road at next TL crossing – continue until Upfield – Grimwade – clubhouse



Run 2 Spout & Gravel Hill

This route might prove difficult to provide a 40 minute cut off. However a steady group could do the route in 50 minutes so people could have the choice to do this while others, who want an hour's run could do a slightly longer route. Word of caution, the Spout Hill end of Shirley Church Road is not well lit.

- Grimwade – Upfield – Addiscombe Rd – Shirley Rd – Shirley Church Rd – cross over at end just after width barriers
- Spout Hill – right at bottom of Hill – Addington Village Rd – Kent Gate Way – cross over
- Tramline – turn right at roundabout – Gravel Hill (use path) – Follow Gravel Hill to top using Slip Rd
- Depending on pace of pack either turn right at top of hill and make way back to club via Upper Shirley Rd – Shirley Rd - Addiscombe Rd – Upfield – Grimwade – or use this as a cut off point. Run could then cross over roundabout – Coombe Lane – 1st left
- Ballards Way – continue to end – turn right – Croham Valley Road – continue into
- Croham Rd – turn right into – Castlemaine Ave (4X Ave) – left at end – Coombe Rd
- Cross at Crossing – 1st right – Lloyds Park Ave – continue at end past Allotments
- Turn right into Runmore Ave – Clubhouse



Run 3 Dark Alleyways of South Croydon

One to get away from the roads a little even in depth of winter! Possibly one of the shorter routes so may need to make up some time at the end of the run but, in my opinion, well worth doing as it's a little different.

-
- Ranmore - Deepdene – Selbourne – Brownlow Rd – left into Alley near bottom of hill – right at end of Alley – Lloyd Park Ave – left at end – Coombe Rd
- Cross over at crossing – 1st right – 4X Ave – left at end – Croham Rd
- Cross over at crossing – 1st right - Manor Way – 2nd left - Winchelsey Rise
- Right at top – Bankside – cross over Croham Manor Rd into Alley
- Cross over Harewood & Normanton Rd – Whitmead Close – over railway footbridge at end – down steps into Sussex Rd – turn left along Sussex Rd
- Possible cut off point would be to continue under railway Bridge take 1st left St Peter's St where you would be back on the route in a direction back to the club
- Turn right at end – Selsdon Rd – cross over into Jarvis Rd – left at end
- Brighton Rd – turn right between two house into alley Avon path – up steps – turn left - Avondale Rd – right at end – St Augustine Ave
- 2nd left (more like straight on) keep park railings on l/h side – Alley on left after 30 yards – cross over St Augustine Ave – follow alley out into Haling Park Rd
- Turn right - left at end – cross Brighton Rd at crossing - 1st right Haling Rd – left – then right following Haling Rd – left at end Selsdon Rd
- 1st right – Sussex Rd – 1st left – St Peter's St (Cut off point meets up here) – right at end – cross over - Croham Rd – up steps leading to South Croydon Stn – run in front of station – pick up path running parallel with railway – bear left and then take footbridge over railway
- Follow alley, including old footbridge over South Park Hill Rd, Birdhurst Rd, Birdhurst Rise & Spencer Rd before finally coming out in Campden rd
- Turn right then left into Croham Rd – 3rd left Meville Ave - left at end
- Coombe Rd – cross at crossing – 1st right – Lloyd Park Ave – left down alley ½ way down road – follow alley to – Brownlow Rd – turn left
- At top turn right Selbourne – Deepdene – Runmore
-



Run 4: To Kent & back



To Kent & Back continued

Depending on the pace of the pack this run could take over an hour, so may need to have a couple of cut off points in mind. Using the side roads of Shirley you can actually run into Kent at West Wickham. If a 40 minute cut off is required I would suggest it should be made at the Junction of Bridle Road & Lime Tree Grove as indicated below.

- Grimwade – Upfield - turn right into Addiscombe Road
- Using the crossings at the end of Addiscombe rd & Shirley Rd turn right into Shirley Rd
- Cross over Wickham Rd – 1st left into Shirley Church Road – at 2nd mini roundabout
- Turn left – South Way – 1st right – Greenway Gds – Palace View – left at end
- Bridle Road – follow rd past roundabout – at Girton Gds cross Bridle Rd into
- 40 Minute cut off – Turn left at roundabout – Lime Tree Grove – South Way
- Return to club via Shirley Church Rd – Shirley Rd – Addiscombe Rd – Upfield - Grimwade
- Links View Gds – at end turn left – Oak Ave – turn right after 20/30 yards into alley
- ½ along alley it becomes Kent! – turn left at end – Boulderwood Way – left at end
- Hawkhurst Way – right into The alders – left at end - Wickham Rd - 2nd left
- Bridle Rd – 1st right – Devonshire Way – left at end – Hartland Way – 1st right
- West Way Gdns – left at end – Wickham Rd
- Depending on pace of the pack you could head straight back to the club via Wickham Rd – Shirley Rd – Addiscombe rd - Upfield – Grimwade
- Another option would be to cross over Wickham Rd by the Shirley Inn and take 2nd right
- Shirley Ave – left at end Shirley Rd – turn right – Addiscombe Rd - Upfield – Grimwade
- A longer option would be to turn 1st right – Shirley Oaks Rd – turn left at the sharp bend into slip road and then left into – Primrose Lane - left at end - Shirley Rd – turn right – Addiscombe Rd - Upfield – Grimwade
- By following the road around at the sharp ben you can make the run even longer by following Primrose Lane all around the estate then left at end - Shirley Rd – turn right – Addiscombe Rd - Upfield – Grimwade

And Finally – Running 'key to human evolution'

Taken from the BBC website based on a paper in Nature

People run to keep fit today but our ancestors ran for different reasons. Long-distance running may have been a driving force behind evolution of the modern human body, scientists say. American researchers said humans began endurance running about 2 million years ago to help hunt for prey, influencing the development of the human body. Previous studies have suggested running was purely a by-product of walking. But the study, published in *Nature*, said humans evolved big buttocks, a balanced head and longer legs to help gather food. Professor Dennis Bramble, of the University of Utah, and Professor Daniel Lieberman, of Harvard University, reported that early human beings may have needed to run long distances to help hunt prey or scavenge animal carcasses on the African savannah. Without the development from running, humans would be much more like apes with shorter legs, smaller heads and a hunched posture, the scientists said.

Running may have helped hunters get close enough to throw projectiles or perhaps even to run some mammals to exhaustion in the heat.

Professor Dennis Bramble
While humans are poor sprinters in comparison with many animals, they perform well when it comes to long-distance running. After examining 26 human body features essential for endurance running, the pair concluded humans may have evolved as

they did from their ape-like ancestors because they could run long-distances. Important attributes for endurance running include skull structure to prevent overheating, ligaments to give spring, long legs to increase stride length and independent head and shoulder movement to aid balance.

The scientists said because of natural selection, our ape-like ancestors known as *Australopithecus*, who were good at running, survived, while shorter-legged ancestors died out.

Professor Bramble said: "Today endurance running is primarily a form of exercise and recreation but its roots may be as ancient as the origin of the human genus and its demands a major contributing factor to the human body form."

"Running may have helped hunters get close enough to throw projectiles or perhaps even to run some mammals to exhaustion in the heat."

Professor Chris Stringer, head of human origins at the Natural History Museum in London, said the findings were "plausible" and provided a "valuable fresh look at our anatomy and some of its special features".

"Although it will require much more complete evidence for the evolution of the skeleton of early humans below the neck to test their ideas properly."

