

# Striders of Croydon

Winter 2006 Magazine



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# Chairman's Corner

## Direct From the Chair: Winter 06

At the time of writing Marathon fever has definitely hit the club! I'm not sure at the moment how many striders are taking part, feel sure that someone will compile a list soon, however at every club run there seems to be another person announcing that they were successful via the marathon ballot or have secured a place via the charity Gold Bond. Of course as a club with a membership of over a hundred runners we were allocated 3 club places while a further 3 marathon club places were also granted to us as we, for the first time ever, will be assisting in this year's marathon in marshalling along the Embankment.

The draw for these 6 places was held at our highly enjoyable club Christmas dinner held at the Sandilands club, those striders luckily (?) enough to be selected are, I dare say, busy starting their training and planning on getting the miles in by joining one of the long training runs that will be held by the club in the build up to the marathon. I would just like to wish all of those entered in this year's race all the best for your training, I hope you all stay injury and sickness free! And before I forget my thanks go to Karen, Susan and Serena, with guidance from Kevin, for all their hard work in organising the Christmas Dinner and making it such a successful evening.

Also announced at the Christmas dinner was this year's winner of the Owen Trophy who I was delighted to announce as being Dave Denton. I felt it was a well deserved award as not only is a Dave a decent chap but he is also a race-alcoholic and can be found doing a race most weekends. (However some of his choices of races and racing apparel can be a little dodgy!) In fact Dave could not be at the dinner due to being in Majorca for a ½ marathon! We did consider doing a Satellite link up but no one would lend us their Video Phone!

As I mentioned earlier we as a club will be, for the first time, an official part of the 2006 FLM by providing marshals at the Embankment area. This will be based around the Underground Station and Hungerford Bridge, full details and of course the usual request for volunteers will follow in due course although it is planned that usual Strider's Supporters group for the marathon will also be now at this stage of the race rather than the traditional spot along The Highway in the east-end. I do feel that it is important for a club of the size of one such as ours, 123 paid up members at the time of writing, that we should be involved in contributing something back to our sport such as helping fellow runners achieved their goal/dream at races such as FLM, London to Brighton and of course the Race for Life. The reward for us, apart from the satisfaction of helping others, would be the extra

3 club places the club gets for helping out in the FLM and the possibility that if we continue with this assistance that we maybe involved with 2012 London Olympics should the organisers chose to use the expertise of the London Marathon organisation. Which I guess would be the only way that anyone from Striders of Croydon would be involved in an Olympics!

On the subject of helping fellow runners, or at least budding fellow runners, the club held a 10 week course for beginner runners on Wednesday evenings during November and December. The course was aimed at those that had just started, or wanted to start, running. As this was the first time we had ever held such a course the publicity was kept low keyed just to see what the response was and I'm pleased to say it proved quite popular, I was only expecting half a dozen or so to turn up but we had a regular turn out of between 12-15 runners with one evening there being over 20 people turn up for a run! There was of course quite a wide range of abilities with some people being more of a beginner than others! The aim of the course was to be able to manage a 40 minute run by the end of the 10 weeks so the first week's run was steady 15 minute run that some found they could manage with some ease so these people were encouraged to try either the 40 minute option on the following week's Wednesday run or the Friday 'Social' run. At the other end of the scale we did have those that it was best to start on a run/walk programme and it was pleasing to see those people make steady progress. I'm also pleased to see that at the end of the course we had almost reached the 40 minute mark and that several of those that had attended the course have now joined the club so look out for a few new faces on a Wednesday so don't forget to say hello and offer a friendly word or two of encouragement.

So while this course has been successful and we might well hold another such course later this year, lessons have however been learnt, for example while it was felt that holding the course during the darker autumn evenings would encourage less confident runners to attend it would have been a good idea to ensure that the course was finished well before the Christmas season of shopping and parties took its toll on attendance! Still we live and learn!

Finally I would just like to wish all of you a very happy New Year; I hope it is a very successful one for you all, both on a personal and running point of view.

John Gannon  
Chair, Striders of Croydon

# Christmas 2005

## **Striders Christmas Party 2005**

*(as remembered the next day)*

Some of us drank a few,  
Some of us drank a lot,  
Some were lucky in the ballot,  
Some were not.

Good to see the ladies,  
In their party frocks,  
Shame most men let you down,  
Hope they wore Clean SOCKS.  
*(was going to say something else, no comments)*

J.G. was on form,  
He is such a star,  
He takes out the beginners,  
And runs them short .not far.

Pulling up a sandbag,  
As ex soldiers do,  
Like I said to John, and Trigger,  
It was easier in blue.

Damian with his singing,  
He has got the patter,  
Neil Diamond or Garfunkle,  
Bridge over troubled water.

So thanks to all the Committee,  
For doing a smashing job,  
Any complaints about this poem,  
The name's MacEwen, not Bob.

MacEwen

Unfortunately no one supplied any photos of the event however Bob's poem leaves you to use your imagination. Ed

# St Giles' School Parents' Association

(for children with physical disabilities)

Pampisford Road  
South Croydon  
CR2 6DF



26<sup>th</sup> September 2005

Dear Mick George,

This is just a short letter of thanks to show our appreciation for the cheque for £500 sent from the Striders running club to St Giles' School.

We are very grateful for the support your club has shown the school and your help with the 'basketball' project.

I am sure that you will appreciate the fun and joy the children will gain from the project, and the chance that they will all have to participate in sport. Thank you again for your continued support.

Yours sincerely,

A handwritten signature in blue ink that reads 'Susanne Watson'.

Susanne Watson  
Secretary of Parents' Association





# Marathon Training and Longer Runs



Official Launch of the Marathon Training season was the Thames Path run on New Years Bank holiday.

This turned out to be an enjoyable run in good weather and good company, helped considerable by Roys logistics support.. And for the 10 of us who stayed for food afterwards at the Café Rouge. .I conclude that Full English Breakfast immediately followed by a liquid lunch is an excellent way of recovering post run.

Pictures, Front Page The group passing Tower Bridge near the finish. Above The Greenwich Foot Tunnel and the full group at Greenwich water station.

Having looked at all the training schedules, including the latest in Runners world which proposes only 3 runs a week plus some cross training. I conclude it is quite possible,for those with middling ambitions to complete a good schedule on Club runs alone.

**Monday** – Rest

**Tuesday** - Alternate Tempo, Hill, Speed training 7:30pm at the Club House with Chris Morton.

There will still be track sessions as well with Alan Dolton.

**Wednesday** - Pick your pace - 1 Hour steady is you stay at the back. Fairly fast if you stay at the front

**Thursday** - Cross training - Swimming at Trinity 8:30 pm most Thursday- See next Item

**Friday** - 7:30 Social Run

**Saturday** - Rest , Race or do your own thing.

**Sunday** - A Long run:- Pick your distance

The very provisional schedule for Club runs up to the FLM is:

Jan 8 <sup>th</sup>	7:30 10K	8:30 Usual	Mar 5 <sup>th</sup>	7:30 10K 8:30 Long on Road
Jan 15 <sup>th</sup>	7:30 10K	8:30 Usual	Mar 12 <sup>th</sup>	7:30 Long mixed route
Jan 22 <sup>nd</sup>	7:30 10K	8:30 Long on Road	Mar 19 <sup>th</sup>	Whitsable
Jan 29 <sup>th</sup>	7:30 10K	8:30 Usual	Mar 26 <sup>th</sup>	7:30 10K 8:30 Long on Road
Feb 5 <sup>th</sup>	7:30 long mixed route		Apr 2 <sup>nd</sup>	7:30 Long mixed
Feb 12 <sup>th</sup>	8:00 ish Train to Merstham (24K)		Apr 9 <sup>th</sup>	Croydon 10K
Feb 19 <sup>th</sup>	7:30 10K	8:30 Long on Road	Apr 16 <sup>th</sup>	Rest
Feb 26 <sup>th</sup>	7:30 long mixed route		Apr 23 <sup>rd</sup>	

The club house will be open for 7:20. The intention for 7:30 starts is to run the 10K route or variations depending on weather and popular vote to join the 8:30 run for either the 1 hour run or a 1:30+ run.

**8:30 Long on road** will be the usual Feather Bed Lane route initially in parallel with the rest of the Sunday runners.

**7:30 Long mixed** is some long cross country circular routes in either the Keston or Woldingham direction depending on popular vote and who wants to lead

See also the Fixtures List at the end of the newsletter and on the website..

# Swimming

Fancy a Tri ?

Ever thought of giving a aquathon or triathlon a go? If you have, why not try our weekly swimming sessions which are held at Trinity School at 8.30 - 9.30 on Thursdays. Neil acts as our coach and prepares programmes for all levels.

Neil is on hand to offer advice and tips on improving your swimming technique. The cost of this is just £4.00 per session or £35.00 for 10.

So why not come along on a Thursday to give it a go. If you need any further information, contact [Neil](#) or [Karen](#)  
Below are examples of the swimming sessions that Neil provides : Group B are the advanced swimmers; Group E are the improving beginners

Swim - Session 3 - Group B			
Warm Up	50	Swim	
	50	Pull	
	50	Back	
	50	Swim	200
Drills	2x50	Rolling Side Kick	
	2x50	Side Kick with Scull	
	2x50	Rolling Side Kick with Scull	300
Main Set	6x200	Swim on 4:30 with 2:00 rest	1200
Warm Down	100	Own Choice (OC)	100
	(68)		1800

Swim - Session 3 - Group E			
Warm Up	50	Swim	
	50	Pull	
	50	Back	
	50	Swim	200
Drills	2 x50	Kick with One Hand on	
	2 x50	Rolling Side Kick	
	2 x50	Side Kick with Scull	300
Main Set	10 x25	Swim with 15 seconds rest	250
Warm Down	50	Own Choice (OC)	50
	(30)		800



Photo by John Ralf.

Not the Trinity Pool but its not a bad alternative to La Santa considering our weather. Ed

# As easy as riding a bike

..... Chris Morton

Back in September when Paul Finch and Justin Macenhill had suggested doing a duathlon it had seemed like a good idea. The one we had chosen was called 'Monsterman' but was billed as 'fast and furious', with a straightforward cycle section and enough running miles to favour us Striders.

However I should have appreciated all the indicators before the race and realised it wasn't going to be that easy.

Still suffering from a hangover from the previous night's Striders Christmas party, I set off with Paul for the Ministry of Defence base at Bordon in Hampshire. As we left Croydon it was a beautiful fresh sunny morning, but an hour later in rural Hampshire the mist had come down and we were facing sub-zero temperatures.

I also happened to notice that all of the other 80 or so competitors had brought their mountain bikes, whereas I, having checked with the organisers, had decided to bring my faithful old hybrid bike. After testing out my bike over the black ice of the MoD car park I felt that I would be one-up on all the other racers : how wrong that was to prove.

Justin eventually turned up, as usual fashionably-late, and also slightly the worse for wear after his non-drinking policy had gone very wrong the previous day. Karen joined us to take photos and generally stand around looking like an over-dressed gnome in the bitter cold.

Thus we began the race in the almost unique situation of the youngest Finch being the most sober Strider there.

The opening run of 2 cross country laps (about 3.75 miles in total) over flat but muddy fields and paths was pretty easy and Justin entered the first 'transition' stage in about 5th place with a lead of about 2 minutes over Paul with me a further 20 seconds behind.

We then began the cycle leg on a tarmac road that led into some woods. All seemed fine so far.

Then, taking a sharp muddy corner I came upon the first tree roots and my back wheel slipped sideways causing me to stop and force the three riders behind me to brake suddenly. Seconds later I approached a muddy foot-deep puddle and came to a halt in the middle. From then on the cycling section proved anything but 'fast and furious' : thick mud, short steep

hills, potholes, a rickety wooden bridge and plenty of slipping and sliding all on an unsuitable bike. And there were 3 more laps of this still to come !

WE later found out that 8 competitors dropped out after the first cycle lap and when comparing notes we all admitted that we were surprised at how tough the course was.

I have never sworn so much in such a short period of time as I grunted and groaned through the mud and trees. There were sections where only the very best cyclists did not need to dismount and carry their bikes up hill and its unlikely that any rider got through the 12 miles without falling off : I think the Striders accident count was Justin first with 5 crashes, then Paul and I with 3 each.

My lower arms began to cramp up on the final lap from the juddering they were taking and my back was straining with the effort of ploughing up hills in the lowest gear. When the cycle section finally ended I felt completely exhilarated that I'd actually completed it.

Meanwhile, up ahead Paul had actually overtaken Justin on the second lap through the woods, only to be hauled back so that by the time of the final transition the two were neck and neck.

Unless you have done a duathlon before it's difficult to understand the weird sensation of dismounting from your bike and then attempting to run. The link between brain and legs seems to disappear and you move forward without quite knowing how.

At last our experience came to the fore and Justin flew past other tired competitors, whilst Paul and I also made progress over the final few miles.

Justin finished in a commendable 10th position overall taking one hour and 42 minutes, with Paul a further 3 minutes down in 20th place, whilst they had to wait a further 10 minutes for me to finish in 37th.

The duathlon had been tiring, terrifying (in parts) and never to be forgotten. But next time I'll use a decent bike !

**'Ironman Ian', he is up at six  
A pint of milk and then three weetabix.  
Swim, bike and then a run,  
Before work, just for fun  
Lazy Chris and Bob are still in bed  
They've stayed up late watching Father Ted.  
Bob McEwan**



# Some other events

## Torre Vieja

Message from John Mac

Hola Robin

If you have not published the Newsletter yet, could you just mention that the date of the Torre Vieja Half Marathon is Sunday the 26th February. If any Striders are interested in running I can sort out accommodation and race entry. The half marathon is a two lap completely flat course and the weather in February is fairly mild, about 15 to 18 degrees centigrade.

Club members can ask Kevin Bannister what it is like.

Hasta Luego

John McGilvray



## Beach Marathon

Hi.

In 2003 I did the half beach marathon in Denmark and it was a great experience, not too tough, as most of the time the sand is pretty hard, when running close to the water.

If anyone is interested, I can probably sort out transport and accommodation. Flights can be bought for £40 from Stansted to Esbjerg (app. 30min from start line)

Kind regards  
Flemming Jensen



If you want to, have a look. the website is at

<http://www.beachmarathon.com/2005/website/engelsk/frameset.html>

An abstract from the site by the Local Mayor....

*Once again, I am very happy to be able to welcome all participants this year to this very special run, which has gradually become a fixed tradition on the last Sunday in June. The North Sea Beach Marathon is the world's most special run, proceeding as it does literally in sand along the west coast of Jutland. This year's marathon starts from Hvide Sande in Ringkøbing County and continues south over the county border at Nymindégab, and finishes on Vejers beach in Ribe County. The classic marathon's distance is 42.195 kilometres, but it is also possible to run half the distance, or 10 or five kilometres. The main thing is to exercise the legs and the body, and there few more attractive places to do this than the west coast of Jutland. The 2005 North Sea Beach Marathon also features a new item on the programme. Nordic walking has gone from strength to strength throughout Denmark. In keeping with the desire for all-round exercise – and exercise for all – five and 10 kilometre routes for Nordic Walkers have therefore also been planned. A big welcome to these new participants!*

# Athletic Heroes

## Dr Dame Mary Peters MBE CBE DBE

### - the original Dame - by John Keen

It's probably difficult to understand the problems that faced Ulster in the early 1970s if you were not around. Perhaps my own experience might help explain. I was late teens, Protestant, working close to the Kilburn area of North London, dating a very pretty girl from that area, Catholic. It was fun whilst it lasted but it was doomed because of the "Troubles", catholic/protestant, Irish/English. A lot of people suffered a lot more than my broken heart, a lot of blood was spilled, a lot of lifelong hate formed.

But there is always someone, in the midst of any dismay, any disorder, who stands magnificent despite of what they are. Mary Peters, through not only her outstanding sporting talents but through her smiling gentle way of working hard for all in Ulster that melted the angst of heated parties.

Born in Liverpool in 1939 she moved to Belfast at the age of eleven when her fathers job as an insurance broker transferred. Picked on at her school in Ballymena because of her accent and shy manner Mary used the skills she had at sport as an escape. Her family life caused heartache when after five years her mother died, her father remarried within a few months taking his new wife back to England leaving Mary on her own. Athletics was her new family.



Her international career started and took on modest success. In her own words she had an attitude problem, not taking her performances seriously. "I think I was just going through the motions of being an athlete. I never thought ahead and thought that I could be a champion. To be successful in sport you have to be a wee bit ruthless and I was this chatty, friendly person."

She considered quitting after the Mexico Olympics but continued albeit with changes in attitude, setting her sight on the 1970 Commonwealth Games in Edinburgh. The underachiever came good, winning gold in both shot and pentathlon.

An easy following season and then down to work in preparation for the 1972 Munich Olympics. The Olympic stage seemed light years away from her training regime – two buses to the dilapidated surface at the Queens University track, bombs going off around the city, having to carry her own shot around with her. It took some steel just to do the training.

But, at the age of 33, she arrived in Munich with a previously unknown confidence – "Mentally, I had become more mature. Nobody else was going to take that medal away from me." The Pentathlon gold was in her sights.

In the first event, the 100m, Mary ran an Olympic equaling record of 13.3 seconds. In the next she threw a pb, 16.29m, and there she was in the lead of the competition.

That "easy season" paid dividends. Mary had learnt how to do the Fosbury Flop during that year and when it came to the third event, the high jump, another pb, 1.82m, saw her ending the first day leading the field by 92 points with world record holder Burglinda Pollak from East Germany in second.

In day two the threat would come from the other side of the Berlin wall in the shape of West German Heide Rosendahl. She had already won the long jump title and she jumped just 1cm short of her own world record in the pentathlon recording 6.85m whilst Mary was below her best with 5.98m.

It would all come down to the last event, the 200m, Rosendahl much the faster of the two athletes on paper. All those training sessions, all that pain of life in Belfast. Two hundred meters away from being Olympic champion. Come on Mary!

Rosendahl won the 200m in a time 22.96 secs with Mary in her wake, finishing in 24.08 secs, the fastest she had ever run. But would it be enough. Anxious moments turned into tormenting minutes as the calculations of time into points were made, then rechecked.

Both girls had broken the old world record. Between them there was just 10 points, 4801 to 4791. Mary Peters, Olympic gold medal.

These days I suspect that someone in Mary's shoes might have cashed in on her success, a fitness dvd perhaps? But since those days Mary Peters has, with hard work and determination, worked towards making Northern Ireland a better place to be.

"I've had a wonderful life through sport" says Mary, "and today's athletes have so much more pressure.

"I worked full time and then would train for two hours every day, either in the gym doing weights or out on the track in the rain and in the snow. We had poor facilities, and that's why I built a track when I retired from competing so that the young people of the future would have a better opportunity".

Mary Peters, the original and the best dame.

# 50 YEARS AGO: ATHLETICS IN AUTUMN / WINTER 55/56

## Alan Dolton

The 1955/56 autumn season began with the Surrey Road Relay, which was held at Woking on 10 September. For the second successive year the race was won by Herne Hill, who led for the first three legs, lost their lead briefly on the fourth leg, but regained it on the fifth leg.

Meanwhile South London Harriers' international Gordon Pirie was still competing on the track. In late August he had visited Canada where he won two of his three races. On 11 September, competing in Moscow in a match between Britain and the USSR, he placed second in the 10000 metres, beaten by Vladimir Kuts. The British team then travelled to Prague for a match against Czechoslovakia. Pirie won the 5000 metres in 14.03.8 ahead of Emil Zatopek. However Zatopek got his revenge the following day by winning the 10000 metres with Pirie second. Pirie then won a 10000 metres in Finland and a 5000 metres in Copenhagen before a rematch with Zatopek over 10000 metres at the White City Stadium on 12 October. Pirie won this in a new British record of 29 minutes 19 seconds, with Ken Norris second and Zatopek only third. Three days later, in a 5000 metres in Manchester, Pirie won again with Zatopek second.

The Southern Road Relay was held on 8 October, on the traditional course from Westminster to Brighton. Herne Hill took the lead on the fourth of the eleven legs, and were still leading at the start of the final leg. However Thames Valley Harriers (who were based at Cranford in Middlesex) produced a fine final leg to win by 36 seconds, recording 4 hours 40 minutes 25.

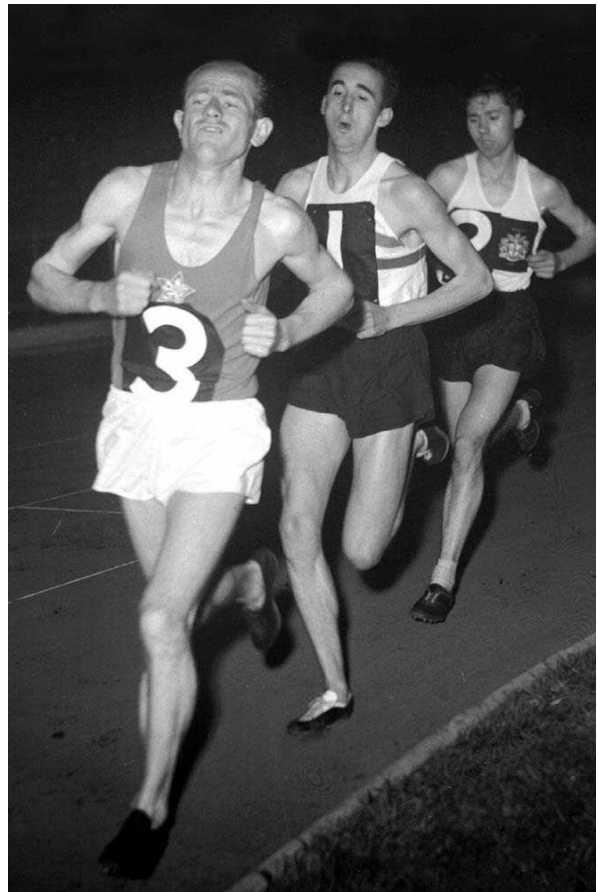
On 22 October Walton AC staged a two-hour track race. Only eight athletes competed, and the race was an attempt to break the British record which had stood since 1913 (the event was not often staged). Joe Lancaster of Manchester AC duly obliged with a new world record of 22 minutes 418 yards. Lancaster worked for British Rail, and ran 25 miles each day, running to and from work. Gordon Pirie, running well beyond his usual distances, was second (22 miles 278 yards), while Jack Heywood of Herne Hill was third (22 miles 174 yards). En route to his victory, Lancaster also set a new British 20-mile record of 1 hour 47 minutes 53. Pirie suffered from very tight calf muscles after the race, and was unable to compete again until March.

The first major cross-country event of the winter was the annual South of Thames inter-club race, held at Blackdown in Hampshire on 12 November. The individual winner was Roland Langridge of South London Harriers, while Portsmouth won the team event. The South of Thames senior championship was held at West Wickham on 4 February, and was won by Walton AC.

The Surrey Cross-Country Championships were held at Caterham on 7 January. The individual winner was Peter Driver of South London Harriers, while Herne Hill won the team event, having five of the first 13 finishers. The junior race was won by Roland Langridge, who led South London Harriers to the team title. In 39th place was Stan Allen of Herne Hill. Fifty years later, Stan is still active as a coach at Tooting Bec, and was a regular spectator at last summer's Rosenheim League matches.

The Southern Championships were held at Windsor on 18 February. Peter Driver won the senior race, while Thames Valley Harriers won the team event. South London Harriers won the team events in both the junior (under-21) and youths' (under-18) races.

The National Championships were held at Warwick racecourse on 3 March. The individual winner was Ken Norris of Thames Valley Harriers, with Fred Norris (Bolton) second and Derek Ibbotson (Longwood) third. Sheffield won the team event. Defending champion Gordon Pirie, in his first race since October, was 15th. Roland Langridge had an excellent run to win the junior race, and lead SLH to the team title. Liverpool won the youths' race.



# 20 YEARS AGO: ATHLETICS IN WINTER 1985/86

The Surrey Women's Cross-Country Championships were held at Frimley on 14 December. The individual winner was Sue March of Woking. The leading 'local' runner was Anne Roden of South London Harriers, who placed third. Woking also won the team event, with Croydon Harriers second and Herne Hill third. Two of Croydon's scoring team are still competing locally, but both have subsequently changed clubs: Juliet Waters (14th) is now with Stragglers (and runs under her married name of Cleghorn), while Heather Fenton (21st) is now with Surrey Walking Club. Croydon's Karen Sutton won the under-15 race. Croydon's sprinter Donna Fraser, running above her usual distance, placed sixth in the under-13 race.

The men's Surrey Cross-Country Championships were also held at Frimley, but on 4 January. The individual winner was Richard Partridge of Aldershot. Bob Treadwell (Surrey Beagles) was second with former international Bernie Ford (Aldershot) third. Woking completed a 'mixed double' by winning the team event, with Aldershot second and SLH third.

The South of the Thames Senior Cross-Country Championship was held at Lloyd Park on 25 January. The individual winner was Mel Page of Woking. South London Harriers won the team event, led by Barry Attwell (third) and Andy Evans (tenth).

The Southern Women's Championships were held in very cold conditions at Peterborough on 1 February. The individual winner was South African Zola Budd, running for Aldershot. Bracknell won the team event. The under-17 race was won by Philippa Mason (Guildford). In third place, 48 seconds behind, was Kelly Holmes (Tonbridge). Kelly also ran in the English Schools Championships at Weymouth, placing fifth.

The Southern Men's Championships were held at Brighton on 8 February, with snow falling during the race. The individual winner was Bob Treadwell of Surrey Beagles, while Blackheath won the team event.

The National Women's Championships were held in icy conditions at Leicester on 15 February. Zola Budd did not compete, and the individual winner was Carole Bradford of Clevedon. Sale Harriers won the team event with Aldershot second. The men's National Championships were held on a snow-covered course at Newcastle on 1 March. The individual winner was Tim Hutchings of Crawley. Dave Clarke (Hercules-

Wimbledon) was second and Eamonn Martin (Basildon) third. Tipton Harriers won the team event.

The final match of the Surrey Cross-Country League Division One was held at Coulsdon on 15 February. Aldershot had won the league championship for an astonishing 13 successive years, but Herne Hill went into the final match with a commanding lead of 144 points. Aldershot won the match by 42 points, but Herne Hill had still done enough to win the league for the first time, with a total of 920 points. South London Harriers placed third (1398), while Woking (1400) and Belgrave (1613) also retained their Division One status. Croydon Harriers (1732) and Ranelagh (1855) were relegated to Division Two. Thames Hare & Hounds won the Division Two championship. The league had decided to expand Division One to eight teams for 1985/86: the other promotion places went to Hercules-Wimbledon and Omega (an elite club based in the Walton area: they no longer exist). Boxhill Racers, in their first year in the league, dominated Division Three, with Camberley second and Waverley third.



The final match of the Surrey Womens Cross-Country League was held two weeks later, at a snow-covered Brockwell Park. Woking had won the first three matches and were virtually assured of the league title. However Wimbledon Windmilers, in their first year in the league, did very well to win the final match and deny Woking a 'clean sweep'. Woking still won the league title with 51 points. Thames Hare & Hounds were second (49), Herne Hill third (41), Windmilers fourth (37), Croydon Harriers fifth (35) and SLH sixth (28).

**Sounds good  
Run off the Christmas Pud  
3 Laps for me, If I may  
Before the Hogmanay  
Last race while I'm only Fifty  
I must be feeling nifty**

**Bob McEwan**

February 1986 saw the amalgamation of Mitcham AC with Sutton & Cheam Harriers. Both clubs had been based at Carshalton Arena for many years. The merged club was initially called Mitcham & Sutton AC; in 1992 it changed its name again, to Sutton & District AC.

# 1980 Something



Who is still running? The first ever Striders (then Philips City) cross country team at Epsom Downs light years ago.

Compliments of John Keen answers below

## Blue Lines



Competition of the year - Whose leg is it?

A warning that running cross country over tree roots etc is much safer than playing football.



And finally a reminder that the Marathon is not far away

Photo from Susan

Good Luck all those training

Line-up is standing left to right --- Simon Morris, Dave MacDonald, Tony Smith, Ron Carver, Allan Day, Darren (?), Steve Page, Dave Langley, Len Picott, Peter Jeal.

Kneeling --- Steve Harman, Simon Smith, Steve Owen, and Nigel Davidson.

The leg is Petar Yarleets

## Fixtures for January 2006 onwards

Owen Trophy    **main events**

track & field    Sandilands Cup

<u>Date</u>	<u>Venue</u>	<u>Name of Event</u>	<u>Distance</u>
7-Jan	Lloyd Park	Surrey xc championships	Sandilands Cup
8-Jan	Tadworth	Tadworth 10	10 miles road
<b>14-Jan</b>	<b>Lloyd Park 14:30</b>	<b>Surrey League XC - div. 2 - men</b>	<b>Sandilands Cup</b>
<b>14-Jan</b>	<b>Guildford 12:15</b>	<b>Surrey League XC - div. 1 - women</b>	<b>Sandilands Cup</b>
21-Jan	Wimbledon Common	Eat Surrey cross country relay	4x2 miles xc
28-Jan	Exmouth, Devon	Southern xc champs	xc
29-Jan	Epsom downs	Epsom Oddballs Perch	almost 10K xc
<b>4-Feb</b>	<b>Richmond Park 15:00</b>	<b>Surrey League XC - div. 2 - men</b>	<b>Sandilands Cup</b>
<b>4-Feb</b>	<b>Richmond Park 12:15</b>	<b>Surrey League XC - div. 1 - women</b>	<b>Sandilands Cup</b>
5-Feb	Chichester	Chichester Priory 10K	10K road
5-Feb	Watford	Asics Watford Half	half marathon road
11-Feb	Longfield, Kent	Brands Hatch Half	half marathon road
12-Feb	Sidcup	Kent AC 10	10 miles road
12-Feb	Wokingham	Wokingham Half marathon	half marathon road
12-Feb	Chessington	26.2 RRC Valentine's 10K	10K road
19-Feb	Bramley	Branley 20/10	10 and 20 miles road
19-Feb	Dover	Dover half	half marathon road
19-Feb	Brighton	Sussex Beacon half	half marathon road
<b>26-Feb</b>	<b>Parliament Hill</b>	<b>National xc champs</b>	<b>Sandilands Cup</b>
26-Feb	Eastbourne	Eastbourne Half	half marathon road
26-Feb	Woodford Green, Essex	Roding Valley Half	half marathon road
26-Feb	Tunbridge Wells	Tunbridge Wells half	half marathon road
4-Mar	Lloyd Park 14:30	Harriers Invitational xc	10K cross country
5-Mar	Wimbledon ?	Frank Harmer Memorial 10k	10K road
5-Mar	Cranleigh	SiS Dunsfold 10K	10k road
5-Mar	Margate	Thanet 20	20 miles road
5-Mar	Steyning, West Sussex	Steyning Stinger marathon & half	multiterrain marathon
11-Mar	Box Hill	East Surrey - Box Hill relays	road relay
12-Mar	Hastings	Hastings Half	half marathon road
12-Mar	Ruislip, Middlesex	Finchley 20	20 miles road
12-Mar	Brentwood, Essex	Brentwood Half	half marathon road
19-Mar	Fleet, Hampshire	Asics Fleet half	half marathon road
19-Mar	Eastleigh, Hampshire	B&Q Eastleigh 10K	10K road
26-Mar	Cranleigh	Cranleigh 15/21	15 & 21 miles road
26-Mar	Frimley	Frimley Park 10K	10K road
1-Apr	Seaford, East Sussex	South Coast Half	half marathon road
2-Apr	Woking	Woking 10	10 miles road
2-Apr	Worthing	Worthing 20 open	20 miles road
2-Apr	Totton, Hampshire	Totton 10K	10K road
2-Apr	Kingston	Kingston Breakfast run	16 miles road
2-Apr	Bedford, Bedfordshire	Bedford Harriers Oakley 20	20 miles road
2-Apr	Paddock Wood, Kent	Paddock Wood half	half marathon road
9-Apr	Chiswick	Fuller's Thames Towpath Ten	10 miles road
9-Apr	Reading	Reading Half	half marathon road
11-Apr	Ewell Court	East Surrey - road race	4 miles road
14-Apr	Maidenhead, Berkshire	Maidenhead Easter 10	10 miles road
14-17	Guernsey	Guernsey Easterruns - 4 events on 4 days	10K road, xc relay, xc
23-Apr	London	London Marathon	marathon
30-Apr	Worthing	Bluebell 10K	10K road
4-May	Morden	Dave Clark 5K	5k road
07-May	Morden	Morden Aquathon	aquathon
07-May	Bracknell	Bracknell half	half marathon road
14-May	Richmond	Ranelagh Richmond Half	half marathon road
14-May	Copthorne, West sussex	Heatherley 6'n'10	10K & 10 miles road
21-22 May		Green Belt Relay	