

# Striders of Croydon

**MARCH 2019 MAGAZINE**



**Rachel Lindley in the Surrey Cross-Country Championships**

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## **DATES FOR YOUR DIARY**

Sat 9 March – Striders v Harriers mob match – South Norwood Country Park  
Sun 31 March – Croydon Half-Marathon – Sandilands (Striders hosting)  
Sun 28 April – London Marathon – London (Striders marshalling)  
Mon 29 April – Southern Veterans Track & Field League – Wimbledon  
Sun 5 May – Ranelagh Half-Marathon – Petersham (Surrey Championships & Road League)  
Sat 11 May – Surrey 5000m Championships – Kingston  
Sun 19 May – Sutton 10K – Nonsuch Park (Surrey Road League)  
Mon 20 May – Southern Veterans Track & Field League – Ewell  
Sun 2 June – Dorking 10 miles – Dorking (Surrey Championships & Road League)  
Mon 10 June – Southern Veterans Track & Field League – Walton  
Sun 16 June – Ranelagh 10K – Ham (Surrey Championships & Road League)  
Mon 8 July – Southern Veterans Track & Field League – Croydon (Striders co-hosting)  
Sat 13 July – Elmore 7 miles – Chipstead (Surrey Road League) (provisional)  
Sun 21 July – Elmbridge 10K – Walton (Surrey Road League) (provisional)  
Sun 11 Aug – Wimbledon 5K – Wimbledon (Surrey Champs & Road League) (provisional)



**Victoria Legge demonstrates what every Strider should aim for in our annual mob match on 9th March – finish in front of a Croydon Harrier !**  
**(photo by Stephen Allport)**

## CHAIRMAN'S CORNER MARCH 2019

Welcome to the Spring edition of our newsletter.

Many of you will now be comfortably into double-digit miles for your long runs for the upcoming marathon season and we have some timely articles for you.

Nick Kyritsis, our most prolific marathoner (316 completed at the time of writing!!) tells us about some of his experiences in thirty years of running and how in getting there he has adapted his training and racing into several distinct phases.

Debra Bourne takes on the Saxons, Vikings and Normans 10-in-10 days 50k challenge, running in various low-key events across south-east Kent. Having run the marathon version of the same challenge the previous year she has to contend with not only the increased physical and mental demands in challenging weather conditions but the practicalities of getting in enough recovery, rest and then travelling again.

Marathon season does of course tend to produce injuries by overdoing it just that bit too much (we've all been there) and often just when you are starting to feel bullet proof and aching all the planned workouts. From an article originally published in 2012 but re-published and revised for the benefit of newer Striders, Alan Dolton revisits and updates his review of 'Running Injuries' by Tim Noakes and Stephen Granger and offers some very helpful additional thoughts from his many years' experience as a sports massage therapist. I was particularly struck by how knee injuries can occur by having a strength imbalance between your inner and outer quads caused by an overemphasis on too much slower running in relation to faster running/ speedwork sessions where the knee gets fully extended.

Alan's second article this month then very handily goes on to give some background and advice on high intensity interval training.

On the same topic it really is great news that we are now collaborating with Croydon Harriers to provide a longer-distance speed endurance session down Croydon Arena on Thursday evenings. This is aimed at the faster paced and improving runner, and it is also a real opportunity to mix with like-minded Harriers and strengthen ties between the two Croydon clubs. I've recently started attending Alan's shorter-distance track session on the same evening and I am really enjoying it. This session is equally suited to steadier paced runners and those wanting to improve their 5k/parkrun times.

As the evenings start getting nicer it would be great to see more Striders of all paces taking part in either of these Thursday sessions.

Planning for the Wings Croydon Half Marathon on 31<sup>st</sup> March is progressing well. I'm very grateful to the numerous volunteers, headed up by James Burree, who have been taking over the myriad of roles that Robin previously undertook and who have been doing a great job in pushing up entry numbers, arranging bespoke medals, finishers technical t-shirts and dealing with many other issues.

We are also really pleased to have the Mayor of Croydon, Councillor Bernadette Khan, in attendance this year, who will be at the finish line to applaud in all runners and to later take part in the awards presentation. So, if you are running best smiles please as you cross the finish line!! 😊



We do still need more volunteers to make this event happen so if you haven't yet offered your help please do consider doing so, especially if you ran last year.

We encourage new members of the club to enter for the first year but to volunteer the year after.

Well done to everyone who took part over this year's xc season and it was by happy circumstance that both ladies and men's' teams ended finishing their season at Lloyd Park on the same day. It was great to be able to cheer on both teams and to join in with the well-earned refreshments in the clubhouse bar afterwards!

Cheers,

Tony



## MARATHON EXPERIENCES (by Nick Kyritsis)

I have always been very clear and realistic about my running objectives and planned all the training and racing accordingly.

I always listen to my body when I have a cold, but I must be honest that I am not very good in accepting an injury and I have completed races in great pain. I suppose all runners try to 'run off' injuries, which is not the wisest thing to do.

I always found it easier to prepare for specific races and train at specific speeds running on my own (miserable person!!!!). I have always been very careful with my diet and I very rarely drink any alcohol.

My suggestion to fellow runners has always been: Never be disappointed with ANY of your runs. We are fortunate that we are healthy and fit to be able to run so enjoy every run and do not worry about times. In the last few years I have stopped speed work sessions to avoid injuries, so my emphasis is on stamina rather than speed.

Another key aspect of injury-free running is to find out the type of running shoes you need (stability or cushioning) and never try to save money on running shoes; it is like a tennis player using a cheap, low-quality racket.

My marathon running over the years can be divided into 3 distinct phases.

### Phase 1 (1989-1998)

My best running years. Clocking 45-60 miles a week. My objectives were very clear. Three marathons per year: London in the spring, Robin Hood or the now defunct Polytechnic Marathon in the Autumn and the Luton Marathon in December each year.

A typical week's training was as follows:

**Monday:** gentle 20 minutes run to recover from Sunday's long run

**Tuesday:** 20 minutes steady running, 20 minutes hill repetitions, 20 minutes recovery run

**Wednesday:** steady 60 minutes or club run when I joined the Striders in 1993

**Thursday:** 10 miles steady with some fartleks

**Friday:** rest

**Saturday:** steady 45–60 minutes

**Sunday:** long run 15–20 miles depending on my race preparations

The schedule worked for me; I kept improving my PBs, and it was during this period that I set my all-time PB of 3:12:22. I also realised that a sub-3 marathon was well beyond my capabilities, so I was comfortable in the knowledge that I had reached my limit.

In 1996 I qualified to run in the 100th running of the Boston Marathon, so another objective achieved. Running the Athens marathon in 1993 in front of my family and friends in Greece was another memorable experience during that period.

### Phase 2 (2001-2007)

I gave up running marathons for two years (1999 and 2000) because of a heavy schedule at work, a young family needing a lot of attention, and a lot of business travel overseas, so

preparing for marathons was virtually impossible. I returned to marathon running in 2001 and my target was to run 12 marathons a year (one a month) to try to reach 100 marathons.

I was very clear and focused in my approach and objectives, because I realised that a 20 or 22 mile training run preparing for a marathon can be extended to 26 miles, so another marathon can be completed.

I followed a similar schedule to Phase 1, but once a month the Sunday long run was replaced by a marathon and Saturday became a rest day. Again, the schedule worked for me; I avoided injuries and I ran my 100th marathon in London in 2007. Some of the older Striders may remember that I was interviewed by the BBC at mile 23 wearing the Striders vest and my interview was also included in the highlights programme in the evening. A day to remember: objective achieved.

### **Phase 3 (2007 to date)**

This is when my running approach changed and it became a 'numbers game'. My objective is to run 25-30 marathons per year and I have now completed 316 marathons.

To be perfectly honest, my training is very much hit-and-miss and after 30 years of running endless miles I find it difficult to motivate myself to train seriously. I use marathons as 'training runs' – so one marathon 'feeds' the next one. The results associated with this approach can be very unpredictable, so one day I may complete a marathon in under 4 hours but a week later I may struggle to break 5 hours.

Again, I am clear in my mind about the objective of completing another marathon INJURY-FREE rather than running a fast time.

I am not sure how many more years I will run marathons, but I must admit I am getting tired and travelling to different venues in all weathers during the year is becoming quite difficult. London Marathon 2019 will be my 20th London Marathon and I have tentatively set August 2019 (my 65th birthday) as my marathon retirement time.

I have completed all the majors, apart from Tokyo, I have raised over £70,000 for various charities, I have made some wonderful friends and have visited some beautiful places so it will be a good time to stop.



My favourite Marathon memory? Running the 2017 London Marathon with my daughter and crossing the finish line with our arms raised together is my best marathon memory.

Enjoy your running, fellow Striders, it is a great life.

All the best,

Nick

[Editor's note: he said he was stopping after 300, and look what happened to that...]





## **THE 10-IN-10 CHALLENGE 2018 (by Debra Bourne)**

As many of you know, in 2017 I completed 10 marathons in 10 days at a 10-day Challenge with Saxons Vikings and Normans, run by Traviss Willcox and Rachel Smith, which organises a large number of friendly, low-key marathons and challenge events (mostly 6-hour or 8-hour) every year, generally at various venues in south-east Kent (about 60-90 minutes away by car). Some of the other people completing the challenge ran 50K per day, and I had to wonder whether I could manage that – in 2017, I did 50K only on the final day (just for fun). A week after the 2017 event finished there was a special offer for signing up for the 2018 version and I was one of the first dozen to enter! As a bonus, from my point of view, the 2018 challenge events would be held at the three venues I had liked best from 2017: the first three would be at Samphire Hoe (near Dover), the next three at Pegwell Bay and the final four at Betteshanger Country Park, north of Deal. We wouldn't have to dodge pedestrians on the paths at Deal, run on the pavements at Ramsgate, or cope with the hardest-surface-ever sea wall concrete of the Margate course (nor with the stench of the harbour). So once again I booked 6 days of annual leave and prepared for lots and lots of running.

Similarly to last year, I had great family support, with my stepmother driving me there and back for the first three days and my husband doing the rest of the driving, except for the penultimate day, when I had to drive myself.

Since 50K is only an additional 5 miles, and the 10 marathons had really not been that difficult, I was expecting the 2018 challenge to be if not easy, then not too bad. It didn't work out quite like that...

### **Day 1. Samphire Hoe, Samphire Hoe Challenge**

We had a bright and clear, if crisp and a tad chilly, morning for the first day at Samphire Hoe – much like last year, but a few degrees colder. I filled my 5 litre flask with hot water and took that with for taking the chill off the drinking water but although it was nice, it wasn't essential. There were some familiar faces from last year, and some new faces of course. No Pascal, but a Belgian runner called Paul, whose wife is called Deborah. Mylene and Pete, Dave, Sol, Andy Stalley, Kat and Paul Commons all present, and Nick Nicholson of course. But Sharon, Dawn, Elaine, Enda, Somei, Jon, Lee, Tara, Kris, the twins Theresa and Julia – lots of people from last year's 10-in-10 absent – which is inevitable for an event of this nature.

The course was a little different from usual, and shorter, making 8 laps for marathon, 9 for ultra, 9 plus a half for 50K – and would be the same number of laps at each venue, so we should all be able to remember how many laps we needed to do! Hazy sun became clear sunshine, and the wind wasn't bad at all, even on the long section out and back on the sea wall. The jacket was round my waist after half a lap and I dumped it when I reached base camp. I removed the base layer a couple of laps later, and I regulated temperature from then by taking my gloves in and off. I wasn't running quite at the same pace as anyone else, but ran with Andy for a bit and with Belgian Paul for a bit – he organises really small events from his garage in Belgium, out on trails, with a maximum of 20 runners.

I ran steadily, wanting to save plenty of energy for the days to come, and finished in 5.52.

### **Day 2. Samphire Hoe, Fudgeathon**

It rained all the way down the motorway and was still raining when we arrive, although only lightly by then. I was tired and running slower than on day 1. A nice surprise – Dawn was there, running somewhat faster than me, and Pascal turned up, with his wife, Chantal, and we exchanged greetings every time we passed, and ran with each other for short distances. It was a bit cooler, so the base layer stayed on. Definite difference into vs with the wind



along the sea wall – particularly for a couple of laps where we were going out into light rain but when coming back it didn't seem to be raining – as I heard someone comment behind me, that was extremely localised weather! Simon Ballard was NOT running steady – he finished 50K in 4.22! My legs were tired, and I needed 4 'comfort breaks' and finished in just over the 6 hours, which I found frustrating.



### **Day 3. Samphire Hoe, Clown challenge**

Rain again on the way down, but again clearing as we arrived. Unfortunately more wind, so that the section going out along the sea wall was a real battle – and the straight path after the 'hill of doom' on the way back was into the wind as well. Running back along the seawall with the wind allowed a bit of faster running, as well as the downhill trail section on the way out for each lap – I got down under 9-minutes/mile down that section, which I hadn't managed at all on Day 2. Did one lap sort-of with Andy: I say sort-of because we set off together and finished the lap together, but had very different running strategies, so actually only ran less than half the lap together. He very kindly let me drop in behind him while heading into the wind along the sea wall – I did offer to reciprocate, but I wouldn't have sheltered him very effectively, and he declined the offer. It made a definite difference to me, not fighting the wind every step along there. I was very grateful to several of the other runners who also let me draft them for parts of that section during various laps – much appreciated, guys! Enda turned up and while last year he had been telling me to take it steady, now he was asking me why I was going slowly! I was feeling quite good until I was asked while on lap 7 if I was finishing and for some reason being asked that while I still had more than 2 full laps to go plus the extra to reach 50K was depressing. I pushed throughout the last lap and a half – including the sections into the wind – to come in just under the 6 hours.

### **Day 4. Pegwell Bay, Hugin Challenge**

A change of venue! Once again it rained solidly almost all the way down but stopped just before we arrived. Traviss and Rachel were prepared for rain, with the second tarpaulin to cover the bags, but today at least it wasn't really needed. A nice surprise in the form of Sharon Daw – we spotted each other just before the start, and set off together, but then she stopped to dump her coat in her car, and after that saw each other only briefly, crossing on the route. The Pegwell Bay course overall is fairly flat, with one long shallow hill on each lap making a natural place for a couple of walking breaks – and the same downhill to put on a bit of speed, although that section is on tarmac (the lower loop is good trail path). Very pleasant not having any seawall sections – tarmac is soft by comparison! I pushed on a little bit, and only needed two 'comfort breaks' and finished in under 5:42 – fastest day so far. Andy Stalley finished somewhat behind me and obviously in a lot of pain – said he'd developed a problem in one leg.



### **Day 5. Pegwell Bay, Viking Challenge**

A misty drive down this morning. Still misty when we started, a bit cool but quite still air. The sun seemed to burn through the mist quite suddenly: lap 2, the large pool was hidden by thick mist as I ran by; lap 3 and it had all burned away. Met Sharon and Mylene on the start line, although we diverged quite soon. I was feeling good and pushed on, not walking at all for the first 3 or laps, except through the aid station. I also didn't feel like eating any solid food, so I stuck to Kendal mint cake – one or two pieces per lap. During the second lap I realised I hadn't seen Andy Stalley and I was worried about him, given the injury he had developed near the end on Day 4. Coming in after lap 3, he was standing near Traviss, obviously not running, and said that he wouldn't be continuing. Felt really sorry for him. He called out encouragement as I passed the car park half way through the next lap, and was gone by the time I finished that lap. I came in after 5 laps at about 2.45 and decided I ought to eat something, so grabbed a few crisps and a piece of my flapjack. Unfortunately that turned out to be a mistake and my stomach started feeling uncomfortable and returning back down the hill I was reduced to walking and finally had to stop and bend over by the bushes, retching. Several runners asked if I was okay, even stopping by me to check, which was really nice of them. Thankfully the spasms passed and I was able to continue, although my rhythm had been broken and I was definitely slower (although I had been starting to slow down anyway). I returned to eating mint cake only for the remaining laps. I ran part of laps 7 and the start of lap 8 with a Brit who lives in Cape Town, and we chatted about Comrades and so on, before she pushed on to finish her marathon – an accidental marathon, as she had only intended to do 6 laps (then had gone on to 7, and been told that -nobody- stops just one lap short of a marathon). Coming out for my last full lap I passed Mylene, who was feeling tired. I was as well, so I took a walking break until she caught up, and we ran the rest of that lap together – I think we both ran faster for doing that. Into the aid station one last time, and I tried to push on a bit, although my legs were now feeling tired. Amazingly I finished in 5.32!

### **Day 6. Pegwell Bay, Music Legends Challenge**

Rain on the way down again and the forecast was for light rain, and strong winds. Traviss noted during the briefing that it was the same course as the previous two days but with added water features (puddles). We did indeed start with light rain, so decisions were needed regarding clothing. Initially I opted for my windproof/showerproof, but before finishing the first lap the jacket was soaked and I was too hot. Time for plan B: I dashed into the toilets, stripped off the baselayer and set out for lap 2 in my Greater Manchester Marathon short-sleeved running top and my Montane Minimus. A lap or two later and the rain had stopped and the jacket came off. Thankfully it was mild enough that I didn't need to think about putting the base layer back on. Legs feeling tired after my fast running yesterday (maybe inadequate refuelling?) and I never managed to get moving well. A great pity, not

least because Theresa was there and I'd hoped to get half a lap ahead of her and benefit from her bright smile twice each lap, as in 2017. Caught up with Sharon Daw part way through lap 6 and we basically stayed together from there to the end of lap 8, when she finished, running and chatting and taking walking breaks. Theresa came in about a minute ahead of us and was FIRST WOMAN for the marathon distance – her first time ever, and Traviss gave her a Winner badge. I hugged her and congratulated her but didn't dare hang around if I was to finish under 6 hours so I set off again. By that time the wind was getting up, and on lap 9 running into the wind was getting tough – scarcely below 11 minutes per mile coming **down** the hill! On and into the last half lap. I had come through lap 5 in 3 hours, but suddenly, fighting the wind, was unsure if I would make it in by 6 hours. When the wind gusted I walked, and when it dropped I ran. To the corner and blessedly turning to run with the wind. Now I tried to speed up, and succeeded. Round the last corner and a sprint down the grass, with Traviss indicating every second counted – I thought I wasn't quite that close but didn't look at my watch, just ran and rang the bell. 5:59:12 and done. Bonuses for the day: seeing Theresa, finding that she had finished as fastest woman for the marathon distance; and having a stoat cross my path not once but twice (across and straight back again) on the lower loop.



### **Day 7. Betteshanger, Betteshanger Challenge**

An inauspicious start to the day. The forecast was for rain and high winds. Oh goody. It was a 9.30 start, so we could set off a bit later. I didn't get moving in the morning and then we hit a hold up on the M2. Tried going off on the A2 but it was awful town traffic and we were crawling. Checked the phone and it said the M2 delay was only 10-15 mins and clearing, so we turned around and went back. Not too bad on the M2 by now, but we had lost 30 minutes on our foray onto the A2. Then of course we hit delays due to traffic build-up. As soon as we were parked I pulled my shoes on, grabbed my running jacket and ran – first to the temporary toilets and then up to the start area, where the pre-race briefing was already underway. Aidan followed with my bags (waterproof duffel with clothing and shoe options, and KitBrix with everything else) and the flapjacks (which I was making most days as a contribution to the vegan section of the aid station). I was feeling rather fraught after worrying we would be late. Sharon gave me a hug, which helped, and Rachel reminded me that I -ad- arrived, so all was well. Traviss gave a complicated description of the course, at the end of which Kat asked: is it the same course as usual? And Traviss agreed it was – at least, the usual short course – so all regulars knew where we were going! Punchcard attached to number, Garmin turned on, a couple of deep breaths – and we were off. Down the initial slope and I made good use of it to get going. The first lap went quite well, and I started to settle in, although we were skirting large puddles. Second lap and the headwind round one side of the main loop was starting to be a nuisance. Also, the ball of my right foot was getting tender and beginning to affect my gait – I think I stood on a stone at Pegwell Bay



– so I stopped and sat on the running step of Traviss’s van and changed to my slightly more padded shoes. By about lap 4 or 5 I’d given up even trying to run on the windiest section – it didn’t really help my speed, just made me exhausted. End of lap 5 and I was comfortably under 3 hours, so expecting a sub-6 50K. Then the wind got even stronger. I was coming round to start lap 7 when dark clouds moved in and I grabbed my waterproof jacket, as I know how fast I can get cold if I get wet. The shower didn’t last very long, but I was pleased to have the extra protection, and willing to cope with being slightly too warm when running with the wind behind me. Mylene had been dropping further back, and at one point when we met said she was dropping down to marathon. I met her again and offered to go round her 9<sup>th</sup> lap with her if she wanted, but she said no. Final full lap and the wind had died down a little, so I managed more running, but was somewhat slow. Last section and though I was later than I had expected I thought I would be fine for the sub-6. Then I looked at the distance on my Garmin and realised the “extra” section was longer than I had realised. Turning back out of the wind I speeded up as much as my weary legs would allow– but came in at 6.01. Not too bad for the conditions. Bonus: seeing a windhover (kestrel) hovering while on lap 9.



### **Day 8. Betteshanger, St Andrew’s Day Challenge**

A better start to the day, with no accidents and no congestion in the whole southeast, according to my phone. Better weather as well – clear, mild and little wind to start with, although that did increase a little during the day. Legs felt very tired after fighting the wind all of Day 7, and after a fair first lap, run partly with Andy (of Mat and Andy – two friends wearing the same race tops as each other each day, and running mostly together) – I slowed every lap. Simon didn’t overtake me until end of lap 4, so he was slower as well. Sharon caught me end of lap 5 and then kindly stuck with me and dragged me through the next three laps, leaving only lap 9 and the extra bit to do. Lap 9 was a bit slow, but cheered by meeting Andrew (who I’d given tips to at Comrades – beware the cats’ eyes and kerbs) and we did the rest of the lap together. Then I introduced him to Kendal mint cake, then finished in 6:10 precisely.

### **Day 9. Betteshanger, Advent Challenge**

Wet and windy. I decided to try Injinji liner socks and waterproof socks and not need to avoid all the puddles. Worked well for a while but my feet did get wet starting half way round lap 4 or 5 – not sure if some of the puddles were that deep or if it was wicking down. However, my feet didn’t freeze and I didn’t get any blisters, so a positive result of sorts. The wind and rain didn’t let up the entire time we were out there. Dawn completed an amazing 10 laps, as did David Brett. I was content to get the 50K done. Very glad to have a massage after; I’d brought dry clothes to change into for that, and the dry duffle had indeed kept them dry. After this series I no longer think the 50 litre bag is too large – it means it can hold two or three pairs of shoes, and coat and nice warm hoodie for after the run, and a change of clothes if



wanted – and be left out in the rain and everything will stay dry. I ran for bits with other people, including Marty from the RW Comrades forum, but mostly by myself. Had Dawn and Elaine and Pascal and Chantel to say hi to – although no Sharon, and Richard Glister had had to pull out with an ankle problem. Was slow because of the conditions (and tired legs!) but I was doing okay until I went to get into the hut at the end of lap 8 and two guys were blocking the way messing around trying to get an advent calendar into a plastic bag. I tried to go around them and forgot how narrow the veranda was as I fell down the stairs – luckily managed to catch myself one step down and with a hand down on the decking. No injury, just shock, but for a second I'd been sure I was going to tumble down the steps and seriously injure myself, and it really affected me. Anyway I finished, changed into dry clothes in the hut with little regard for modesty, and had a massage from Marianne, which was well worth the £10 to feel more confident that my legs would be okay with the drive home. As a final straw, when I went to put my bags in the boot I managed to bash the bridge of my nose on the parcel shelf and both bruise and graze it! The drive back was fine, except for the toilet being closed in the first services, so I had to wait for Medway where one of the staff in M&S, where I went to buy a sandwich for day 10, looked at my dishevelled hair and battered nose and asked if I needed any help, which was nice of her. In the evening I ordered my “10 50K ultras in 10 days@” shirt – now I just needed to finish earning the right to wear it.

### **Day 10. Betteshanger, Lucky Dip Challenge**

Final day! An easy, uneventful drive down. The weather forecast was better, with little or no rain expected, although still breezy. Before the run, Traviss got the remaining 10-in-10ers to stand on the steps of the hut. Photos were taken, and Traviss gave a brief running biography of each one of us – from memory! His comment on me was that I'd done the marathons last year and moved up to 50K each day this year – and that I was the “world famous author” of a book about parkrun. Soon we set off again, through the mud. I'd gone for Injinji liner socks and waterproof socks again, and this time had the sense not to splash through the centre of puddles, so my feet did stay dry throughout. The wind was stronger than I had expected, and I was a bit fed up with it, to be honest! The mud was muddy and the puddles wet. I ran most of one lap with Pam – she had entered the 10-in-10 but been unable to run on the first day as one of her sons was graduating, so she was feeling a bit irritated that she was only going to make 9-in-9. I pointed out that 9 in 9 is still an amazing achievement (after all, people make a fuss about options such as quads (4-in-4) and 7-in-7)). No Ritz crackers at first so I ate some malt loaf I had – but I made a comment to Traviss and he sorted it by the next lap – they hadn't been put with the vegan foods because they say ‘may contain milk’. After a couple of laps I asked Rachel for a plastic bag, and spent the next two laps finding the lap-counter cards that had torn out and blown away the previous day, and picking them up. Also one gel packet, one energy bar packet and on my last full lap a caffeine shot bottle, so as far as I could help it there was no runner-related debris left on the course. Paul Commons kindly ran one lap with me and helped me keep going through that, and Sol let me draft behind him along the worst bit of into the wind on one lap – which not only gave my tired legs a break from fighting the wind but also gave me a mental boost. I didn't have any specific injuries, just my legs were tired and slow. Finished the last full lap; Traviss held out his hand for me to tap in lieu of getting a hole punched, and I set off on the final section: down the muddy hill, along, up the hill, over the bridge, over the other bridge an little hill, straight stretch into the wind (again), to the hut, then back again... finally up the muddy hill and at a weary trot over to ring the bell. Done! Medal choice was all the colours of tanks from the summer 10-in-10, so I chose the bright green one, which Rachel adorned with a 50K badge and placed over my head. Then it was time to make use of the slight bit of shelter offered by the hut, take off the “10 marathons in 10 days” T-shirt that I earned last year and don the “10 50K Ultras in 10 days” shirt that I had just earned. Quick photo shoot with all the medals dangling from my arms, then on with some warm clothes! I got to see Lisa finishing, and Pete (Lisa had needed to walk the last 20 miles, due to an injured leg muscle, and Pete had (unintentionally) walked a whole marathon that day, having had to stop running a couple of days earlier with chest muscle strain), and Sol, and a few others. Finally back down to the

car park, brief chat with Paul Commons in the little heated room, change of trousers and footwear, and we set off home.



### 2017/2018 Comparison

I've now completed the SVN winter 10-in-10 twice. Last year I ran a marathon a day and found it easier than I had expected. This year I ran 50K (31 miles) per day and found it harder than (based on last year's event) I had expected.

- Stepping up to the 50K was only adding an extra 5 daily miles – but that meant nearly 20% more distance and more than 20% additional running time.
- Also, finishing later meant we were getting caught in rush-hour traffic. We were travelling to the event from home each day (and I am very lucky to have people who were willing to do most of the driving). Not getting home until between 6 and 8pm, rather than before 5pm, which meant quite a reduction in 'rest and recovery' time each day. I think this had a cumulative effect, so that in the last few days I was running on legs that were still weary from the previous day.
- Then there was the weather: in 2017 we had been quite lucky with the weather, in 2018 less so, particularly with several days of very strong winds – and during the days at Betteshanger this was combined with rain and mud.
- I think this year I had fewer people running the series at about the same pace as me, so spent more of the time running alone, and the courses, while being my favourites from last year, provided more limited opportunities to pass each other going in opposite directions and encourage each other while doing so – less psychological assistance from seeing smiling faces.
- On the plus side, we didn't have to run at Margate, and this year I didn't come down with a cold during the series. Additionally, despite a few aches and pains, other than my battered nose I finished without any injury both years, which is fantastic.

Would I do one again? Not at the moment, as I've met my goals on this. I have lots of other races to run, I hope – different challenges. But never say 'never again'!

[The four views are all from day 1 at Samphire Hoe]

## **BOOK REVIEW – RUNNING INJURIES**

**(by Tim Noakes and Stephen Granger: reviewed by Alan Dolton)**

As the authors of this book state in their preface, “most runners find themselves injured, in pain, or even laid off, at some time in their running careers. This happens despite the fact that there is a growing body of knowledge about the treatment and prevention of running injuries.”

In most cases, the injured runner should see someone who is experienced in assessing and treating running injuries: this will usually be a physiotherapist or a sports massage therapist. However, it is also very useful to have some basic knowledge of how best to try to avoid injury, and what to do when injury strikes. In my opinion, this 176-page paperback, written by two South African specialists, is one of the most readable that I have come across, and is a book I would recommend to Striders to help understand their particular injuries.

The book is divided into seven chapters, of which the final chapter is by far the longest (it is almost as long as the other six put together). The chapter headings are as follows:

- New insights into running injuries
- Understanding the body
- Understanding the mind
- Prevention is better than cure
- The ten laws of running injuries
- Bones and muscles: a discussion of non-site-specific injuries
- A troubleshooter's guide: a discussion of site-specific injuries

The text includes several brief interviews with elite athletes (mainly South African but including Paula Radcliffe), describing injuries they have suffered and how they have recovered from them.

The chapter on ‘prevention is better than cure’ is particularly useful. It includes several important observations such as:

- Women have wider hips and are therefore more likely to have knee and lower leg injuries
- Overweight runners experience increased loading on the lower limbs and back during running
- Inflexibility of the leg muscles may contribute to injury
- There is a greater risk of injury when runners are adapting to increased training



**Paula Radcliffe: one of the runners interviewed in this book**

Regular stretching helps to reduce inflexibility, but the authors comment that “runners who will somehow squeeze in one or two hours of running a day never seem quite able to find the additional five to ten minutes needed for adequate stretching”. The chapter contains seven pages of photographs showing how to stretch (demonstrated by a middle-distance runner, Tanya Peckham).

The chapter on ‘the ten laws of running injuries’ includes the reassuring observation that “only a minute fraction of true running injuries are not entirely curable by quite simple techniques”. The rare exceptions to this law include:

- Runners with very severe biomechanical abnormalities (including abnormal hip, knee or ankle joints)
- Runners with severe degeneration of important tissues - such as the Achilles’ tendon
- Runners with such weak bones that they repeatedly suffer from stress fractures

Other particularly noteworthy ‘laws of running injuries’ are:

- Unless the injury is a stress fracture, rest is seldom the most appropriate treatment: treatment needs to address the biomechanical cause of the injury or the problem will recur
- Never accept the advice of a non-runner as a final opinion (even if that person is a doctor)

The chapter on ‘non-site-specific injuries’ discusses three specific types of muscle injury:

- Delayed muscle soreness
- Chronic muscle tears
- Muscle cramps

Delayed muscle soreness will be familiar to many (probably most) Striders who have trained for a marathon: in the authors’ words, it occurs “after unaccustomed or particularly severe exercise” and “is indicative that the muscle has been overstressed”.

The section on ‘chronic muscle tears’ comments that “in contrast to bone injuries, which will improve if sufficient rest is allowed, chronic muscle tears will never improve unless the correct treatment is prescribed ... all the runner, or preferably a physiotherapist or other health professional need do, is to press firmly with two fingers into the affected muscle in the area in which the pain is felt. If it is possible to find a very tender hard knot in the muscle, then the injury is definitely a chronic muscle tear. It is impossible to emphasise sufficiently just how sore these knots are when palpated forcefully – they are excruciating!”

While I agree with the great majority of what the authors write in the book, I do part company with them when they describe the treatment of chronic muscle tears. The authors state: “The only treatment that works is a physiotherapeutic manoeuvre known as cross-frictions. A better term would be crucifixions — because nothing, not even your toughest-ever race, is as painful as cross-frictions applied, however gently, to a chronic muscle tear! The key to the treatment of these injuries is that a chronic muscle tear will heal only if the cross-frictions are applied to the injury site – the tender knot in the muscle – and if they are applied sufficiently vigorously. If the cross-friction treatment does not reduce the injured athlete to tears, either the diagnosis is wrong, or the physiotherapist is being too kind.”

I definitely disagree with that final sentence, which seems to me to be an example of hyperbole or of South African machismo (and possibly both). Judged by South African standards, I will readily plead guilty to the charge of “being too kind” to my clients. But in more than 17 years of treating Striders and other runners, I can only recall one occasion when an athlete has broken into tears on my massage table – and that was not from the pain



of the massage, but from the realisation that she was not recovering from an injury quickly enough to be able to compete in a forthcoming race which she had been looking forward to. Most sports massage tutors in the UK – certainly including my former tutors at the London School of Sports Massage – emphasise that it is important to try to keep the pain caused by the treatment within the individual athlete's pain threshold, which varies very significantly between different runners.

Nevertheless, while I disagree with that particular sentence, I would still endorse the basic advice in the chapter. The authors emphasise that "because these injuries tend to recur, one should be fastidious about stretching the muscles that tend to be injured. This is especially important before any fast running, in particular before early morning races."

The final chapter in the book deals with 'site-specific' injuries. The authors comment that the most common injury site is the knee. They describe the two most common injuries as peripatellar pain syndrome and iliotibial band friction syndrome.

They comment that peripatellar pain syndrome (pain at the lower end of the patella or kneecap) is frequently caused by excessive ankle pronation, which causes a twisting force to develop at the knee and pulls the kneecap out of its correct alignment. Inappropriately soft shoes which may have collapsed to the inside may fail to control pronation adequately and may contribute to the injury. Conversely, very hard running shoes may also contribute to injury by not giving sufficient shock absorption at the knee. Very hard running shoes may also be a contributory factor in iliotibial band friction syndrome, where the pain is caused by the iliotibial band (which runs along the outside of the upper leg) exerting pressure on the femoral condyle at the outside of the knee.

It is interesting to compare the authors' coverage of knee injuries with the coverage in a somewhat larger and more expensive book by a British physiotherapist, 'Running: Fitness and Injuries' by Vivian Grisogono. The principal difference is that Grisogono devotes more attention to injuries resulting from an imbalance in the quadriceps muscles, where the outer quadriceps muscle (vastus lateralis) becomes much more powerful than the inner quadriceps muscle (vastus medialis). Grisogono describes the resulting injuries as 'runner's knee' and observes that "the key muscle for kneecap control is the only one to hold the kneecap from its inner edge: the vastus medialis". She observes that the vastus medialis is only exercised and strengthened when the knee is fully extended, so that it is weakened when runners only do slow jogging without fully extending the knee, and the best way of avoiding a recurrence of this injury is to "run fast, or relatively fast, for at least some of your programme, rather than jogging slowly all the time".

My own experience, in more than 17 years as a sports massage therapist specialising in treating runners, is the same as Vivian Grisogono's. I have seen many runners with knee injuries who have had very significant imbalances in the strength of their quadriceps muscles, having a strong and very tight vastus lateralis and a very weak vastus medialis.

It is worth speculating as to why Noakes and Granger devote so much less space to this particular condition than Grisogono does. I think that the most likely explanation is that Grisogono has spent a great deal of her time treating recreational runners as well as elite runners. Recreational runners are more likely to suffer from this particular injury because they do most or all of their running at a slow pace without fully extending the knee. By contrast, Noakes and Granger spend most of their time treating elite runners who do a good percentage of speedwork in their training and are therefore much less likely to suffer this particular injury.

*(This article originally appeared in the December 2012 club magazine, but is republished here – in a slightly revised form – for the benefit of newer Striders)*

## HIGH-INTENSITY INTERVAL TRAINING (by Alan Dolton)

One of our women recently asked me for advice about 'high-intensity interval training'. This is a form of training which alternates periods of short intense anaerobic exercise with short recovery periods, usually involving jogging or walking. The session usually lasts for no more than 30 minutes. The principle, originally developed more than 60 years ago, was used by Sebastian Coe when he was being coached by his father Peter Coe in the 1970s.

The principle of alternating periods of hard running with periods of easy jogging was used by the Finnish coach Lauri Pikhtala and the athlete Paavo Nurmi in the 1920s. Nurmi won the 10000 metres at both the 1920 and 1928 Olympics and also won the 5000 metres in the 1924 Olympics. However Nurmi's sessions sometimes lasted up to two hours, so that although they were a form of interval training, they could not be described as 'high-intensity'. Similar methods were adopted by the Swedish coach Gosta Holmer and by the German coach Woldemar Gerschler, who became director of physical education at Freiburg University. Gerschler was apparently the first leading coach to focus on the length of the recovery between repetitions: he suggested that an athlete should train with a heart rate of about 180 beats per minute, and should begin another new rep when his heart rate had dropped to 120 beats per minute. The athlete's fitness could be gauged by how quickly his heart rate dropped to 120. In the early 1950s Gerschler began coaching Gordon Pirie of South London Harriers. Pirie would travel to Germany once or twice a year for physiological testing, and Gerschler would then set a training schedule based on the results. Gerschler set Pirie track sessions such as 20 x 300 metres with a brisk 100 metre jog as a recovery. These sessions were copied by many other distance runners of the period, although not many of them could keep up with Pirie's pace (and particularly his relatively fast recovery jogs).

A British coach who popularised the use of short recoveries to produce a high-intensity session for 5000 metre runners was Frank Horwill, who was the founder of the British Milers Club. Probably the most successful of the athletes whom Frank coached in person was Tim Hutchings, who twice finished second in the World Cross-Country Championships. However Frank is probably best-known for mentoring Peter Coe in the early stages of Sebastian Coe's running career. Seb had begun training with Hallamshire Harriers, but his father (a former racing cyclist) was dissatisfied with that club's emphasis on long-distance running at a steady pace. He decided to begin coaching his son himself, using the type of sessions which Frank Horwill recommended. These included regular sessions of fast 200 metre reps with only 30 seconds recovery between repetitions. As Seb Coe grew older, one of his toughest regular sessions was 6 x 800 metres with only 30 seconds recovery. This type of training helped him to win the 1500 metres at both the 1980 and 1984 Olympics.

I think that many Striders could benefit from adopting some form of high-intensity interval training. Pirie's 300 metre reps usually took about 45-50 seconds, and were followed by a 100 metre jog in 25-30 seconds. This is similar to the guidelines set by the present-day American and Japanese proponents of high-intensity training: a popular session is 30-40 seconds of hard running alternated with 15-20 seconds of jogging or walking. A slightly easier track session involves running hard for 130 metres followed by a 70 metres jog. (On a marked track such as Croydon Arena, the distance from the line marking the end of a 4 x 100m relay zone to the line marking the start of the next 4 x 100m relay zone is exactly 70 metres, and the distance from that line to the line marking the end of the next 4 x 100m relay changeover zone is exactly 130 metres).

*(This article originally appeared in the September 2013 club magazine, but is republished here – in a slightly revised form – for the benefit of newer Striders)*

## COMPETITIVE HIGHLIGHTS: DECEMBER 2018 – FEBRUARY 2019

In the South of the Thames Cross-Country Championships, held at Beckenham on 15 December, Striders finished 16th in the team event, led by Andrew Aitken, who placed 75th of the 337 finishers. Niamh Vincent was the 66th woman to finish, with Nikki Javan 70th.

In the Surrey Cross-Country Championships, at Lloyd Park on 5 January, Striders' best performance came from Rachel Lindley, who ran very well to place 21st of the 138 finishers in the senior women's race, covering the eight-kilometre course in 31 minutes 56 seconds. Jenny Rowe also ran well to place 69th (36:55) with Niamh Vincent just behind her in 70th (36:59) and Laura Fell completing the scoring team in 95th (39:02). They placed 12th in the team event. Ally Whitlock was 102nd (39:55), Debra Bourne 104th (40:04), Sophia Sachedina 107th (40:28), Selena Wong 116th (42:32), Karen Speed 127th (45:29), Alexandra Legge 131st (48:25) and Michelle Klein 132nd (49:09).

Striders' men also placed 12th in their team event. They were led by Tatsuya Okamoto who ran well to place 78th of the 241 finishers, covering the 12-kilometre course in 45 minutes 37. Team manager Krzysztof Klidzia was 86th (46:16) with Lee Flanagan 91st (46:30), Tom Lawson 101st (47:05), Iain Harrison 113rd (47:37), Robert Lines 118th (47:53), Martin Filer 121st (48:19), Andy Perks 136th (49:27), Luke Burden 139th (49:41) and Steve Corfield 147th (50:14). Striders had a total of 21 finishers. Striders' youngest competitor, Christopher Finch, was 33rd out of 93 finishers in the under-13 boys' race, while his sister Lucy Finch was 61st in the under-15 girls' race.

In the Surrey Cross-Country League Division One match at Mitcham on 12 January, Striders were led by Alastair Falconer who was 118th, covering the 8.3 kilometre course in 31 minutes 37 seconds. Andrew Aitken was close behind in 120th (31:41) with Lee Flanagan 137th (32:16). Team manager Krzysztof Klidzia ran well to place 140th overall and fourth in the over-50 category (32:25). Robert Lines was 142nd (32:35) and Peter Mills 151st (33:03).

In the South of England Cross-Country Championships, at Parliament Hill Fields on 26 January, Lottie Nusca ran very well to place 244th out of 703 finishers in the senior women's race, completing the eight-kilometre course in 36 minutes 27 seconds. Jenny Rowe was 276th (37:08), Steph Upton 338th (38:24) and Nikki Javan 388th (39:20). Striders' men were led by Andrew Aitken who ran well to place 350th out of 1154 finishers, completing the 15-kilometre course in 57 minutes 21 seconds. Team manager Krzysztof Klidzia was 412th (58:37), Lee Flanagan 475th (59:37) and Andy Perks 595th (61:34).

In the final Surrey Cross-Country League Division One match of the season, at Lloyd Park on 9 February, Striders were led by Tatsuya Okamoto who placed 98th of the 212 finishers, completing the five-mile course in 30 minutes 55 seconds. Andrew Aitken was 100th (31:16) while Krzysztof Klidzia was fourth in the over-50 category and 103rd overall (31:22). Simone Luciani was 117th (31:31), Alastair Falconer 118th (31:37) and Lee Flanagan 123rd (32:12). Striders placed ninth in the match and were also ninth in the final Division One table.

Meanwhile Striders' women were competing in the penultimate Surrey Womens League Division Two match at Richmond Park. They placed ninth in the match, led by Niamh Vincent who placed 36th in 39 minutes 14. Nikki Javan was 44th (39:39), Steph Upton 49th (39:59), Laura Fell 59th (41:09) and Gemma Halliday 84th (43:22).

At the South of England Masters Indoor Championships, at Lee Valley on 19 February, Sandra Francis won gold in the W60 long jump with a leap of 3 metres 05, and took silver in the W60 hurdles in 15.11 seconds.

## 20 YEARS AGO: LOCAL ATHLETICS IN SPRING 1999

Striders' leading woman, Jane Lansdown, was in excellent form in March 1999. On 21 March she was the first woman in the Tatsfield five-mile road race, covering the hilly course in 33 minutes 58 seconds. Striders' men placed second to Blackheath in the team event. Our team comprised Alan Dolton (10th, 29:55); John Kirby (13th, 30:54); John McGilvray (22nd, 32:00) and John McKenty (23rd, 32:01).

On 28 March, Jane produced a very good run to win a 16-mile multi-terrain race from Coombe Gibbet to Overton. Her time of 2 hours 01 minutes 54 seconds saw her almost two minutes clear of her nearest rival. On the same day Tony Sheppard ran a personal best of 76 minutes 10 seconds in the Paddock Wood Half-Marathon. Club colleague Alan Dolton ran 83 minutes 50 in the same race. Also on the same day John Kirby ran a lifetime best 61 minutes 55 seconds in the Thames Towpath 10 mile race.

The sixteenth Croydon 10K road race was held on 11 April. The winner was Yacin Yusuf of Croydon Harriers, who covered the course in 30 minutes 07 seconds, just one second ahead of second-placed Dave Taylor of Blackheath. Hassan Raidi of Belgrave was third (32:17), with Roy Smith of Blackheath fourth (32:36). The first over-40 was Eric Thomas of South London Harriers, who placed fifth in 32 minutes 48, while the first over-50 was Croydon's Stan Collie who placed 25th in 36 minutes 33. Striders were led by Tony Sheppard, who placed 12th in 34 minutes 11. Striders had an unusually low turnout for this race, with their second finisher being Alan Dolton who was 46th in 38 minutes 21. Colin Golding was 58th in 38 minutes 55. The first woman was Croydon's Heather Fenton who placed 64th overall in 39 minutes 35, nine seconds ahead of Jane Lansdown. Jane was closely followed by club colleague Neil Furze who placed 68th (39:51), while Keith Sheppard was 74th (40:22).

Two days later, Yacin also won the East Surrey League's annual road race at Ewell. He covered the 4.2 mile course in 21 minutes 16 seconds. Paul Haywood of Box Hill Racers was second in 22 minutes 11. Croydon Harriers won the team event with 22 points. Box Hill placed second (35) and Epsom were third (65). Striders placed seventh. Gerry Crispie led our team home in 18th place, and was followed by John Kirby (23rd), John McGilvray (27th) and Simon Smith (35th). Croydon's future track star Martyn Rooney placed fourth in the under-13 race.

The London Marathon took place on 18 April. Striders' first man home was Gerry Crispie who ran 2 hours 53 minutes 02, followed by Alan Purchase who ran 3 hours 12 minutes 15. Striders' first woman was Elene Kayum whose official time was 3 hours 28 minutes 35 seconds. (The London Marathon had not yet introduced chip timing and it took Elene more than three minutes to reach the start line, so her actual time was about 3 hours 25.) Many older Striders will remember the day for the wedding of committee members Barbara Cole and Mick Gambrell, who gained the club a great deal of publicity by marrying during the race. The ceremony took place in Charlton, just after the two-mile mark. The couple remained active members of the club until the summer of 2001, when they moved to Thanet. However, the marriage did not last and they subsequently separated.

The Southern Veterans League season began with a match at Kingsmeadow on 26 April. Striders' women did well to place fourth, largely thanks to Wendy Smith and Linda Daniel who covered nine events between them. Our men were sixth of the eight competing clubs. The second match was at Croydon Arena on 17 May. Our women were again fourth, gaining good points from the 3000 metres where second-claim member Maggie Statham was second in the A race while Paula Bongers won the B race. Our men placed fifth.





**Jane Lansdown – Striders' leading female runner during the late 1990s  
(photo by Mick Gambrill)**

## **10 YEARS AGO: LOCAL ATHLETICS IN SPRING 2009**

The East Surrey League held its annual road relay at Box Hill on 14 March. Striders finished eleventh, our fastest runner being Steve Starvis, who covered the undulating 3400-metre course in 12 minutes 03 seconds. On 29 March Justin Macenhill ran very well to win the MABAC 15-mile road race at Cranleigh. He covered the undulating course in 1 hour 32 minutes 50, finishing just over a minute ahead of the second-placed runner.

On 7 April Striders finished fifth out of the twelve competing clubs in the East Surrey League's annual road race at Ewell. This lifted us to fourth place in the final league table. Striders' team at Ewell was led by Steve Starvis who placed 13th of the 92 finishers, covering the 6800-metre course in 24 minutes 40 seconds. Richard Lee-Smith was 16th (24:48), with Mick Turner 33rd (26:22) and Paul Finch 34th (26:43).

The 29th London Marathon took place on 26 April. Striders had 20 finishers, led by Lee Wadsworth who ran 3 hours 05 minutes 45 seconds. He was followed by Damian Macenhill (3.10:31), Dave Shaw (3.23:49) and Steve Massey (3.25:21). Striders' first woman home was Kerry Backshell who ran 3 hours 27 minutes 25, while Suzy Yates ran 3 hours 30 minutes 58. Other Striders to finish in under four hours were Ian Yates (3.34:30), Simon Ambrosi (3.43:06), Stephanie Noyce (3.44:29), and Cara Kayum (3.53:43).

The Surrey Road League began with the Sutton 10-kilometre road race on 3 May. Striders' finished fifth, led by Richard Lee-Smith who placed 25th (37:07). John Foster placed second in the over-50 category (38:21). Striders' women were led by Yasmin Anderson, who placed 56th in the women's race (51:53). Three days later Striders produced an excellent team performance to finish first out of 40 teams in the Beckenham Road Relays. Our team comprised Matt Morgan (14:29), Duncan Lancashire (13:43) and Justin Macenhill (13:49).

The first Rosenheim League match was at Battersea on 13 May. Striders' women did very well to place second, led by Natalie Osher who was second in both the 200 metres and the long jump. Our men placed equal fifth, level on points with Croydon Harriers. Matt Morgan won the steeplechase and also placed third in both the 1500 metres and the long jump.

The first Southern Veterans League match of the season was at Croydon Arena on 18 May. Striders' men placed third while our women placed fourth. Bob Ewen won the over-50 2000 metre walk (12:00.1) and later placed second in the over-50 1500 metres (5:21.9).

The Surrey Veterans Championships took place at Ewell on 23 May. Justin Macenhill won the over-35 5000 metres in a new championship best performance of 16 minutes 44.3 seconds. Alan Dolton won a hat-trick of gold medals in the over-50 400 metres, 800 metres and 1500 metres. Dave Hoben won gold in the over-55 3000 metre walk, while Kevin Burnett won silver in the over-65 discus (20.78) and 3000 metre walk (21:24.9), and bronze in the over-65 shot (6.11), javelin (17.49) and hammer (17.58).

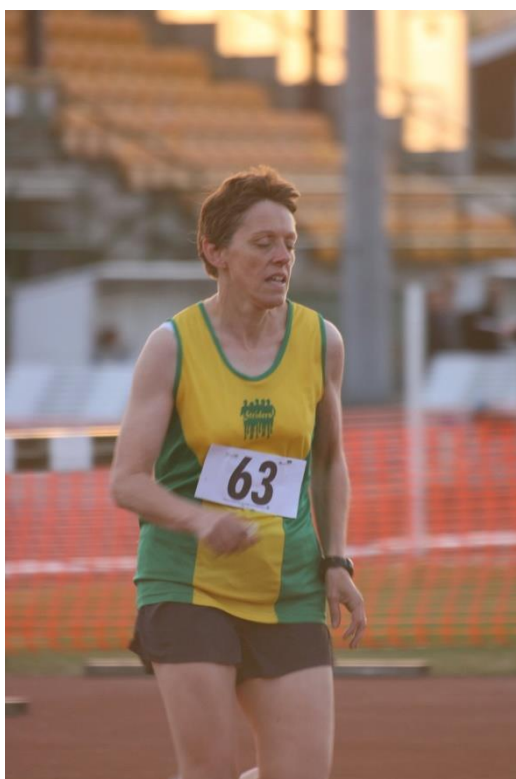
The second Rosenheim League match of the season took place at Croydon Arena on 27 May. Our women placed third, while our men were fifth of the seven competing clubs. Alice Ewen won the women's 3000 metres in 12 minutes 29.6 seconds, while Karen Knight made an impressive debut to place second in the 100 metres, in a club women's record of 15.1 seconds. Matt Morgan placed second in the 1500 metres, recording 4 minutes 33.3.

The Dorking 10-mile road race took place on 31 May. Justin Macenhill placed 27th in 61 minutes 36 seconds. Our women were led by Josephine Thompson who placed 30th in the women's race in 76 minutes 07.

## **VETERANS LEAGUE MAY 2009**



**Bob Ewen on his way to second place in the M50 1500 metres**



**Linda Daniel in the women's 1500 metres**



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