TRAGMAG

Issue 286 - May 2013

www.stragglers.org

www.stragglers.org/stragchat

For the latest news, like us on Facebook "The Stragglers Running Club"

Runnymede Relay

Multi-terrain relay race

on Saturday July 6th 2013

Teams of 6
3 legs of approx 5.25 miles & 3 of 2.75 miles

Entry fee £42 per team – that's only £7 per runner
Put your name on the list and teams are organised a week ahead.

The first leg starts at 12 noon

The scenery is superb, set within the historic woodlands of Windsor Great Park

Bring the family & friends and a picnic
and enjoy the company of your fellow Stragglers

Talk to Nick Brown

Tel: 01784 464 697 / 07947 478 656
Or see him on a Thursday night.

Front Cover and page 9: Junior Handicap Race 1 on 25th April
The photos are courtesy of Katrin Kroschinski.
Back Cover: The team at the post London Marathon Evening.
The photo is courtesy of Steve Brett

Boston Marathon

At 10am on the 15th April I arrived at the start of the Boston Marathon, I had injured my hamstring a week earlier and doubted I would finish the race.

The course is a point to point route that starts in Hopkinton, a suburb about one hour's drive outside the city, then goes through about seven suburbs before hitting the city. Even thought the elevation of the course was downhill from the start, it was fairly undulating, with Heartbreak Hill at mile 20, which was certainly not a welcome sight. The course was exceptionally well supported throughout, with such enthusiasm shown by the supporters. Luckily I managed to complete the marathon in 3hrs 12min 30sec with only a few twinges of the hamstring in the last few miles on the course.

After crossing the finish line I collected my medal and belongings, and had my aching legs massaged. I then decided to make my way back to the finish line to support the other runners coming through. I was two blocks away when I heard two explosions in the direction of the race finish. At the time I was not aware what, or exactly where the explosions were.

Fire Services, Ambulances and Police were soon seen rushing towards the location of the explosions. As I carried on walking, officials were telling people to stay away from the finish line and eventually rumours started filtering back as to what caused the explosions, some saying it was a gas explosion, some saying it was a bomb at the finish line. Fortunately I was able to contact the UK to let my family and friends know I was OK.

Returning to my accommodation I spent the rest of the afternoon/evening watching the TV news about the terrible events that occurred at the finish of the marathon.

I stayed in Boston a few more days. A subdued city and a strange experience after the terrible events. There were extra police and the military were prominent around the city. To be in Boston on the Friday during the city lock down was something I'll not forget. Few open shops, quiet roads and very few pedestrians in the city centre and a suspended Metro system. Stark contrast to the days prior the race where a busy city filled with commuters and tourists eagerly awaiting the 15th April 2013, a marathon I will never forget, and will remember for a variety of different reasons.

Tom Wood

Straggs Results

Nonsuch 10k
3rd Feb

Time	Name
46.46	Andy Wingate
66.00	Ray Coward

Race Your Pace Half Marathon
16th Feb

Time	Name
2.14.07	Helen Brett

Barcelona Half Marathon
17th Feb

Time	Name
1.54.03	Joby Thomas
2.01.03	Dave Kelly
2.08.08	Rosie Clancy
2.10.00	John Root

Bushy Park 10k
10th Mar

Time	Name
50.10	Andy Wingate

Snowdonia Half
28th April

Time	Name
1.41.33	Phil Davies

Bushy Park 10k
28th April

Time	Name
38.31	Bert Smith **PB**
48.12	Dan Wren

Sutton 10k
12th May

Time	Name
36.29	Chris Walmsley **17th**
27.45	Kevin Best **1st V60**
29.24	Phil Manly **2nd V60**
41.11	John Fletcher
41.50	Sarah Winter **3rd F35**
41.51	Juliet Cleghorn **2nd F45**
42.05	Phyllis Flynn **3rd F45**
42.40	Steve Sandham **4th V60**
43.41	Tiago Ramos
52.34	Lynda Chase **3rd F55**

Welsh Castles Relay

8/9 June 2013

Ladies, this is your last chance to get a place in the Stragglers Ladies Team – 2 places left!

Join Claire and the rest of the ladies (and men too!) in this fantastic weekend in the beautiful Welsh countryside.

Don't delay, contact:

Steve Sandham 07906 691 756

stevesandham1@btinternet.com

or

Carys Mills 07768 448 325

carys@carysmillsrecruitment.co.uk

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Virgin Health Club Kingston
Top Floor Bentalls Centre
Wood Street
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For Stragglers
Members and Family
Appointments: 020 8541 5556
www.kingstonphysiotherapy.com
Treatments are covered by all medical insurance companies (BUPA and AXA PPP)

Farewell to the Stragglers

I joined the Stragglers in October 2010 & was instantly made to feel at home. I have run with the Giggs Hill Green posse, the Thursday nighters & been tortured by Duncan and his hill & speed sessions! Carys soon had me running XC in the cold and mud. Apparently it is good for strengthening your legs?

I was part of 2 GBR and amazed at the organisational logistics of it all. Well done to the team and hope it will return.

I have proudly worn the yellow vest with black foot in many races including this year's London Marathon which despite little training due to injury I finished in 3:42:35.

I will miss you all but have decided to defect to Elmbridge which is nearer to me and also has access to a track.

Thanks to all for making me very welcome and hope to see many of you at future races.

Merilyn Davis

Merilyn we will really miss you! Despite being at the club for a relatively short time in the life span of The Stragglers you have made an immense impression! You have always been very dedicated and I knew I could always rely on your support for team events and for many of us it's the team events that make being part of a club extra special and I think you truly embraced this.

Merilyn many people will be very sad to see you leave but we wish you all the very best, I'm sure that Elmbridge are delighted that you are joining them! Anyway, for sure we will see you at key events next seasons XC for sure and of course the famous Elmbidge 10K later this summer!

Our very best wishes.

Carys x

Junior Handicap Race 1 – 25th Apr

Name	Time	Actual	Handicap	PB
Mohammed Sait	**13:47**	08:47	05:00	
Lydia Louw	**14:10**	09:10	05:00	
Eli McKenzie	**14:26**	09:26	05:00	
Lawrence Hall	**15:13**	10:13	05:00	
Arthur Louw	**15:32**	10:32	05:00	
Noah Bragg	**16:22**	11:22	05:00	
William Maycock	**16:23**	08:23	08:00	
Beatrice Andrews	**16:28**	11:28	05:00	
Daniel O'Sullivan	**16:32**	11:32	05:00	
Joshua Poncia	**16:38**	08:38	08:00	
Noah Heron-Brett	**16:54**	08:54	08:00	
Patrick O'Sullivan	**16:55**	08:55	08:00	
Levi Laing	**16:57**	08:57	08:00	
Ethan McKenzie	**16:58**	08:58	08:00	
Victor Griffiths	**16:59**	08:59	08:00	
Clive Donaldson	**16:59**	08:59	08:00	
Oliver Bragg	**17:03**	09:03	08:00	
Jacob Dean	**17:10**	12:10	05:00	PB
Tor Heron-Brett	**17:25**	09:25	08:00	
Mia Catton	**17:43**	09:43	08:00	
Ben Freer	**18:17**	08:47	09:30	PB
Josh McKenzie	**18:18**	10:18	08:00	
Tom Kearey	**18:29**	08:29	10:00	
Archie George	**18:34**	10:34	08:00	
Josie Kearey	**18:35**	10:35	08:00	
Ross Morrison	**18:39**	10:39	08:00	
Elliot Collier	**18:40**	09:10	09:30	PB
Millie Honan	**18:58**	10:58	08:00	
Eddie Fogden Keith	**19:02**	12:02	07:00	
James Honan	**19:08**	09:38	09:30	PB
Edward Andrews	**19:10**	08:40	10:30	PB
George Chaplin	**19:28**	07:58	11:30	PB
Cerys Haines	**19:32**	11:32	08:00	
Clara Fisk	**19:32**	11:32	08:00	
Michael Rasonyi	**19:41**	08:11	11:30	PB
Stan Andrews	**19:42**	08:12	11:30	PB
Jack Dickson	**20:01**	09:01	11:00	PB
Charlie Sherain-Reed	**20:01**	09:31	10:30	
Benjamin Collier	**20:02**	09:02	11:00	
Jonny Brook	**20:31**	09:31	11:00	
Liam Bryan	**20:55**	15:55	05:00	
Charlie Brook	**20:57**	12:57	08:00	
Ellie Sherain-Reed	**21:04**	13:34	07:30	
Charlotte Muller	**Rtrd Hurt**		05:00	

Minis Race

Name	Time	PB
Molly Andrews	**03:19**	
Afrah Sait	**03:27**	
Fredrik Hutchings	**03:29**	PB
Nathaniel Bond	**03:31**	PB
Antoine Lafeuille	**03:39**	PB
Alfie Lafeuille	**03:57**	
Angus Brage	**04:10**	
Kiara Duffy	**05:29**	
Jemima Carratu	**05:29**	

The Junior handicap is kindly sponsored by:

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CHARRINGTON
BOWL

THE CABBAGE PATCH

Many thanks to Evan Bond for designing fantastic, eye-catching logos for our relay races.

If you want to run in the **River Relay** contact Jon Parry (jon@parryjanes.com). The race starts at 9am in Windsor Great Park and finishes at the Hawker Centre. Teams comprise at least one lady, one veteran and no more than three senior men. If you can help out please contact Peter Wedderburn (kbc@blueyonder.co.uk).

To help out with next year's **Green Belt Relay**, contact Peter Kennedy (results@stragglers.org). Check the all new GBR website, it's brilliant (thanks to Tom Millns for the re-design).

http://www.greenbeltrelay.org.uk/

Again thanks to Evan, both events now have Facebook pages too "The River Relay" and "Green Belt Relay".

Stragglers Treasurer Required

Sue Cockle, the current treasurer, will be standing down at the AGM in July, so we are looking for a new treasurer. You don't have to be an accountant, Sue isn't, just good at keeping books.
You also need to be a regular attendee on a Thursday evening.

If you think you might be interested, why not speak to Sue for more information on what the role entails.

My First Marathon

Well I did it! I got to the start injury free, I got to the end and collected my medal and I enjoyed the day. It took me 5 hours and 52 minutes, so I won't be making it into any of the Stragglers record books (apart from the being the a marathon, you're wrong! Give it a go and be prepared for a challenging but incredibly rewarding experience.

And on top of all that, with the support of a number of Stragglers and many others, £1,828.40 (over £2,000 if you take into account gift aid) has been donated to support the work of the YMCA London South West in our local community.

What's not to like?

Helen Brett

Annual General Meeting

Thursday 11 July 2013 at 9PM
The Hawker Centre, Lower Ham Road, Kingston

TOPIC FOR DISCUSSION AT THE AGM

I would like the following to be raised at The Stragglers AGM:-

Signature: _____

Proposed by (Caps): _____ Date: _____

Only topics for discussion received by Thursday 20th June can be voted on at the meeting. Any items brought up under Any Other Business at the AGM can be discussed but cannot be voted on.

IN ORDER FOR YOUR TOPIC TO BE DISCUSSED AND FOR YOU TO SPEAK AND VOTE AT THE AGM YOU MUST BE A FULLY PAID UP MEMBER OF THE CLUB

Please send topics for discussion to Keith Haworth by hand, post or email [KeithHaworth@aol.com], 2 Southfield Gardens, Twickenham, Middlesex, TW2 4SZ,

Annual General Meeting

Thursday 11 July 2013 at 9PM The Hawker Centre, Lower Ham Road, Kingston

The Club requests nominations for positions on the Committee in writing by 27 June 2013. The form below can be used – if you require further forms ask any Committee Member or use a blank piece of paper.

Current Committee Members

Chairman	Keith Haworth	General Committee	**Vacant post**
Treasurer	**Sue Cockle***	General Committee Web Site and Membership	Peter Kennedy
Secretary	Simon Brazil	General Committee	Peter Wedderburn
General Committee Club Captain and Membership	Phil Davies	General committee Communications Secretary	Nigel Rothwell
General Committee Stragmag	Bert Smith	General committee*	**Chrissie Glew***
General Committee Men's Captain	Roy Reeder	General committee Social Secretary	Natasha Parry
General Committee Ladies Captain	Carys Mills	General committee	Steve Sandham

Those marked * above are NOT seeking re-election

I nominate (Caps) _____
for the position of _____

Proposed by (Caps): _____ Signature: Date:

Seconded by (Caps): _____ Signature: Date:

Nominee acceptance of nomination: _____

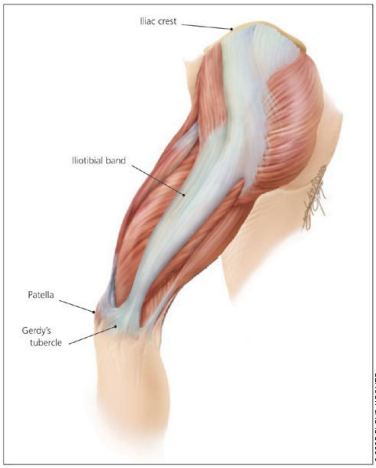
IN ORDER FOR YOUR NOMINATION TO BE VALID AND TO SPEAK AND VOTE AT THE AGM YOU MUST BE A FULLY PAID UP MEMBER OF THE CLUB.

Please send your nominations to Keith Haworth by hand, post or email [keithhaworth@aol.com], 2 Southfield Gardens, Twickenham, Middlesex, TW2 4SZ by Thursday 27 June 2013.

Iliotibial band syndrome

Iliotibial band syndrome, or ITBS, is due to inflammation of the iliotibial band, a thick band of fibrous tissue that runs down the outside of the leg. The iliotibial band begins at the hip and extends to the outer side of the shin bone (tibia) just below the knee joint. The band functions in coordination with several of the thigh muscles(lateral quad and hamstring) to provide stability to the outside of the knee joint.

Iliotibial band syndrome (ITBS) occurs when there is irritation to this band of fibrous tissue. The irritation usually occurs over the outside of the knee joint, at the lateral epicondyle--the end of the femur (thigh) bone, but can be as low as the tibia. The iliotibial band crosses bone and muscle at these points; between these structures is a bursa which should allow a smooth gliding motion. However, when inflamed, the iliotibial band does not glide easily, and pain associated with movement results. Poor stability will be due to weak hip strength and or ankle strength.



Common symptoms of ITBS include:

Pain over the outside of the knee joint
Swelling at the location of discomfort
A snapping or popping sensation as the knee is bent
Endurance athletes are especially prone to developing iliotibial band syndrome. Athletes who suddenly increase their level of activity, such as runners who increase their mileage, or increase their hill training.

Treatment of ITBS

Treatment of iliotibial band syndrome begins with efforts to control the inflammation. The initial phase is:
Rest and ICE
The first step to allowing inflammation to subside is to allow the joint to rest sufficiently. If cross-training does not cause discomfort, then it is reasonable.
Icing the area of discomfort can help to relieve the pain and settle the inflammation.
Anti-inflammatory medications help relieve inflammation and pain.
Once the acute symptoms are controlled, you should increase strength of the hip and knee. Most rehabilitation protocols focus on both hip,knee and ankle function, as the iliotibial band requires proper mechanics of all of these joints for normal function. Working with a physical therapist can help you ensure you are developing an appropriate treatment strategy. Runners, cyclists, and other endurance athletes should find cross-training techniques that allow maintenance of their endurance without continuation of their discomfort.
A cortisone injection into the area of inflammation may also be attempted, usually after these other treatments fail. If all else fails to relieve the discomfort of ITBS, surgery is an option, but only in very rare circumstances.

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Helen Westerby-Cox, Sports Therapist, specialist in.....
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55 Kelvedon Close, Kingston, Surrey, KT2 5LF, 07950 588231

Round Norfolk Relay

Almost half way through the year. VLM and all the other Spring Marathons are a distant memory but there is so much left for us to enjoy over the next 7 months.

First up is the Welsh Castles Relay and Roy and Carys have put together two teams comprising 40 Stragglers to compete over two days from Caernarfon in the North to Cardiff in the South.

In July, we have the Runnymede Relays in Windsor Great Park. Nick Brown is putting together the team entries and, as the legs are either 2.75 or 5.25 miles long, this is a relay that all runners can compete in.

An unmissable event is the Wedding Day 7km in Bushy Park at the end of July. A short run followed by a BBQ and beer and all weekend to recover. Perfect!

September brings two relays: River Relay which is our own event and the Round Norfolk Relay which is one we have entered a team into, for over 20 years. Details will be issued later for the River Relay but we need names for Norfolk now. We travel to Norfolk on Friday 13th Sept and have booked superb accommodation for 3 nights near Thetford Forest. There are 17 runners in each team and the length of the legs vary from 5 miles to 20 miles, many of which are along the North Norfolk Coastal Path. Don't delay, book your place today or ask Simon Webb, Simon Brazil or myself what participation involves.

Although the year is nowhere near over in October, the Cabbage Patch often seems like the last race of the year but the along come the cross country races.

As we were running back to the Hawker Centre last Thursday (16th), I noticed the trees in full leaf along the Thames made the scenery look as if we were much deeper in the countryside and I was thankful for the pleasure of running in such superb surroundings. We are indeed very lucky to be living in this running Mecca with access to some of the finest runs in the country and at last it seems as if Winter is behind us.

Phil Davies

London Marathon 21st April

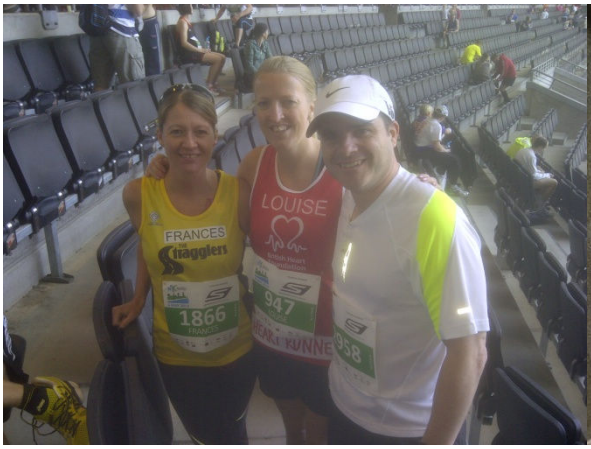
Time	Name
02:33:58	Anthony Jackson
02:43:27	Paul Cheetham
02:44:40	Pascal Evans
02:57:06	Ben Roberts
03:05:14	Martin Hollywood
03:05:21	Petr Hruska
03:06:14	Jim Desmond
03:08:48	Ben Afforselles
03:14:45	Tom Millns
03:16:14	Sonia Bandeira
03:18:10	Andrew Lane
03:22:12	Sarah Williams **PB**
03:34:43	Richard Mcchesney
03:38:56	Adam Peter Hughes
03:40:52	Peter Dry
03:42:35	Merilyn Davis
03:44:04	Jacqueline Millett
03:47:56	Peter Kennedy
03:59:40	David Worth
04:08:20	Michaela Stewart
04:10:39	Andrew Finnerty
04:10:55	Anna Price
04:34:29	Chris Tyrrell
04:39:00	Jane Elmslie
04:39:45	Liz Zass
05:05:43	Sandra Worth
05:32:37	Ann Coward
05:47:35	Ray Coward
05:52:46	Helen Margaret Brett
06:17:17	Edwina Gaunt

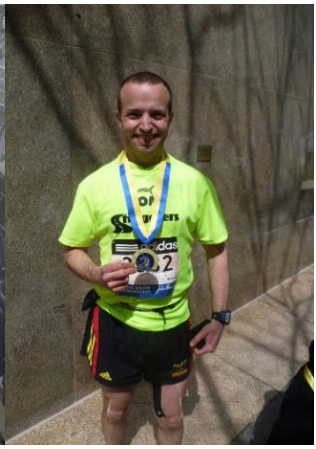
Pilgrims Challenge 66 Miles - 2nd Feb

Time	Name
16hr20	Ian Chappell

Ranelagh Half Marathon 5th May

Time	Name
1.19.16	Chris Walmsley **15th**
1.23.16	Matt Jones **26th PB**
1.28.19	Steve Smith
1.29.28	Tom Millns
1.30.50	Phyllis Flynn
1.31.46	Dee Smale
1.33.18	Steve Sandham
1.33.38	Phil Davies
1.36.24	Steven Iffland
1.40.54	Julia James
1.41.10	Stew Horne
1.45.58	William Boss
1.50.43	Paul Boca
1.52.42	Jacqueline Sinclair
1.53.41	Geoff Miles
1.55.52	Trevor Brown
1.59.22	Kim Evans
1.59.38	Sophie Rees
2.00.06	Katy Bere
2.00.07	Sabine Duffy **PB**
2.00.17	Lynda Chase
2.07.47	Jane McKenna
2.12.48	Merran Sell
2.35.45	Neil Browning





Paris Marathon
7th April

Time	Name
3.59.33	Sian Buckingham
4.00.12	Tim Wood

Boston Marathon
15th April

Time	Name
3.12.30	Tom Wood

Manchester Marathon
28th April

Time	Name
3.06.27	Evan Bond

Milton Keynes Marathon
6th May

Time	Name
3.51.28	Nick Rowe
2.56.16	Roger Brooks
3.59.36	Jacqueline Millett
4.09.06	Frances O'Reilly **PB**
4.35.45	Malcolm Davies
4.53.47	Louise Deveney

Photos:

Left: Frances celebrating her PB at the Milton Keynes Marathon.

Right: Tom with his Boston medal.

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evolvedclinic@gmail.com | www.evolvedclinic.com

BEATING BUSHY BOUNDS

Friday June 28th 2013

Organised by Mark Thomas

Run (or cycle) 7 miles around the outskirts of Bushy Park with 'comfort' stops at 7 pubs

Start at The Swan Hampton Wick

pre-run drinks from 19:10
run starts at 19:30 prompt

finish at The Lion, Wick Road

followed by food at Mark's

Horton Park Relay

Tues 18th June @ 19:30

Teams of 4 – Open, Mixed or Vets
Legs are approximately 1.3 miles
Traffic Free and Off Road

In true Stragglers fashion we usually end up at one of the local Epsom Pubs
There is no better way to spend your Tuesday night.

See Jon Parry for more details.

Stragglers Club Nights

Little Feet Nights are on Mondays @ 7.30pm. Come find and run with us from:
The Albion Pub, 45 Fairfield Rd, Kingston Upon Thames, Surrey, KT1 2PY
All levels are warmly welcomed and catered for – from walking groups upwards.

Hampton Hill Evening Runs are on Mondays @ 7.30pm. Come find and run with us from:
Hampton Hill Bushy Park Gate – Opposite United Reformed Church
A pleasant 3-4 mile run – a nice way to spend Monday night amongst friends new and old.

FGC Speed/Hill Sessions are on Tuesdays @ 7.30pm. See StragChat for weekly details:
Ham Common, opposite The Hand in Flower, 24 Upper Ham Rd,
Ham Common, Surrey, TW10 5LA.
Ideal for those wanting to carve minutes off their PB's with the help and pushing of others.

Thames Ditton Group Runs are on Tuesdays @ 7.30pm. Come find and run with us from:
Thames Ditton Cricket Club Giggs Hill Green, Portsmouth Rd, Thames Ditton, Surrey, KT7 0BT.
Friendly, social running group doing 5 to 6 mile routes at a variety of paces to suit all runners
Speak to Jim or Merran Sell for more details: msell60@btinternet.com

The Stragglers Main Club nights are on Thursdays @ 7.30pm. Come find us and run from:
YMCA Hawker Sports Centre, Lower Ham Rd, Kingston Upon Thames, Surrey, KT2 5BA
All levels are warmly welcomed and catered for – from walking groups upwards.

parkrun

Congratulations to all the indicated runners who improved on their race bests at the local parkruns.

Richmond

Ev286 - 20/04

Joby Thomas	23:17
Dave Kelly	26:50

Kingston

Ev 160 - 20/04

Maddie Garner	19:49

Ev 161 - 27/04

Joby Thomas	21:35
Jack Morgan	22:58
Joanna Watson	24:25
Mike Tivnen	24:47

Ev 162 - 04/05

James Ruskin	17:29
Tiago Ramos	20:22
Sally Boulton	25:37
Pierre Venter	30:10

Ev 193 - 11/05

Tony Maxwell	18:49
Joby Thomas	21:30
Pierre Venter	29:20

Congratulations to Maddie Garner who finished Kingston (Ev 160) in first place. Congratulations also to Sarah Winter (Bushy Ev 461), Dee Smale (Bushy Ev 463), Phyllis Flynn (Nonsuch Ev 87), James Ruskin (Kingston Ev 162) and Tony Maxwell (Kingston Ev 163) for their second places and to Simon Ford for his third place at Banstead Woods (Ev 309). Finally congratulations also to Suzan Baker who completed her 250th parkrun on 20th April and to Dave Kelly who completed his 100th park run a week earlier.

Bushy

Ev 460 - 20/04

Kevin Best	17:35
Vaughan Howells	21:35
Julie Holmes	22:45
Gemma Haworth	26:00
James Sell	26:18
Merran Sell	27:03
Claudia Quiroz	27:04

Ev 461 - 27/04

Simon Shanks	22:49
Gemma Haworth	25:48

Ev 462 - 04/05

Simon Shanks	22:06
Emily Cartwright	26:04

Ev 463 - 11/05

Emily Cartwright	25:54
Amanda Van Heerden	26:23
Viv Root	41:40

Nonsuch

Ev 89 - 04/05

Rosemarie Clancy	26:06

Some PBs we missed

Valentines 10k
17th Feb

Time	Name
53.13	Kim Evans **PB**
53.56	Richard Steeden **PB**

Reading Half Marathon
17th Mar

Time	Name
1.47.09	Frances O'Reilly **PB**
1.54.32	Katy Bere **PB**

GBR Update

Although this year's Green Belt Relay was postponed, Serpentine RC went ahead with an alternative, an 80-mile continuous relay around the Capital Ring. It sounds like many of the traditional elements of the GBR were observed - lots of good running, a few navigational mishaps, a bit of lost driving, perhaps a few beers, and a great time - so well done to them.

Planning for next year's race continues. We've had a great response from Stragglers keen to get involved, so thanks, but could always use some more - especially interested to hear from cyclists, as we are also planning on employing "trail bikes" to look after stragglers (with a small s), help any lost runners, and pick up a few of the more offensive orange arrows. Stragglists welcome!

Don't miss our updated website and new Facebook page too - see www.greenbeltrelay.org.uk. Thanks to Evan Bond's creative talents and Tom Millns' technical wizardry.

We've also started recruiting teams for next time. If you have a sports team at work, might be worth a go at the corporate shield.

Peter Kennedy

Syd's 200th Marathon

Thanks to the Stragglers for their support at the London marathon this year. I was running my 25th London and 200th Marathon that day so it was a special one with hundreds of runners congratulating me, many of whom I knew, along the course. I have worn the Yellow Straggler hat given to me when I left in 1989 at every London. This year Keith shouted out to me across the dual carriageway when I was at 14 miles and he was watching the faster runners on his side at 22 miles. I then stopped to talk to a group of Stragglers along the embankment but none of them knew me or I them. I had a great day and thanks for your support this year.

Syd Wheeler
Chepstow Harriers

Note: Syd is 75 and his time was 5:47

Reading Half Marathon

A number of Stragglers ran the Reading Half Marathon on Sunday 17th March including a group from the ever growing Giggs Hill Green Tuesday nighters. I had run it a couple of years previously and remembered it for the lovely sunny days and the great reception when you finish in the Madejski Stadium. Still all good things come to an end and our day began with Frances, Katy and Stuart and I sat in the stadium with the rain pelting down watching the black clouds and wondering how to avoid hypothermia. We left it till the last possible moment to get to the start (along with everyone else apparently). There is a about a mile walk to the start and we got thoughly soaked and frozen. We did our best to wrap up in bin liners but all the runners came to a halt queueing up to get in the start pens on the other side of the road. Then the start gun went and they were off but we hadn't even got to the start. Nothing for it but to leap over the security barrier and to start running. After two miles I was beginning to think this was the most miserable run I had ever done and wondering whether I was ever going to be able to feel my fingers again when the rain stopped briefly and I just dug in for a few miles. There is always a good crowd at Reading and this helps to lift you as you run through the town on the undulating course. Then around 11 miles the stadium starts to come in to view again and you think you are nearly there but its still a long long way down the main road then back to the start area and then for what seems forever running round the outside of the stadium before you emerge victorious into the arena with all the crowds cheering. A wonderful end but of course its raining again! I finished in 1.35.15, not my best but OK under the conditions. Congratulations though go to Frances O'Reilly (1.47.09), Katy Bere (1.54.32) and occasional Straggler Stuart Thompson (1.57) for getting PB's on an absoluely atrocious day.

Andrew Allen

Next Stragmag

The next StragMag will be available at the Hawker Centre from Thursday May 27th 2012.

The deadline for submissions will be Thursday May 13th, email me at stragmag@stragglers.org

Straggs Diary

	Date	Event	Contact / Notes
Jun	2nd	***Dorking 10M***	Surrey Road League/ County Champs
	8th/9th	Welsh Castles	See Steve Sandham
	13th	Junior Handicap	For more info, see Merran
	18th	Horton Park Relay	See Jon Parry
	20th	*Club 10k Champs*	
	23rd	***Richmond 10k***	Surrey Road League/ County Champs
	27th	Junior Handicap	For more info, see Merran
	28th	Beating Bushy Bounds	See Mark Thomas
Jul	6th	Runnymede Relay	See Nick Brown
	11th	AGM	
	13th	**Elmore 7M**	Surrey Road League
	18th	Junior Handicap	For more info, see Merran
	21st	***Elmbridge 10k***	Surrey Road League
	26th	*Wedding Day*	
Aug	11th	***Wimbledon 5k***	Surrey Road League/ County Champs
	29th	Junior Handicap	For more info, see Merran
Sept	14th	Surrey County Road Relays	Wimbledon Park
	14th/15th	Round Norfolk Relay	For more info, see Simon Webb or Simon Brazil
	22nd	South of England Road Relays	Ladies Race - Aldershot
	23rd	South of England Road Relays	Mens Race - Aldershot
Oct	20th	Cabbage Patch 10	www.cabbagepatch10.com Entries are now open.

Race information given is accurate to the best of our knowledge, but you are strongly advised to check details with the race organisers before travelling or making other arrangements.
Italicised Events for the Stragglers Summer Road Championships and the emboldened Events form the Surrey Road League. See Roy or Carys for further details. Roy and Carys also maintain email distribution lists and they send out regular updates regarding upcoming races and events. If you'd like to be added to their lists please contact them.

Note, if you enter a race as a Straggler it is important that :

- You are a paid up member of the club. Don't forget, your subs are due every April 1st.
- You enter the club name on the entry form as "The Stragglers".
- You wear club kit.

It has been know for us to miss some team awards because these points were not properly observed.

2013
LONDON
MARATHON