

TRAGMAG



Issue 289 - August 2013

www.stragglers.org

www.stragglers.org/stragchat

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Straggs Results

Helsinki Half Marathon 4th May

Time	Name
2.17.29	Mika Takami

Hastings Runners 5 Mile 12th May

Time	Name
42.56	Roger Smith

Eton Dorney Tri 12th May

Time	Name
1.17.35	Vaughan Howells PB

Eton Dorney 10k 12th May

Time	Name
56.03	David Hudson PB

Norman Conquest 52Miles 18th May

Time	Name
14hr30	Ian Chappell

Wimbledon Common 10k 16th June

Time	Name
44.36	Vaughan Howells PB

Wiggle Bournemouth Sportive Cycle - 81 Miles 14th July

Time	Name
7hrs	Barbara Crow

Near As Damn It (Informal 10k) 25th Jul

Time	Name
49.47	Peter Dry
2.31.22	(cumulative time)

Front Cover: The gang waiting at the Runnymede Relay changeover point.

Back Cover: Jim Sell at the Runnymede Relays.

Both photos are courtesy of Evan Bond.

Peter White

We have the sad duty of informing BASC members that the club's former editor of "Backtrack" and a vice president, Peter White, passed away suddenly on 22 July after battling cancer.

All of us who knew Peter knew that everything he involved himself in he went into 100%. He was never short of an opinion, never afraid to voice it and always with the interests of the sport and its supporters at heart. When he took over as "Backtrack" editor he transformed a small fledgling publication into something whose publication occupied almost his every waking hour. And the effort put in was clearly there for all to see on the written page. All of the subsequent editors of the magazine have essentially inherited Peter's template.

Many of us will also have received his round-robin emails of cricket trips all over the world. They were detailed in the extreme, full of anecdotes, littered with accounts of the trials and tribulations of globetrotting to follow sport, and so very typically Peter in every way.

A service is to be held at Scarborough Crematorium on Wednesday 7th August, followed by a celebration of his life. We are happy to supply further details to any of Peter's many friends and fellow supporters who may wish to attend and to pay their respects.

Thank you Peter for all your efforts on the club's behalf. If your beloved Yorkshire CCC go on to win cricket's County Championship there could be no more fitting send-off. We will all miss you greatly.

Straggs Diary

	Date Event	Contact / Notes
Sept	8th River Relay	See Jon Parry
	14th Surrey County Road Relays	Wimbledon Park
	14th/15th Round Norfolk Relay	For more info, see Simon Webb or Simon Brazil
	15th Ealing Eagle 20M Training Run	See Ad.
	21st South of England Road Relays	Ladies Race - Aldershot
	22nd South of England Road Relays	Mens Race - Aldershot
	29th Barns Green Half Marathon	
Oct	5th <i>InterClub Race Thames H&H</i>	2.30pm
	6th St Omer, France 6 or 10km	See Andrew Wallace
	12th Surrey Vets	
	19th <u>Ladies Surrey League Event 1</u>	Lightwater 12pm
	19th <u>Mens Surrey League Event 1</u>	Richmond Park 3pm
	20th Cabbage Patch 10	www.cabbagepatch10.com Entries are now open.
Nov	9th <u>Mens Surrey League Event 2</u>	Wimbledon Common 3pm
	9th Awards Evening	Wych Elm
	16th Ellis Cup/Dysart Trophy	
	23rd <i>South of Thames 5 Mile</i>	Streatham
Dec	7th <u>Ladies Surrey League Event 2</u>	Coulsdon 12pm
	21st <i>South of Thames 7.5Mile</i>	Wimbledon
Jan	11th <u>Ladies Surrey League Event 3</u>	Wimbledon Common 12pm
	11th <u>Mens Surrey League Event 3</u>	Reigate Priory 2.30pm
	24th <i>Southerns</i>	Parliament Hill Ladies: 2.05pm, Men: 2.50pm
Feb	8th <u>Ladies Surrey League Event 4</u>	Lloyd Park 12pm
	8th <u>Mens Surrey League Event 4</u>	Lloyd Park 3pm

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 Championships and the Underlined Events form the Surrey 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.

ROAD CHAMPS 2013

Congratulations to this year's winners:

	<u>Men</u>	<u>Ladies</u>
Overall	Chris Walmsley	Phyllis Flynn
Vet	Tom Millns	Dee Smale
Supervet	Steve Sandham	Lynda Chase
Hero	Tiago Ramos	Sabine Duffy

CROSS COUNTRY SEASON 2013/14

The club champs will comprise the following races:

5 October - Interclub race at Thames Hare & Hounds, 2.30pm,

19 October - Surrey League, Ladies at Lightwater at 12pm, Men at Richmond Park at 3pm

9 November - Surrey League Men at Wimbledon Common at 3pm (followed by awards evening at the Wych Elm pub)

23 November - South of Thames, 5 mile, 2pm, Streatham Common

7 December - Surrey League, Ladies at Coulsdon at 12pm

21 December - South of Thames 7.5mile, 2pm, Wimbledon Common

11 January - Surrey League, Ladies at Wimbledon Common at 12pm, Men at Reigate Priory at 2.30pm

24 January - Southern, Parliament Hill, Ladies at 2.05pm, Men at 2.50pm

8 February - Surrey League, Ladies at Lloyd Park at 12pm, Men at Lloyd Park at 3pm

The Surrey League races are very important for the club so please put those four dates in your diary!

ANNUAL AWARDS EVENING

This is always a very enjoyable evening at the Wych Elm in Elm Road, Kingston. The evening starts at around 6pm (or sooner depending on how long it takes to get from the men's race at Wimbledon Common), presentations are at 7pm followed by food at around 7.15pm.

If you would like to have food, please let me know in advance as it needs to be ordered. The cost is very reasonable only £16 for a 2 course buffet.

Roy
royreeder@hotmail.com

Barns Green Half Marathon

We would like to remind you that this year's race will be held on Sunday 29th September 2013 at 11.00 am. The race will be started by Joe Launchbury, England Rugby Union player.

This is the 31st year that the race has been held and is recognised for being extremely well organised and won a Runners World award in 2012.

The race is run on closed roads through the beautiful Sussex countryside, passing through the historic Christ's Hospital school, where the school's famous marching band will be playing. Along the route there are water stations, distance markers, marshals and of course the support of all the locals and spectators. We provide a medal and goody bag for each finisher, secure baggage storage and free parking.

The race is organised solely by volunteers and all proceeds are donated back to the local community. This year's charity is Chestnut Tree House.

Entries are £20 affiliated and £22 unaffiliated. £25 after 8th September. Entries are available on the day subject to availability.

We welcome entries from all classes and ages of runners and hope you can join us for another successful half marathon.

For more information visit our website www.barnsgreen-half.org.uk

Ealing Eagles Invite You to our Marathon Training Run

With the summer league season coming to an end, thoughts turn toward autumn marathons. Those longer training runs can be lonely affairs if you're short of a running buddy at this distance. But fear not...

Ealing Eagles are holding a 20-mile training run on the morning of Sunday 15 September – and we'd like to extend an invitation to neighbouring clubs to come along. It's a great chance to share this important mileage; and share training notes and knowledge.

We're offering:

- FREE attendance;
- Marshals at key points;
- First-aiders;
- 4 water stops en-route;
- Finishing line refreshments (yes, there'll be cakes!);
- A non-competitive and friendly atmosphere;
- Did we mention the free drink and cakes?

The run commences at 8:30am; the route is from Kew Bridge to Hampton Court, crossing the Thames at Kingston Bridge. This is 10 miles; you then turn around and head back.

Registration and post-run refreshments will be in Kew Cricket club house.

In keeping with the non-competitive flavour of this run we will not be issuing runners with numbers, but will have a visible means of identification (ribbons for you to display on your shirt) to distinguish us.

Places are open to anyone at your club, but runners MUST register with us beforehand by emailing: eagles20@ealingeagles.com and providing your name, club affiliation, emergency contact number, and expected finishing time.

You will be asked to sign a medical disclaimer form when registering, so please arrive in good time. Registration takes place at Kew Cricket Club which is on Kew Green.

To get to Kew Green, the nearest rail station is Kew Bridge (exit and cross the bridge); bus routes 65 (Ealing Broadway to Kingston) and 391 (Fulham to Kingston) stop right by the Green. The nearest tube is Gunnersbury (District Line) from which you can take the 391 bus to Kew Green.

We look forward to having you join us – let's all get those miles in together!

Junior Handicap Race 5 – 18th July

Name	Time	Actual	Handicap	PB
Seumus MacLeod	14:33	09:33	05:00	
Polly Fennell	16:24	11:24	05:00	
Eddie Waugh	16:40	11:40	05:00	
Sophie Desmond	16:41	11:41	05:00	PB
Bo Belton	17:00	12:00	05:00	
Ollie Stokes	17:46	09:46	08:00	
Ross Morrison	18:10	10:10	08:00	PB
Carys Connelly	18:25	13:25	05:00	
Katie Orrell	18:28	08:28	10:00	PB
Kieran Desmond	18:35	07:35	11:00	PB
Ed Orrell	19:10	11:10	08:00	
Charlie Sherain-Reed	19:16	08:46	10:30	PB
Clara Fisk	19:19	09:49	09:30	
Imogen Wiese	19:23	09:23	10:00	
Archie George	19:29	09:59	09:30	PB
Jessica Butler	19:30	10:30	09:00	PB
Lydia Louw	19:32	08:32	11:00	PB
Victor Korejwo	19:32	10:32	09:00	PB
Tor Heron-Brett	19:36	09:06	10:30	
Max Connelly	19:36	09:36	10:00	PB
Mia Catton	19:37	09:07	10:30	PB
Phoebe Fennell	19:37	09:37	10:00	PB
James Honan	19:38	09:08	10:30	PB
Jacob Dean	19:42	11:42	08:00	
Charlie Brook	19:44	11:44	08:00	
Noah Heron-Brett	19:45	09:15	10:30	
Chloe Connelly	19:45	11:45	08:00	PB
Jonny Brook	19:50	08:50	11:00	PB
Charlie George	19:56	09:56	10:00	
Willow Catton	19:56	11:56	08:00	
William Maycock	20:00	08:30	11:30	
Edward Andrews	20:02	08:32	11:30	
Lawrence Hall	20:03	10:03	10:00	
Beatrice Andrews	20:04	11:04	09:00	
Millie Honan	20:04	11:04	09:00	
Arthur Louw	20:05	10:05	10:00	
Oliver Bragg	20:18	09:18	11:00	
Emelie Fennell	20:19	10:19	10:00	
Benjamin Van Heerden	20:30	13:00	07:30	

Name	Time	Actual	Handicap	PB
Stan Andrews	20:31	08:31	12:00	
Daniel Hall	20:31	14:01	06:30	
Ellie Sherain-Reed	20:51	13:51	07:00	
Eleanor Cole	21:01	12:31	08:30	
Eli McKenzie	21:08	10:38	10:30	
Noah Bragg	21:08	12:38	08:30	
Sam Fraley	21:38	10:38	11:00	
JJ Connolly	21:55	11:25	10:30	

The Junior handicap is kindly sponsored by:



Minis Race

Name	Time	PB
Molly Andrews	02:41	
Antoine Lafeuille	03:01	PB
Fredrik Hutchings	03:18	
Alfie Lafeuille	03:22	PB
Nathaniel Bond	03:45	
Angus Bragg	03:46	
Jemima Carratu	04:08	PB
Alex Andrews	05:06	PB
Veronica Korejwo	05:26	



Specialists in Running Injuries & Rehabilitation

We understand what your body goes through before, during and after a race and we have the expertise to keep you on track



Clinics at:

8 Dukes Av. Kingston KT2 5QY
(2 minute run from Hawker Centre)

Virgin Health Club Kingston
Top Floor Bentalls Centre
Wood Street
KT1 1TP

All our clinicians at Kingston Physiotherapy are Chartered Physiotherapists and members of The Health Professions Council. The Flora London Marathon has chosen us as one of their Injury Clinic Partners and we hold close links with Runners World Magazine and Lanson Running

Our services include: Assessment and Treatment of All Running Injuries, Injury Prevention Screening, Sports Massage, Acupuncture, Back Pain Clinic, Gait Analysis and Orthotics, Fully Equipped Gym, Pilates and Sports Rehabilitation

15% Discount

For Stragglers
Members and Family

Appointments: 020 8541 5556

www.kingstonphysiotherapy.com
Treatments are covered by all medical
insurance companies (BUPA and AXA PPP)

Wedding Day 7k
26th July

Time	Name	Time	Name
00:23:53	Adam Villard 6th	00:32:58	Hannah Storm
00:25:54	Chris Walmsley 14th	00:33:00	Lynton Nicholson
00:26:05	Jonathan Ormerod 16th	00:33:05	Alan Purkiss
00:26:29	Tom Haworth 21st	00:33:26	Nick Goodchild
00:26:45	Simon Brazil 23rd	00:34:04	Julie Holmes
00:27:06	Evan Bond	00:35:13	Mary Hyde
00:27:21	Stefan Krueger	00:35:18	Caroline Thompson
00:27:24	Ray Kingdon 2nd V50	00:35:29	Kathryn Osborn
00:28:06	Donovan Duffy	00:35:39	Rob Allen
00:28:09	David Wilson	00:35:45	Peter Wedderburn
00:28:24	Gary Van Staden	00:36:07	Ian Robertson
00:28:33	Tom Millns	00:36:26	Charles Earl
00:28:37	Carl Moran	00:36:31	Sabine Duffy
00:28:40	Steve Cochrane	00:36:39	Kim Evans PB
00:28:50	Phyllis Flynn 1st V45	00:38:18	David Hudson
00:29:12	Fraser Wigley	00:38:20	Emily Cartwright
00:29:13	Terry Smith	00:38:55	Liz Zass
00:29:13	Simon Webb	00:39:19	Jill Pegler
00:29:30	Dee Smale 2nd V45	00:39:40	Danka Wigley
00:29:32	Tiago Ramos	00:39:52	Helen Brett
00:29:34	Paul Chandler	00:40:23	Roger Smith
00:29:38	Gareth Pritchard	00:40:58	Patricia Gillespie
00:29:39	Nick Watson	00:41:04	Mikala Butcher
00:29:47	Jonathan Cox	00:41:10	David Kelly
00:30:02	Kevin Price	00:41:52	Daniela Smale
00:30:16	Nick Brown	00:41:59	Sue Bridger
00:30:37	Steve Potterill	00:42:20	Emma Smith
00:30:48	Phil Davies	00:42:23	Rosemarie Clancy
00:30:51	Michael Holden 5th V60	00:42:56	Pierre Venter
00:31:08	John Turner	00:46:19	Jacqueline Rich
00:31:55	Jennifer Darling	00:47:07	Tony Oakes
00:32:03	Jon Parry	00:51:06	Jane Martin
00:32:22	Peter Dry	00:52:51	Lenore Stote
00:32:26	Joby Thomas	01:06:06	Christine Mayo
00:32:45	Hayden Matthews		

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.

Next Stragmag

The next StragMag will be available at the Hawker Centre from
Thursday September 26th 2012.

The deadline for submissions will be Thursday September 12th,
email me at stragmag@stragglers.org

*Elmbridge 10k
21st July*

Time	Name
0:36:30	Chris Walmsley
0:37:02	Jonathan Omerod
0:39:31	Stefan Krueger
0:39:52	Juliet Cleghorn
0:40:40	Ray Kingdon
0:41:12	Tom Mills
0:42:16	Jacky Balfour
0:42:39	Alan Purkiss
0:42:47	Michael Longran
0:43:12	Tiago Ramos
0:50:07	Neil Chapman
0:51:18	Lynda Chase
0:56:33	Jill Pegler
1:06:38	Suzan Baker

*Thorpe Triathlon
21st July*

Time	Name
1.22.05	Vaughan Howells
1.23.47	Graham Mortimer
1.28.56	Andy Wingate
1.30.55	Nigel Abbott

*Haywards Heath Sportive
Cycle - 60 Miles
11th Aug*

Time	Name
4.24.55	Steve Brett
4.52.27	Dave Olsen

*National Lottery Anniversary
Run - 21st July*

Time	Name
28.44	Paul Cheetham
32.05	Ben Roberts
34.01	Nick Rowe
34.52	Sarah Williams
37.54	Neil Carrington
44.19	Mike Tivnen
44.41	Peter Thompson
45.58	Amanda Kemp
46.52	Michael Goodwin
47.56	Emily Cartwright

*Hammersmith H/Cap
30th July*

Time	Name
23.54	Peter Dry

*London Sprint Tri
27th July*

Time	Name
1.28.55	Vaughan Howells 2nd

*Haywards Heath Sportive
Cycle - 40 Miles
11th Aug*

Time	Name
2.43.34	Gary Bridger
2.52.41	Mary Hyde
3.18.28	Kim Evans
3.19.51	Helen Brett
3.37.42	Sue Olsen
4.08.45	John Root
4.09.42	Dave Kelly

When can I go back to running?

Stages of Rehabilitation

Initial Stage: Function level is poor. Manage with RICE. Substitute sport e.g. swimming, cycling. Commence flexibility and mobilisation exercises, strength training within safe pain-free range.

Intermediate stage: Only when function level is good (i.e. able to perform daily activities, such as stair climbing etc) can you progress to this stage. Manage with ice after exercise, and massage therapy. Continue with flexibility program, and include the surrounding muscles to the injury site. Strength training... increase resistance and repetitions, when a full range of motion is achieved with exercises then increase speed and power. Functional exercises can be introduced along with proprioceptive exercises. Take care to ensure a gradual increase in load to the injured site to allow time for adaptation.

Advanced stage: To reach this stage you must have good strength, endurance and full flexibility with full range of motion. Daily activities produce no adverse effects. Cardiovascular training can commence. Continued functional training, increased loads with low repetitions, and low loads with high repetitions. A wider variety of exercises may be used with a view to returning to running at the next stage, so include agility training. Pay particular attention to your biomechanics. If incorrect technique is used the original injury will reoccur. Many injured athletes unconsciously guard their injury and engage protective mechanisms, which result in altered patterns of movement. Video analysis may be helpful (see 3D running analysis at KEW,). Regular Massage therapy will speed recovery.

Return to sport:

Only return to sport when:

- * soft tissue has healed
- * No persistent swelling
- * good flexibility
- * adequate cardiovascular fitness
- * No persistent biomechanical abnormality
- * there is pain free full range of motion
- * adequate strength and endurance
- * good proprioception
- * skills regained

Contraindications include:

- * persistent swelling- joint or tendon is not ready.
- * joint instability, more muscle control needed.
- * reduced joint range of motion.
- * lack of muscle strength, at least 90% of the strength of the other limb is required.

IT IS VITAL TO UNDERSTAND THAT REHABILITATION DOES NOT STOP WHEN YOU RETURN TO RUNNING, you can not consider yourself fully recovered until you have completed a full season of sport successfully following injury.

Reach your peak performance with sport and remedial therapy.

Helen Westerby-Cox, Sports Therapist, specialist in.....

Functional assessments and exercise,
Bio-mechanical and muscular imbalances,
Postural problems,
Back and joint mobilization,

Rehabilitation from injury,
Soft tissue massage.



www.helenwesterbycox.com

55 Kelvedon Close, Kingston, Surrey, KT2 5LF, 07950 588231

Diary Of A Worthwhile Weekend

Friday 12 July 2013

07:00 - Sea kayak and I set off down the M3. Weather has been calm for days.

08:30 - Pick up my mate David and his sea kayak.

13:00 Arrive Stena's offices at the ferry port in Fishguard in west Wales. The people on this shift are helpful, co-operative and reasonable: we offload our kayaks by the freight gate; park the car in the long term car park; and wheel the kayaks onto the ship, leaving them between a coach and a trailer.

14:30 - Ferry sails across the Irish Sea.

18:00 - Arrive Rosslare, Ireland. Wheel the kayaks off the ship, across the yard, through the offices and outside. Across the car park and across a dune to the beach. Sea is calm and the locals are enjoying an evening on the beach.

We cook supper. Inshore forecast still F2 – 3, variable, though Shipping Forecast speaks of F4 -5, N or NW later. A local – man + black dog - comes by to converse: he's seen this before and quizzes us on our plans. As darkness falls we sleep on the sand. The lighthouse at Tuskar Rock, and other buoys, clearly visible on the horizon.

Saturday 14 July 2013

04:00 - Alarm goes off. Shortly afterwards man + black dog reappears for a brief chat: he's brought us 'souvenirs' of our short stay in Rosslare: two drawings he has done of the ferry. They're in a style like the primitive school of drawing allied to the thoroughness of an adult.

04:45 - Launch onto a glassy calm sea. Bearing 070. Dawn starting to break. After discussion, we decide to follow David's compass as mine is reading 15 – 25 degrees more than that (and that's after I'd checked that there was no steel anywhere near it). Could it be that my personality is more magnetic than I'd ever thought?

06:30 - Having cleared Tuskar Rock, we turn on to a bearing of 125.

Guillemots sitting and enjoying the calm sea, some in groups, others individually, much like tourists on a beach. A couple of them dislike us and chase us away, shouting loudly. Later an Irish Ferry sails past ahead of us, where expected, bound for Pembroke. Our pattern is to stop hourly for drink, food and other relief as necessary. We seem to be making good progress – we are paddling well for 55 minutes an hour and the GPS is showing speeds of over 6 knots as the tide sweeps us south-westerly.

Noon - Breeze starting to pick up. My kayak is not behaving impeccably, maybe it's the extra load on the deck that causing it to turn up into the wind: that's tiring. A couple of tankers sail by well ahead of us.

15:45 - No sign of land (it should be about 7 miles away now). Check position on chart with GPS. We are roughly where we expect to be, maybe a bit behind. Paddle on. A ferry passes by behind us: maybe it's the Rosslare – St Malo service.

16:45 - Still no sign of land. Recheck position: we are further from land than planned.

17:00 - Faint outline of land ahead. Disappears. When it reappears, it doesn't seem any closer.

18:00 - Land steadily visible through the haze. Probably 4 miles away, slowly getting closer. Probably is St David's Head, right on target. Bishops and Clerks group of islands appearing on the starboard side, as expected, and an outline of Ramsey Island. Breeze easing.

18:30 - Approaching North Bishop rock, planning to pass north of it. A family of dolphins passes by without seeming to notice us concentrating on making progress in what is evidently a strong tidal flow. But it seems we are not getting closer to the rocks: actually we are going backwards. Adjust direction of travel to get closer to the rocks, end up beside them, but at the south end. Head through a gap, find a calm patch and re-consider. Seals alarmed at our unexpected appearance. We're at least an hour late; tide is flowing more quickly than shown on the chart; it'll be a fight to get to our planned landing spot at Whitesands Bay, which we wanted slack water to approach. Options include heading downstream past Ramsey and The Bitches (which are notorious for their rough water) to land at a tiny harbour; waiting for 4 hours for slack water; landing and camping on North Bishop; or heading across to Whitesands anyway. We decide to test the flow going towards Whitesands: it's OK, we can paddle across without being swept south.

19:30 - Pause at Carreg Trai rocks. Current still strong with swirly waters in places, but our plan is working well enough. Wind picking up distinctly. Keep calm and carry on.

19:54 - Land at Whitesands Bay. 57 miles in all. Photo opportunity. We get the kayaks up to the top of the beach. David secures me a lift into St David's. There the town is busy catering to Saturday evening tourists, no buses at this time of evening, all taxis busy. Eventually one takes me over to Fishguard – remarkably expensive. Drive back to Whitesands, about half an hour; driving quite badly, even though entirely sober. Load the car and camp in a field optimistically called a campsite adjacent to the beach.

Sunday 14 July 2013

07:45 - leave 'campsite'; breakfast at McDonalds at Carmarthen. Review trip: visibility seemed OK but actually was probably never more than 4 or 5 miles.

Somewhere we lost a couple of hours, and that put us headlong into the full tidal flow off Whitesands Bay where Cardigan Bay was emptying itself into the Atlantic, not the slack water we wanted.

Personally I emptied my Camelbak of about 2 litres of water + added vitamins, drank a litre of Lucozade Isotonic and maybe half a litre of plain water. Ate many various cereal bars, plus two pork pies, two good handfuls of dates, an Eccles cake and a banana. Tired but not injured.

13:30 - arrive at David's. Unload. Unwind.

Andrew Wallace

Half Price Coaching and Running Leader Courses

England Athletics is holding a number of training courses for coaches and running leaders from September through to Spring. The courses are being held in and around London as well as up and down the country. Our own South West London Network (SWLAN) will fund 50% of the training fee for Stragglers who want to do any of these courses.

To see what is available and when, go to this webpage:

<http://www.englandathletics.org/courses.asp?section=33§ionTitle=Courses+and+Bookings&page=4>

To book your course, contact Kate Brook at: kate.brook@swlan.org.uk

Bike for sale: Apollo, white with blue trim. Almost new - severed gear cable (replacement £50), includes new panniers, touring pannier rack, bike tools, gel seat cover, light and phone holder. £250

Sue Olsen

07710 094966

York parkrun

On our way back from our holiday in the Lake District and the Isle of Mull, Jim and I stayed in York with our daughter and son-in-law.

As we were there over a weekend we decided that we might as well try the York Parkrun and the Saturday was a beautiful sunny day.

We had scrambled up the Old Man of Coniston and scrambled down – 6 ½ hours in total! I think we took a wrong turning somewhere. Whilst on Mull we



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

Richmond

Ev299 - 20/07

Fraser Wigley 20:47

Ev303 - 17/08

Evan Bond 18:37

Kingston

Ev 173 - 20/07

Sally Boulton 24:49

Ev 174 - 27/07

Adam Hughes 18:58
Timothy Hawkins 21:35

Ev 175 - 03/08

Pierre Venter 27:25

Ev 176 - 10/08

Adam Hughes 18:46
Maddie Garner 19:29
Simon Webb 20:42
Helen Davies 23:58
Sally Boulton 24:25
Pierre Venter 26:20
John Root 27:50

Ev 177 - 17/08

Susan Olsen 31:34

Bushy

Ev 473 - 20/07

Gareth Pritchard 20:55
Joby Thomas 21:24
Andy Routledge 22:14
Jorj Dublin 24:27
Kate Wade 27:56
Jacqueline Butler 36:13

Ev 474 - 27/06

Tom Greenwood 22:31
Leigh Collins 25:31
Jacqueline Butler 35:16
Viv Root 38:54

Ev 475 - 03/08

Tom Haworth 18:16
Stefan Krueger 18:32
Sarah O'Connell 21:02
Andy Routledge 22:07
Bianca Hollis 22:34
Richard Miles 23:14
Jacky Sinclair 24:02
Jacqueline Butler 33:59

Ev 476 - 10/08

Claire Bond 18:45
Jonathon Ormerod 17:36
Sarah O'Connell 20:52
David Worth 21:03
Andy Routledge 21:55
Jacky Sinclair 23:48
Martin Smith 32:11
Catherine Salmon 32:40

Ev 477 - 17/08

Neil Browning 22:54

Congratulations to Maddie Garner for her hat trick of first places (Kingston Ev 174, 175 and 176) and to Anthony Jackson (Bushy Park Ev 474) for his first place.

Congratulations also to Claire Bond (Bushy Ev 476), James Ruskin (Kingston Ev 173), Trevor Ford (Kingston Ev 175), Sally Boulton (Kingston Ev 177) and Phyllis Flynn

(Nonsuch Ev 100) for their second places and to Caroline Thompson (Old Deer Park Ev 135) and Adam Hughes (Kingston Ev 175) for their third places.

explored a lot of the island walking at least 5 miles a day. It really is a beautiful place but you do have to like walking as there is not much else to do. So I thought that after all this we should either be very fit or worn out.

Now to get back to my point for this article. York Parkrun is run on a bitumen path around what must be the collecting area which is part of York Race Course. It is flat and you can see the whole lay out of the run, i.e. one and a half laps of the track when you set off. On average they have about 200 runners and growing so it is a great run if you want to do a PB. Well that depends! Jim did a PB which was great, me I did a PW as I think Jim obviously was very fit from our holiday whereas I think I expended all my energy in the previous 2 weeks.

However, as Jim suggested, it is a more tactical race than perhaps Bushy Park where you just go with the crowd. I think my problem was that I didn't pace myself because it is easy to pass other people, so I went off much too fast. In Bushy Park I have to zig-zag through the crowd, or not. However, I would recommend York as a great run, next time I will be a bit more cautious when I set off.

Merran

Congratulations Steve, he finished 2nd V60
in the Surrey Road League.

York parkrun *29th June*

Time	Name
25.45	Jim Sell
28.30	Merran Sell

Wimbledon Dask 5k *11th Aug*

Time	Name
19:45	WINTER, Sarah
20:07	RAMOS, Tiago
20:19	MILLNS, Tom
20:44	SANDHAM, Steve 1st V60
25:25	CHASE, Lynda
26:07	CARTWRIGHT, Emily

Prudential Ride London *4th Aug*

Time	Name
7.44.09	Barbara Crow

Woking *7th Aug*

Time	Name
20.21	Peter Dry



Appendix

Rehab pyramid to go with Helen's Tip

