

# TRAGMAG



***Issue 295 - Mar 2014***

***[www.stragglers.org](http://www.stragglers.org)***

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# Stragglers Debut at Middlesex County Champs

Following the club's recent affiliation to Middlesex County (for the benefit of members who don't qualify for Surrey), some Stragglers ran at the Middlesex Masters Cross Country Championships on 1st March.

Competing against less familiar clubs like Highgate, Harrow, Hillingdon, Ealing and Thames Valley Harriers (hosts), all our runners were well up in the field. Steve Sandham was in the medals as 2nd V60.

Weather conditions were good - a cool but sunny day. The 8k course, was 2 laps which, whilst flat, was extremely muddy and therefore challenging.

It was a good start to our participation in Middlesex races.

## *Middlesex County Champs* *1st Mar*

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<b>Time</b>	<b>Name</b>
31:46	Neil Browing <b>19th</b>
34:28	Malcom Fletcher <b>41st</b>
35:34	Steve Sandham <b>46th</b>

Steve

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## Ball Buster V

It all started in the Star pub Chessington.

A few years ago I was invited to my old running club's summer social do. I just happened to be sitting near John. Conversation turned to Triathlons and although John, in his youth, lived in the country and cycled everywhere and swam in unchlorinated waters had never put these skills into competition.

He had contemplated doing a triathlon for many years but needed a little encouragement.

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**Front Cover:** Middlesex County Champs. Thanks to Steve for the photograph.

I had recently done my first triathlon and as I recounted the experience John was becoming more enthused. This led us to practice swimming together at the Desborough sailing club's lake in Shepperton and to cycle around Box Hill- when John could get away from work before dark.

One day as we were cycling I said to John that we were on the Ball Buster route. When I told him what was involved he became interested but wondered if the challenge was beyond him. Although a good runner his knees were a bit worse for wear and ballooned up at the least provocation. Anyway we continued our training and one day before dusk ran the route. John and I felt ok. I reminded John that in the actual race, after the cycle part we had to do the run all over again. He gave a deep sigh.

Since Christmas training became patchy as John's work and injuries got in the way.

A week before the race I told John that if he wanted to do it he had to apply sharpish. In a moment of madness, as he described it, he entered for it.

As John had entered I decided to enter myself. Although I had done it a few times before the thought of the challenge was still daunting.

Come race day I see the usual protagonists namely Jeremy Langdon, who on talking to him, is becoming a little jaded and bemoaning the ever increasing entry fee. However I think, like me, it's in his blood. It was also good to see ever present David Freeman of Tadworth running club.

My main concern during the race was not to get a puncture because the recent rains had caused the road to become fragmented in places. Fortunately John and I came through.

At the end David went to get my race result printout. He informed me I was pos. 1 in my age group. Looking at the printout it turned out that although I had not yet attained the age, under tri rules the year of birth denotes your age. (This happened to me 10 years ago when I did the Frankfurt Half Marathon).

John, 7 years my senior, came in second. When the prize giving was going on we were busy nattering and missed the ceremony. John's wife came to fetch us and the lady master of ceremonies gave us a belated mention "Here comes our two....." All the other categories had three prize winners.

Yes it looks like John and I were the two oldest competitors.

For the first time in the race's history the overall winner was... was... a woman!!! Boy Buster.

## Peter Dry



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# Junior Handicap 2014 Dates

Thursday 24th April  
Thursday 22th May  
Thursday 12th June  
Thursday 26th June  
Thursdsay 17th July  
Thursday 28th August

Please note that unlike previous years, the registration and start times are the same throughout the season.

Registration 7pm for 7:30pm stat

The Junior handicap is kindly sponsored by:



# Straggs Results

## *Hammersmith H/Cap 25th Feb*

<b>Time</b>	<b>Name</b>
23:55	Peter Dry

## *Crystal Palace Canter 4th Mar*

<b>Time</b>	<b>Name</b>
25:23	Peter Dry

## *Ball Buster 1st Mar*

<b>Time</b>	<b>Name</b>
3.45.26	Peter Dry

## *Woking 3 Miles 5th Mar*

<b>Time</b>	<b>Name</b>
20:51	Peter Dry

## *Thames Riverside 20 2nd Mar*

<b>Time</b>	<b>Name</b>
2.14.13	Pascal Evans <b>9th</b>
2.19.17	Tom Millns <b>25th</b>
2.36.45	Robert Peacock

## *Lensbury Bridges Race 12th Mar*

<b>Time</b>	<b>Name</b>
17:00	Peter Dry

## *Leith Hill Half (well 12.78M) 16th Mar*

<b>Time</b>	<b>Name</b>
1.41.17	Pedro Das Gupta
1.48.11	Phil Davies

*Straggs Handicap*  
*27th Feb*

Pos'n	Name	Handicap	Elapsed Time	Run Time
26	Graham Brook	22:15	39:31	17:16
38	Crispin Allen	21:30	40:12	18:42
16	Richard Baggott	19:45	38:40	18:55
31	Trevor Ford	20:45	39:40	18:55
18	Andy Caie	18:45	38:43	19:58
34	Nigel Rothwell	19:45	39:48	20:03
11	Kevin Best	17:45	38:22	20:37
30	Richard Barman	19:00	39:39	20:39
29	Neil Carrington	18:15	39:37	21:22
9	Andrew Allen	16:45	38:17	21:32
10	Jo Hillier	16:45	38:20	21:35
8	Pam Whitter	16:30	38:09	21:39
40	Peter Colwill	19:00	40:48	21:48
13	Cathy Davis	16:30	38:29	21:59
44	Vaughan Howells	19:30	41:29	21:59
36	David Griffiths	17:45	39:54	22:09
32	Paul Butler	17:30	39:42	22:12
37	Simon Webb	17:45	40:01	22:16
19	Simon Brazil	16:30	38:49	22:19
17	Emma Gray	16:15	38:42	22:27
15	Laura Bowden	15:30	38:35	23:05
35	Mark Thomas	16:30	39:52	23:22
2	Ray Cockle	12:45	36:23	23:38
45	Lydia Louw	18:15	42:06	23:51
46	Phil Davies	18:15	42:07	23:52
27	Mary Hyde	15:30	39:32	24:02
20	Verka Lafeuille	14:45	38:54	24:09
14	Mike Tivnen	13:45	38:31	24:46
24	Julie Garner	14:30	39:28	24:58
6	Ramona Thevenet	12:45	37:52	25:07

*Straggs Handicap*  
27th Feb

Pos'n	Name	Handicap	Elapsed Time	Run Time
39	Helen Nance	15:15	40:47	25:32
41	Peter Wedderburn	14:45	40:56	26:11
7	Anne Woods	11:45	38:06	26:21
33	Sue Waters	13:15	39:44	26:29
12	Graham Mortimer	11:49	38:28	26:39
47	Joby Thomas	16:45	43:34	26:49
23	Franz Werndle	11:45	39:27	27:42
25	Kirin Taylor	11:00	39:28	28:28
28	Martin Smith	10:45	39:34	28:49
43	John Caruana	09:45	41:17	31:32
4	Glynda Mortimer	05:00	37:15	32:15
21	Donald Bell	04:45	39:10	34:25
42	Jozef Krefta	06:45	41:15	34:30
3	Chrissie Glew	01:00	36:59	35:59
5	Les Brown	00:00	37:21	37:21
22	Joy Bell	02:00	39:25	37:25
1	Sue Cockle (started early - self-timed)		34:12	34:12

## Next Stragmag

The next StragMag will be available at [www.stragglers.org](http://www.stragglers.org)  
from Thursday April 24<sup>th</sup> 2014.

The deadline for submissions will be Thursday April 17<sup>th</sup>.  
email me at [stragmag@stragglers.org](mailto:stragmag@stragglers.org)



# Running Blind: An Alternative View of the London Marathon, by Simon Webb

The past couple of years I've been working on a book, inspired by my experiences training for and running the London Marathon. However it's about so much more than that.

London in 2011 was my first attempt at the 26.2 distance.

"Every distance runner should do at least one marathon," other members of the Stragglers would say to me as I entered another half.

Having eventually taken the plunge via our club's London Marathon draw, it occurred to me how 3 and a half hours, 3:43 as it turned out in my case, was a really long time to be running. In fact it's an extremely long time to be doing anything without a break. I'm someone who gets a little restless when films enter their second hour.

Due to my lack of sight – I can make out the difference between light and dark and the outline of some large objects - I was very aware I wouldn't be able to take my mind off the enormity of the challenge I was taking on by looking at the sights London on marathon day can offer. So I decided to research some of the areas the course goes through in the hope it might occupy my mind.

My interest sparked, after completing the race I searched for a book on the course. When I couldn't find one I decided to write it myself. Using a route which has changed little since the marathons first running in 1981, my book focuses on London's history, culture, sport, famous and not so famous landmarks, people and pubs, lots of pubs. From climbing the Elizabeth Tower at the Palace of Westminster (which houses Big Ben) to going underground into what the Victorians branded the 8<sup>th</sup> Wonder of the World, better known as the former entry hall to the Brunel Tunnel in Rotherhithe, this book is as much an alternative tour guide to London as a sport book. As I find out, experiencing Big Ben strike noon a matter of feet from my head is quite something!

There are stories to tell and reflect on during every mile: the location for England's first home rugby international on Blackheath, the devastating fire on and restoration of the Cutty Sark, the Deptford pub which hosted early gigs for Squeeze and Dire Straits, the climax of 'Oliver Twist' in Bermondsey, the Wapping dispute, how the Chinese in Limehouse gained literary notoriety and the resurrection of the Docklands to name just a few.

I also go into detail on what running as a blind athlete is like and, something which is often overlooked when disability sport is talked about, how it is for those who help make things happen. I quote extensively from current Straggler members Simon Brazil and Jim Desmond who both ran the London Marathon with me, and former Straggler Andrew Lane who has done my other three marathons with me.

'Running Blind: An Alternative View of the London Marathon' is available as an ebook and in print, both from [www.runningblindbook.com](http://www.runningblindbook.com).

Hi all

Can I just pass on my thanks to Kim from Stragglers for her help tonight (*4<sup>th</sup> March*). My son Aedan had just finished his easy run in Bushy Park and was on his way home when he was knocked off his bike by a car. Kim (I didn't get her second name) was running by just afterwards and in true runner's fashion stopped to give assistance along with the driver of the car.

By the time I arrived some 10 minutes later she was looking after my son (and the driver by the look of it) and stayed until I could get him in the car and off to hospital.

We are very privileged to have such a wonderful running community in the local area and Stragglers are a big part of it. It would have been very easy for Kim to carry on with her run. It was dark and wet and pretty miserable and yet there she was comforting a strapping 17 year old and making sure he was ok. He was tremendously reassured by her actions and had nothing but praise for her afterwards.

Please pass on both our thanks. Aedan managed to escape with a broken toe of all things and a few cuts and grazes. With any luck he should be back running in 4 to 6 weeks if all goes according to plan.

Thanks again Kim

Yours in running

Ian (Nobby) O'Brien

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## Tackling the Inner Demons

So since my last Blog I have turned the grand old age of 42 years old.....wow I hear you say.... he looks good for his age.....sadly still waiting for those types of comments, could be a long wait.

Anyhow in my last blog I talked about Down but Not Out, as Injury was stopping me from any consistent running. The gym and the pool became my best friends as I was appreciative that I was at least still able to exercise if not run at all. Deep down the Inner Demons were really starting to win the day and were convincing me that day 1 would just not happen.

It is funny how being Injured allows us runners to reflect on what we don't have but more importantly reflect about what we do normally have and how I quite often I will run without ever thinking about not being able to run & also not ever contemplate not financially affording to sign up for a race or that new pair of trainers. For many of the disadvantaged youngsters that we are raising money for who are supported and mentored by the Brathay Trust many of these

youngsters are not fortunate to have the luxury of these types of thoughts as every day for many of them, it becomes a case of survival and how they are going to face the tough world and Life that they live in. Over the last 8 weeks I found myself becoming selfish with thoughts of self pity and just how unfair it was that I couldn't run when I knew so many of my friends were training for their own races and Goals in 2014. I have had to quite regularly stop myself and give myself a good kicking up the arse when I fall into this type of self pity as it is not attractive and it is completely selfish. This is a hard thing to accept but an important one.

Running though has taught me to be resilient in life and if I can inspire just 1 youngster to be strong and make a life change by me running the 10 in 10 I believe that I will have succeeded with my own personal Goal.

So what did my 42<sup>nd</sup> Birthday bring?.....well a quick dash up to Scotland for the weekend to run the first Borders Marathon organised by my 2 good friend Chris & Caroline Renton and what a great job they and the volunteers did on the day.

A Sat afternoon Flight on Easy jet for myself & Caroline (a first time flier with them for me) from Gatwick up to Edinburgh and before we knew it we were in the Taxi on the way to the hotel that we were planning to stay for just the 1 night on the edge of Edinburgh. After a few hrs sleep we were being picked up by Alan & Bongo and we then on our way down to the Borders. It had been snowing overnight so the ground was dusted with the white stuff and the roads that we wanted to take had all been closed due to road works so we ended up taking the scenic route down to the Kelso Racecourse where we would be tackling the 23+ laps of the course. The morning weather on the Sunday was bright chilly and with a cool breeze but perfect conditions for running a Marathon. This was my first proper run back of any distance and I was very apprehensive about how it all going to go but what I did promise myself was to take it easy and enjoy the experience.

The early miles I ran with Caroline but she soon pulled ahead and I settled into a pace that felt sensible and ran along with Jack who informed me that today would be his 333<sup>rd</sup> Marathon....I was surely not worthy running with such a running god...anyhow I settled in behind Jack for the first eighteen miles or so desperately attempting to work how many laps I had left to do....the old groin injury was holding up if not a little tender but I kept plodding on ever nearer to the finish.

The last 4 miles were incredibly tough and the previous endurance in my legs seemed to have vanished in the 8 weeks that I had been out of running. The finish line could not come quickly enough as in the last 100 metres I had a sudden attack of cramp in my right calf which was debilitating. On a positive note I had finished in a time far quicker than I had predicted but I was now starting to feel the pain of the 26.2 previous miles. It was great to get another

Marathon under my belt and it had been a successful day for Caroline beating her previous P.B.

The weather had held well over the race but as we got into the club house after finishing the rain started to fall quite heavily. The Kelso race course had been the perfect and tranquil location to spend my 42<sup>nd</sup> Birthday and to spend it with some of my good running buddies and Caroline was perfect. After a good catch up in the bar with Chris both Caroline's, Bongo & Alan we were off on the road back to the airport to catch an evening flight back down to London....wow what a whirlwind but what a great weekend.... Alan had been a star driving us to the race location and then back to the Airport to catch our flight (a true gent).

So post the Borders Marathon both Caroline and myself have put in some longish back to back runs...my legs haven't recovered as quickly as I would have liked and a few silly niggles have appeared but I am sure that they will be nothing to worry about.

Next week see's me take on 3 Marathons in 3 days in Milton Keynes.... a massive test to see how my body holds up in the run up to the 10 in 10 in May. Fingers crossed if I take it steady no nuts and bolts will fall off during the events...I am looking forward to cheering on some of my running buddies who will be tackling 7 in 7 during my 3 days down in Milton Keynes in the ENIGMA Races.

It is just 7 weeks until the 15 of us start our 10 Marathons over 10 days and I can confirm that I am really starting to feel quite nervous about the whole challenge and what it will bring.

Pls don't forget to visit my Justgiving page as the no.1 reason for tackling the 10 in 10 is to raise funds for the disadvantaged youngsters in the U.K and support the Brathay Trust with the excellent work that they do in the U.K. Pls donate just a small amount as it will go a very long way.

Thank you for following my blogs and pls take some time to look online at the fantastic work that the Brathay Trust are doing to support disadvantaged youngsters in the UK.

I am currently raising funds for the Brathay Trust and have been lucky enough to be selected to be part of the 2014 10 in 10 event and I would be grateful if you donate a small amount to my just giving page.

Thank you ALL.

**[www.justgiving.com/paul-mason262](http://www.justgiving.com/paul-mason262)**

Regards,  
Masonator

## This months tip...

### Should I Get a Massage Before My Marathon?

Research is still ambivalent about the performance benefits of a good rubdown on the day of your race, study after study has found that pre-race massage doesn't necessarily help increase muscle strength or flexibility, but that the psychological benefits alone are worth the investment. A 2011 study found that athletes with a regular massage routine were twice as likely to finish their goal race than athletes who had no bodywork done.

Ideally get a deep tissue massage five to six days before your race, if you've been getting regular massages during training. Or, you can pop in for a pre-race massage without having been a regular as long as you know your therapist and your therapist knows your body. Every athlete's body responds differently to massage; you don't want to find out the week before your race that deep tissue work makes you uncomfortably sore.

If you must get a massage within a few days of your race, keep it light to avoid any debilitating post-rubdown soreness. And don't expect it to work miracles right before a race. Please don't decide to get a massage the day before thinking it will fix any issue you may have created in the previous week. Time face down on the table that close to competition is mostly for calming nerves, not for fixing serious problems.

There is no better time to discover the benefits of massage than after a marathon

Massage is not a replacement for a proper cool down nor is it intended to replace all of the recovery techniques that you will use after a race. A recovery massage is there to enhance your recovery.

Compared to light jogging and stretching on your own to recover post-race, the biggest difference that comes to mind is that when receiving a massage for recovery after a race you are passive. When your body is this way your therapist can help move the muscles, blood, and tissues around much like light jogging or stretching however, with a trained massage therapist you are not as likely to continue the damage to our muscles and tissues the way active running might do. The massage is going to increase local circulation and bring fresh blood directly to the area of work, which will boost the repair and recovery process, removing debris and delivering nutrients and oxygen.

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# **STRAGGLERS 10k CHAMPIONSHIP**

**Thursday June 19<sup>th</sup> 2014**

**Entry fee £2**

**Race open to club members only**

**Entry on the night only from 18:00 to 19:30**

**Medals for winners in all 5 year age categories  
and spot prizes on the nights**

As the route is not marshalled please familiarise yourself with the route before the race. Various pace runs will be organised on Thursday nights during June.

**Special Sicilian menu will be available at  
The Hawker from 20:30**

**‘Final Opportunity Sale’!**

**For the last time Sue (Waters) will be selling the  
remaining stock of Stragglers kit**

NB: if you are not running and can help with lead/back bike; water at the finish etc. please see Simon Brazil or Pat Short

# Straggs Diary

	Date	Event	Contact / Notes
Apr	6th	Brighton Marathon	
	13th	London Marathon	
	24th	Junior Handicap	7pm registration, 7.30 start
May	4th	<u>Richmond Half Marathon</u>	
	11th	<u>Sutton 10k</u>	
	17th/18th	Green Belt Relay	
	22nd	Junior Handicap	7pm registration, 7.30 start
	29th	Handicap	
June	1st	<u>Dorking 10 miles</u>	
	7th/8th	Welsh Castles Relay	See Steve or Carys
	12th	Junior Handicap	7pm registration, 7.30 start
	19th	Club 10k	Registration from 6pm, Food from 8.30pm
	22nd	<u>Richmond 10k</u>	
	26th	Junior Handicap	7pm registration, 7.30 start
July	29th	Harry Hawkes	www.harryhawkes10.com
	17th	Junior Handicap	7pm registration, 7.30 start
	20th	<u>Elmbridge 10k</u>	
	25th	<u>Wedding Day</u>	
Aug	17th	<u>Wimbledon 5km</u>	Date TBC
	28th	Junior Handicap	
	28th	Handicap	
Sept	7th	River Relay	
Oct	5th	River Thames Half Marathon	www.riverthamesrunning.co.uk

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 Steve or Carys for further details. Steve 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 1<sup>st</sup>.
- 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.