



TRAGMAG

Issue 298 - June 2014

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Junior Handicap Race 3 Results – 12th June

Name	Time	Actual	Handicap	PB
Euan Sinclair	15:56	07:56	08:00	
Finlay Sinclair	16:53	08:53	08:00	
Astrid Roper	17:04	12:04	05:00	
Frieda Roper	17:12	09:12	08:00	
James Rushby	17:15	09:15	08:00	PB
Matilda Huggett	17:25	12:25	05:00	
Ciara McLaren	17:29	10:59	06:30	PB
Hamish Chapple	17:53	09:53	08:00	
Una Gregory	18:28	09:58	08:30	PB
Luke Maguire	19:03	09:03	10:00	
Arthur Louw	19:17	08:47	10:30	PB
Matthew Beal	19:19	09:19	10:00	PB
Ethan McKenzie	19:21	08:21	11:00	
Jonny Brook	19:22	08:22	11:00	PB
Charlie Brook	19:27	10:27	09:00	PB
Millie Honan	19:29	09:59	09:30	PB
Noah Bragg	19:38	10:08	09:30	
Ed Orrell	19:41	10:11	09:30	
Edward Andrews	19:42	07:42	12:00	PB
Stan Andrews	19:43	07:43	12:00	
Josie Kearey	19:46	09:16	10:30	PB
Beatrice Andrews	19:46	10:16	09:30	
Mohammed-Kabir Sait	19:55	07:55	12:00	PB
Ross Morrison	20:03	10:03	10:00	PB
Nathaniel Bond	20:14	13:14	07:00	
Benjamin Collier	20:15	08:15	12:00	
Eli McKenzie	20:18	09:18	11:00	
Lydia Louw	20:25	07:55	12:30	
Noah Heron-Brett	20:28	08:58	11:30	
Harvey Bloomer	20:34	12:34	08:00	
Campbell McLaren	20:41	12:41	08:00	
Elliot Collier	20:43	08:43	12:00	
Oscar Luck	21:01	08:31	12:30	PB
Oliver Beal	21:15	10:45	10:30	PB
Isabelle Brand	21:19	10:49	10:30	
Liam Bryan	21:40	11:40	10:00	

Minis Race 3 Results

<u>Name</u>	<u>Time</u>	<u>PB</u>
Fredrick Hutchings	02:44	PB
Afrah Sait	02:51	
Lucas Hutchings	04:49	PB
Natasha Huggett	05:41	

The Junior handicap is kindly sponsored by:





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Welsh Castles Relay



Some members of the Stragglers WCR teams

The Stragglers had a brilliant weekend in Wales! We had a men's team and a ladies' team with 20 runners in each, competing against 65 teams from all over the country and from Spain. Well done to everyone who took part and/or supported us. The good weather was delivered as ordered, but not always at the right time!! Well that's Wales for you!

Our teams performed well. The Ladies coming 6th out of 10, which was an improvement on last year's 6th out of 6. Also the ladies were 54th overall, up from 59th last year, with a time of 27hr 15min, a massive improvement on last year's 28hr 41min. Well done ladies! The men also improved, moving up from 29th overall last year to 28th overall this year and 5mins quicker at 25hr 03min. Our position in the open category was 23rd out of 42, so similar to the ladies on a pro rata basis; a good performance.

There were some great runs by all on very challenging stages, and some fantastic moments as we followed the course of the 200mile race seeing our team mates perform and then doing it ourselves. Perhaps one of the most memorable moments was seeing Malcolm, closely followed by Cathy appearing through a curtain of the most horrendous torrential rain at the finish of the final stage. (It was a bit wet for us spectators too!).

There was a moment of glory when Jo Hillier came charging down the grassy slope of stage 2, overtaking the leading lady to become stage winner. Then it was almost repeated on stage 18 when Rachel Woodthorpe didn't quite manage to catch the leader and finished second lady. I'm sure she'll be back next year to put that right.

You can read more about the Welsh Castles Relay, and full results, here:
<http://www.lescroupierswcr.org/>

For Stragglers photos please go to these addresses:
<https://plus.google.com/photos/101634105727820364704>
<https://www.flickr.com/photos/125416806@N03/>

<http://hammy8241.smugmug.com/2014/Welsh-Castles-Relay-7th-8th-Ju>
https://www.flickr.com/photos/rothwell_nt/sets/72157645252508995/

Steve Sandham

Stragglers Results - Welsh Castles Relay 2014

Stage	Pos.	Runner	Time	Cat.
1	25	Andy Caie	01:06:50	20th Open
1	38	Jane Mawdsley (F)	01:12:26	4th Lady
2	31	Kevin Price (V)	01:13:54	24th Open
2	33	Joanne Hillier (FV)	01:14:30	1st Lady
3	23	Trevor Ford (V)	01:19:16	20th Open
3	56	Carys Mills (FV)	01:34:42	8th Lady
4	28	John Patsianas (V)	01:09:06	23rd Open
4	62=	Claire Harrison-Church (FV)	01:35:00	9th Lady
5	30	Jon Parry	01:11:32	24th Open
5	59	Mary Hyde (FV)	01:27:56	9th Lady
6	36	Nick Goodchild (V)	01:21:54	29th Open
6	41	Helen Davies (FV)	01:24:56	3rd Lady
7	13	Daniel Harris	01:03:02	13th Open
7	45	Francesca Clarke (FV)	01:13:13	5th Lady
8	35	Phil Davies (V)	01:18:14	27th Open
8	47	Miriam Martinez Tamargo (FV)	01:22:54	4th Lady

9	27	Peter Colwill (V)	01:00:23	23rd Open
9	47	Kim Evans (F)	01:07:05	6th Lady
10	43	Stuart Hambling (V)	01:37:14	30th Open
10	53	Dee Smale (FV) 51	01:42:46	8th Lady
11	21	Bryan Searle (V)	01:22:32	17th Open
11	29	Sarah Winter (FV)	01:26:47	3rd Lady
12	28	Pedro Das Gupta (V)	01:16:36	22nd Open
12	51	Becky Patsianas (FV)	01:26:02	5th Lady
13	16	Nigel Rothwell (V)	01:09:10	13th Open
13	48	Sarah Vaughan (FV)	01:21:33	5th Lady
14	27	Richard Baggott	01:13:11	23rd Open
14	56	Ramona Thevenet (FV)	01:30:27	7th Lady
15	54	Sioned Morgan (FV)	01:46:05	7th Lady
15	56	Peter Thompson (V)	01:51:59	38th Open
16	32	John Harrison-Church (V)	01:04:57	26th Open
16	52	Hilary Hillhouse (FV)	01:12:40	6th Lady
17	10	Roy Reeder (V)	00:58:41	8th Open
17	49	Georgina Brand (FV)	01:13:40	6th Lady
18	24	Rachel Woodthorpe (FV)	01:02:35	2nd Lady
18	41	Steve Sandham (V)	01:11:03	28th Open
19	42	Julie Holmes (FV) 51	01:02:00	5th Lady
19	62	Richard Steeden (V)	01:16:46	42nd Open
20	52	Malcolm Davies (V)	01:17:39	37th Open
20	54	Cathy Davis (FV)	01:18:32	9th Lady

Other Results

BT Rock 'n' Roll Liverpool Marathon - 25th May

Time	Name
3:43:36	Peter Dry

Near as Damn It 10k 29th May

Time	Name
51:50	Peter Dry

*Bupa London 10k
26th May*

Time	Name
33.25	Paul Lowe
34.19	Graham Brook
36.59	Pascal Evans
38.29	Jim Desmond
39.53	Sarah Kinsella
40.4	Malcolm Fletcher
40.59	Sarah Winter
41.2	Nick Rowe
45.57	Miriam Martinez Tamargo
49.36	Georgina Brand
49.37	Phil Davies
51.34	Emily Cartwright
52.13	Lynda Chase 2nd V60

*Crystal Palace Canter
3rd Jun*

Time	Name
23:53	Peter Dry

*Eton Man Day of Endurance
Middle Dist Tri - 14th Jun*

Time	Name
06:18:12	Peter Dry
50.06	Swim (1.9k)
03:23:08	Bike (90k)
01:59:11	Run (22k)

*Dorking 10
1st Jun*

Time	Name
00:57:12	Graham Brook 9th
00:58:18	Paul Cheetham 14th (2nd M40)
01:01:33	Pascal Evans 29th
01:04:14	Dean Morley
01:07:52	Malcolm Fletcher
01:08:06	Ray Kingdon
01:08:24	Mark Pattinson
01:09:54	Gareth Pritchard
01:12:12	Dee Smale 1st F50
01:12:07	Nick Brown
01:12:19	Bert Smith
01:12:39	Fraser Wigley
01:13:38	Phil Davies
01:14:08	Carys Mills 4th F40
01:15:07	Alan Purkiss 4th M60
01:15:28	David Yu
01:15:24	Andy Wingate
01:15:36	Timothy Hawkins
01:15:57	Malcolm Davies
01:20:39	Sula Bancroft
01:22:06	Steven Lauder
01:22:33	Helen Davies
01:23:06	Mark Thomas
01:23:16	Sioned Morgan
01:23:16	Peter Dry
01:25:37	Stephen Penpraze
01:37:52	Verka Lafeuille
01:38:36	Paul Gadd
01:53:19	Emma Wingate

Straggs Handicap
29th May

Speed	Name	Handicap	Elapsed Time	Run Time
37	Chrissie Glew	2:30	36:47	34:17
34	John Root	9:15	37:31	28:16
31	Lea Rochester	11:45	38:09	26:24
6	Rachel Woodthorpe	18:45	38:16	19:31
36	Joy Bell	4:45	38:35	33:50
3	Nigel Rothwell	19:30	38:36	19:06
29	Helen Nance	12:45	38:42	25:57
28	Steph Aldridge	13:30	38:49	25:19
13	Cathy Davis	17:00	38:53	21:53
27	Julie Garner	14:15	39:08	24:53
21	Verka Lafeuille	15:30	39:21	23:51
22	Matthew Brady	15:30	39:22	23:52
4	Claus Wagner	20:15	39:25	19:10
5	Tom Millns	20:15	39:27	19:12
8	Kevin Price	18:45	39:29	20:44
12	Pamela Whitter	18:15	39:29	21:14
9	Simon Webb	18:30	39:33	21:03
10	Simon Brazil	18:30	39:34	21:04
11	Neil Carrington	18:30	39:36	21:06
7	Jacqui Balfour	19:30	39:37	20:07
19	Laura Bowden	16:45	39:38	22:53
2	Trevor Ford	21:15	39:39	18:24
1	Crispin Allen	21:30	39:48	18:18
18	Dave Worth	17:30	39:50	22:20
23	Mark Thomas	15:45	39:51	24:06
33	Dave Kelly	11:45	39:53	28:08
38	Donald Bell	5:30	40:01	34:31
30	Sonia Bandeira	13:45	40:08	26:23
32	Tiago Ramos	13:45	40:09	26:24
20	Julie Haworth	17:15	40:10	22:55
14	Dave Griffiths	18:15	40:12	21:57
24	Laura Howley	15:45	40:31	24:46
25	Dan Wrenn	15:45	40:32	24:47
26	Vince Howley	15:45	40:34	24:49
35	Martin Smith	10:00	40:44	30:44
16	Lydia Louw	18:30	40:48	22:18
17	Phil Davies	18:30	40:49	22:19
15	Roy Reeder	19:30	41:32	22:02
39	Les Brown	0:00	45:05	45:05

Journey into the Unknown

10 Marathons in 10 Days – 9th May – 18th May 2014

Congratulations to Paul on completing his remarkable 10 marathons in 10 days.



Start Day 2 (red cap) and Finish Day 9 (white cap), thanks Paul for the photos.

*Woking 3 Miles
4th Jun*

Time	Name
20:46	Peter Dry

*Grasmere Gallop 10k
7th June*

Time	Name
43:52	Bert Smith 6th

*Tour of Epsom & Ewell
9th - 13th Jun*

Time	Name
Race 1	
19:45	Ray Kingdom
23:58	Peter Dry
Race 2	
27:48	Peter Dry
Race 3	
21:55	Ray Kingdom
26:19	Peter Dry
Race 4	
16:25	Ray Kingdom
19:55	Peter Dry
Race 5	
25:24	Peter Dry
Tour Total	
123:24	Peter Dry

*Horton Park Relay
17th Jun*

Time	Name
35:59	Straggs 1
8:01	Richard Baggott
8:30	Bert Smith
8:16	Crispin Allen
11:12	Steven Bailey
43:46	Straggs 2
10:24	Peter Dry
9:21	Jon Parry
15:35	Barbara Hill
8:26	Richard Baggott

*Osterley Park 10k
21st Jun*

Time	Name
0:51:53	Geoff Miles
0:54:12	Alison Steel
0:59:44	Joby Thomas
1:00:07	John Root
1:02:49	Francesca Thomas
1:08:02	Rosemarie Clancy
1:20:28	Viv Root

*North Downs 30k
22nd June*

Time	Name
02:43	Pedro Das Gupta
02:51	Fraser Wigley
02:59	Phil Davies
03:03	Lindsay Doy

Club 10k
19th Jun

Time	Name	Time	Name
35:24	Graham Brook	47:25	Tim Wood
36:06	Ben Osborn	47:28	Lynton Nicholson
36:47	Crispin Allen	47:31	Matt Pull
37:11	Freysen Maritz	47:39	Gemma Stacey
38:28	Bryan Searle	48:02	Verka Lafeuille
38:29	Jonathan Smith	48:09	Alexandra Galloway
38:44	Claus Wagner	48:45	Peter Thompson
38:52	Mark Pattinson	49:27	Katrin Kroschinski
39:07	Trevor Ford	49:35	John Greaves
39:43	Ray Kingdom	49:42	Geoff Miles
40:06	Stefan Krueger	49:50	Kim Evans
40:14	Donovan Duffy	50:00	Helen Davies
41:22	Steve Cochrane	50:09	Laura Bowden
42:30	Gareth Pritchard	50:32	Claire Brasher
42:47	David Yu	50:49	Flora Macdonald
42:51	Jacky Balfour	51:09	Peter Wedderburn
42:54	Tiago Ramos	51:16	Emily Cartwright
42:56	Daniel Greenslade	51:17	Neil Mathieson
43:04	Malcolm Davies	51:26	Martin Purkiss
43:12	Phil Davies	53:01	Dan Wren
43:32	Andy Wingate	54:26	Jim Sell
43:46	Voughan Howells	54:38	Susanne Normann
43:57	Matt Tuffin	54:46	Jane Elmslie
44:06	Carys Mills	55:18	David Hudson
44:43	Dave Fitzgibbons	55:40	Jill Pegler
44:55	Cathy David	56:21	Amy Sullivan
45:03	Bob Wheller	56:22	Roger Smith
45:29	Dave Griffiths	57:02	Julie Papworth
45:49	Alan Purkiss	57:12	Merran Sell
46:28	Peter Dry	1:04:26	Sue Olsen
46:36	Stephen Penpraze	1:05:28	Sue Hobbs
46:49	Julie Howarth	1:06:40	Emma Wingate
47:04	Paul Boca	1:17:06	Joy Bell
47:19	Mike Foster		

This months tip...

Pain and brain

The biopsychosocial method of chronic injury rehabilitation

The trouble with pain is that it is normal to hurt. In fact to be more specific, pain is an evolutionary masterpiece that protects us from injury by alerting us to actual or perceived threat or damage to our tissues. Pain involves complex neural circuits from the tissues of the body into the central nervous system/brain and back out again, i.e. you can not feel anything without the brain. Pain influences the mind as well as the brain, there is a psychological reaction in everyone who feels pain and this drives subsequent behaviour, affecting outcomes.

Pain is very commonly not a reliable witness to the extent of injury or tissue damaged. For example, sciatica can lead to huge amounts of pain experienced from a tiny area of tissue injury. At the opposite extreme, spinal disc bulges are known to occur, sometimes, without any pain whatsoever.

Why are some people able to compete, seemingly regardless of pain, while others struggle to overcome even a minor niggle?

Although pain (especially acute pain) is related to tissue damage, this damage alone is not sufficient to explain pain fully. Pain is not just a sensation but results from the interaction between sensory inputs and brain processes, such as emotion and conscious thought. And pain is individual, not just to you as an athlete, but also to the time, circumstance and environment you find yourself in. Within the mechanics of the pain system, individual variation and modulation occur subconsciously, which helps to answer this question.

To ultimately address the relationship between pain and sport however, it is necessary to consider one further aspect of pain: your own 'personal values'.

Am I prepared to cope?

How important is contributing a worthwhile performance to me?

Am I prepared to suffer the consequences?

Does this mean it is OK to ignore ongoing pain? Well, it's not quite that simple. **Any pain that has been present for more than a week or so, or keeps returning periodically is worth getting checked out by a professional** who can not only assess for tissue damage but can also understand your pain and hopefully point you in the right direction before the maladaptive changes to your nervous system become entrenched.

Why do some pains seem to last forever?

During ongoing or chronic pain, adaptive changes at all levels of the pain system often outlast their usefulness in helping us protect injured tissues. Movements and pressures that would otherwise be normal continue to cause pain long after the risk of further injury has passed and often even once the tissue has essentially healed (maladaptive pain).

The conventional approach to treating pain and injury will almost certainly include a biomedical assessment, i.e. an assessment of the state of the tissues that may be involved with each person's pain. This is the part of clinical examination that most people are familiar with, involving physical testing of things like joint movements, muscle power, reflexes etc. Good biomedical assessment tries to determine the following:

Is there any evidence that might indicate serious injury or disease?;

Is the problem a 'common syndrome' with a well- defined natural history? For example, frozen shoulder is a common syndrome that can be predicted in terms of its longevity and prognosis;

Is the nervous system competent? This requires skilled and appropriate neurological testing;

Are the tissues that hurt or that may be responsible for the pain strong enough to be progressively loaded?;

What pain mechanisms are operating and are they adaptive/helpful or maladaptive/unhelpful? (see below)

What kind of pain have I got?

Knowing whether the pain associated with an injury is adaptive (helpful) or maladaptive (unhelpful) is critical to determining how to progress and rehabilitate that injury. Although a proper diagnosis requires a skilled and qualified physiotherapist, there are some useful pointers:

Adaptive pain

Produces behaviours that promote recovery and healing. A sprained calf muscle is usually very sore to walk on the next morning because the pain is demanding that you look after the muscle while the first (inflammatory) stages of the repair process get underway;

After a day or two the initial pain of movement subsides as you move the tissues more and more, indicating that the healing tissue likes some movement;

Move too much and the tissue gets sore again and demands more rest;

Rest too long and the discomfort can also get you to move once more – i.e. adaptive pain makes you stop a bit, and go a bit – just what healing requires.

NB. If tissues have a history of injury, or are arthritic, some adaptive pain may have to be accepted. However, these tissues can still be rehabilitated to become very

strong and capable of high performance given appropriate functional graded exercises and adequate warm-ups on the day.

Maladaptive pain

Often out of all proportion to the actual tissue damage done.

Pain persists long after the initial injury, even though the healing phase has been completed;

Pain is the problem rather than the actual tissues that contain the pain, which may be just weak, deconditioned or contain modest scar tissue, none of which make pain inevitable;

May often require a carefully graded, acceptable and activity-relevant approach to strengthen the tissues and fully rehabilitate the athlete.

The biopsychosocial approach differs, however, in that it also focuses on psychological and social factors (see below), which have been shown to be vital considerations in predicting the outcome from a musculoskeletal pain problem – even stronger predictors of outcome than any individual biomedical measures.

Psychosocial assessment

Attitudes and beliefs about pain.

Behaviours; how people respond to pain, what they avoid or have difficulty with and how they react and report their situation.

Compensation issues; compensation, disputes, financial hassles and legal wrangles following injuries often create a lot of stress for people and certainly do not help.

Diagnosis and treatment issues; what health professionals say to patients. For example, complicated medical language and diagnoses, conflicting diagnoses, explanations that create notions of physical weakness or long-term incapacity (you have the spine of a 70 year old), dramatic and unscientific explanations of injuries and pathology and ‘salesmanlike’ approaches to therapy that can falsely raise expectations of a ‘quick and easy’ cure.

Emotions; chronic pain and injury can lead to increasing levels of distress, altered routines and habits, reduced social interaction and even clinical depression. Athletes experiencing pain should be involved in taking control and responsibility for their pain, which is often the start of improved fitness, self-esteem and the confidence to move forward.

Family; family and friends can have a big impact on how individuals react towards their pain, sometimes reinforcing a ‘be careful don’t move’ style of coping while at the same time taking away responsibilities and making the athlete feel hopeless and useless.

Work; being engaged in both the physical and mental tasks of work are essential components for recovery. If you reduce or stop physical activity and work, you'll have nothing better to do than sit around and think about your pain all day every day. It is a sobering statistic that 90% of people who are 'off work' for six months or longer never return to full-time employment.

For example, an athlete with a significant disc protrusion causing back pain and sciatica will not necessarily have a poor outcome, but if he or she believes that any activity that provokes the slightest discomfort should be avoided and as a result rests completely, the likelihood is that it may be harder to return to sport and normal activities than had the athlete confronted their problem and tried to keep going. In short, the outcome for any sportsman or woman suffering from pain and injury is hugely determined by how they interpret and react to the situation they are in.

Clinicians also have a huge impact on how well patients cope and how they recover, most especially early on. For example, advice and therapy that creates fear of movement, or fear of biomechanical or structural weakness, or that focuses too much on pain at the expense of function, has enormous negative connotations. However, an approach that appropriately reassures the patient with evidence-based education, advice and functional rehabilitation can progressively restore their confidence, assist recovery and get them back to normal activity.

Any pain that has been present for more than a week or so, or keeps returning periodically is worth getting checked out by a professional.

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Straggs Diary

	Date Event	Contact / Notes
July	5th Runnymede Relay	If interested speak to Nick Brown, Simon Brazil or Simon Webb
	17th Junior Handicap	7pm registration, 7.30 start
	20th <i>Elmbridge 10k</i>	
	20th Ralph Henley Holmbury Half (nee Surrey Slog)	
	25th <i>Wedding Day</i>	https://www.sportsystems.co.uk/ss/event/WeddingDay7K1234
Aug	3rd Harting 10 mile Trail Race	
	17th <i>Wimbledon 5km</i>	
	28th Junior Handicap	
	28th Handicap	
Sept	7th River Relay	
	20-21st Round Norfolk Relay	Contact Simon Webb, simonwebb@tiscali.co.uk
	28th Coombe Hill 5	www.coombehill5.org.uk
Oct	5th River Thames Half Marathon	www.riverthamesrunning.co.uk . £5 off for stragglers & friends using the code LOUISE5.
	19th Cabbage Patch 10	http://www.cabbagepatch10.com/
Nov	27th Handicap	

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 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.



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

Kingston

Ev 220 - 07/06

Martin Powell 24:43

Ev 221 - 10/06

Malcolm Fletcher 19:17

Old Deer Pk

Ev 178 - 24/05

Andy Caie 20:53

Richmond

Ev 346 - 31/05

Andy Routledge 19:43

Bushy Park

Ev 519 - 24/05

Eddy Capraro 27:45

Ev 520 - 31/05

Jonathon Ormerod	17:22
Kieran Desmond	19:27
Martin Powell	25:04
Jane Elmslie	25:25
Nicole Pitman	28:58
Liz Scott	32:06

Ev 521 - 07/06

James Ruskin	16:59
Stuart Thompson	23:59

Ev 522 - 14/06

Victoria Griffin	23:31
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Ev 523 - 21/06

Stephen Penpraze	21:42
Kathy Haynes	27:45

Congratulations to Clare Graham (Bushy Park Ev 520), Graham Brook (Kingston Ev 218), Freysen Maritz (Kingston Ev 221), Joanne Hillier (Old Deer Park Ev 178) and Paul Graham (Old Deer Park Ev 182) for their first places. Congratulations also to Anthony Jackson (Bushy Park Ev 519), Paul Lowe (Bushy Park Ev 520), Cathy Davis (Banstead Woods Ev 368 & Kingston Ev 218), Trevor Ford (Kingston Ev 218) and Adam Hughes (Kingston Ev 220) for their second places and to Sarah Winter (Bushy Park Ev 522), and Claus Wagner (Kingston Ev 220 & 222) for their thirds.

Next Stragmag

The next StragMag will be available at www.stragglers.org from Thursday July 31st 2014.

The deadline for submissions will be Thursday July 24th.
email me at stragmag@stragglers.org