



*December 2015 Merry Christmas Issue 316*



*Stragglers Charity Auction raises £2650 for Princess Alice Hospice*



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# *Editorial*



*Welcome to the December Stragmag – a mini mag sneaking in before Christmas totally takes over.*

This time of year is where clubs like the Stragglers really come into their own, where running and socialising collide – sometimes literally if too much of the latter has an impact on the former.

**This issue contains a guide to what events are on and when**, including the return after its successful debut of the New Year Party at the Hampton Hill Cricket Club. There's a mention for both the forthcoming 5k training group which kicks off at the end of January, and a celebration of achievers at Little Feet as they recently handed out their awards.

**In the Festive Diary** I've also listed local parkruns that are taking place on Christmas Day and New Year's Day. As I compiled this list I read, as many of you will also have done, the intro to this week's parkrun newsletter from Eddie Izzard, patron of Join In.

Ahead of the BBC Sports Personality of the Year show he has been highlighting the work of volunteers in grassroots sport. Whilst in this case specifically referencing parkrun, he does go further by emphasising how “volunteers are the backbone of sport and recreation”.

“Each and every volunteer in grassroots sport creates the capacity for at least eight more people to take part,” he writes.

In the case of the Stragglers this volunteer to taking part ratio is often considerably higher, and it's not just the sport either, something as relevant now as any other time of year. Everything listed in the Festive Diary has been put together by volunteers – from events like the Cabbage Patch 4 to group training/recovery runs – social events with a bit of running involved.

There's the great work already done and to be continued by the coaches running the structured training, to the work done by those supporting our junior athletes (such as the handicap or representing the club in junior leagues), team events like Green Belt and Welsh Castles, to the various weekly groups within the club.

If I go on I'll inevitably miss someone out – so I'll leave the referencing at this, other than to add a mention for the work done behind the scenes by our committee. Each month we've got to know a different member through the profile, and with this issue we come to our final person. I want to continue the profile and have a few ideas of who to feature next, but do suggest somebody who could be included throughout 2016.

*Here's to a fantastic few weeks of festive running and socialising, hopefully those heading away over Christmas will be able to join us at some point.*

**The deadline for January's Stragmag will be around the 21<sup>st</sup> (Thursday).**

Thank you to everyone who has contributed in 2015 and I look forward to reading your contributions over the next 12 months.

And thanks too to Dave and Steve for their work in bringing these words to you.

***Simon Webb***

Email [stragmag@stragglers.org](mailto:stragmag@stragglers.org)



## *Straggs* *in Brief*

❖ *The Hawker Centre is closed on both Christmas Eve and New Year's Eve – and we weren't planning on holding club nights anyway. Little Feet also won't be meeting on December 28<sup>th</sup>; however an informal run will take place the following night for anyone who wants it.*

❖ *Please see Festive Diary Dates for all other seasonal activity.*

❖ **On the last Thursday club night of the year**, Jim and Merran presented the Princess Alice Hospice with a cheque for £2650 raised by the Stragglers auction.

It costs over £9m to run the hospice. As they receive just 25% of their income through the NHS, fundraising by groups such as us is essential if they are to continue their great work.

❖ **Over in Barbados**, Jess Draskau Petersson was first lady in both the recent 10k and half marathon – 10k 35:24 (4<sup>th</sup> overall), and two days earlier and at 5 am – half marathon 1:29:34 (8<sup>th</sup> overall).

❖ **Closer to home** a real return to form after a number of injuries for Claire Bond at the Horton Park 10k – first lady in a time of 38:37 which placed her 12<sup>th</sup> overall.



## *Festive Diary Dates*

The 12 days of Stragglers – probably not actually 12 but it's not the time of year for arguments:

- **Thu 24:** Hawker Centre closed – no club run
- **Fri 25:** the following parkruns are taking place
  - Bushy – 9 am
  - Crane – 9 am
  - Old Deer Park – 9 am
  - Richmond – 9 am
  - Wimbledon Common – 9 am
- **Sat 26:** Cabbage Patch 4 – entry is preferably by wrapped present to the value of £3 (or pay £3 and not get a present). Time 11 am at the Cabbage Patch pub in Twickenham.
- **Sun 27:** Phil Davies is intending to lead the regular Sunday run from Kingston Gate carpark in Richmond Park, meet 8:30 am.
- **Mon 28:** No Little Feet
- **Tue 29:** informal Little Feet run for those who wish. Thames Ditton group meet as usual.
- **Thu 31:** Hawker Centre closed – no Thursday run.
- **Fri 1:** Stragglers New Year Run – 12 pm at Kingston Gate carpark in Richmond Park for a lap (or shorter) of the park, before heading to the Park Tavern. **Parkruns on this day:**
  - Bushy – 9 am
  - Crane – 10:30 am
  - Kingston – 10 am
  - Nonsuch – 10 am
  - Richmond – 9 am
  - Wimbledon Common – 9 am
- **Fri 8:** New Year Party – info below



# *New Year Party*

*Stragglers New Year Party is on Friday January 8<sup>th</sup>, returning to last year's very successful venue, the Hampton Hill Cricket Club.*

*This is the Stragglers social event you must not miss. It's a great start to 2016 and a chance for you to make your resolution to be more active within the club.*

We will have dancing to DJ Peter K (Peter Kennedy), games organised by party guru Emma Gray and a sumptuous Buffet with hot and cold meat, veg and vegan options from the M&S range oven cooked on the night (and don't worry if you are late, we will hold food back for swimmers etc arriving mid evening).

The festivities kick off from 8pm and we have a bar extension to 12.00 so plenty of time to socialise and partake in a few drinks from the very reasonably priced clubhouse bar.

“What does all this cost, you may ask?” Actually it is an incredibly reasonable £10 per person.

“Gosh, how can you provide all of this at such a reasonable price?” Thanks to the generosity of the club committee who decided that we would subsidise this premium social event.

“Great, how do I sign up?” Just drop an email to Peter Wedderburn at [peter.wedderburn@gmail.com](mailto:peter.wedderburn@gmail.com) and he will reserve you a place.

Peter is intending to be at the following events over Christmas and the New Year and will have tickets available at all of these, so you can physically purchase a ticket from him in advance:

Christmas Day Bushy Park parkrun Dec 25;

Cabbage Patch 4 on December 26<sup>th</sup> (Boxing Day);

January 1<sup>st</sup> 2016 New Year's Day at the Bushy parkrun, Kingston Parkrun and Midday Richmond Park Stragglers NYD run and in the Park Tavern afterwards'

Hawker Centre on Thursday 7<sup>th</sup> January. I may also turn up at Giggs Hill Green and Little Feet meetings over the festive period.

Do try and make this one as it will be a great night out and a great start to 2016.!

The HHCC clubhouse is located just inside the pedestrian gate in Bushy Park on cricket lane off Hampton Hill High Street (TW12 1PA). Convenient parking, easy cycling and good bus route – R68, R70 and 285 stop close to the gate.

*Peter Wedderburn, Social Secretary*

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## *5K Training Programme*

*Calling all Stragglers looking to PB their park run in 2016!*

A new six week speed plan is being launched by the Stragglers for 2016. It's aimed at improving your speed over 5k and the sessions will begin on Thursday 21<sup>st</sup> January at the Hawker Centre. The Sessions will be coached and offer a real opportunity to improve your running.

Full details will be announced on the Stragglers website early New Year. To coincide with the launch we will also be distributing leaflets at local parkruns, as we are intending to use the initiative to bring in new members to the club.

Keep an eye on the website for further details and watch for updates in Stragmail and Stragmag.

*Peter Wedderburn*







## Pilates for Runners

**Where:**

The Studio, 120 Canbury Park Road,  
KT2 6LZ

**Costs:**

£11 per session

£10 for a block of 6

**New evening sessions ADDED**

## Benefits of Pilates for Running:

- Mobilises your spine to reduce stiffness in your back.
- Works on flexibility and hip mobility especially useful if you are not so good at stretching on your own.
- Builds body awareness, separating hip movements from back movements.
- Builds abdominal and upper body strength.
- Specifically works on gluteal/ hamstrings and calf strength.

The class is designed for all level runners from beginners to advanced runners as the aspects of the class are important to all functions. The classes have different levels of progressions and gets harder as the weeks go on.

Jehan is a specialist Sports Medicine physiotherapist. She has worked in Elite Sports and travelled to Beijing, 2008 with the GB kayak squad. She has put together many programmes for athletes at all levels to provide the full package of care in injury prevention as well as performance enhancement. Her understanding of injuries in running is also addressed in this class.

### FOR MORE INFO

Contact: 0208 0909330 [info@jyphysiotherapy.co.uk](mailto:info@jyphysiotherapy.co.uk)

[www.jyphysiotherapy.co.uk](http://www.jyphysiotherapy.co.uk)

Twitter: [jehan@jyphysio](https://twitter.com/jehan@jyphysio)

# *Committee Profile*

## *Anne Woods*

*How long have you been a runner and why did you choose running as a sport?*

I started running in 2007. Had moved to London and large mortgage meant I didn't have the money to carry on going to a gym.

*When did you join The Stragglers and how did you first hear about us?*

A work colleague told me about Stragglers and I was hooked right from the first session.



Running with Stragglers ticks all the boxes - keeping fit, being competitive, making friends and socialising. In particular for me, I have had so much support from those friends through periods of illness.

*Do you have a favourite running distance and favourite race?*

I have never run a marathon - still waiting to get a place in London. I have done lots of half marathons, but I think my favourite distance is 10 miles. I really like the Maidenhead 10 race and think my favourite event overall was the time I ran the Green Belt Relay.

*What do you most like about The Stragglers and how would you like to see the club develop? What do you hope to achieve whilst you're on the committee?*

I think the Stragglers successfully spans the needs of 'serious' runners who want to improve their ability and those who want to run socially, maintaining that balance would be my goal. Re Little Feet, I hope to make sure that the group prospers, especially since we took the big decision to move our base.





**Clinics at:**

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

31 Old London Road Kingston KT2 6ND

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Treatments are covered by all medical insurance companies (BUPA and AXA PPP)

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## *Little Feet Awards*



Little Feet held their annual awards evening at their new venue, the Swan in Hampton Wick, on Monday December 7<sup>th</sup>.

It has been another great year for Little Feet. The 25<sup>th</sup> anniversary, with celebrations including the lovely summer picnic and hash run and the trip to France. Topped off by the move to the Swan - a memorable year for all of us. Thanks for sticking with us and showing your support for the move.

The Little Feet Awards are all chosen based on nominations from those who run with the group.

List of winners below:

### **Achiever**

This person has really embraced serious running and in the last 12 months has entered lots of events including - Club 10k in July - their first 10k in 01:01:34, followed by Richmond Running Festival 10k in

September in 52.54. They've also done the Kingston 10 miles / 1:45 and the Garmin Kingston 8 miles in October/ 1:12

And amazingly has knocked 5minutes off their parkrun time- PB 25:26 / December 2014 was 30:18. Always here on a Monday, lovely to see how much they enjoy running, a really well deserved award to...

### **Penny Demetriou**

\*\*\*\*\*

### **Improver**

This person has been a member for a long time. Probably fair to say that initially, it was more the social side that enticed them to come. And then there was a long period out following an injury.

Recently however, it's remarkable how much improvement there has been. They did the club 10k in 48.02 and Parkrun pb is now 21.31 whereas 2years ago it was more in the region of 27 minutes. Always ready to help out with leading runs and marshalling events, the winner is...

### **Andrew Ronksley**

\*\*\*\*\*

### **Good Foot**

Presented to the person who oversaw the move from the Albion to the Swan. This person was still an active and cheerful member of the group even after breaking their arm – leading walking groups. Good Foot won by ...

### **Anne Woods**

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### **Louise Neville Award**

Presented to someone who has overcome adversity and continued to run or got back to running, and managed to remain cheerful through

their challenges. Those who remember Louise will recall that sums her up really well.

We don't give this award out lightly, it has to be really deserved to live up to the legacy of Louise, but this year there seemed to us to be lots of potential candidates: Annie, Sue Olsen, Graham, Paul, Gary -all of you deserve a mention for your courage and positive attitude.

The nominations however were overwhelmingly for Geoff who has been running with us now for many years and in that time has found a place in our hearts. He try's really hard, has improved and moved up through the groups and always has a massive smile. The Louise Neville Award goes to...

### Geoff Leach

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### Merit Medal

We also present merit medals to anyone who could also deserve an award for achievement: this year nominations were received for

### Vicky "I don't do races" Chappell.

For someone who doesn't do races, 48.32 in the club 10k and the half marathon in France in 1:52:45 doesn't seem too bad!

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### Founders Award

In this special year this was saved until last. Goes to a very special couple who were here right at the start. The main Stragglers club started out with no aspirations much greater than just being a low key running club but after about 5 years people had improved, the club was becoming a bit macho and Jackie amongst others was finding it a bit difficult to keep up.

Together with Colin Jones they decided to launch Little Feet so that slower runners and those coming back from injury had somewhere they could come to and feel comfortable to run. The rest is history! There

were lots of nominations for the award to go to Les and Jackie (and Bronte who was 14 last week) - they have really contributed to this anniversary year going with such a bang-helping to organise the picnic, driving the trip to France and making sure we were all suitably attired in our lovely tee-shirts. Delighted to present the award to

**Les & Jackie Brown -and Bronte!**

*Anne, Trish and Fiona*



## *Future Races*

*Please consider representing the Stragglers in either of the remaining Surrey League cross country events. Your captains Mark and Sarah would love to hear from you.*

### **January 2016**

**Sun 3:** Tadworth 10

**Sat 9:** Middx XC Championships – Wornwood Scrubs (men & ladies)

**Sun 10:** Second Sunday 5 – 5mile race at Thames H&H clubhouse

**Sun 10:** Winter Tanners – 20 or 30 miles

**Sun 10:** Surrey XC Championships – Denbighs

**Sat 16:** **Surrey League XC3** – ladies Reigate Priory Park 12:30, men Oxshott Woods 2:30pm

**Sat 30:** Southern XC Championships: Parliament Hill

## February

**Sat 13: Surrey League XC4:** Ladies Richmond Park 12 pm, men Lloyd Park 2 pm

**Sun 14: Second Sunday 5 – 5mile race** at Thames H&H clubhouse

**Sun 14: Punchbowl – 21 or 30 miles**

**Sun 14: Valentines 10K, organised by 26.2**

**Sun 21: Hampton Court Half Marathon** - discount code for Stragglers is: **SHCH16**. Fill in the online entry form as normal ([www.hamptoncourthalf.com](http://www.hamptoncourthalf.com) ) and enter the code when prompted.

**Sun 21: Wokingham Half Marathon**

**Sat 27: National XC at Donington Park Leicestershire**

**Sun 28: Run the Streets Kingston Half Marathon, 10k and children's mini mile**

## March

**Sat 5: Dysart Cup/ Ellis Trophy – Richmond Park**

**Sun 13: Second Sunday 5 – 5mile race** at Thames H&H clubhouse

**Sun 20: Fleet Half Marathon**

**Fri 25: Maidenhead 10**

**Mon 28: River Thames Spring Half Marathon – there is a £5 discount for Stragglers, valid until December 31. Use code STRAG5.**

## Relays:

**21&22 May Stragglers Green Belt Relay**

**4&5 June Welsh Castles Relay – it would be great to have a men's and a ladies team next year.**

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# Christmas Tales

(with thanks to: [coolest-holiday-parties.com](http://coolest-holiday-parties.com))



Just before Christmas, an honest politician, a generous lawyer and Santa Claus were riding in the lift of a very posh hotel. Just before the doors opened they all noticed a £20 note lying on the floor.

Which one picked it up?

Santa of course, because the other two don't exist!

\*\*\*\*\*

The Three Wise Women

(as opposed to The Three Wise Men)

Do you know what would have happened if there had been Three Wise WOMEN instead of Three Wise MEN?

The WOMEN would have:

- Asked directions, - Arrived on time,
- Helped deliver the baby,
- Cleaned the stable,
- Made a casserole, and
- Brought practical gifts (like nappies!)

\*\*\*\*\*

At a monastery high in the mountains, the monks have a rigid vow of silence. Only at Christmas, and only by one monk, and only with one sentence, is the vow allowed to be broken.

One Christmas, Brother Thomas is allowed to speak and he says, "I like the mashed potatoes we have with the Christmas turkey!" and he sits down. Silence ensues for 365 days.

The next Christmas, Brother Michael gets his turn, and he says "I think the mashed potatoes are lumpy and I hate them!"

Once again, silence for 366 days (it's leap year). The following Christmas, Brother Paul rises and says, "I am fed up with this constant bickering!"

\*\*\*\*\*

One beautiful December evening Huan Cho and his girlfriend Jung Lee were sitting by the side of the ocean. There was a romantic full moon, and Huan Cho said, "Hey baby, let's play Weeweechu."

"Oh no, not now. Let's just look at the moon", said Jung Lee.

"Oh, c'mon baby, let's you and I play Weeweechu. I love you and it's the perfect time," Huan Cho Begged.

"But I had rather just hold your hand and watch the moon."

"Please Jung Lee, just once... play Weeweechu with me."

Jung Lee looked at Huan Chi and said, "OK, we'll play Weeweechu."

Huan Cho grabbed his guitar and they both sang...

"Weeweechu a Merry Christmas, Weeweechu a Merry Christmas,  
Weeweechu a Merry Christmas, and a Happy New Year!"

*A Merry Christmas and a  
Happy New Year to all  
Stragglers*