



TRAGMAG

Issue 299 - July 2014

www.stragglers.org

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Straggs Diary

	Date Event	Contact / Notes
Aug	3rd Harting 10 mile Trail Race	
	17th <u>Wimbledon 5km</u>	
	28th Junior Handicap	
	28th Handicap	
Sept	7th River Relay	
	20-21st Round Norfolk Relay	Contact Simon Webb, simonwebb@tiscali.co.uk
Oct	28th Coombe Hill 5	www.coombehill5.org.uk
	5th River Thames Half Marathon	www.riverthamesrunning.co.uk. £5 off for stragglers & friends using the code LOUISE5.
Nov	19th Cabbage Patch 10	http://www.cabbagepatch10.com/
	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.

This months tip...

Does more runs = better runs?

Evidence suggests not, but many runners still believe the more they run the better they get.

I have looked at research from as far back as the 1970's, and included the references, it will challenge your beliefs and hopefully make you rethink your training schedule

Running injuries seem to be a fact of life. It seems that it's not a matter of if you are going to get injured, but when you are going to get injured. Why does running produce so many injuries and what do running injuries have to do with training volume? "Law 3: Each Injury Indicates a Breakdown"

1) Noakes T (2001). The Lore of Running, 749.

"The key to comprehending an inappropriate overuse injury risk is to realise that this implies excessive tissue stress over time without adequate recovery."

2) Martin D., Coe, P (1997). Better Training for Distance Runners, 397.

The first thing to realise about injuries is that they are caused by placing repetitive stress, or loads, on the body greater than the body can handle. The second quote really sums it up well. You typically don't get injured from just one run. You get injured when the body is not allowed sufficient time to recover between runs.

"High training volumes and previous injury are two of the most important predictors of injury (Powell et al. 1986; Marti, Vader, et al 1988; Brill and Macera 1995; Van Mechelen 1992)."

3) Noakes T (2001). The Lore of Running, 751.

"When researchers at the University of South Carolina studied 583 veteran runners recently, they found that the most important predictor for injuries was total mileage. Those who ran 40 miles a week or more were more likely to get hurt. This doesn't mean you should never do more than 40 miles a week in your training...However, the research does suggest that, over the long haul, more quality miles may be the way to go...Mike Keohane, who competed in the 1992 U.S. Olympic Trials Marathon and is now a New York City-based running coach, says his ideal training week would look like this: A long run, a tempo run, and a hilly run."

4) Hanc, J. Do the Right Thing, Runners World, Volume 38, Number 11, 62-62

Note that the South Carolina study was conducted on veteran runners, not beginners or sedentary subjects. This is important because it clearly indicates the injury rate for experienced runners is similar to that observed in beginner runners.

Runners are frequently told that with proper training and time that they can safely and successfully increase their weekly mileage. This study clearly indicates otherwise.

Note that running 30 minutes 3 days/week resulted in an injury rate of 12% – 24%. Running 30 minutes 5 days/week resulted in an injury rate of 39%. Running 5 days a week for 45 minutes each time resulted in an injury rate of 54%. This study does a great job of illustrating the increasing risk of injury associated with increasing training volumes. Each increase in training volume results in an increase in rate of injury. This study didn't continue beyond 5 days of training but we can extrapolate what the injury rate would be for additional days of running.

5) Pollock ML, Gettman LR, Milesis CA, Bah MD, Durstine L, Johnson RB. Effects of frequency and duration of training on attrition and incidence of injury. *Med Sci Sports*. 1977 Spring; 9(1): 31-6.

In order to determine what training factors are associated with running-related injuries, researchers asked a random sample of entrants to a 10K race to complete a questionnaire. 47% of the of the respondents indicated they had sustained a running-related injury in the previous 2 years.

6) Jacobs SJ, Berson BL. Injuries to runners: a study of entrants to a 10,000 meter race. *Am J Sports Med*. 1986 Mar-Apr; 14(2): 151-5.

“Injured runners differed significantly from non-injured runners in that they were more likely to have run more miles per week, run more days per week, ...” The researchers also noted there was no association between running intervals, sprints, or hills and incidence of injury.

Notice that in the two previous studies, injury was related to total running volume, not speed work. Conventional wisdom holds that speed work causes injury. Research challenges that belief. What I suggest is that when already overtrained runners add in speed work, injury results. The speed work was simply the straw that broke the camel's back. The high mileage caused the runner to be overtrained. The addition of the speed work pushed the runner over the edge. Speed work could have been added without injury if the runner had not previously overtrained with too high mileage.

“A questionnaire was sent to all 960 entrants in a major city marathon race to obtain information on training related injuries. A total of 497 replies were received; of these 287 (58%) had incurred some form of injury during preparation for the race. Seventy-one of these individuals reported more than one injury. Almost all injuries affected the lower limb...”

7) Maughan RJ, Miller JD. Incidence of training-related injuries among marathon runners *Br J Sports Med*. 1983 Sep; 17(3): 162-5.

“The purpose of this study was to examine musculoskeletal injury incidence in amateur triathletes...Seventy-two recipients responded...Three-quarters (75%)

sustained triathlon-related musculoskeletal injuries during training due to overuse. A majority experienced training interruption and interference with daily functioning and sought professional help for their injuries.”

8) Wilk BR, Fisher KL, Rangelli D. The incidence of musculoskeletal injuries in an amateur triathlete racing club. *J Orthop Sports Phys Ther.* 1995 Sep; 22(3): 108-12

Compare the rates of injury in these two studies. The significant thing about the triathlon study is that triathletes typically train at higher volumes than do runners, but triathletes generally run less mileage than runners. For example, the book *Training Plans for Multisport Athletes*, prescribes a peak of 13 training hours in a week for an Olympic distance triathlon of which only 3 hours is comprised of running. For the half ironman, a peak of 15 ½ hours is prescribed consisting of just 3 ½ hours of running divided amongst 3 runs in a training week. Other studies indicate that despite running less overall volume than equally trained runners, triathletes experience leg injuries at equal or greater rates than runners. In this study and others like it, the incidence of injury was significantly higher in triathletes than runners (75 – 99% vs. 50% for runners), indicating that overall volume of training has a profound effect on injury rates.

“Using a survey questionnaire design, we investigated the incidence, site, and nature of running injuries amongst all participants of a popular 16 km race...Of 4,358 male runners, 45.8% had sustained running injuries during the 1 year study period...Occurrence of running injuries was independently associated with higher weekly mileage, history of previous running injuries, and competitive training motivation...”

9) Marti B, Vader JP, Minder CE, Abelin T. On the epidemiology of running injuries. The 1984 Bern Grand-Prix study. *Am J Sports Med.* 1988 May-Jun; 16(3): 285-94.

Researchers at the University of Amsterdam conducted a review of the available research on running injuries. Here’s what they had to say. “Given the limitations of the studies it appears that for the average recreational runner, who is steadily training and who participates in a long distance run every now and then, the overall yearly incidence rate for running injuries varies between 37 and 56%...About 50 to 75% of all running injuries appear to be overuse injuries...”

10) Van Mechelen W. Running injuries. A review of the epidemiological literature. *Sports Med.* 1992 Nov; 14(5): 320-35.

One third to one half of all runners will get injured every year and as many as 75% of those injuries are from overuse. Amazing. Remember, those injuries are related to overloading due to excessive mileage more than anything else.

Injury doesn’t occur just one step beyond optimal training. It occurs at some significant point beyond optimal training. Think of training volume as a continuum with zero training on the far left of the continuum and injury at the far right. Optimal training would be somewhere in the middle of the continuum. To reach injury you would necessarily pass beyond optimal training to reach the point of injury. Training

at a volume resulting in injury, by definition, would mean that you are training at a volume significantly higher than optimal.

Even if high mileage were the best method for improving performance, the rate of injury would ensure that most runners would not achieve their best due to injury. Realistically, the high rate of injury experienced by runners suggests something is terribly amiss in the conventional training suggestion of more = better. It is unlikely that in order to reach optimal performance the body would require a level of stress that would simultaneously result in injury and decreased performance.

Lastly, we must address the concept of “easy runs”. Easy runs are widely promoted as a method of recovering from hard training days, as a means of consolidating gains from other training sessions, as building the aerobic base, and as a way of increasing weekly mileage and hence performance. There is no evidence that easy runs accomplish any of these goals. If easy runs increased the recovery rate, we would expect to see less injury and improved performance from those runners who employ easy runs on a regular basis. That is clearly not the case, since injury is associated with mileage and not intensity. Instead, easy runs increase mileage which in turn dramatically increases the risk of injury. Easy runs won't make you fast or help you recover faster. They will, however, push up your weekly mileage and increase your chances of becoming injured.

In conclusion, research clearly indicates that high volume training is a high risk activity for the vast majority of runners. Since injury indicates that an excessive load has been placed on the body over time, it indicates that high volume training causes overtraining and injury and not the increase in performance so widely attributed to it. When injury research is combined with the research on volume and tapering, a compelling case can be made against the necessity of high volume training as a method for optimising performance.

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Junior Handicap Race 4 Results – 26th June

Name	Time	Actual	Handicap	PB
Tatenoa Dziva	16:01	11:01	05:00	
Sam Rushby	16:02	11:02	05:00	
Juliet Ricketts	17:18	09:18	08:00	
Astrid Roper	18:25	10:25	08:00	PB
James Rushby	18:30	09:00	09:30	PB
Oliver Beal	18:32	10:32	08:00	PB
Thomas Marwood	18:35	08:35	10:00	
Olivia Ricketts	18:37	08:37	10:00	
Seumus MacLeod	18:51	08:51	10:00	
Campbell McLaren	18:59	11:29	07:30	PB
Ferris Chapple	19:05	11:05	08:00	PB
Hamish Chapple	19:29	09:29	10:00	PB
Eleanor Cole	19:31	10:31	09:00	PB
Beatrice Andrews	19:33	10:03	09:30	PB
Isabelle Brand	19:35	10:35	09:00	PB
Jacob Dean	19:36	10:06	09:30	
Arthur Louw	19:37	08:37	11:00	PB
Josie Kearey	19:38	09:08	10:30	PB
Daniel Hall	19:38	11:08	08:30	PB
Edward Andrews	19:39	07:39	12:00	PB
Jonny Brook	19:40	08:10	11:30	PB
Clive Donaldson	19:40	08:40	11:00	
Tor Heron-Brett	19:40	09:10	10:30	
Ed Orrell	19:40	09:40	10:00	PB
Mohammed-Kabir Sait	19:42	07:42	12:00	PB
Matthew Beal	19:43	09:13	10:30	PB
Millie Honan	19:44	09:44	10:00	PB
Luke Maguire	19:51	08:51	11:00	
Lydia Louw	19:52	07:52	12:00	
Charlie Brook	19:55	10:55	09:00	
Una Gregory	19:56	10:26	09:30	
Oscar Luck	20:03	08:33	11:30	
Ross Morrison	20:06	10:06	10:00	
Charlie Sherain-Reed	20:07	09:07	11:00	
Ciara McLaren	20:09	11:09	09:00	
Noah Heron-Brett	20:10	09:10	11:00	
Eli McKenzie	20:11	09:11	11:00	
Ellie Sherain-Reed	20:14	13:14	07:00	
Matilda Huggett	20:19	12:49	07:30	
Lawrence Hall	20:29	09:29	11:00	
Nathaniel Bond	20:32	13:32	07:00	
Rayan Boukhalfa	23:19	13:49	09:30	

Minis Race 4 Results

<u>Name</u>	<u>Time</u>	<u>PB</u>
Antoine Lafeuille	02:37	PB
Fredrick Hutchings	02:39	PB
Afrah Sait	02:44	PB
Alfie Lafeuille	02:46	PB
Kiara Duffy	03:42	PB
Natasha Huggett	04:00	PB
Lucas Hutchings	04:45	PB

The Junior handicap is kindly sponsored by:



Minis Race 5 Results- 17th July

<u>Name</u>	<u>Time</u>	<u>PB</u>
Alfie Lafeuille	02:36	PB
Antoine Lafeuille	02:41	
Kiara Duffy	02:48	PB
Ben Rushby	02:57	
Afrah Sait	03:22	
Fredrick Hutchings	03:37	
Lucas Hutchings	04:32	PB

Juniors Race 5

Name	Time	Actual	Handicap	PB
Daniel Rushby	14:06	09:06	05:00	
James Rushby	18:52	08:52	10:00	PB
Liam Bryan	18:52	09:52	09:00	PB
Harvey Bloomer	19:20	11:50	07:30	PB
Sam Rushby	19:24	10:24	09:00	PB
Ferris Chapple	19:30	11:00	08:30	PB
Olivia Ricketts	19:41	08:11	11:30	PB
Astrid Roper	19:45	10:45	09:00	
Stan Andrews	19:46	07:46	12:00	
Clive Donaldson	19:46	08:16	11:30	PB
Oliver Beal	19:48	10:48	09:00	
Juliet Ricketts	19:49	09:19	10:30	
Hamish Chapple	19:49	09:19	10:30	PB
Luke Maguire	19:50	08:50	11:00	
Arthur Louw	19:53	08:53	11:00	
Matthew Beal	19:53	09:23	10:30	
Lydia Louw	20:00	08:00	12:00	
Edward Andrews	20:19	07:49	12:30	
Ross Morrison	20:20	10:20	10:00	
Beatrice Andrews	20:24	10:24	10:00	
Eli McKenzie	20:29	09:29	11:00	
Josie Kearey	20:33	09:33	11:00	
Jacob Dean	21:03	11:33	09:30	
Nathaniel Bond	21:47	14:47	07:00	



Junior Wedding Day Race

photos are courtesy of Peej



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insurance companies (BUPA and AXA PPP)

If you came along to the AGM on the 10th July, thank you for turning up and voting. Your participation was crucial and greatly appreciated.

I would like to take this opportunity to welcome Sarah Winter and Mary Hyde onto the committee, Sarah is our new Ladies Captain and Mary is representing Little Feet. Also congratulations to Richard Steeden who is now our Club Secretary. Also this week Mark Thomas and Peter Wedderburn have agreed to join the committee, which is great news. Mark will take on the role of Membership Secretary and Peter, Social Secretary.

So the current committee is as follows:

Treasurer – Kevin Price
 Secretary – Richard Steeden
 Club Captain – Phil Davies
 Men’s Captain – Steve Sandham
 Ladies Captain – Sarah Winter
 Communications Secretary – Roy Reeder
 Membership Secretary – Mark Thomas
 Social Secretary - Peter Wedderburn
 General committee, Little Feet – Mary Hyde
 General committee – Nigel Rothwell
 Chair – Carys Mills

Finally, I would like to take this opportunity to thank Keith Haworth, Simon Brazil, Peter Kennedy and Bert Smith who stood down at the AGM last week. They have dedicated many hours to the club over the years and their contribution has been immense, thank you all.

Carys

Will this be the end of a beautiful relationship?

In late Spring 1990, John Barrow, our former Chairman and the mentor to many of us older Stragglers, had one of his many brainwaves. Could a small club from Surrey run nearly 200 miles around the border of a county over 150 miles away. He enlisted Lynda Pile, Raf Ortega and myself to join him on a recce of part of the route.

Never having been further into East Anglia than Cambridge before, I had no idea what to expect. The journey to his “second home” in Blakeney would have seemed like an eternity if it hadn’t been punctuated by a visit for supper to the Swan at Hildenborough en route. The next day, we travelled many miles

pondering on the various logistical problems that we might face. We didn't really have a clue what those might be but we all pretended that we were adept at solving any that we might encounter. At the end of the day, we looked out over the North Sea from Holkham Beach watching the sun setting as the seals stared back at us and decided WTF, we'd have a go!

25 years later and we have only missed two events. One because of the fuel crisis in 2000 and another in 2009 when I missed the onerous application time by 11 minutes!

Although we had a full team in 2013, and many expressed the desire to return this year, we are struggling to find members willing to come along this year.

The weekend is not all about running, although you can add one of the 9 local parkruns to your tally. It is also about the social aspects of being with a number of fellow members, of mixed abilities, tackling the only continuous baton relay in the country. There will also be plenty of time to fully enjoy the scenery and nature of the North Norfolk coast and, is befitting of a Stragglers weekend away, visits to a number of hostelryes.

Yes, there are a number of long runs through the night but the majority are in daylight hours and newcomers will be given a degree of choice in selecting their stage. We start from Kings Lynn at 8:30am on Saturday, along the North Norfolk Coastal Path and minor roads before turning inland along the Suffolk border. The target is to complete the 200 mile circuit by 9:30 am Sunday, in time for a full cooked breakfast.

We have already booked luxury accommodation at White Lodge Farm Barn Cottages and the catering is provided by the best chefs in the club, Alan and Pat Short. We eat together in the Barns on Friday and again for a post race BBQ early Sunday afternoon. To fully enjoy the weekend, many of us stay on for a relaxing Sunday evening and stroll along to the village pub.

Some key info:

Dates are 19 to 21 (or 22) September.

If you are keen to enjoy a short break with fellow Stragglers to include a run along the stunning Norfolk coast, enquire more from Phil Davies, Simon Webb or Simon Brazil either on Stragglers runs or via the following email addresses

davieskut@blueyonder.co.uk

Simonwebb79@gmail.com

The Norfolk Relay's inaugural run was in 1987. More information on the weekend can be found at www.roundnorfolkrelay.org

Teams are made up of 17 runners and at present we have half that signed up. The accommodation cost is £97.

Phil Davies

Results

Bridges Race 1st June

Time	Name
17:31	Peter Dry

Near as Damn It 10k 26th June

Time	Name
51:06	Peter Dry

Crystal Palace Canter 1st July

Time	Name
24:44	Peter Dry

Woking 3 Miles 2nd July

Time	Name
27:19	Peter Dry

Elstead Marathon (5.4 miles) 4th July

Time	Name
45:05	Peter Thompson
45:20	Phil Davies
45:27	Georgina Brand 11th Lady
49:13	Nick Baxter

Richmond 10k 22nd Jun

Time	Name
0:34:41	Paul Cheetham 13th
0:37:36	Paul Bowden
0:38:24	Jonathan Smith
0:39:17	Ray Kingdon
0:39:22	Noel Hollingsworth
0:39:22	Matt Jones
0:39:42	Adam Hughes
0:39:45	Malcolm Fletcher
0:40:01	Dean Morley
0:40:19	Stefan Krueger
0:40:55	Nick Rowe
0:40:58	Gareth Pritchard
0:41:23	Mark Pattinson
0:41:27	Tom Millns
0:41:47	Danny Conyngham
0:41:33	Carl Moran
0:42:46	Jacky Balfour
0:43:13	Daniel Greenslade
0:43:44	Simon Webb
0:43:49	Tiago Ramos
0:43:58	Neil Carrington
0:44:56	David Yu
0:44:57	Timothy Hawkins
0:47:28	Paul Boca
0:48:34	Hayden Matthews
0:48:55	Brigid Hibberd
0:49:47	Peter Thompson
0:49:58	Matt Pull
0:50:52	Meredith Kendall
0:51:10	Celine Muller
0:51:22	Katrin Kroschinski
0:51:30	Georgina Brand
1:06:13	Jen Ward

*The Bastion at Hever Castle
Iron Tri - 13th July*

Time	Name
16:23:39	Peter Dry
01:37:05	Swim (3.8k)
08:37:36	Bike (180k)
05:55:58	Run (42k)

*Surrey Badger Half
13th July*

Time	Name
02:01:30	Zachary Birks
02:01:27	Paul Boca
02:12:33	Stephanie Robinson

*Elmore 7
19th July*

Time	Name
53:20	Dave Griffiths
58:42	Mark Thomas

*Surrey Slog
20th July*

Time	Name
1:38:33	Richard Baggott 12th
1:42:29	Steven Iffland
1:42:29	Donovan Duffy
1:51:27	Phil Davies
1:53:11	Sarah Vaughan
1:53:22	Ramona Thevenet

*Elmbridge 10k
20th July*

Time	Name
00:33:46	Paul Lowe
00:35:03	Paul Cheetham
00:35:43	Jonathan Ormerod
00:35:58	Graham Brook
00:37:54	Laurence Duffy
00:38:01	Paul Bowden
00:38:48	Jonathan Smith
00:38:58	Dean Morley
00:39:04	Thomas Lloyd
00:39:23	Stefan Krueger
00:39:56	Noel Hollingsworth
00:40:04	Sarah Kinsella
00:40:33	Steve Smith
00:40:38	Malcolm Fletcher
00:42:08	Andy Wingate
00:41:00	Carl Moran
00:42:57	Jacky Balfour
00:43:33	Malcolm Davies
00:45:57	Timothy Hawkins
00:48:00	Paul Boca
00:48:57	Helen Davies
00:49:20	Katrin Kroschinski
00:49:08	Brigid Hibberd
00:49:28	Zoe Riding
00:49:58	Peter Thompson
00:50:27	Georgina Brand
00:52:04	Robert Allen
00:53:57	Rachel Lonergan
00:54:33	Richard Patient
01:03:33	David Yu
01:04:34	Emma Wingate

Wedding Day 7k
25th July

Time	Name	Time	Name
00:24:07	Adam Villard	00:33:12	Hayden Matthews
00:25:05	Jonathan Ormerod	00:34:00	Helen Davies
00:26:18	Crispin Allen	00:33:44	Mike Foster
00:26:49	Jonathan Smith	00:34:28	Peter Thompson
00:27:08	Dean Morley	00:34:25	Lynton Nicholson
00:27:16	Roy Reeder	00:34:20	Verka Lafeuille
00:27:16	Sarah Kinsella	00:34:50	Julie Holmes
00:27:29	Claus Wagner	00:34:50	Georgina Brand
00:27:32	Steve Smith	00:35:00	Roger Smith
00:27:46	Malcolm Fletcher	00:35:20	Rob Allen
00:27:49	Noel Hollingsworth	00:35:44	Laura Bowden
00:27:53	Tom Haworth	00:35:50	Michaela Stewart
00:28:20	Carl Moran	00:36:20	Peter Wedderburn
00:28:39	Tom Millns	00:36:39	Joby Thomas
00:28:42	Stuart Hambling	00:33:06	David Yu
00:28:49	Mark Pattinson	00:37:28	Will Fuller
00:28:46	Robert Peacock	00:38:31	John Dixon
00:28:59	Jacky Balfour	00:39:02	Pierre Venter
00:29:02	Liz Killip	00:39:18	Liz Zass
00:29:07	Gary Van Staden	00:39:33	Jill Pegler
00:29:09	Nick Rowe	00:40:12	Dave Kelly
00:29:33	Nick Brown	00:39:57	David Hudson
00:29:57	Andy Wingate	00:40:32	Francesca Thomas
00:30:23	Simon Webb	00:41:02	Rosemarie Clancy
00:30:23	Peter Kennedy	00:41:39	Sue Bridger
00:30:28	Daniel Greenslade	00:41:50	John Root
00:30:26	Kevin Price	00:43:40	Theresa Abbott
00:30:29	Neil Carrington	00:43:58	Emma Smith
00:30:32	Malcolm Davies	00:44:08	Zoe Jeffra-Adams
00:30:50	Phil Davies	00:44:15	Jen Ward
00:31:41	Steve Potterill	00:44:37	Emma Wingate
00:31:47	David Griffiths	00:45:02	Sue Hobbs
00:32:15	Michael Holden	00:46:09	Jacqui Rich
00:32:33	Paul Boca	00:46:16	Maxine Kelly
00:32:37	Nigel Abbott	00:48:44	Tony Oakes
00:32:20	Timothy Hawkins	00:53:55	Silvia Sobral
00:33:11	Jennifer Darling	00:53:35	Jane Martin
00:33:14	Zoe Riding	01:06:56	Christine Mayo

Kingston

Ev 222 - 28/06

Freysen Maritz 17:58
Pierre Venter 25:30

Ev 226 - 19/07

Susan Olsen 31:21

Nonesuch

Ev 146 - 28/06

Stuart Thompson 23:43

Banstead

Ev 370 - 28/06

Dave Griffiths 22:47



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

Richmond

Ev 352 - 12/07

Malcolm Fletcher 20:01
Richard Steeden 27:27

Bushy Park

Ev 524 - 28/06

Zoe Alison Riding 24:13

Ev 525 - 05/07

Danny Conyngham 19:34
Nicole Pitman 27:05

Ev 526 - 12/07

Gemma Stacey 23:13
Nicole Pitman 26:57

Ev 527 - 19/07

Richard Baggott 17:54
Peter Thompson 22:16
Bianca Hollis 22:27

Congratulations to Adam Hughes (Kingston Ev 224), Paul Bowden (Kingston Ev 225) and Maddie Garner (Kingston Ev 225) for their first places. Congratulations also to Clare Graham (Bushy Park Ev 525), Paul Lowe (Bushy Park Ev 526), Sarah Winter (Bushy Park Ev 526), Freysen Maritz (Kingston Ev 223) and Joanna Watson (Kingston Ev 226) for their second places and to Dee Smale (Bushy Park Ev 524), Jonathon Ormerod (Bushy Park Ev 525), Claus Wagner (Kingston Ev 223), Nigel Rothwell (Kingston Ev 226) and Helen Nance (Kingston Ev 226) for their thirds.

Next Stragmag

The next StragMag, my final one, will be available at www.stragglers.org from Thursday August 28th 2014.

The deadline for submissions will be Thursday August 21st.
email me at stragmag@stragglers.org