



January 2016

Issue 317



Ladies Surrey League, at Reigate Priory

Ladies Surrey County team, at Denbies

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Editorial



Welcome to the first Stragmag of 2016!

There was an excellent end to 2015 – convincing victory in the mob match against 26.2, and a well-attended pub crawl, and an equally good start to 2016 – a great turn out for the New Year’s Day run and New Year party at the Hampton Hill Cricket Club.

Many Strags are well into their marathon training and the latest initiative from the club’s training group – improve your 5k – is proving popular.

The cross country season has one more set of league fixtures with our men’s team well placed for promotion. This issue has a roundup of recent XC activity for men, ladies and juniors. We’re also already turning our attention to the summer relays, with Green Belt and Welsh Castles teams already being organised.

Having completed profiles of committee members, I’m now focusing on members who make an important contribution to an aspect of club life and with Welsh Castles in mind it’s the turn of men’s team organiser Malcolm Davies.

We’ve been light on race reports recently so if you take part in something in the coming weeks and months that you think others would be interested in, please get in touch. I’m especially interested in races further afield or that readers may not have done before.

As ever if you have any comment or contribution please email Stragmag@stragglers.org.

Dave and Steve have once again helped bring you this issue – thanks to them.

Simon Webb

Cross Country Round Up

Stragglers Men's Cross Country - Oxshott Woods, Saturday 16 January

Just when we needed it the Stragglers Men pulled a tremendous result out of the bag finishing first team.

Our winning margin over Kingston and Polytechnic was 154 points. That's enough to put us in second place overall with one race to go and only 2 teams gaining promotion.

Anthony Jackson stormed into second place and with the way he was running, had the course been 50 metres longer, he could well have finished first! We had a further 3 runners in the top ten - Paul Cheetham (4th), Oliver Garner (6th) and Paul Bowden (7th). The other scorers for the Stragglers, in the following order, were: Simon Ford, Oliver Bowers, Donovan Duffy, Roy Reeder, Jonathon Davies and Richard Baggott. Spare a thought for Trevor Ford who finished 6 seconds behind Richard. Also spare a thought for Lewis Taylor who had to drop out with ankle ligament damage. The first M55 for the Stragglers was Mark Pattinson, who was 3rd M55 overall.

We had a total of 22 runners; 21 finishers all producing excellent personal performances. A few runners were unable to make it for very good reasons but we hope to have you back for the final race of the season - **Lloyd Park, 13 February, 14:00 start**. If you haven't already told the men's captain that you can make it please email him mark.pattinson@yahoo.com

The day was completed with some excellent support from Dee and Ian Smale. Not only did they turn out to support but brought a big urn of tea and lots of lovely homemade fruit cake. Just the tonic to raise the spirits of the weary! It helped add to a really good post-race atmosphere.

We have a chance of promotion but it won't happen without a bit more blood, sweat and tears. That's why we need maximum attendance for

the next race. Please put the date in your diary now and if you're a parkrunner then please be a parkrun volunteer on 13 February!

Mark Pattinson

Ladies Team

The third ladies Surrey league event took place on Saturday 16th January at Priors Park, Reigate. A good turn out from the Stragglers with 11 runners, all tackling the 7kish course, with



a mixture of frosty ground, paths, ankle deep mud and hills to contend with! Good runs from all with Sarah Winter first Straggler – 31st overall – in a time of 30:18, Dee Smale second Straggler in 32:07 and Juliet Cleghorn third Straggler in 34:04.

See you at the next and final league race in Richmond Park on **Saturday 13th February - 11.30am start**. If you haven't yet run but would like to come along, turn up on the day, or let me know - sarahlouwinter@hotmail.com

Sarah Winter

Juniors

Junior Stragglers were in action at the County XC Championships over the weekend 9th/10th of January.

Over the week preceding the competition the team lost many of its most experienced athletes through a combination of illness and injury, but

regardless the young team we had performed very creditably in tough conditions at both the Surrey and Middlesex events.

Our highest placed finisher was Poppy Jensen with 10th in the Surrey U13 girls' race. Poppy has been in great form all winter having finished in the top-3 of both Surrey League races, and recently claimed the honour of being the first Straggler girl to gain County selection when she raced for Surrey in the Southern Inter-Counties competition finishing a very commendable 46th place.

Also in the U13 Surrey field was Rosie Watts racing in a major XC event for the first time as she is only just old enough to qualify. It was a very eventful trip around Denbies for Rosie as her spikes were perhaps a little large and were repeatedly sucked from her feet in the deep mud. Eventually she decided that it simply wasn't worth the time to stop and put them back on again, and so took the very pragmatic decision that it was quicker to continue without them, and so she carried them to the finish. It was this unusual sight, and the fact that she had a big smile on her face, that led to her receiving one of the biggest cheers of the day from the spectators lining the course approaching the finish course (see photo below).



Our youngest boy was Spencer Bateman, and he too was also making his debut at this level of running. Spencer ran a very mature race to finish mid-pack, and as he's only just turned 11 remains in this category in future years when he'll be sure to contest a high finish.



Below are all the Junior Straggler results – full details on the County websites.

- **Middlesex County XC Champs - Sat 9th Jan – Wormwood Scrubs**
U13 Girls (3k): 48 finishers
15:03 15th Phoebe Fennell
16:06 32nd Tallulah Penney

- **Surrey County XC Champs - Sun 10th Jan - Denbies**
U13 Boys (2.8k): 88 finishers
12:38 48th Spencer Bateman

U13 Girls (2.8k): 77 finishers
12:29 10th Poppy Jensen
16:12 72nd Madeleine McGuigan
16:38 74th Rosie Watts

U15 Boys (4.2k): 74 finishers
16:06 19th Kieran Desmond

U17 Boys (6.1k): 36 finishers
25:18 20th Reef Boericke

The following weekend in the Surrey League our juniors had another strong performance.

Girls – Reigate Priory

Full Results: [Here](#)

U13 (49 finishers)

8 th	Poppy Jensen	14:36
19 th	Maisie Jensen	15:06
31 st	Tallulah Penney	15:56

Boys – Mitcham Common

Full Results: [Here](#)

Note: race times not yet published – this will be done soon I expect.

U13 (43 finishers)

18 th	Spencer Bateman
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U15 (28 finishers)

6 th	Kieran Desmond
9 th	Joseph Yee
18 th	Harry Horsman

U17 (17 finishers)

6 th	Reef Boericke
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Placed 4th place team in combined U15/U17 category

Jim Desmond



Green Belt Relay: Key Info for 2016

The Green Belt Relay returns this May over the weekend of 21st and 22nd, and this year it's the 20th anniversary event!



If you have run in the GBR before you don't need me to tell you what a great running experience it is. If you haven't yet done it, it is definitely one for your bucket list and I can't recommend it enough having been involved for the last 5 years. The easiest way to discover GBR is to have a look on the event [website](#). But let me give you a Green Belt Relay for beginner's quick overview.

It's a team relay race around London on country paths and lanes, roughly following the route of the M25. In total it's around 220 miles with 22 legs of an average 10 miles in length. Each team has 11 runners who run two legs each over the weekend, one on Saturday and one on Sunday. Although legs vary in both distance and difficulty most runners will do about 20 miles in total.

You do not have to be a fast runner to compete, but you will need to be fit and able to run two consecutive 10 milers or thereabouts over a weekend. If you have been in training and completed a marathon or half marathon recently you will be fine. But don't underestimate the

challenge. This is a proper running weekend and you will need to be up to it!

From a club perspective, this is a Stragglers event and although other clubs are being encouraged to be more involved, the key organisers are from our club. Peter Kennedy is the Race Organiser, and although he now lives in Ascot and is not regularly at club evenings he is still very much involved with the Stragglers. If you came to the recent New Year's party, Peter was the guy doing the Disco! So we need to get out there and support the event!

Our plan for 2016 is to put 3 teams together. This will probably be a men's team, a ladies team and a mixed team. We will put our quicker runners in the men's and ladies, but the mixed team will be more social.

We are really keen to make this one work in 2016 so please check out the website and contact me if you are interested in taking part. You will see some amazing countryside around London, meet lots of people and celebrate a lot of adventures over a single weekend in May. And run two great routes in one of Britain's top relays.

The cost of entry is about £25 per person, on top of which there will be some transport costs, which we keep to a minimum through car sharing. Some runners stay overnight in Essex but it's all optional. I usually drive to the finish on Saturday, back to Kingston and out again on Sunday. The logistics of dropping off and picking up runners are pretty interesting too.

The Stragglers committee is totally behind this one and anyone signing up will have our full support. If you would like to be part of a team please contact [Peter Wedderburn](#).

Helpers, marshals etc will also be very welcome, so let me know also if you are interested in a role.

Peter Wedderburn



Welsh Castles Relay

4th & 5th June 2016



Calling all Stragglers!

Having raved on elsewhere in this Stragmag about the pleasures of running in a relay team, now is your chance to experience it for yourself. The Stragglers, this year will be fielding 2 teams at the hugely popular Welsh Castles relay event to be held over the 4th and 5th of June, and we still have a few places left.

The two teams will be a men's/open team and an all ladies team. We'll be competing against 64 other teams drawn from across the UK and being able to field two teams in this event really is an enormous privilege for the club.

So you would like to run with us, but what's involved?

You will take part as one of a team of twenty, covering on your leg between 8 and 13 miles, which will either be on the Saturday or Sunday and generally on road. The legs vary from the flat, to the quite hilly! And when you sign up we will match you to a stage you are happy with! There is generally no route finding to worry about, and as a

‘staggered relay’ event, we guarantee that you will be setting off with 64 other runners including your fellow Straggler so it’s very sociable.

We generally travel up to Wales on Friday afternoon/evening and return Sunday afternoon and stay in Wales 2 nights (although other variations are possible). The accommodation is booked for you, and we match people up so that you can car share and share petrol costs.

So why do it?

There are probably as many reasons, as there are runners. The chance to be part of a much bigger team and group event is very rewarding and the buzz and camaraderie of competing as a club. The brilliant scenery and journey you will complete over the 2 days are other highlights. For some it is being able to shout encouragement/abuse (as you wish!) to your team mates whilst passing them on the road to the next stage. As a team you will have collectively run 200 miles over the 2 days, and have run the length of Wales in the process, quite an achievement! More than anything though, it’s huge fun!

Want to know more? Or to put your name down

For the Ladies team: [Helen Davies](#)

For the Men's/Open team: [Malcolm Davies](#)

Malcolm and Helen Davies



Stragglers Profile: Malcolm Davies

In 2016 the Men's team at Welsh Castles will be led by Malcolm Davies as captain.

He and Helen did an excellent job herding runners through the all be it much shorter distance of River Relay last September.

So with the Welsh Castles team filling fast it's an ideal time to get to know a bit more about Malcolm.



How long have you been in the Stragglers and how did you hear about us?

I think it is maybe 5/6 years (Dates are not my strong point!). I had run a couple of times with the club in my 20's (I do recall the 'Two Brewers' and in particular a mop haired Nigel Rothwell knocking back several pints as the usual post training recovery on a Thursday) but it took me another 20 years to start turning up regularly! I remember when I first joined, Simon Brazil and Peter Wedderburn being particularly welcoming, the latter probably because he was short on a Green Belt Relay runner, but I haven't looked back since!

How long have you been running and what made you choose running as a sport?

Really I would say I only got into running in my 40's and the reason for running is that find it is a quicker way of getting around and beating the traffic!

Do you have a favourite race or distance?

Probably anything up to a half marathon (but I would particularly mention Parkrun as a huge enhancement to running), Overall though I like any Straggler team event (see below)

What do you consider your greatest running achievement and do you have any unfulfilled ambitions?

Getting below 20 mins for a 5K last year was the equivalent of the Roger Bannister 4 Minute Mile for me! Plenty of unfulfilled ambitions including running a decent Marathon and having an injury free build up!

What is it that appeals to you about relay events and why should people join a Stragglers team in one?

I recently saw a quote from Christopher McDougall, New York Times columnist and barefoot running advocate who said 'The reason we race isn't so much to beat each other...but to be with each other'.

Running by definition is an individual sport, so being a member of a club like the Stragglers is great but running in a team event takes it to a whole new level, particularly the camaraderie that goes with it.

I also really like the 'journey' element of a relay, be that getting across Wales in a weekend on the Welsh Castles Relay, running around Norfolk at 3AM or (going back to the traffic example) beating the average speed on the M25 (even at my pace!) whilst taking part in the Green Belt Relay.

When not running or at the Stragglers you are mostly...?

At Fulham Football Club (I've been a season ticket holder for around 20 years now); it is good watching other people run around sometimes!

Personal bests:

19:36 5k, 42:21 10k, 71:31 10 miles, 96:35 half marathon all recorded in 2015!

My marathon time of 3:54 was recorded in 2011, so room for improvement there in the future!



And You Thought an Ultra Marathon was a Big Challenge?

Nigel Rothwell reflects on the past 12 months

Many of you will already know why 2015 wasn't a good year for me but for those that don't; here is the short version of the story. At the beginning of the year I was a budding Ultra runner in training for my 1st 100 mile race, the Thames Path 100 in May. Then towards the end of the month, just after completing the Country to Capital 45 mile Ultra (see last January's Stragmag for report) I developed a stomach ache



and within a week I was admitted to Kingston Hospital and diagnosed with locally advanced inoperable pancreatic cancer!

On top of this a couple of weeks later I was back in hospital with a gallbladder infection and soon after that was also diagnosed with type 1 diabetes. This meant I would have to inject insulin to control my blood sugar.

As you can imagine all this came as a massive shock but I resolved that as far as possible I would be open about the illness and try and carry on as normal and that included carrying on with my running. Initially I found it a bit of a struggle to get running again, I had lost around a stone and a half while I was ill and was feeling very weak. Being involved with Kingston parkrun helped and I tentatively got back into running.

My next challenge was coping with Chemotherapy which I started in early April. Chemo involved going into hospital for a day every 2 weeks, having several toxic drugs pumped into me and then going home connected to a portable pump which pumped another drug into me over 48 hours: I had 12 rounds of this. I felt fairly bad straight after each session, feeling pretty nauseous for a couple of days after so I effectively had 1 week of feeling bad and another of feeling better.

Initially I was quite lucky with side effects from the chemo. The main one that affected me initially was peripheral neuropathy which caused pins and needles in my hands if they got cold and caused my throat to constrict if I breathed cold air in, so I had to run in gloves and with my face covered up. I also had unpredictable periods of extreme fatigue so I would never know how I was going to feel.

As the Chemo went on I started to get a cumulative effect as the drugs built up in my system and the side effects got worse, culminating about half way through with a serious bout of sickness and diarrhea which put me back in hospital being intravenously re-hydrated.

Running wise I was ticking over doing parkruns and the odd short run during the week when I felt up to it. I decided I needed a boost to get me running again so got a charity place in the Brighton marathon running for Pancreatic Cancer UK. This meant that I had to start running longer - ironically it wasn't the cancer that held me back from going longer but the diabetes as I was very apprehensive about how my body and blood sugar was going to react. I managed to build my running up again with lots of blood testing to see whether I was taking in enough carbs to refuel and balance it with insulin doses. It can be complicated as you can have a delayed reaction with blood sugar crashing up to 24hrs after exercise!

The effects of the chemo had got worse so they had reduced my dose. The good thing was although the effects were bad, I had started to get really sick afterwards, they had got more predictable so I could plan around them better. Another problem I had and still have is the neuropathy, I am no longer sensitive to the cold but the pins and needles and loss of feeling in my hands and feet has become permanent which can be quite debilitating at times although I am getting sort of used to it.

I was getting more confident with my running, enough to enter the Royal Borough of Kingston 10 mile race at the beginning of October, clocking just under 1:13 which I was pleased with. One adaptation I have had to make because of the diabetes is having to take in energy drinks or gels every half hour of running. Before I wouldn't have bothered with anything in a race under 20 miles. By this time I had finished my chemo and I had been referred for Radiotherapy.

The consultant said that the chemo hadn't shrunk the tumour but the tumour markers in my blood tests had fallen from 43,500 down to 92. Surgery wasn't an option but they were going to hit it with radical chemo radiotherapy, which would involve having to take a chemo drug in tablet form and going to the Royal Marsden in Sutton every weekday for 6 weeks. There I was to be zapped with high doses of precisely targeted radiation with the aim of completely killing the tumour.

Just before the radiotherapy started at the end of October I ran the Worksop Halloween Half, I struggled a bit in the last couple of miles but was pleased with getting in just under 1:40, although it was my slowest ever half. I was hoping to build upon the half with my training but unfortunately I went down with a bad cold and a week later I tripped over on the way to parkrun, broke my big toe and smacked my head on the pavement, which put me out for another 3 weeks!

In some ways the radiotherapy was worse than the chemo as it made me very tired, I didn't feel as bad as on the chemo but I never got a break from it so I didn't get much running done. I did however, once my toe had healed sufficiently, manage to cycle the 9 miles to the hospital and back every day much to the amazement of everyone I told.

I finished radiotherapy a week before Christmas and got back into the running again and between Christmas and new year I had a rush of blood to the head and entered the Thames Meander Triple Crown, 3 marathons in March, August and November and the Guernsey Ultra, a 37mile race around Guernsey in May! At the last count I am up to 17 miles in training so everything is heading in the right direction and I have a scan in March to get the verdict on the radio therapy. If all goes well the plan is to get back to the stage where I can run the Thames path 100 in 2017, so watch this space!

If you want to find out more about pancreatic cancer then visit Pancreatic Cancer UK at

www.pancreaticcancer.org.uk

And if you want to sponsor me for the Brighton Marathon you can do so on my Just Giving page at

<https://www.justgiving.com/Nigel-Rothwell2/>

Nigel Rothwell

The importance of winter hydration

Many athletes are surprised to learn that the rate of water loss does not change just because the temperature drops. This is because water loss is determined by numerous factors, including fitness level, pace and acclimatization, not just ambient temperature. I actually find that athletes are just as likely to become dehydrated during winter workouts, leading to cramping, fatigue and poor performance, even a stroke.

As you move about in the cold, you may not be sweating, but water vapour is still being lost through your breath (that's the steam you see streaming from your mouth in frigid temperatures.)

Winter can also accelerate dehydration because we have a survival mechanism that constricts blood vessels in cold weather, to conserve heat and maintain body temperature. Blood vessels shrinking increases blood pressure. To lower the pressure, your kidneys make more urine, meaning less blood to fill veins and arteries, more frequent trips to the bathroom and greater risk of dehydration.

When dehydrated, you can also become more susceptible to winter colds and flu.

As you know, being thirsty is a signal that your body is already on its way to becoming dehydrated. Another indication that you should be hitting your water bottle more heavily is urine that is not clear or light-coloured.

One rule of thumb is to aim to **drink half of your body weight (lbs) in fluid ounces** – that means 140 pound woman should aim to drink 70 ounces of water per day.

Balance out diuretics with water. Caffeine and alcohol are diuretics (they cause more water loss through urine) so when having either, have extra water to balance the dehydrating effect. Try drinking decaffeinated coffee or tea as well.

Water-based foods count! Fruits and vegetables are a natural source of water, along with valuable vitamins and minerals. Soups too, of course!

Drink before, during and after exercise. This is harder because when it's cold outside you may not sweat much or feel too thirsty. But it's necessary!

Helen Westerby-Cox



WALK – Going The Distance!

An e-book and paperback by Richard McChesney

After almost 30 years as a runner and triathlete ongoing injury problems forced me to cut back on my running in 2012, but instead of ‘retiring’ I took up race-walking.

Not content with simply replacing my running with fast walking I increased my race distances and by the end of 2013 I had completed my first 24 hour race, and in 2014 I completed another two races of 100 miles or longer.

So with limited ultra-distance race-walking experience I announced on the 1st of January 2015 that I was going to break four national long-distance race-walking records during 2015 ranging in distance from 100 miles up to the greatest distance walked in 48 hours.

WALK – Going The Distance! is my personal account of the races I competed in during 2015 including the Thames Path 100 mile race from Richmond to Oxford along the Thames Path, and the Grand Union Canal Race (145 miles from Birmingham to London). These were both running races in which I was the only walker.

And then there were three race-walking events in France that ranged between 24 hours and 72 hours.

Along the way I struggled with sickness and injury, walked a marathon PB, and completed my 100th different parkrun (not mentioned in the book).



If you would like to read something a little different, and perhaps be inspired to try some fast walking yourself, you can find my book by searching for '*WALK – Going The Distance!*' on Amazon or visiting my [website](#). The paperback version is £4.99 and the kindle edition is just £0.99.

And if you email me via the 'contact' form on my website I will donate £1.00 to Stragglers for each paperback copy you buy.

“From the Grand Union Canal Race: since early Sunday morning I had been hallucinating regularly. Everywhere I looked I had been seeing people which then turned out to be trees, rubbish bins, all sorts of objects, but not people. And with two or three hours to go I saw Gollum from 'Lord of the Rings' swimming in the canal under a bridge.

“By this stage I was struggling to walk in a straight line and I am surprised I didn't end up in the canal swimming with Gollum. Regularly I would catch myself as I lurched to the side instead of in the forwards direction that I was aiming for. My legs were so tired that I also found myself stopping on an increasingly regular basis. I would lean against anything that could support me for a quick rest.

“The final stretch from checkpoint 10 to the finish was just 12 miles but it took forever. I was down to just over 2 miles an hour (having started on Saturday morning at just under 5 miles an hour) and I was ready to quit. I had never felt this way before. I didn't want to quit because I was in pain. In fact I was long past that pain stage. I was just so tired. I rationalised in my mind that I had done what I set out to do. I had walked from Birmingham to London. I had seen the Grand Union Canal. I didn't need a medal to prove it. All I really needed to do was call my wife and ask her to meet me at that bridge up ahead, and then I could sit in the car and have a sleep.”

“From the Thames Path 100 mile race:

I absolutely loved the night section and powered through the course. It took me 5 ½ hours to cover the next 20 miles through to Checkpoint 9 at Streatley and during that time I passed 54 runners! That's one every 6 minutes!

In fact I passed some runners twice because after leaving checkpoint 12 I went the wrong way and ended up in a graveyard at 2am, losing about 12 minutes in total.

“I would have got lost many more times throughout the race but whenever I was about to go the wrong way I would hear someone behind me call out, and I did the same a couple times when I saw runners in front of me about to go the wrong way. At one stage I was under a bridge and I asked the runner next to me which way he thought we should go. Before he could answer a "voice from above" called out "up here", and we headed up the stairs onto the bridge that crossed the river.”

Richard McChesney (A Straggler since 2008)



Portsmouth Coastal 50k Ultra Marathon. 20th December 2015

Some might ask: "Why?" Carrying a foot injury from the trail marathon two weeks ago is hardly a cure to then run 50k.

But wait a minute let me refer you to my running bible, 'The Complete Runner's handbook,' which I've had as a reference book for 15yrs and no one has created a better manual for the runner.

"Ball of foot pain. Sesamoiditis, pain under the head of the first metatarsal, pain under the second, third and fourth metatarsal heads is bone bruising. Neuroma, a burning or numbing sensation occurs under the second and third and fourth metatarsals. This is caused by inflammation of the nerve.

Causes. Overtraining, too much speed on hills, running too high on the toes. Shoes too inflexible.

Treatment. Correct causes above, ice after running, anti inflammatories. Rest a few days if running form is affected, pad around the bruise, no speed or hills until recovered, cortisone injections and surgery as a last resort if neuroma."

So at 0500hrs on the Sunday morning I got ready and set off for Portsmouth having spent the week deciding what best to wear, what best to pack for breakfast and what best to carry on the run for nutrient, first aid and refreshment. Needless to say that carrying gels, chia charge bars and isotonic drink can be thwarted by the aid stations having an array of sweets, chocolate, cakes, biscuits and coca cola. I sometimes wish I was stronger willed when I arrive at an aid station, but I'm like a kid with pocket money in a sweet shop. I end up finishing with most of the stuff I took still in pockets or back pack. It is a safety net though. I got caught out once and found the trail marathon aid stations only supplied gels and water and I had nothing with me and I hadn't had breakfast. 26.2 miles on gels and water was tough going.

I arrived in good time and ate my muesli, yoghurt and fruit. I took some prescribed anti inflammatories and headed for registration. Here

I picked up my number, 87, and the timing chip. I went back to the car and made a final decision on shoes and top.

The course is flat but multi terrain including road, footpath, tow path, shingle, mud and muddy puddles, sand dunes and a pebble beach. I opted for my Hoka road shoes as I needed to protect my foot injury. The only time I would have to be very careful was the muddy sections. I also chose a long sleeved top as opposed to a vest as it was 11 degrees c but a bit breezy off the Solent.

We set off at 0830hrs amid a small gathering of supporters who generously clapped us as we passed the start line. Around 300 started with 282 finishing the grueling task that lay ahead. Path and road led us down to a tow path at around 3 miles onto shingle then mud fields. Sea walls were clambered over, some youthful balancing let runners pound along the wall as if running on a high wire. I chose to clamber back onto the mud and shingle, feet firmly on the ground!

The hardest part was passing the marathon turning point to take on the 5mile loop for the ultra before coming back to the 13.1 mile point. This consisted of about 1.5 miles of pebbled beach and the rest sand dunes. Very hard surfaces to run on. I felt good and although we had been hit with rain and sleet a couple of times the wind had remained a breeze. That changed at about mile 20 as the wind picked up off the Solent and blasted us sometimes sideways, sometimes head on. Sod's law we never had it behind us.

It was around mile 23 that I started to get some foot pain and my mind started to concentrate on this and every step became a thought process. How shall I land, side, flat or heel? I decided to walk up a slight rise. I stretched out my calf muscles and eased back into a run. This worked to a degree as I tried my best not to think about it and just get on with the running. My speed up to this point had been a constant, between 8 and 9 minute miles. I knew I had slowed and checking my Garmin saw that I was dropping out to 10 minute miles with the occasional 11 minute mile registering.

The last two miles were quite possibly the hardest running achieved to date. With a headwind that could blow hats away, a foot that had started to swell and ache and a watch that had about 22 mins showing until 5hrs. It led me to push hard. I was so determined to complete a

sub 5 now. I never thought when I started I'd be in this position, but now I was going for it.

I'm sure the headwind stopped my pace from coming back under the 10mins per mile but when I crossed the line and realised I had just made a sub 5 by a couple of minutes I was elated!! The first time I cramped was when I sat in the car to put ice packs on my toe. Calf muscles locked up. People must have thought the cry of pain was a heart attack as they rushed over to see if I was ok. "Yes, sorry, it's cramp!!"

I walked around and stretched before driving home.

Muddled and worn out I sank into an ice bath for twenty minutes to help the muscles recover. As the hot water came flooding in and took over the cold it became clear I was ready to relax!!

Peter Colwill





**Kingston
Physiotherapy**

Clinics at:

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

31 Old London Road Kingston KT2 6ND

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

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

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Cabbage Patch 4 Results

73 people took part in the annual Stragglers organised Cabbage Patch 4 mile race on Boxing Day.

Cabbage Patch 4 - Boxing Day RESULTS SHEET				
Position	Time	Name	Club	Category
1	23.47	Simon Gardiner	Unattached	SM
2	24.12	Kieran Desmond	Stragglers	JM
3	24.32	Jim Desmond	Stragglers	V40
4	24.37	Tom Haworth	Stragglers	SM
5	24.47	Nathan Cook	Unattached	SM
6	24.59	Liz Killip	Stragglers	FV45
7	25.32	Ted Fraser	Thames Turbo	V50
8	25.39	Kevin Best	Stragglers	V60
9	26.15	Lydia Louw	Hillingdon	JW
10	27.24	Fraser Wigley	Stragglers	V50
11	27.29	Laura Gardiner	Unattached	SW
12	27.35	Amalie Hunton	Ranelagh	SW
13	27.42	Kevin Price	Stragglers	V50
14	27.48	Ben Limmer	St. Mary's	JM
15	27.57	Chris Hunton	Ranelagh	V50
16	28.09	Arthur Louw	Unattached	JM
17	28.10	Phil Davies	Stragglers	V50
18	28.11	Peter Colwill	Stragglers	V50
19	28.29	Isaac Cook	Unattached	SM
20	28.32	Emma Gray	Stragglers	FV45
21	28.46	Andy Wingate	Stragglers	SM
22	29.07	Andrew Ronksley	Stragglers	V50
23	29.08	Carys Mills	Stragglers	FV45
24	29.35	Lynton Nicholson	Stragglers	V60
25	29.36	Richard Corr	Unattached	SM
26	30.56	George Hobday	Pembroke Lodgers	SM
27	31.17	Andrew Hobday	Pembroke Lodgers	V60
28	31.58	Ray Cockle	Stragglers	V60
29	31.59	Vince Howley	Stragglers	V50
30	32.06	Peter Wedderburn	Stragglers	V60
31	32.54	Alistair Goddin	Unattached	SM
32	33.16	Stephen Penpraze	Stragglers	V40
33	33.35	Julie Garner	Stragglers	FV45

34	33.48	Kirsty Bangham	Ranelagh	FV35
35	33.58	Mirella Genziani	Stragglers	FV35
36	34.11	Janet Robinson	Stragglers	FV45
37	34.53	Martha Robb	Unattached	FV45
38	34.56	Mike Mabin	Stragglers	V60
39	35.12	Simon Lane	Stragglers	V50
40	35.21	Mike Tivnen	Stragglers	V60
41	35.24	Rod Hewson	Watford Joggers	V60
42	35.25	Liz Zass	Stragglers	FV65
43	35.35	Jamie Muir	Unattached	SM
44	35.38	Burt Kidwell	Stragglers	V60
45	36.11	Danka Wigley	Stragglers	V45
46	36.47	Helen Brett	Stragglers	FV55
47	36.55	Noel Kelly	Unattached	V50
48	37.09	Ella Muir	Unattached	SW
49	37.13	Lynda Chase	Stragglers	FV55
50	37.13	Chrissie Glew	Stragglers	FV55
51	37:31	Rachel Goddin	Unattached	FV35
52	37.57	Helene Hill	Stragglers	FV55
53	38.16	Brian O'Reilly	Unattached	V40
54	38.33	Paul Martingell	Ranelagh	V60
55	38.55	Mandy Astill	Stragglers	FV45
56	39.06	Joe Papworth	Unattached	SM
57	40.04	Allison Leach	Unattached	SW
58	40.05	Geoffrey Leach	Stragglers	V50
59	40.42	Ben Dickinson	Unattached	JM
60	40.43	jonathon Dickinson	Unattached	V50
61	41.07	Julie Papworth	Stragglers	FV45
62	41.08	Emma Wingate	Stragglers	SW
63	41.09	Emma Dickinson	Unattached	SW
64	41.10	Carol Dickinson	Stragglers	FV45
65	41.13	Jackie Cook	Unattached	FV55
66	42.48	Nigel Coombes	Ranelagh	V40
67	42.49	Caitlin Limmer	Bearcats	FV35
68	43.13	Melanie Miller	Stragglers	FV35
69	43.22	Franz Werndle	Stragglers	V60
70	45.47	Angel Thompson	Unattached	JW
71	45.53	Lily Ann Thompson	Unattached	JW
72	45.54	Caroline Thompson	Stragglers	FV35
73	51.44	Karen Lewis	Bearcats	FV35

Cross Country or Nordic Skiing in Germany: February 21st



I intend to organize/initiate for the Stragglers to travel to a cross country or Nordic Skiing ski event - not the famous 90 km Wasa run in Sweden in March, but only a 36km run in the Sauerland Mountain area in the former British Occupation Area of Germany, in the federal state of Northrhine-Westphalia, south of Dortmund. This event has taken place for 30 years, but only every 2nd year when there is enough snow. If the event is cancelled, the registration fee (EUR 30 only and for children only EUR 10), will be refunded.

Travel should be done by car, but if someone wants to fly, there are flights, sometimes for below £100 return from Luton to Dortmund with Easyjet. And if you travel there by car, you come as close as 1/2 km to the Dortmund Airport on the motorway. Thus it's no problem to pick up anyone who doesn't want to travel 8 - 10 hours (including the time on the Ferry).

The race takes place mainly at 700 - 800 metres above sea level, and goes up and downhill. Participants should be able to ski downhill (at least the so called "snowplough"). Participants who do not have Nordic skis, sticks and shoes can rent them there, and I can also offer 2 pairs. I

plan to go there with my car and can take 3 more participants. I have a roof box for skis and sticks. The homepage for the event is unfortunately only in German, despite that this is an international event. The links for accommodation lead to pages in German and Dutch, as most foreigners come from Holland. I'll be happy to help with translations.

The link: www.skiloap.de

Skiloap is local slang and means Skirun or Skirace; in High German Skilauf.

The male participants needed last year 2 - 4 hours and 1 participant 5 hours. The Ladies approx 30 minutes more. I assess, if someone prepares for a 20 km or half marathon, she or he is fit enough for this event.

B+B and Gasthoeffe (local pubs with rooms) and also Hotels are cheap: B+B (Pension) take between EUR 18 (= £12) and EUR 37 per Person and night in a double room including breakfast. Gasthof/Gasthoeffe take EUR 24 - 45 and only 1 of them EUR 75. They usually also offer dinner and lunch. Food is much cheaper than in London, good and much. Local Beer is the best in Germany (at least according to my taste). Hotels costs EUR 31-99.

I assume petrol (my car takes 5-6 litre Diesel per 100km) would be approx £25 per person, petrol and Diesel are also cheap due to the strong pound, and the ferry today (Dover - Dunkirk - takes 2 hours and better than Dover - Calais, you save 30 km driving) costs £91, so approx per person if 4 in a car GBP 23 - GBP 25. So travel by car GBP 45 - 50 per person if 4 in a car.

I advise to travel there on Friday, use the Saturday to rent Skis (if required) and get them waxed and train a little bit and the Monday is needed to travel back. The race starts at 9 a.m. on the Sunday, thus ends between 11 a.m. and 2 p.m., thus it is to late too drive home same day.

On the home page on the left you can see the race course ("Streckenverlauf"), general advice ("Allgemeine Hinweise"- in German), Ergebnisse = results and Unterkunft = accommodation. Due to global warming and the risk of not having enough snow, I would only

book + register 1 week before. But those who are interested should prepare and meet perhaps 2 or 3 weeks before. Currently it is snowing and snow predicted for nearly all of the next 7 days. The start of the season was, as you know, bad after 1 advent: the snow was melting everywhere except the highest regions of the Alps.

If interested contact hcibis56@gmail.com

Hubert Cibis



Stragglers and Richmond Bridge Boat Club Team Up for Joint Race

And now for something completely different



Have you ever considered rowing? Or maybe you are a rower? Or perhaps you once hired a rowing boat on a Sunday afternoon in Battersea Park?

Whatever and even if none of the above are true, we are sure you will want to take part in this fabulous summer initiative between Richmond Bridge Boat Club and the Stragglers.

Brainchild of Tash Parry, who has a foot in both camps so to speak, the idea is to set up a race event in which competitors are required to both run and row. The boats are traditional wooden skiffs and pretty stable I believe. Should be a doddle for Stragglers to get the hang of them.

No real detail as yet other than we will aim for a summer date when the water is warm and the sun is shining. I am meeting up with Tash in early March to work out more of a plan. In the meantime if anyone would like to get involved and possibly help with the organization, please let me know.

peter.wedderburn@gmail.com

Peter Wedderburn



Future Races

There is one remaining Surrey League cross country fixture. Your captains Mark and Sarah would be pleased to hear from you if you're able to represent the club in this.

February:

**Sat 13: Surrey League XC4: Ladies Richmond Park 11:30 am, men
Lloyd Park 2 pm**

Sun 14: Punchbowl – 21 or 30 miles

Sun 14: Valentine's 10k – organized by 26.2

Sun 14: Harrow Hill 10k

Sun 21: Hampton Court Half Marathon - The discount code for Stragglers members is: [SHCH16](#). Simply fill in the race entry form as normal (www.hamptoncourthalf.com) and add 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

Sun 28: Dash for the Splash – Wimbledon Common

March

Sat 5: Dysart Cup/Ellis Trophy – Richmond Park

Sun 13: Second Sunday 5 – Thames Hare and Hounds Clubhouse

Sun 20: Fleet Half Marathon

Fri 25: Maidenhead 10

Mon 28: River Thames Spring Half Marathon

April:

Sun 3: Paddock Wood Half Marathon

Sun 10: Second Sunday 5 – T H and H

Sun 17: Fuller's Towpath 10

May:

Sun 1: Richmond Half Marathon

Sun 15: Staines 10k

Relays:

Green Belt Relay: May 21st & 22nd

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

