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Issue 319



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Editorial

A quick note to remind those who are taking on London Marathon that we'd like to include you in a list of Stragglers who'll be out on the road, so the rest of us know who we should be looking out for.

It's optional of course, but we'd like to be able to give our support on the day.

If you could email either Stragmag@stragglers.org or simonwebb79@gmail.com by Thursday April 14th to let me know, and also give me a time prediction should you be willing to commit to one.

Additionally we're thinking of including photos, especially important if you're a newer member or less regular on club nights. Again this is optional but, if you have a photo, do let us have one.

April 14th is the deadline for other items too. This is early so that the next Stragmag can be out before London Marathon day.

Thanks to all contributors and to Dave and Steve for assisting with this issue.



Simon Webb

Stragmag@stragglers.org





Membership Renewal

It's that time of year once again, where your membership of the Stragglers and England Athletics (should you have this) is up for renewal.

Renewing, or joining for the first time, is a quick and easy process and can be done either by post or online.

Membership Forms and online payments can be found [here](#)

Costs this year are:

- Full adult membership with EA affiliation: £23
- Junior (11-17) with EA affiliation: £15

If you decide not to join England Athletics deduct £13 from the cost.

- Children under 11: £2
- Dogs: £1

(Neither of these can join England Athletics).

EA membership provides insurance for runners and gives typically a £2 discount on most races so provides good value across the year. If you wish to represent the Stragglers throughout the year in events like Green Belt, Welsh Castles and the cross country season you need to be an England Athletics member.

Benefits of joining the Stragglers

- In addition to EA discounts on races there are reduced entry fees available for local races including Harry Hawks 10, the River Thames Half Marathon (March and October) and the Hampton Court Half (February).
- Discounts at Up and Running, Moores Cycles, Runners' Needs and Sweatshop;
- Discounts at a number of local physios – see website, stragmail and Stragmag for the current offers;

- Reduced gym membership at the Hawker Centre including entry to free classes;
- Entry into 8 cross country races a season;
- Opportunity to enter the draw for one of the club's London Marathon places;
- Opportunity to participate in the club 10k and AGM;
- Chance to join us in one of our team relay weekends – GBR, Welsh, River etc.
- All members receive Stragmail, our regular e-newsletter.

Membership runs from April 1st to March 31st. Further information and to pay is at www.stragglers.org



Men's Captain Vacancy

A vacancy has arisen for the Stragglers' Men's Captain. A suitable volunteer is required; you do not need to be male or even a competitor. You just need to be enthusiastic and to organise the Stragglers men's teams in various running events - primarily in the Surrey League Cross Country. You will not be required to organise teams for the Green Belt, Welsh Castles, Round Norfolk or River relays (although you could also volunteer for those if desired!) A full hand over will be provided.

If you are interested, please email mark.pattinson@yahoo.com or speak to any committee member.



Spring Marathon Party

Our post spring marathon party is on the evening of Sunday 24 April

This is a great opportunity for all of the Stragglers who have run Brighton, Manchester, London or any other spring marathon to get together and relive their races. It's also open to everyone else and a great opportunity to catch up on epic race tales. As this is the day of the London Marathon it's all very fresh and a great evening. I haven't yet fixed the venue but will advise very soon so look out for the announcement.

We will lay on free food and it will be a local pub. Details follow very soon and we will get it up on the website.

Peter Wedderburn



2016 Club Road Championships



Now the clocks have gone forward the focus shifts to summer races.

Here's the list of races which will make up the **2016 Stragglers Summer Road Championships**, with some new additions this year.

- 1) **Sun May 1st: Ranelagh Half Marathon** – limited places, if not already full
- 2) **Sun May 8th: Sutton 10k**
- 3) **Sat June 11th: Mob Match with Ranelagh at Crane Park parkrun**
- 4) **Sun June 19th: Richmond 10k**
- 5) **Sun June 26th: Harry Hawks 10** – read on for an entry discount code
- 6) **Thurs June 30th: Stragglers Club 10k**
- 7) **Sat July 16th: Elmore 7 (miles)**
- 8) **Sun July 24th: Elmbridge 10k**
- 9) **Fri July 29th: Wedding Day 7k (Bushy Park)**
- 10) **Sun August 7th: Wimbledon 5k**

Your best 4 performances across all the summer are taken into consideration for prizes, so it's not essential to take part in each event.

The Harry Hawks is a new addition to the Road Championships, and there is a club discount code you can use if you plan to enter.

Peter says “The Harry Hawkes 10 is a famous local summer race organised by Peter Wedderburn through KBC Special Events. For 2016 it is included in The Stragglers Road Championships. There are bound to be plenty of Stragglers taking part on race day, Sunday June 26th. If you would like to run enter at www.harryhawkes10.com and use the code **STRHH16** to get a £5 discount. Please note it’s 10 miles not 10k. If you don’t want to run, marshals are very welcome!”



Running with Cancer Update – Thames Meander Marathon

2016 started off well as I managed to do the New Year’s Day triple of the Richmond and Kingston parkrun double plus the Stragglers New Year’s Day lap of Richmond Park. I did cycle between them this year instead of running. I was hoping to get back into some form of full training but I was still quite fatigued after the radiotherapy and with all the good intentions in the world I ended up being just too tired when I got home from work to get out training in the evenings. Cycling to and from work helped keep my general fitness up though. As a result of this I ended up cramming marathon training into weekends by running the 2 miles down to Kingston parkrun, doing the parkrun then a longer 5 mile run home through Richmond Park giving me 10 miles on a Saturday morning and then a long run on Sunday.

In February I went out to stay with my friend in Guernsey. Partly just to get away for a bit and also so I could do some reccing for the

Guernsey Ultra I had booked for May. I managed to get some good runs in whilst I was out there and also some good walking along the cliffs that I would encounter along the start of the race. Some of these runs and walks were made all the more interesting and challenging by Storm Imogen sweeping into the island for some of the time I was out there making it difficult to stand at times, let alone run or walk!

I got back from Guernsey just before Valentines weekend and I started to feel a bit unwell and although I didn't know it at the time this was a sign of things to come! The following weekend on 21st February Peter Wedderburn had offered me a place in his Hampton Court Half Marathon and although I was still a bit under the weather I decided to take it up as I wanted to do my usual long run anyway. I thought I might as well do the race and get some bling for it.

On race day I got a lift from Pam who was volunteering on the race. It was a bit chilly as we lined up for the start when we got the dreaded news that there was a problem with the park and ride and that they were going to delay the start by 15minutes! Fortunately the wait wasn't too bad and as the race got under way I set off at a reasonably good pace and was fairly confident of not getting too bad a time. The weather turned out to be OK for racing; I even thought that I was wearing a bit too much as I got uncomfortably warm and sweaty.

As the race progressed I realised that my pace was slipping and my hoped for around a 1:40 finish was fading fast but I was hopeful of finishing in under 1:50. I eventually finished in 1:47 - my slowest ever half marathon but ok for what was essentially a glorified training run. Soon after the race I started to feel really bad and ended up going and sitting in Pam's car until she'd finished her volunteering and gave me a lift home where I just crashed out for the rest of the day.

My next race scheduled was the 1st race in the Thames Meander Marathon Triple Crown on 12th March, which would also be my return to marathon running after being diagnosed. I was very apprehensive as I was experiencing some increasingly uncomfortable abdominal

problems culminating in spending 4hrs in A&E in the early hours of the Wednesday morning before the race. They said that they couldn't find anything major and it was probably just a bit of post radiotherapy colitis.

Despite this I decided to go for the marathon anyway as I would probably regret not doing it more than trying and failing, I could make sure my fuelling strategy was compatible with the diabetes for the Brighton Marathon and as it was a local one it wouldn't be too much of a problem if I did have to pull out. Luckily on race day I didn't feel too bad, just the usual pre-marathon nerves. I lined up on the start at the Hawker Centre with fellow Stragglers, Peter Colwill and Neil Carrington and set off at quite a conservative pace in perfect running conditions down to Canbury Gardens where we would turn round and head up back past the Hawker Centre, along the Thames path almost to Putney Bridge where we would turn around again and follow the same route back to the finish. I continued at a conservative pace, treating it as I would an ultra, stopping at the aid stations and eventually made it to the turn round just on 2hrs, about what I expected.

On the way back at about 15 miles I got running and chatting with a lady called Apryl and ended up spending the next 5 miles pouring out my cancer story to her which helped to pass the time. It was a momentous race for her as it was her 50th marathon, marking her as an official wannabe into the 100 marathon club. Just before coming into Richmond I started to slow a bit and waved Apryl on. Just after this I had to fight my way through the rugby crowds outside the White Cross by Richmond bridge, this broke my rhythm and the lack of training I had was starting to kick in so I had to walk for a bit. I continued to alternate walking with the ultramarathon shuffle for the rest of the race and eventually crossed the finish line in an official time of 4:26:11, my slowest ever marathon time by a long way but really pleased to finish and now know I can at least do the distance without collapsing!

The following Tuesday I had the follow up appointment from my radiotherapy and got the unfortunate news that the tumour had not

responded to the radiotherapy and I had had a relapse. The tumour had started growing again and had broken out of the pancreas and was irritating my Intestines! This explained the abdominal discomfort I had been having! The radiotherapy consultant said that it was now unfortunately treatable but not curable so she was referring me back to my original consultant for more chemotherapy. She said that as I had responded well to the previous chemo, I was still very fit (both the consultant and the specialist nurse were amazed when I said that I had run a marathon!) and positive the chemo would get the tumour back under control and keep it in check.

The good news is that I have now seen my original consultant and I will be starting my next chemo after the Brighton Marathon so all being good I will be towing the line on 17th April and am even more determined to raise as much money as possible for Pancreatic Cancer UK. Thanks to the generosity of many people so far I am now up to just over £2000 in sponsorship but I would like to get his even higher.

Please visit my Just giving page at www.justgiving.com/nigel-rothwell2 or see me at the club on a Thursday and donate if you can, thank you.

Nigel Rothwell



Green Belt Relay - 21/22 May

The [Green Belt Relay](#) is by far the biggest event organized by

The Stragglers RC, if not in terms of runner numbers, certainly scale, complexity and legendary status!



A very important event for the club and the running club community, with busier roads and increasing legal and safety

issues, it can only exist with the help of some serious marshalling support on the 220 mile route around London.

The Stragglers are planning to field two teams, and we have most of the places filled, but **if you would like to take part please let me know**, I need a minimum of 3 and ideally half a dozen more runners, as we usually find we have late drop outs due to injury etc.

In terms of marshalling, I would like volunteers to do either short periods at local points up to those prepared to spend a day or weekend driving around the country environment of the capital to operate at multiple points. This is important for the race and it is very enjoyable. You see some great places and meet interesting people along the way. Of course the runners love you!

Big effort required so step up to the plate as runner or marshal over the weekend of May 21-22. Contact peter.wedderburn@gmail.com.

Peter Wedderburn

Judgement Day! 27/02/2016

Obstacle course race over 12k and 100 obstacles.

Having completed a 50 mile Ultra on the 6th Feb, I missed the opportunity to train and compete in the Tough Guy event this year. So, instead, I decided to enter *Judgement Day*.

Set on acres of MOD land in Bordon, Hampshire, it was very easy to access from the M3 Motorway and our arrival at 7.30am allowed us to purchase breakfast, register and prepare in good time for a 9.0am start.

It was cold, approx 4c rising to 6c at the start. An easterly gust kept the chill factor around freezing so I had layered up with two tops and leggings plus hat and gloves.

This was the first wave and had around 250 of the eventual 652 finishers. There was far less mud than I had envisaged, instead it was very sandy.



Plenty of water which had us wading rather than running certainly hampered a speedy start and kept the feet cold whilst the rest of me was warming up nicely.

Some of the first man-made obstacles to face were mainly wooden walls, crawler nets and climbing frames.

My friend, Tom, was always on hand to throw me up and over the walls!!

The first obstacle I failed to complete was a rope climb. I've done these before with no problem but I just couldn't get to grips with the technique required to climb to the top. Reaching about half way I failed to get my foot round to secure the hold and slid back to the bottom. 10 burpees and move on!!

Next was the rope crawl. 20ft up then slide out onto a rope and traverse along to the other side. Underneath a nice pond full of cold water.

Slowly, but surely, I moved gingerly along. I felt a slight breeze which seemed to set the rope swinging side to side. All of a sudden, not a metre from the end, I swung over in a split second, lost my grip and remained hanging by one hand. The marshal shouted “pull yourself back up”! I dropped into the icy water.

I made the rope swing and then crashed out on a log jump which left me flat on my back after a 6ft drop to the floor. I winced; dazed for a few seconds and surrounded by people thinking I was injured I shook myself, stood up and started running again. Needless to say that within hours of finishing I started to hurt and by Sunday my back had become very sore and bruised.

My favourite obstacle had to be the large lake. Grab a 25kg sand bag, chuck it on your back and start wading through water to the other side. It’s about 60ft wide with areas where you went neck deep and others where you were waist and knee deep. It went on for 3 crossings each way until you could drop the bag and move on to the next challenge. This caught many people out and left a few unable to continue.

The obstacles included tire pulls, log carries, weight pulling and lots more wall climbs.

It was the obstacle near the finish which again caught me out. The rings. Swing from one to the other in and it goes easily. I’ve done it before, but could not get it right here. Maybe I was cold or tired but after 3 attempts I took 10 burpees and moved on to the final obstacle. This wall was about a foot higher than all the others and still Tom threw me over!!!

Over forest and hilly, sandy terrain, the 12k course was fun to run and offered some cracking obstacles. It makes an ideal event to break up the running races and offers the opportunity to meet new people and



have a good laugh. There is always a competitive spirit amongst all and i managed to finish 222/652 in 1.43.59 hrs. In the 55-59 yrs age cat. I was 3rd!!!!

Peter Colwill



Straggler Profile: Emma Gray – Structured Training Group Coach

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

I have been a member of Stragglers twice. First time round was when I was 18 and I had recently moved down from Yorkshire and wanted to meet some people. I had been doing a little bit of running - I heard about the Stragglers and liked the name – I thought it would suit me! It was short lived though, as I then discovered the motorbike club which met at the Cabbage Patch pub on a Thursday evening, which became more appealing to me at that stage of my life.

I then came back to running at 35 when I had been reluctantly persuaded to go and watch the London Marathon by a friend. Well that was it, I came home buzzing and determined that I wanted to lose weight, get fit and do a marathon. So that Thursday night I turned up at the Hawker Centre and did a 5 mile run. Well, it almost killed me. I'd only run about 2 miles a couple of times on my own prior to that. I was as red as a beetroot and my whole body was buzzing, I thought I was going to explode, but that was it – I was hooked and I have never looked back.



Do you have a favourite race or distance?

My favourite distances were 10 miles and half marathon, but my body isn't quite so keen on such long runs now, and so it's quite a while since I did a race of that length, but I am happy just doing 5 and 10k's now. Strangely though my favourite race was the London marathon in 2009 (my fifth and last marathon). This was an amazing experience for me, but it wasn't just the race itself. It was the whole build-up. Some of you will remember Ian Doyle who moved away. Well he coached me for this event and it just so happened that several other Stragglers of about the same speed as me also hopped on and followed the training program. So the training on Sunday's and Thursday evenings were fantastic, as we were all doing the same sessions and really feeding off each other and supporting one another. We were all aiming for a sub 3:30 marathon. The support from all the Stragglers around the course was fantastic and at 20 miles I was struggling but I was looking forward to seeing my daughter, Katie and all the others at the Little Feet point at 25 miles. That thought just kept me going for 5 miles. I'll never forget it when I ran passed the LF point and they were all shouting out my name and clapping and cheering me on. It was such a lovely moment. As I approached the finish line, I spotted, most of my training partners. We'd all run very different races, but managed to all get under the 3:30 we were aiming for. I was on a high for at least a week after that. I am very grateful to Ian Doyle for the coaching and the wonderful, unforgettable experience.

What do you consider your greatest running achievement?

Most definitely the Cabbage Patch 10 in 2006. Duncan coached me for this race and the night before I was worrying about what pace I should run as I wanted to do sub 73 mins which would have been a PB. He just said to me "run without a watch and just run how you feel. You've done the training, you can't do any more". So I did exactly that (well, sort of – I did wear a watch but I didn't look at it until I went over the finish line). I set off, I felt great, the weather was perfect and I just thought "this is my day". Running round the course was truly amazing with all the Straggler marshals cheering you on at every corner which was a real motivator. Then, can you imagine my excitement when I went over the line and looked at my watch and it showed 69:58. Wow. I was over the moon. I had no idea I could run that fast. No doubt many Stragglers remember that day as I told the whole

world, I was so happy! The lesson I learnt from this experience was not to be ruled by the watch.

What do you feel is important about having a structured training group in the club and how do you feel it is benefiting individuals and the club in general?

For all the time that I have been a club member there has been structured training in the sense that there are organised runs on Thursday night, Sunday mornings with Phil, Little Feet Mondays, Tuesday night speedwork and runs and sessions from Giggs Hill Green. The major change is that the club now has a number of qualified or partly qualified coaches and these coaches are offering their time, experience and expertise through the Structured Training Group (STG).

The first main input from those coaches was to offer a half marathon training programme which led up to Peter Wedderburn's Hampton Court Half Marathon in 2015. A number of new members joined the group and several existing members joined too. The coaches were able to explain and demonstrate important warming up techniques with a sequence of stretches at the start as well as demonstrating important strengthening/injury preventing exercises at the end. Different aspects of improving fitness were covered from gradually increasing one's mileage to a variety of speed sessions and tempo runs. The enthusiasm from the group was encouraging.

We then went on to do a programme for the Richmond 10k. There was a great atmosphere at most sessions, many improved significantly and we finished it all off with a social at the Wych Elm pub which was extremely well attended and there was a great buzz. It was the epitome of what I feel a running club should offer to both novices and its existing members.

Through the STG our coaches can offer training guidance and organisation for the benefit of ALL its members.

And when not at the Stragglers I can be found doing quite a bit of cycling in preparation for some sort of road or mountain biking holiday. Although I have been put off mountain biking since Duncan broke his

shoulder and several ribs last year in Morzine. It doesn't seem to have put him off though!!



Surrey Spitfire 20 - 13th March 2016

Who fancies doing a double loop around the aerodrome at Dunsfold?

Well I certainly did as I decided to enter this event as part of my marathon training. I am taking part in my second ever 26.2 miler - this time in Brighton on 17th April



alongside a group of Bushy parkrun pals. The Spitfire 20 involves two laps (or if you fancy just one you can do the Tempest 10) which start and finish at the Top Gear test track. It was even included in the top 12 UK best events voted for by Women's Running magazine readers, which I am an avid reader of. Will I be casting my vote for it though? Read on to find out!

An early alarm on a Sunday morning usually means time to get up for a long run! Despite the sensible race start time of 9.30, there was vital time to account for such as: travel to Cranleigh, parking, number pick up, loo queues and just general pre-race prep which also includes the all-important before photo to allow time for. Wisely, I had arranged a lift with the Wingates as I hadn't a clue where the test drive track for the popular TV program was and it also meant that I could devour my

porridge in the back seat without having to gulp it down before setting off. Preparation is key!



Running with friends is much more fun! Andy, Hayden, Katrin, Stefan, Liz, Julie (Me), Emma & Brigid.

We arrived with ample time to spare and there was loads of parking spaces available at the end of the runway, which was in close vicinity to the start/finish area. The feeling of being in the middle of an airfield certainly hit you though as you got out of the warmth of the car, it was a rather chilly March morning and I was already regretting not wearing my long running tights, but as I kept saying ‘at least it’s dry!’ Thankfully, we didn’t have to queue to collect our race packs or for the line-up of the plentiful portaloos. Meanwhile as the abundance of runners and supporters were arriving and spilling out of their vehicles, we sheltered back in the warmth of the car to finish getting race ready.



Brigid and I discuss nutrition before the race! Mine included a honey sandwich.

As everyone assembled near the start, you could overhear the conversations, especially as this race strictly determines 'no headphones'. Runners were wishing each other good luck, sharing personal goals or worrying about injury niggles. These also included the fact that the year before it was pouring down, which no doubt could have drowned out any enthusiasm for the 20 miles that lay ahead! Luckily for us it was a different scenario as despite the chill factor at the start, you could feel that the sun was yearning to appear, which it eventually did in all its glory, but not to heat us to the extreme.

The weather was well and truly on our side as we set off for our first two miles of the winding tarmac as the expanse of runners spread out and settled into their pace before heading out onto the country lanes of Surrey. The overhanging of the trees along the route offered much needed and welcome shade as it got progressively warm as the morning passed and the sweat perspired during the miles.

The course itself was pleasant, following a scenic route around Godalming and Dunsfold, passing charming countryside cottages, a couple of welcoming pubs and endless fields of farmlands. It was somewhat challenging in places, undulating with the occasional short, sharp hill, which seemed to go forever and obviously have to be repeated on the second lap! One of the marshals even warned us of the upcoming hill after one of the downward slopes. Needless to say, as I approached it second time around, I remarked to her 'You don't need to tell me, I know what's coming!' The course was incredibly well marshalled, signposted with mile markers, which I found were a bit out by my Garmin (and other reviewers) and there were several water stations along the route with a wealth of willing hands holding out cups of cold water, packs of gels or even tubs of sweets.

All of it was run on concrete, whether path, road or runway! The runners behind were considerate to others shouting 'car' to those ahead and the few road junctions were managed with attentive marshals. Thankfully I didn't hear anyone shout 'plane' or 'the Stig!'

For my part, I had the route set out in my mind as 4 sets of 5 miles and I distracted myself along the way with the beautiful views, admirable abodes and the conversations of the groups of runners around me, some of which I joined in on and some I found rather annoying! A good reason to try and run faster to get away!

As I approached the halfway mark of ten miles back in the aerodrome, I was given a welcome cheer by speedy runner Katrin (fellow Bushy parkrunner) who had completed the Tempest option. I knew I had to do it all again but personally I felt good and positive and set off for my second lap around the airfield. It was slightly harder at this stage as on the first lap there were lots of runners whereas this time they were sporadic. The expanse of the airfield appeared to be a never ending road ahead but once again I found myself running alongside a man whom I had seen earlier around the country lanes. I felt it was a bit like a game of playing cat and mouse as we passed each other a few times, but after listening to some negative comments from him, I knew that this time I had to make my escape! So at the 13mile marker, this mouse made a run for the cheese and got away and finished way ahead of the cat! Meeooow!

Personally, I felt very excited to be taking part in this 20 miler as it's a popular and well known race for any Spring marathon runner and I love to try out events that are new to me. I must admit though when I first entered, the thought of running all those miles with no headphones seemed impossible. On the other hand, it is amazing what you can do when you are amongst friends and other like-minded people, as at the end of the day, no matter how fast or slow, we all have one thing in common which is running! What a truly brilliant way though to complete a long training run. I was 486th of 587 finishers, enjoyed some super support along the way and got an impressive medal for doing so which beats running solo with just an ipod for company. I was thrilled with my chip time of 3:21:25 (even though my Garmin stated that the course was slightly under so I carried on for another minute to top it up to 20miles!) With the finish in sight back in the airfield, it was uplifting to get cheers and support from my fellow Bushy crew who are all much faster than me. Being a slower runner has its benefits!

Meanwhile, as the runners were heading home on one side of the track, the learner scooters and motorbike riders were steering their way on the other side!

Marathon training milestone done!



Brigid, Iggy, Hayden, Liz (Kent Roadrunner), Me, Emma, Andy, supporter Mo and Zoe.

Completing this event gave me the assurance to tackle the marathon miles and my legs felt really strong at the end. I could also walk quite comfortably the next day which is a good sign! If I can run as well as this on 17th April and feel as good afterwards, I will be one

very happy marathon runner! Wish me luck!

As for my overall opinion of the Spitfire 20, I would definitely rate it and recommend it, especially for marathon training. It's a bargain too and raises much needed money for First Touch Neonatal Charity based at St George's Hospital. Why not try it for yourself next year if you don't believe me?! Happy running!

Julie Papworth



How to Snack Successfully

During phases of intense training, in terms either of higher intensity or higher mileage, your energy requirements will be increased to facilitate higher energy expenditure.



As well as fuelling the additional exercise, the muscle adaptations which are desired in response to training can only occur if there is sufficient energy for anabolism.

To get the most out of your training sessions it is key to fuel your body adequately pre-session and provide appropriate substrates to fuel recovery post workout – this will mean incorporating snacks into your eating patterns as it's difficult to meet energy needs with three meals alone. Additionally, you can help to optimise training and recovery by eating around your training. To achieve this within a busy schedule you may need to plan ahead and take suitable snacks with you.

Individual tolerance will vary but ideally a carbohydrate based snack should be taken 60-90 minutes before a training session. This should be low in fat and easily digestible to minimise the possibility of gastro discomfort, and portable to make it easy. Choosing a suitable option can be trial and error but suitable examples include whole grain toast, porridge (the snack pots that just need hot water are great), fruit and yogurt, sandwich (wholegrain bread with low fat filling), malt loaf, fruit bun, oat based cereal bar etc.

Equally if you're running first thing in the morning, you could try to have a supper time snack (porridge, crumpets, granary toast) to minimise the depletion of energy stores which happens with an overnight fast.

Post run recovery nutrition is particularly important when training on consecutive days or with multiple sessions on a given day. There is a window of up to 90 minutes post exercise when glucose is taken into the cells most efficiently. Therefore a carbohydrate and protein based snack or meal should be taken in this time frame to replenish the energy stores most efficiently ready for your next session. If it will be some time before you get home and are ready to eat then an extra snack containing protein and carbohydrate (ideally quick releasing carbohydrate) should be considered for immediately after training. Something like a milkshake drink, tuna sandwich, banana and rice cakes, dried fruit and nuts etc.

It's important to consider your diet as well as training miles, a little planning will help to get the most out of your miles and give you the results you're aiming for!

If you're interested in gaining more detailed nutrition advice email a.swancott@btinternet.com

Abbie Swancott



The River Relay

A bit in the distance, but one to put in your diaries. Straggs always support this one en masse with loads of teams entering and race support along the course. The relay takes place on **September 4th** and is just over a full marathon in total distance, but split into 5 legs. Anyone interested in putting together teams, or who would like to help with the race organisation, please contact peter.wedderburn@gmail.com

Peter Wedderburn

Future Races

April

- Sun 3: Paddock Wood Half Marathon
- Sun 10: Second Sunday 5 – T H and H
- Sun 17: Fuller's Towpath 10
- Thu 21: Stragglers/Ranelagh Junior Handicap – hosted by Stragglers

May

- Sun 1: Richmond Half Marathon
- Sun 8: Sutton 10k
- Sun 8: Ealing Eagles 10k
- Sun 15: Staines 10k
- Thu 19: Stragglers/Ranelagh Junior Handicap – hosted by Ranelagh
- Sat 21-Sun 22: Green Belt Relay
- Thu 26: Stragglers monthly handicap

June

- Sat-Sun 4-5: Welsh Castles Relay
- Sun 5: Dorking 10
- Thu 9: Stragglers/Ranelagh Junior Handicap – hosted by Stragglers
- Sat 11: Mob match v Ranelagh at Crane Park parkrun
- Sun 19: Richmond 10k
- Thu 23: Stragglers/Ranelagh Junior Handicap – hosted by Stragglers
- Sun 26: Harry Hawks 10
- Thu 30: Club 10k

