



*June 2016*

*Issue 322*



*Welsh Castles Relay*



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## *Editorial*

After nearly two years of assisting me with Stragmag, Steve Sandham is illustrating his final issue.



Many people have told me how good they believe the mag has looked with the variety of images Steve adds to the text and his contribution has definitely given something extra to the reader experience.

A hard act to follow, but I'm sure amongst our multi-skilled membership there is someone who would be able to join Dave Griffiths and I in producing the Stragmag each month.

How things have worked up to now is, I assemble the text from writers, decide the order and edit any items which require this. Dave then proof reads (my screenreader and my grasp of grammar and punctuation cannot be entirely trusted); before Steve then adds in any photos I've been sent, adds additional ones he feels will complement the words, arranges the text and selects the fonts/colours to add impact. He then loads it on the Stragglers website.

Usually this either happens over a weekend or, if articles are delayed in reaching me, early in the week. If anyone is willing to help we will work out a timeline that suits us.

If you feel you can help please either speak to me in person, or email either [simonwebb79@gmail.com](mailto:simonwebb79@gmail.com) or [Stragmag@stragglers.org](mailto:Stragmag@stragglers.org).

Thank you Steve for all your work on Stragmag, and also thanks to those who have contributed to this issue.

Keep an eye on Straggler social media for the deadline for the next issue.



*Simon Webb*

# *Stragglers News*

The **Stragglers AGM** will be held on Thursday 7 July at 9pm at the Hawker Centre.

**Beating Bushy Bounds**, our famous pub crawl and run around the edge of Bushy Park, returns on Friday 15 July. We meet at the Swan in Hampton



Wick – just next to Kingston Bridge for a 7:30pm leave, where upon we run around Bushy Park, stopping at a number of pubs as we go. The final stop will be the Lion in Hampton Wick.



**The Wedding Day 7k** takes place on Friday 29 July. Simon Brazil is once again co-ordinating marshals so please let him know if you can help.

**A correction** from the May issue, where it was wrongly listed that Rothwell Relay would take place on Thursday July 4 – a date that doesn't actually exist. It actually is scheduled for Thurs 4 August.



# *Stragglers Welsh Castles Relay*

4<sup>th</sup> & 5<sup>th</sup> June 2016

*Captain's Race Report*



*'Alone we can do so little, together we can do so much'*  
(Helen Keller)

Never has a quote been more apt for any team tackling the Welsh Castles Relay race. For Helen and myself taking on our third Welsh Castles Relay and first as team captains this particularly resonated. Whilst as men's captain I had a relatively easy lead up, only losing a few men to injury, the ladies team seemed more like an especially gory episode of *'Casualty'*, with broken arms and toes thrown into the mix in the final few weeks. We did wonder if we had overreached ourselves by attempting to field two teams of twenty men and twenty ladies.

It's not easy finding substitutes when you are talking about a race covering 207 miles with 13,000 feet of climb over two days, usually in blazing heat (and yes passing quite a few castles on the way). So it was a massive relief to be leaving Kingston on the Friday afternoon knowing that we actually had forty fit

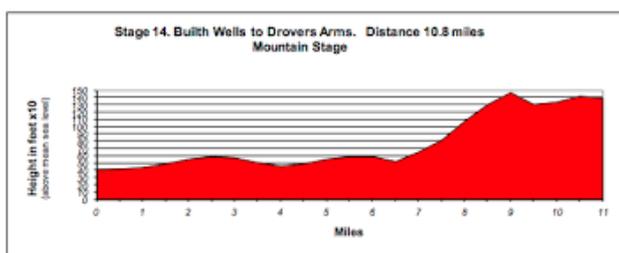


stragglers, all heading in the same direction, all focussed on one objective - getting the 'baton' from Caernarfon to Cardiff in any way we could.

## History of the race

The Welsh Castles Relay is the oldest of the long distance relay races taken part in by The Stragglers, having been founded in 1982 a few years before Greenbelt and Round Norfolk Relay races. For those of you interested in such things, the early years of the race was run as a true baton relay, including right through the night. What it would be like waiting for the baton to come in at 3am at the top of the Brecon Beacons is anyone's guess!

Nowadays the race is slightly less hard-core in the sense that, as a staggered relay race, you at least have the comfort of starting during the daytime and having 64 other runners with you (at least at the



start of your stage!). The twenty stages vary from 7.7 miles through to the full half marathon and vary from the gently undulating to ridiculously hilly 'mountain' stages. The only thing making it a bit easier

is that the entire route is either on roads or well-surfaced paths with no navigation required!

The challenge however for us was to field forty runners who were happy to give up their weekend, drive a significant distance and run a stage which is never easy and could be bloody difficult. Throw into the mix the level of competition which is several notches higher than the Greenbelt Relay; the 65 teams comprise some of the best English-based clubs, particularly from the Northwest, plus the best that the Welsh can throw at us, and after all they are used to running those hills! So how did we get on?

## Race result

The winning club Salford Harriers AC completed the whole course in 20 hours and 25 minutes (this is at an average of 5:54 minute mile pace so we can't see how this is humanly possible! Or maybe they weren't in the bar like we were the previous nights!). The Stragglers

therefore couldn't quite compete with this result, with the men finishing in 26 hours and 39 minutes (40th place overall) and the ladies taking just over two hours longer.

As always this type of team result disguises some truly remarkable and gallant performances right through both the men's and ladies teams, actually given how hot it was every performance was heroic. Both Helen and I picked out some of our personal highlights.

## Men



For the men in terms of great performances I would pick out Trevor Ford on the first stage of day two from Newtown who had a great tussle with Claire Bond. Richard Baggott's ninth place on the Brecon Beacon stage was particularly impressive given the air temperature having just about reached boiling point by Sunday afternoon. Tiago Ramos being crazy enough to tackle the Drovers route again having done it the previous year is worthy of mention.

Going into the weekend we had several runners carrying or nursing injuries. During the race people also picked up problems, Fraser suffering particularly from stomach cramps and Gareth pulling his hamstring 1km into an uphill half marathon, and carrying on!!!

As men's captain, my personal highlight was exercising my captain's prerogative on stage 19, by shouting at Simon Brazil on the start line of his stage 'to get to the front'! I feel vindicated here as he came in 10<sup>th</sup>, our second highest finisher behind Richard and Roy on their stages.

Finally, the award for the best 'playing to the crowd' of the whole weekend goes to Kevin Price as he powered into Cardiff!

## Ladies

There were many highlights including two stage winners, Maddie Garner making her debut at the event and Claire Bond winning the Queen of the mountain stage 11, beating her own personal best and the Stragglers' ladies stage record in the process and running Trevor Ford pretty close. The other Stragglers' stage record to go to the ladies was Brecon Beacons claimed by Sarah Winter. Ramona also came agonisingly close to getting a Stragglers' ladies stage record on her leg 15.



Again there were loads of heroes in the ladies team and particular mention must be made of Dee Smale, Fran Clarke, Cathy Davies, Sarah Winter and Brigid Hibberd for being 'volunteered' for mountain stages and Jacky Sinclair for taking on the next most difficult stage! Over the five mountain stages, the ladies were fifth out of nine teams; impressive for a team of vets. Also worthy of mention was the fact that fifty percent of the team were newcomers to the event.

Finally, it was apt for Carys Mills as our club chair to bring home 'the baton' in Cardiff; and finished looking seriously hot in the afternoon sun!

A special mention to Liz Souness, who overcame French fuel shortages and industrial action, booking three flights to make sure she was on the start line!! This is certainly team commitment.

To finish, a massive thank you from both of us to everyone that ran and supported, and a very big thanks to Alan Mawdsley without whom this event would not happen.

See [Stragglers results](#)

See [Stragglers Photos](#)



Read more about the [Welsh Castles Relay](#)

*Malcolm & Helen Davies*



## *Volunteers Required to Help at the Prudential Ride London 100 (PRL100) Feeding Hub at Hampton Court - 31 July 2016*

The Stragglers have been asked to provide 25 personnel to man the feeding hub at Hampton Court for this year's PRL100 which takes place on 31 July 2016. You will be required to report for duty at approximately 06:00 hrs (TBC) and you will be stood down at 13:00 hrs.

- Duties will include:
- Setting up the food tables with drinks, gels, fig rolls, bananas etc.
- Filling drinking urns with water and mixing in hydration powder.
- Distributing food and drink to riders.
- Giving assistance with directions to toilets, mechanics, relay race changeover points, first aid etc.
- Breaking down the set-up at the end of the morning.

If we can muster 25 people the Club will be given £500 and 5 guaranteed places for next year's PRL100. The volunteers at the Hub will be given the first option to take one of the places, which will be allocated on the same basis as the London Marathon places that the Club receives. The volunteers do not need to be Stragglers; they could be family members, neighbours, friends or enemies. However, to be eligible for a PRL100 place they will then need to be a paid up member.

This is a great opportunity to volunteer for a worthwhile cause; helping to raise money for the Club and getting close to the PRL100

action. Individually you will be rewarded with a PRL100 Volunteer T shirt, a Volunteer Pass and lanyard, free food and drink during the day and that feel-good factor for the next 364 days!

If you would like to volunteer please pass your name and email address to Mark Thomas [markthomas1959@gmail.com](mailto:markthomas1959@gmail.com)

*Mark Pattinson*



## *Continental Centurions Race*

In race-walking, a Centurion is someone who walks 100 miles in less than 24 hours in an official qualifying race. Centurionism (if that is a word) is recognised in seven different countries – the UK, Holland, USA, Australia, New Zealand, Malaysia and most recently South Africa which will have its first qualifying race in October of this year. The first time that an athlete completes 100 miles in under 24 hours in a country they are given a unique centurion number. My numbers are C19 in New Zealand and C1131 in the UK – meaning that I was the 19<sup>th</sup> person to complete the feat in NZ and the 1,131<sup>st</sup> to do it in the UK.



1,131 might sound like a high number but it is significantly less than the 1,600+ people who have swam the English Channel and the 4,000+ people who have climbed Mount Everest. It is also marginally less than the number of people who have played rugby for the All Blacks. Other than Malaysia, which no longer has a regular qualifying race, each country stages a race on

an annual basis and mid-May 83 race-walkers competed in Schiedam, Holland to qualify as Continental Centurions.

There were a mixture of experienced centurion race-walkers (including the legendary Sandra Brown who is one of only two people to have qualified as a centurion in all six countries and has completed over 170 races of 100 miles or further!) and relative novices who were attempting to become a Centurion for the first time. I was the only New Zealand competitor. There were three Australians plus half a dozen from the UK and 12 from the Isle of Man. The rest of the field comprised mainly of Dutch race-walkers with a few from other parts of Europe.



Over the last few years I have got to the stage where I sleep really well the night before a race. I don't know what it was this time though, but I had been struggling to sleep all week and the Friday night was no exception. During the week the daytime temperature had increased from mid-teens to mid 20's and I had put my problems getting to sleep down to the warmer night time temperature but I suspect it was more the pre-race nerves/excitement. I eventually got to sleep though and woke up the

following morning to find that race day was much cooler than the last few days with a forecast 7 to 12 degrees, with cloud and showers throughout the weekend.

The Schiedam course was a 3.936km (almost 2.5 mile) circuit set within Prinses Beatrix Park. The first lap was slightly shorter so that we would finish the 100 mile race in front of the official timers; and for the last 30 minutes of the 24 hour race we would go on to a much shorter 991 meter circuit. It was set amongst the trees which provided shelter (from the sun, the wind, and the rain at different

times during the race) for over a half of each lap and was almost dead flat other than a few small bridges crossing over streams.

The only problem I had with the course was that there were no 'out and back' sections which meant there wasn't any opportunity to see any other competitors other than when lapping them, or being lapped, or occasionally when going past the supporters' tent village at the end of each lap where you would occasionally see another walker sitting down for a rest or being attended to by their support team. I enjoyed the course and found that the distance per lap was almost perfect as it gave me the opportunity to get food and drink every 30 minutes throughout the whole race.



My intention was to start off at a pace of 7 minutes, 30 seconds per kilometre (8 km / 5 miles per hour) and hold that through daylight hours and as long as I could through the night. I was able to start off

at close to my target pace but I didn't feel 100% comfortable and couldn't believe how fast some of the other competitors were walking. According to the results, after lap 1 (which I completed at a 7:36 pace) I was in 37<sup>th</sup> place and by the end of lap 3 I was in 38<sup>th</sup> place and averaging 7:38/km.

From the 4<sup>th</sup> lap onwards I started to feel better, my pace started to improve marginally, and for the next 22 ½ hours I slowly picked my way through the field. My plan of walking a good pace during daylight hours was working and I was consistently lapping the circuit with times ranging from my fastest lap of the day (lap 7) in 29:28 through to 30:56 (with two laps in the mid 31 minutes).

I passed 50 miles almost bang on target at 10 hours and 19 minutes, and in 17<sup>th</sup> place, but then the wheels fell off. A 33 ½ minute lap was followed by a 35 ½ minute lap. And then a 34 minute lap

followed by a 32 minute lap. What was happening? I couldn't work it out. I was feeling fine physically and had been eating well throughout the race to date – mainly eating fruit but also some biscuits, and drinking water with the occasional cup of orange cordial.

I had to do something or my goal of going under 21 hours for 100 miles and more than 182.648km (the current New Zealand Record) for 24 hours would not happen. I had already gone through the stage of telling myself that missing the records would be OK as I have another 100 mile race scheduled for August, but I don't have another 24 hour race scheduled for 2016.

During training, and also long races when I am walking alone, I like to listen to podcasts as they give me something to think about during all those hours that I am on my feet, but I realised that listening to podcasts for the next 12 hours wasn't going to do me any good. I switched to music and what a difference that made! It was like I had flicked a switch. My next lap took 30 minutes and 40 seconds and the next three were all under 30 minutes.

I also switched my nutrition. I remember walking past Jim who was supporting a few of us along with Suzanne and told him that for the next 9 hours he had to give me chocolate every lap! I also had some cans of coke stored in the tent for when I needed them (I had already had a can of coke and a bag of crisps as a 'reward' for passing 50km and 50 miles) and when I passed Jim at the end of the next lap he had a can of coke and some chocolate ready for me. At 100km (18<sup>th</sup> place in 13 hours and 4 minutes – 9 minutes slower than my pre-race target) I had a whole chocolate bar along with a can of coke, but other than that it was four pieces of chocolate washed down with water every 30 minutes. Once again, I am 100% certain that if it wasn't for my support team I would not have achieved my goals.

I remember getting to the stage where I had 10 laps to complete to get through to 100 miles. The time on the clock, at the end of the lap, was 15 hours and 50 minutes meaning that I had to average slightly under 31 minutes per lap and I would complete 100 miles in

under 21 hours, beating Peter Baillie's 10 ½ year old record (21:04:59) by at least 5 minutes.

“I can do this”. And then a 32 minute lap! Or so I thought. The clock now read 16:22:06 and I couldn't remember what the number of seconds were on the clock at the end of the last lap, but it was definitely slower than the sub-31 minute laps I needed. The next lap took 31:19 and then I managed a sub-31 minute lap but only by a few seconds. As I lapped the course I watched the minutes go up and it was looking more and more unlikely that I would break 21 hours. I still had 5 minutes up my sleeve to get the NZ record. I rationalised that 21:02 would be OK, but I really wanted to get under 21 hours, and I managed to start reeling off some mid 30 minute laps. I had another Coke with two laps to go as well as another chocolate bar and gave it everything I had.

As I came down the finishing straight for the last time Suzanne handed me the black silver fern flag and I powered down the last 60 to 70 meters holding the flag above my head. It was an emotional moment. I had finally broken the NZ 100 mile record which was something I had targeted since I first started race-walking in 2012. My time was 20:58:27. I had managed to get under 21 hours! And I was in 7<sup>th</sup> place overall, and became the 432<sup>nd</sup> Continental Centurion.

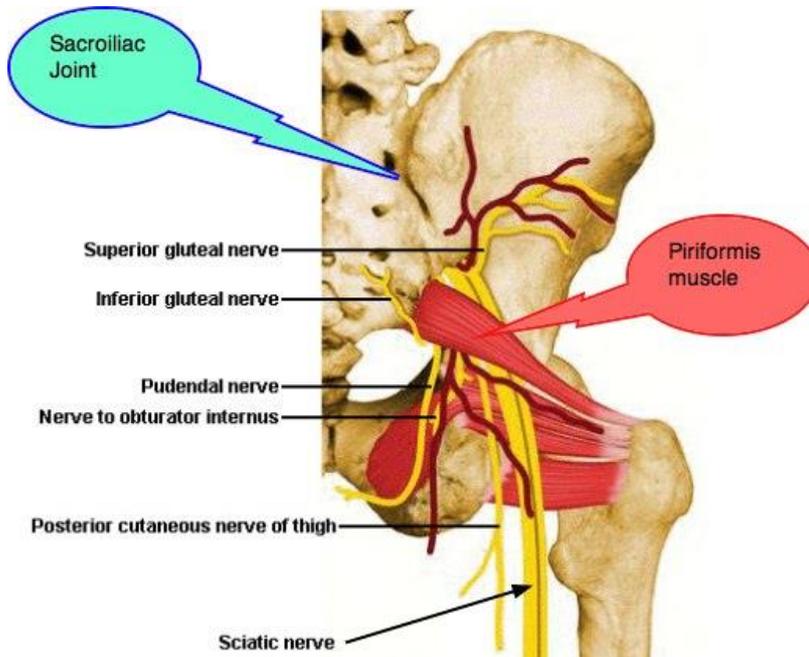


***Richard McChesney***

*You can read the full version of this report as well as his attempt at breaking the NZ 24 hour record, plus other race reports at [www.richardwalkslondon.com](http://www.richardwalkslondon.com)*



# *Piriformis Syndrome*



Piriformis syndrome is difficult to diagnose as it overlaps with a variety of other problems including pelvic pain, sacroiliac pain and hamstring pain. Symptoms of piriformis muscle dysfunction may be caused by other clinical entities that include gluteus medius dysfunction, herniated or bulging disks, "sciatica", pelvic stress fractures and other musculoskeletal problems in this area.

The symptoms most often reported are pain in the gluteal area when running or walking.

## **Risk factors:**

- Being over 40; piriformis syndrome occurs most frequently in people aged 40-50 years old.
- Being female: women maybe 6 times more likely to suffer piriformis pain than men.
- Performing repetitive activities using the lower body, such as running, cycling and swimming.
- Prolonged sitting, e.g. at work, driving etc.
- Being over weight, or under weight can weaken muscles.
- Anatomical anomaly: 30% of the population have the sciatic nerve run through their piriformis muscle.
- History of nerve problems, bulging discs or other spinal problems.
- History of previous injury to the hip, thigh or gluteal region.
- Inflammatory problems.

### Causes:

- Weak hip abductors
- Tight groin
- Tight anterior portion of your ITB
- Tight quads
- Leg length discrepancy
- Pronation of foot, weak ankle

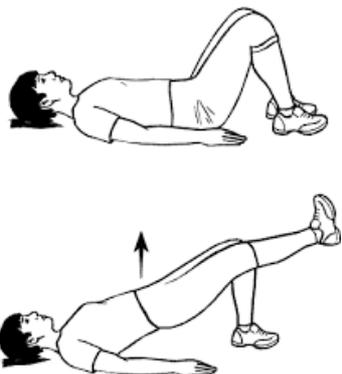
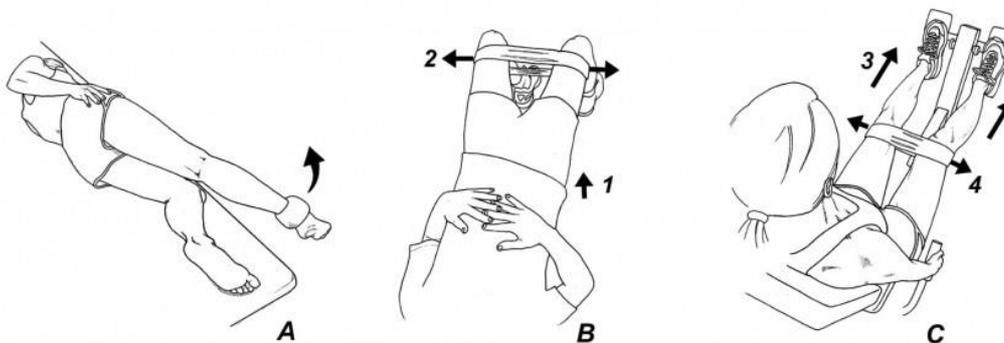
### Worse for:

- Running on canted surfaces
- Long strides
- Running down hill too fast or too often.

### Better for:

- Hip, quad and groin stretches
- Strengthen hip abductors and core
- Deep tissue massage
- Correct foot position

Phase 1 rehab...rest from running for 2 weeks and add the following exercises, building from 2 to 10mins:



When symptoms have improved and you return to running - avoid hills, speed work and canted surfaces, but continue with stretches and strengthening.

*Helen Westerby-Cox* 07950588231

## *Ranelagh 10K Results*

Place	Time	Name	Category	No.	Chip
34	00:35:55	Chris Walmsley	Vet Men 40-49	573	00:35:54
42	00:36:16	Robert Wilcox	Senior Men	604	00:36:13
47	00:36:22	Jonathan Ormerod	Senior Men	424	00:36:21
85	00:38:04	Paul Bowden	Senior Men	68	00:38:00
93	00:38:34	Freysen Maritz	Vet Men 40-49	356	00:38:32
135	00:40:19	Steve Smith	Vet Men 50-59	515	00:40:17
136	00:40:21	Oliver Bowers	Senior Men	69	00:40:20
144	00:40:38	Daniel Greenslade	Senior Men	235	00:40:32
145	00:40:39	Adam Hughes	Vet Men 40-49	285	00:40:31
159	00:41:16	Malcolm Davies	Vet Men 40-49	153	00:41:09
168	00:41:34	Juliet Cleghorn	Vet Ladies 45-54	126	00:41:27
198	00:42:54	Kevin Price	Vet Men 50-59	443	00:42:40
239	00:44:07	David Yu	Senior Men	630	00:43:59
242	00:44:11	Ray Kingdon	Vet Men 50-59	686	00:44:08
243	00:44:14	Pamela Whitter	Vet Ladies 55+	601	00:43:57
304	00:47:12	Mike Mendelson	Vet Men 60+	388	00:46:51
341	00:48:25	Michael Trott	Vet Men 60+	340	00:48:03
354	00:48:58	Paul Boca	Vet Men 40-49	61	00:48:40
372	00:49:50	Brigid Hibberd	Vet Ladies 45-54	274	00:49:27
377	00:50:19	Timothy Huggins	Vet Men 40-49	284	00:49:41
411	00:52:01	Sabine Duffy	Vet Ladies 35-44	176	00:51:27
412	00:52:01	Rebecca Greenslade	Vet Ladies 35-44	237	00:51:41
462	00:55:35	Liz Zass	Vet Ladies 55+	632	00:55:00
487	00:58:58	Janice Franks	Vet Ladies 55+	206	00:58:31
491	00:59:28	Julie Papworth	Vet Ladies 45-54	428	00:58:53
514	01:01:54	Katharine Haynes	Vet Ladies 45-54	263	01:01:30
517	01:02:52	David Papworth	Vet Men 50-59	427	01:02:06
543	01:10:33	Paul Belcher	Vet Men 50-59	49	01:10:03



# *Future Races*

## July

- Wed 6: David Davies Nonsuch Park Relay
- Sun 10: Claygate Country 5
- Sun 10: Thames Hare and Hound Second Sunday 5
- Wed 13: Reigate Priory Summer Mid Week 10k
- Thu 14: Stragglers and Ranelagh Junior Running Group – Stragglers hosted
- Sat 16: Elmore 7
- Sun 24: Elmbridge 10k
- Sun 24: Surrey Slog
- Fri 29: Wedding Day 7k

## August

- Thu 4: Rothwell Relay
- Sun 7: Wimbledon 5k
- Sat 13: Thames Meander Marathon (race HQ the Hawker Centre)
- Sun 14: Burnham Beeches Half Marathon
- Sun14: Thames Hare and Hounds Second Sunday 5

## September

- Sun 4: River Relay
- Sun 11: Thames Hare and Hound Second Sunday 5
- Sun 25: Barns Green Half Marathon
- Sun 25: Ealing Half Marathon

