



August 2016

Issue 323



Stragglist and Straggler RideLondon finishers in Green Park



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Editorial - A Tribute to Nigel Rothwell



On August 4 we hosted the popular Rothwell Relay at the Hawker Centre. Over 20 teams of 4 took part, made up of members of both the Stragglers and 26.2. The Rothwell Relay is so named as it is an event devised by Nigel, and it was wonderful to see such great support for both him and his event. It's with great sadness that we've been sharing the news these past few days of Nigel's

passing, aged 50, after a battle with pancreatic cancer stretching back just over 18 months.

Nigel joined the Stragglers in April 1986 and six months later had run his first marathon. Over thirty years with the Stragglers he was men's captain, committee member, race organiser, photographer and numerous other roles. In his Stragmag profile he listed the Welsh Castles relay as one of his favourite events – he'd represented the Stragglers 16 times. He also took part in and supported Green Belt Relay throughout its history, being a member of a Stragglers winning team in the mid 1990s.

In more recent times he had taken to running ultra marathons, writing reports on many an adventure in these pages. It was less than a week after completing the Country to Capital 43 mile race in January 2015 that he was taken ill and soon after, diagnosed with pancreatic cancer. His fight of this was, just like his running, courageous to the end. He ran his final marathon in March 2016 at the Thames Meander race.

His personal bests – for those who like to know this sort of thing – were:

5k = 16:50;

10k = 35:42;

10mile = 60:12;

Half Marathon = 1:19:17;

And marathon = 3:04:56.

Nigel was not only a huge part of the Stragglers, but the local running community, including being a run director at Kingston parkrun. There have been numerous posts on both the Stragglers and Nigel's own Facebook profiles, sending condolences to his family and leaving memories of Nigel. I've attempted to sum up just some of his contribution to our club, but in truth, his is one which needs many more people than me to be able to do this justice. For the next issue of Stragmag I'd like to ask for contributions to help do this, so if you have thoughts, memories, stories, photos or anything else you'd like to share, please do send them to me at Stragmag@stragglers.org.

A few words, a few paragraphs, whatever you would like to add. As Nigel was a Straggler for so many years, it would also be great to hear from former and long-time Stragglers who have memories which will be new to those of us newer to the club. The deadline for this is Wednesday September 21.

Thank you.



Simon Webb



Stragglers News

XC Season: Surrey League Dates



The Stragglers have new captains for both our Men's and Ladies teams, with Malcolm and Helen Davies, supported by Simon Brazil and Katherine Curtis-Tyler.

Putting Stragmag together during a heat wave, it seems odd to think that cross country (XC) season is nearly upon us. The future races section at the end of this issue lists a range of races until the end of 2016, but with the XC season running into 2017, here's a list of all your Surrey League dates.

Please do consider representing the Stragglers in these fixtures.

Ladies XC: captain Helen Davies

Oct 15: Race 1 – Nonsuch Park
Nov 12: Race 2 – Farthing Down
Dec 3: Mitcham Common
Jan 14: Race 4 - Ham Field

Men's XC: captain Malcolm Davies

Oct 15: Wimbledon Common
Nov 12: Race 2 – Epsom Downs
Jan 14: Cranford Park
Feb 11: Race 4 – Lloyd Park, Croydon

Other dates: both men's and ladies

Oct 22: Surrey Masters – Richmond Park
Nov 26: South of Thames 5 miles – Ham Fields
Jan 7: Surrey County Championships – Lloyd Park
Feb 26: National XC Championships: venue TBC.



Stragglers Handicap 2015-16

Thursday 25th August saw the staging of the fourth and final Stragglers Handicap event of the 2015-16 series. 51 runners took the start, with 50 finishing. First across the line was Roy Reeder, in a time of 19m 13s, while first lady finisher was Julie Haworth, who clocked 23m 58s. Fastest time of the night was set by debutant Kieran Desmond, in a time of 17m 58s, while Rachel Woodthorpe set the fastest time by a lady, crossing the line in 19m 44s.

Many thanks to everyone who helped set up and organise the handicap events during the year – they literally couldn't happen without you!

Thanks also to the 106 different Stragglers who took part in the events this year, just 2 of whom completed all 4 events. 13 runners took part in 3 events, 22 runners took part in 2 events, 67 runners took part in just one event, and two runners started a run but didn't complete the course.

The results of the handicap series are calculated on the basis of the best 3 scores from the 4 events, so if you take part in all 4, only your best 3 scores will count, while if you only take part in 3, all your scores will count. Those who take part in only 2 events will be placed behind those with 3 or 4 scores, irrespective of their total from the 2 events, and the same goes for those who took part in just 1 event. First across the line scores 1 point, then 2 points for second, and so on, which means the runner with the LOWEST score is the winner.

At the end of this issue of StragMag are two tables; one showing the result of the August 2016 handicap, and the other showing the 2015-16 series totals. The August results are as previously stated, while the series totals are as follows:

In 1st place, with 31 points from 3 events, is Penny Demetriou, and runner up, missing out by just 1 point (scoring 32 points from 3 events) is 2014-15 series winner, Dan Chiechi. There is also a 'hero' award, for the highest-placed runner who takes part in all 4 events, and with just 2 people completing all 4 handicap events, it could scarcely have been closer, with Helene Hill edging out Peter Colwill by just 2 points (71 points to 73).

It is hoped that everyone who took part in the handicap races this year enjoyed the format, and will be tempted to take part again during the 2016-17 series, which will take place on the final Thursdays in Nov 2016, Feb 2017, May 2017 and Aug 2017.



Jess Draskau Petersson's Olympic Story



In 2012 Jess, whilst living in London, trained with and represented Stragglers, qualified to run the marathon for Denmark. Four years on she is a two-time Olympian, finishing 40th in Rio. Basing herself in Colorado for much of the last four years, here's her account of once again being part of 'the greatest show on earth'.

The Olympics are a huge event and a coming together of countries and athletes from all over the world in solidarity and to participate in the games. The amount of countries and number of different events and combination of events on offer are way beyond keeping track of. This time around I had a few people I knew in the village and involved with the games both as athletes and coaches in a couple of different events, and that made the village part a greater experience. It was lovely to see a familiar face in the village and even organise a little group run. However, nothing compares to the enormity of a home games.

The expense of the games is beyond belief. It is weird sitting on a bus going past favela after favela which really isn't that far a step from shanty towns - one room buildings made with bricks, no

windows and bits of corrugated iron roofing. Then on the horizon you suddenly see these amazing space age looking Olympic facilities towering above all else. The hope is there's permanent benefit for locals from sport facilities and infrastructure, for example the new underground line.

Despite media noise to the contrary, I did not see one mosquito. We got lucky and the weather turned cold and wet for a couple of weeks. Apparently Zika is not just an issue for unborn babies, but even adults with minimal symptoms may have part of the virus left dormant in the brain and it is currently unknown if it can be switched on again.

The Brazilians I met went out of their way to be part of the Olympic experience and they liked to learn more about other countries and were passionate and friendly people. The majority did not speak English and despite that they were motivated to try to communicate. The village was picturesque, there were a few minor ongoing new build repairs, gas leaks, plumbing, collapsing bits, hyperactive fire alarms etc and we did have a bit of petty theft, including the Chef the Missions iPad, but nothing major by the time I arrived.

Race morning started with a 1-hour bus ride out to the Sambadrome where the start and finish were to be. Although not the athletics stadium it was nice to be at such an iconic landmark, it's where the huge carnival takes place every March. The marathon itself was on a, for the most part, flat road out by the sea front. Starting at 9:30 meant the majority of runners were running at midday in 27-degree heat which resulted in some athletes not being able to finish - athletes that have given everything to get there - physically, financially. It's a shame start times can't be more conducive for the athletes, seems to be a common situation at major championships. It's been a bit of a year of disillusionment for athletics, and how it is governed, with reports of anti-doping and corruption, making it hard to trust particularly spectacular performances. However, I was pleased to see there are still plenty of inspiring people at the Games.

Was my race the greatest race I've ever done? No. Was it my best performance? No. Was it the smoothest running organised event I've ever been too? No - it was chaotic including 5 minutes before the start I was pulled aside and told I had to change bibs, nothing followed the published protocol, and in the end I didn't actually get to do up my left shoe at all and ran the full marathon with a totally

loose shoe. I stopped at about the 5K marker to try and do something about it but my hands were too flustered to function. I have to take responsibility for it, it was my shoe and my race and I was disappointed after many setbacks in the previous four years, it would be something so silly and last minute that would derail my race. Realistically it cost me at least a minute or two which over a marathon isn't a disaster, however, in such a classy field 1-2 minutes is a lot of positions. Plenty of far better runners than I had a much rougher day out there.

It was a nice course and the weather was really good for spectators - the first championship marathon I have done not in pouring rain. I was grateful that we got sent round the course in the opposite direction from what had been indicated on all the pre-race maps, as it meant my right foot was on the inside and could use it for cornering. I was able to pick it up in the last 2K when a lady who had sat on my tail for the last 15-20K started to make a move. I believe she was one of only 3 people to gain a PB at the event and a national record for Hong Kong - she ran a smart race.

The week following the race, I wasn't able to walk much as had injured foot in the race due to the shoe situation, however I went to Copacabana beach and watched the triathlon and saw the Brownlee brothers' total domination, and went to the stadium nearly every night to watch the athletics. There were some great performances but from a Danish perspective Sara Slot Petersen winning a silver medal and being the first medal at the Olympics in athletics for a Danish woman since 1948 was a historic moment. Sunday it was the men's marathon before on to the closing ceremony. This time organisation was a lot smoother - even the weather cooperated. Once back in the village I went to random team parties, starting with the Danish one, felt a bit late for that as the Danes had won the handball late that afternoon and so many didn't go to the closing ceremony and had been celebrating since 5pm. The Team doctor was pretty cool so at 2.30 am, cocktails in hand, we popped upstairs to have a quick ultrasound on my unhappy foot. There after I picked up a few more cocktails and then set off with random people from different teams to different parties. The last one still going was the German teams, which I left at 5.30am.

Right now I'm having a couple of days out just enjoying the freedom that comes at the end of such a long, all-encompassing project. Plus real world admin, bills etc. In some ways I was served up lessons

over the last 3-4 years and the Olympics were like the graduation ceremony. In many ways it has been a very selfish and isolated pursuit, I definitely learnt that life and projects are a lot more meaningful and enjoyable when shared and when we collaboratively work together to be better. I also have a greater appreciation for how special the London Olympics as a home games were and I enjoyed Rio for very different reasons. It was a positive experience because of the people on the journey. I am grateful for having had the opportunity, I don't really think of the Games in terms of performance on the day, I think about it in terms of it being a culmination of everything that has gone into being there, day in and day out, through many days where only the commitment to the project and determination to see it through were key reasons to keep going.

So what's next? Tokyo?

The Olympics are quite addictive. You know that it's something special, as the sun sets on one it rises on the build up to the next games. I haven't ruled it out. However, I am looking forward to having other projects in my life and to be able to see family and friends, have a career again, and sometimes do totally no running related things. I love sport, travel and helping others, so I am excited to team up with Performance Edge to deliver running and triathlon camps, which are athlete focused and customized. Check us out: <http://www.performance-edge.me>

Jess Draskau Petersson



Prudential RideLondon 100

31st July 2016



I do hope that all of the thirty or so Stragglers and Stragglers who took part in the Ridelondon 100 the other week enjoyed the day. We had a whale of a time, especially when it came to doing a spot of sunbathing for fifty minutes on the grassy banks in front of the village church in Pyrford. The impromptu coffee stop-without-coffee was because of a serious matter when a cyclist ended up hitting a tree on what is a particularly technical winding downhill that leads into Ripley village. Lazing about turned to farce as a couple of locals indicated a footpath above the church. A bottleneck with the best part of 20,000 riders trying to totter into the unknown would take the best part of the day. Next moment someone announced that the road was open. Trundle back down. No, sorry, that was a mistake. As you were. Back to the footpath. What could have been a precarious two-mile hike on cleated shoes turned out to be a fifty-meter trot to the road and beyond the accident area. What resulted, for some of us who managed to get away early, was not only to be

riding on closed roads but empty ones. It made the climb up Leith Hill which is the steepest and longest hill on the course, a breeze as I shared it with about half a dozen others, rather than knocking elbows with the hoards.

When Bradley Wiggins rode to victory in his Olympic time trial of 2012, one of his abiding memories was the wall of sound that greeted him as he entered Kingston and very much could be said for us as we rode along the same streets that were full of cheering spectators.

Colin Gray, who is a long-time Straggler and Stragglist, told me a very amusing anecdote of one part of the day's events:
"Talking about delays, we watched the pros go up Coldharbour Lane (a steep long drag up) at 3ish after their delay. We saw the broom wagon go past and then 2 girls came pootling along a few minutes after, heading up the hill. I thought – they're keen. Behind them were about 8 people and I suddenly realised they all had Ridelondon numbers on. I waved and shouted like an idiot telling them they were going the wrong way. Of course they didn't believe me but, luckily, a couple of them realised I might not be a nutter after all and they all turned round. The marshal in Dorking must have sent them up towards Leith Hill. Quite how and where the pros overtook them I don't know. I told them to go back into Dorking and ask some locals for Box Hill. Of course, the pros were due back in 20 minutes or so, so not sure how they got on. I suspect they had a long day out." I'd like to know whether the pros drafted them for a while before blasting past them!

The Stragglers and Stragglists are very much involved in the event as it was the second year in which more than two dozen volunteers from the club have given their services to handing out nutrition to cyclists at the first feed hub at Hampton Court and a great job they did too. It was a great experience to ride on closed – and for some of us – empty roads and past lots of cheering crowds. I must also say a special thank you to all the Straggler and Stragglist supporters.

Ray Cockle



StraggTri Returns to Kingfisher Pool

The StraggTri swimming sessions resume on 2nd September at Kingfisher pool, 8pm on Friday evenings. We work on improving fitness and crawl technique with regular Triathlon England trained coaches Barbara Crow and Mike Lapworth. This is achieved by small group instruction working on one or two key points each week for the small sum of £7 which includes all coaching and pool entry.

The sessions are one hour starting at 8pm each Friday. If this seems unsociable, an attempt to secure an alternative evening was recently made approaching all the pools in the area, with alternatives involving 5am start times or very late evening start times. We appear to be lucky to find an 8pm slot at all.

The sessions are open to all Stragglers members - swimmers wishing to improve their stroke or aspiring triathletes. If you want to compete or just enjoy swimming – we want to support and encourage you to be at your best. We hope to get a StraggTri group together to participate in the late May Hampton pool tri as well as participate in the IOW Randonee a 30 or 60 mile cycle over the early May Bank Holiday.

We would love to hear from you so do get in touch: Barbara: Lowfat@blueyonder.co.uk or mike.lapworth@talk21.com. Or look on the Stragglers website and follow the ‘Stragglers and Triathlon’ link.

Barbara Crow



Salisbury 54321

You could be forgiven for thinking that the title of the Salisbury 54321 has something to do with the distances on offer in this multi-terrain race, which offers a variety of lengths including a 50 km ultra, a marathon distance, 33 km option, a half marathon, and a 10k. But the numbers of its name actually pertain to the five rivers, four hills, three country estates, two castles and one cathedral that you pass if you opt for the longest distance in this event – which I didn't, even though I'm sure I counted more than four hills!



Aside from these notable elements, the Salisbury 54321 offers a picturesque, eclectic and challenging journey from the streets of Sarum, the Roman name for Salisbury, into the Wiltshire countryside, taking runners and walkers – since there is a walking option for most distances – through private estates that are usually closed to the public - one of which includes a wood known as Great Yews mentioned in Shakespeare's Henry V - over stiles, through challenging countryside (read more hills) and back into the city past its celebrated cathedral, which boasts the tallest church spire in the UK.

The city's fire station provides the welcoming backdrop to the race's start, the inspiration for the finishing medals and a space where supporters can wait and runners can relax after the event. It has plenty of parking and, what's more, it's just a few minutes hobble from a leisure centre, where a post-event shower provides welcome relief, particularly after an event as hot as this year.

It's the second time I have taken part in this event, having run the marathon distance two years ago. This year, I opted to run the 33 k route which did not include the fabulous race course of the marathon. Run might be a tad generous since I found it almost impossible to do so continuously, so challenging were some of the ascents and the conditions underfoot. This is certainly not an event for PB hunters and anyone who's a real stickler for accurate distances should steer clear. The marathon distance was closer to 44

km by my reckoning, though the 33 k was closer to the distance recorded by my watch.

There were a couple of areas where there could be room for improvement: two sets of steep steps, down and then up, in the closing kilometres tested my knees and my sense of humour, which nearly came undone minutes later when I had to stop and wait for the lights to change at traffic lights as we turned back towards the city. Obviously, safety comes first, but it would have been great if there had been a marshal on the side of the road next to the traffic lights.

The final section also finds runners navigating the Sunday afternoon summer tourism chaos of Salisbury centre which, combined with a slight absence of race markers meant that, by the time I was closing in on the last kilometre or so, I didn't really care about the historical monuments I was dragging myself past and felt more like an old ruin myself than anything Old Sarum had to offer. Still, the event is great value for money, takes in some of England's prettiest countryside, has friendly marshals and drink stops aplenty, something which was much needed under the mid-August sun where shade was hard to come by. In addition to the fluids, one of the stops boasts fruit, while another offers runners bread pudding. I wasn't brave enough to try it this time but soon regretted not having stopped to have some as I fought my way up a seemingly interminable hill.

Still, there's always next year. Because, despite some slight room for improvement in some areas, this is one running event that I suspect will become a regular fixture on my calendar.

Hannah Storm (former Straggler now residing in the New Forest)



Summer Road League Winners:

The Wimbledon 5K Dash earlier in August concluded this year's Surrey Road League. The league is our opportunity to compete over the summer months against other local clubs over 7 races, distances being between 5K and half-marathon.

The team and individual prizes are awarded based on the 5 best performances over the 7 races. So how did we do?

In the team event, out of 33 clubs, the men finished 12th, and the ladies were placed 10th. Our best team performance for the men was at the Richmond 10K in June, finishing 8th. The ladies had a very credible 5th place at the Richmond half-marathon in May.

In the individual places, congratulations must go to Chris Walmsley who was our star Surrey performer, finishing 2nd in the overall M40 competition. There were some notable performances in individual races particularly amongst the ladies:

Juliet Cleghorn was 1st L45 at the Richmond 10K, and 2nd L45 at the Sutton 10K.

Dee Smale was 1st L55 in the Richmond half-marathon

Pam Whitter was 1st L55 at the Richmond 10K, and Wimbledon 5K.

Well done to Chris, Juliet, Dee and Pam, and a thank you to the 50 or so members who represented the club in the league this Summer.

Ladies

Overall: Pam Whitter

SL: no qualifier

F35: Sabine Duffy

F45: Helen Davies

F55: Pam Whitter

Hero: Julie Papworth

Mens



Overall: Chris Walmsley

SM: Daniel Greenslade

M40: Chris Walmsley

M50: Steve Smith

M60: Michael Trott

Hero: David Yu



If You Can't Run the Race, Marshall – A North Downs Way Night Time Tale

Having previously run the Thames Path 100 with Centurion back in April this year I was anxious to get another 100 under my belt. It was not to be this year as the North Downs Way (NDW), was fully booked up. I decided that I could marshal this year and that would entitle me to a free place in next year's race.

So it was that my sole purpose for marshalling a stint through the night at one of the aid stations was simply to get a free place next year. It turned out to be far more gratifying than I ever thought possible at the time.



As the day approached I was to make my way to Bluebell Hill near Maidstone in Kent. Known as Aid station 10 it was situated 76.2 miles into the race. A team of 4 led by Jamie and also had Paul, myself and Anna to set up the tent, tables, food drink and hot stoves for tea and

coffee. It was 3.30pm on Saturday 6th Aug. and we were going to be there till 0500hrs on Sunday 7th Aug. We set about making sandwiches with ham, others with peanut butter and jam. We also did wraps with cheese and ham or just cheese. There were biscuits, crisps, savoury snacks, pork pies, tons of fruit inc. water and honey melons, pineapples, grapes, bananas and tomatoes, (yes, they are a fruit). For the more serious runners we had gels, s-caps and isotonic tabs.

Plenty of paper and plastic cups were set out and filled with coke, some with water and others set and ready for hot water to be added to instant coffee or tea bags.



The view over Maidstone was spectacular that evening with a beautiful sunset that made me feel quite excited as the runners started to come through. It was around 7.30pm that the leading man arrived. He had a really professional team waiting on him. Without stopping by he just told his crew what he wanted, (water melon and fresh bottles of water), they ran up and grabbed his order and then chased after him to supply him. The leaders were racing!! This is the way to do 100miles if you're in it to win it!!

The midfield came in dribs and drabs between 10pm and 2am with the most in our tent being 6 at any one time. It was all hands to aid the runner with replenishing bottles a main priority. Hot drinks were a favourite by now and often a seat was filled for 10 to 15 mins whilst the runner changed socks or rested the back pack. Once the hot drink and some food had gone in many were quick to get going again. All saying the same thing that you must not get too comfortable because that's when you find it hard to get back up again.

We were 11 miles from Aid station 9 and 6 miles from 11. In between these 3 aid stations are some pretty cruel climbs having ascended over 5000ft by aid station 9 with a further 4000ft of climb remaining it is not a beginner's course but truly designed to test the hardened trail runner.

I felt at times it was our duty to coax a runner, who, determined he or she had had enough, to get back out and not retire. One chap was adamant he'd thrown in the towel and I asked him to sit down and have a hot drink before giving me his number. I talked to him whilst replenishing his bottles of water. I got him food and coffee. Paul was

having the same task on the other side of the tent with a male runner. We brought them together to chat about going back out and staying together until it got light again. "The next aid station is only 6 miles away and then its 20 miles to the finish. Don't give up now as you still have so much time in the bag!"

They both went back out and thanked us. Both had been in the tent for about 15-20 mins. Both came in ready to stop. We got both of them back out with renewed energy. Job Done!!

The cut off time for runners was 0415hrs. Only one man was unable to get to us before this time and we had to stop him and take his number. It was quite sad because he told us it had been exactly the same last year that he couldn't continue out of aid station 10. I felt sorry for him but the rules are adhered to very strictly with time limits mainly for runner safety but also because marshals have been on the go all night and have to get some sleep!!

During the race we were kept in touch with all the numbers of runners pulling out before getting to us so we knew how many should pass our checkpoint and a rough idea of the times each runner should be arriving.

It's a very professional organisation and I felt very impressed by the set up. Hard work can be so rewarding and I would never have thought marshaling could be such fun. Yes, admittedly I am gutted I wasn't running it myself but now I'm going to marshal at the Thames Path 100 next year. A race I've already done so I'm not after a free place. This time I want to marshal because I enjoyed it so much!!

It's worth considering as it is so rewarding. Next time you can't run because of injury or the race has fully booked give marshalling a go!!

Peter Colwill



Thames Meander Marathon

A couple of years ago I arrived for Kingston parkrun to find a man playing bagpipes. This wasn't an extra incentive laid on by parkrun to encourage a fast start, but part of the pre-race atmosphere for the Thames Meander Marathon which was using the Hawker Centre as its event HQ.

Organised by Hermes Running, Thames Meander is held three times a year – March, August and November – and is popular amongst members of the 100 Marathon Club and those training for ultras. I fall into neither camp, but was drawn to the August 2016 race by the prospect of a local marathon run on familiar paths.

The course follows the Thames Path from the Hawker Centre to Barn Elms as an out and back. For mid-August conditions were as good as could be hoped for, cloudy and not too hot, around 20 degrees at the start. With the famous piper in position to give us our send off, around 170 runners (including five from the Stragglers) began with a mile up to Canbury Gardens, before running round a tree and the long run up to Barns.

Another attraction of this race and its closeness to home was that I could easily use more than one guide runner. With Malcolm Davies entered into the New Forest Half in September, this gave him the opportunity of a half marathon training run whilst assisting me with half of my marathon. The familiarity of covering well pounded paths - Kingston parkrun, bits of the Stragglers 10k course, routes led by Phil on a Sunday morning – meant the first half passed quickly. I'd prepared myself for the challenge of a rutted surface and narrow towpath, but in reality this caused me little problem and I rarely slowed from a pace which got me to the turn in around 1 hour 44. As we approached Barns we saw the leaders coming back the other way, with Oli Bowers at that point in a great battle with a group a minute or so behind the runner who already looked like the winner.



Waiting for me at Barn Elms was my second guide and the advertised chocolate brownies which Malcolm was looking forward to – I hear they taste especially good as you watch the runner you’ve been guiding disappear into the distance. I’m now running with Cat, a non-Straggler running friend whose achievements include a sub 20 minute parkrun, a 19 hour 100 miler and completing the Atacama Desert Race. So with strong and fresh legs and enthusiasm at the other end of the running band, it would have been easy for me to increase my pace, something which would have been foolhardy on what was turning into quite a sticky morning. In fact, at Kew Bridge I allowed survival to rule my head and dropped my pace to one which was rather slower than I’d have liked, but that I was certain I could maintain into the finish. Whilst in isolation the temperature and extra effort I was putting in picking my feet up so as not to trip on any stones or tree roots weren’t an issue, but combined with the



distance and that perhaps I was slightly undertrained meant this was becoming a new type of marathon challenge for me.

So I was very satisfied to reach the finish line in a time a few seconds quicker than my slowest marathon and, in the couple of weeks since, have recovered well. The only times I really wanted to quit were first Teddington Lock – the Anglers beer garden was so tantalisingly close, and again as we reached the Hawker Centre. That bit

stuck on at the beginning where we ran to Canbury Gardens and back, we had to do that again, passing the finish line with another couple of miles to run. I didn’t enjoy that bit very much.

I do feel this is a race other Stragglers should seriously consider. If the full marathon distance seems too far they do also offer a half. The race is excellently organised and this being a smaller field and non-road race, it definitely gives a fresh experience to covering 26.2 miles.

Straggler results:

5. Oliver Bowers: 3:05:59

32. Simon Webb: 3:43:15

47. David Bell: 3:54:29

53. Marcin Dyszkowski: 4:05:58

95. Duncan Crosbie: 4:26:30

Simon Webb



Stragglers London historic pub crawl

An opportunity to experience some of the Capital's great public houses, whilst taking in some of the sights and sounds of the city.

Date: 8th October 2016

Start time: approx 12.00pm

Details of pubs TBC

For more details see Nick Brown, Barbara Crowe, or Arthur Boardman



Future Races

September

- Sun 4: River Relay
- Sun 11: Thames Hare and Hound Second Sunday 5
- Sun 11: Surrey Bacchus Marathon and Half Marathon
- Sun 25: Barns Green Half Marathon
- Sun 25: Royal Borough of Kingston Half Marathon
- Sun 25: South of England Road Relays - Bedford: men's and ladies'
- Sun 25: Ealing Half Marathon

October

- Sun 9: Second Sunday 5 Miles: Wimbledon Common
- Sat 15: Ladies Surrey League XC race 1: Nonsuch Park
- Sat 15: Men's Surrey League XC race 1: Wimbledon Common
- Sun 16: Cabbage Patch 10
- Sat 22: Surrey Masters Cross Country – men and ladies: Richmond Park
- Sun 23: Fleet 10k
- Sun 30: River Thames Half Marathon
- Sun 30: 28th Ron Hill Surrey Classic – Race 1 Oxshott 10k



Stragglers Handicap 2015-16 – final points table and August 2015 results

Final points table

Name	Points Nov-15	Points Feb-16	Points May-16	Points Aug-16	Total Points	No of Events	Pos'n.
Penny Demetriou	9	20	2	--	31	3	1st
Dan Chiechi	5	16	11	--	32	3	2nd
Helene Hill	15	9	24	23	47 (71)	3 (4)	3rd
Peter Colwill	24	26	21	2	47 (73)	3 (4)	4th
Trevor Ford	--	14	23	14	51	3	5th
Julie Garner	21	23	8	--	52	3	6th
Simon Brazil	16	8	31	--	55	3	7th
Katherine Curtis-Tyler	26	15	17	--	58	3	8th
Stuart Thompson	14	--	12	33	59	3	9th
Mirella Genziani	30	24	--	11	65	3	10th
Peter Thompson	--	18	1	47	66	3	11th
Tim Wood	17	--	19	36	72	3	12th
Richard Steedon	25	--	16	34	75	3	13th
Mark Pattinson	27	21	--	37	85	3	14th
Sue Waters	31	28	37	--	96	3	15th
Cathy Davis	--	3	--	6	9	2	16th
Simon Howell	--	4	5	--	9	2	17th
Andrew Allen	10	--	--	5	15	2	18th
Dominic North	1	17	--	--	18	2	19th
Janet Robinson	4	--	15	--	19	2	20th
Roy Reeder	22	--	--	1	23	2	21st
Stephen Penpraze	7	--	18	--	25	2	22nd
Simon Webb	--	7	--	26	33	2	23rd
Merran Sell	--	--	9	24	33	2	24th
Lewis Taylor	29	--	7	--	36	2	25th
Julie Haworth	35	--	--	3	38	2	26th
Chrissie Glew	--	22	--	17	39	2	27th
Tiffany Gibson	20	--	22	--	42	2	28th
Nick Brown	18	25	--	--	43	2	29th
Kevin Best	11	--	--	38	49	2	30th
Helen Brett	--	--	29	20	49	2	31st
Phil Davies	13	--	--	42	55	2	32nd
Gareth Pritchard	28	--	--	30	58	2	33rd
Jill Whitham	32	27	--	--	59	2	34th
Geoff Leach	--	29	38	--	67	2	35th
Mike Mendelson	37	32	--	--	69	2	36th
Les Brown	--	33	--	50	83	2	37th
Andy Mayall	--	1	--	--	1	1	38th
Bert Kidwell	2	--	--	--	2	1	39th=

Layla Pacheco	--	2	--	--	2	1	39th=
Jenny Allen	3	--	--	--	3	1	41st=
Sean Hearson	--	--	3	--	3	1	41st=
Sue Hobbs	--	--	4	--	4	1	43rd=
Crispin Allen	--	--	--	4	4	1	43rd=
Julie Papworth	--	5	--	--	5	1	45th
Helen Nance	6	--	--	--	6	1	46th=
Helen Davies	--	6	--	--	6	1	46th=
Jim Sell	--	--	6	--	6	1	46th=
Peter Wedderburn	--	--	--	7	7	1	49th
Emma Gray	8	--	--	--	8	1	50th=
Anne Wood	--	--	--	8	8	1	50th=
Luis Dionisio	--	--	--	9	9	1	52nd
Ramona Thevenet	--	10	--	--	10	1	53rd=
Jane Elmslie	--	--	10	--	10	1	53rd=
Tania Buck	--	--	--	10	10	1	53rd=
Matthew Brady	--	11	--	--	11	1	56th
Freysen Maritz	12	--	--	--	12	1	57th=
Richard Baggott	--	12	--	--	12	1	57th=
Martin Powell	--	--	--	12	12	1	57th=
Dan Simmonds	--	13	--	--	13	1	60th=
Emma Ward	--	--	13	--	13	1	60th=
Malcolm Fletcher	--	--	--	13	13	1	60th=
Alex Galloway	--	--	14	--	14	1	63rd
Jacky Balfour	--	--	--	15	15	1	64th
Claus Wagner	--	--	--	16	16	1	65th
David Griffiths	--	--	--	18	18	1	66th
Dani Smale	19	--	--	--	19	1	67th=
Mary Hyde	--	19	--	--	19	1	67th=
Kieran Desmond	--	--	--	19	19	1	67th=
Will Mathieson	--	--	20	--	20	1	70th
Paddy Walshe	--	--	--	21	21	1	71st
Steve Potterill	--	--	--	22	22	1	72nd
Kevin Price	23	--	--	--	23	1	73rd
Paul Levene	--	--	25	--	25	1	74th=
Donald Bell	--	--	--	25	25	1	74th=
Fiona Mathieson	--	--	26	--	26	1	76th
Laura Bowden	--	--	27	--	27	1	77th=
Jon Parry	--	--	--	27	27	1	77th=
Richard Carter	--	--	28	--	28	1	79th=
Brigid Hibberd	--	--	--	28	28	1	79th=
Poppy Jensen	--	--	--	29	29	1	81st
Laurence Duffy	--	30	--	--	30	1	82nd=
Mike Tivnen	--	--	30	--	30	1	82nd=
Malcolm Davies	--	31	--	--	31	1	84th=
David Yu	--	--	--	31	31	1	84th=
Jacqueline Sinclair	--	--	32	--	32	1	86th=
Pam Whitter	--	--	--	32	32	1	86th=
Tom Bucke	33	--	--	--	33	1	88th=
Leon Almashan	--	--	33	--	33	1	88th=
Julie Holmes	34	--	--	--	34	1	90th=

Hannah Pinckney	--	--	34	--	34	1	90th=
Katerina Papamichael	--	--	35	--	35	1	92nd=
Ollie Bowers	--	--	--	35	35	1	92nd=
Dela McVay	--	--	36	--	36	1	94th=
Ray Cockle	36	--	--	--	36	1	94th=
Michael Trott	--	--	--	39	39	1	96th
Rachel Woodthorpe	--	--	--	40	40	1	97th
Gail Caruana	--	--	--	41	41	1	98th
Martin Smith	--	--	--	43	43	1	99th
John Caruana	--	--	--	44	44	1	100th
Robbie Newton	--	--	--	45	45	1	101st
Stephanie Atkinson	--	--	--	46	46	1	102nd
Joy Bell	--	--	--	48	48	1	103rd
Anne Middlemiss	--	--	--	49	49	1	104th
Simon Lane	--	75	--	--	75	0	105th=
Heidi Potterill	--	--	--	75	75	0	105th=
Total no. taking part					106		
No. completing 4 events					2		
No. completing 3 events					13		
No. completing 2 events					22		
No. completing 1 event					67		
No. not completing an event					2		

August 2015 results

Finish Pos'n.	Name	Handicap	Elapsed Time	Run Time	Predicted/Actual time	Rank	
1	Roy Reeder	18:45	37:58	19:13	-02:02	5	1st ma
2	Peter Colwill	16:45	38:21	21:36	-01:39	18	
3	Julie Haworth	14:30	38:28	23:58	-01:32	27	1st fer
4	Crispin Allen	20:30	38:42	18:12	-00:18	2	
5	Andrew Allen	16:45	38:50	22:05	-01:10	20	
6	Cathy Davis	16:00	38:51	22:51	-01:09	24	
7	Peter Wedderburn	13:00	38:53	25:53	-01:07	32	
8	Anne Wood	11:15	38:57	27:42	-01:03	41	
9	Luis Dionisio	13:45	38:58	25:13	-01:02	30	
10	Tania Buck	12:30	38:59	26:29	-01:02	36	
11	Mirella Genziani	12:30	39:00	26:30	-01:00	38	
12	Martin Powell	13:00	39:02	26:02	-00:58	33	
13	Malcolm Fletcher	15:15	39:07	23:52	-00:53	26	
14	Trevor Ford	20:15	39:09	18:54	-00:51	4	
15	Jacky Balfour	18:15	39:15	21:00	-01:45	14	
16	Claus Wagner	19:00	39:16	20:16	-00:44	9	
17	Chrissie Glew	12:30	39:22	26:52	-00:38	40	
18	David Griffiths	15:00	39:24	24:24	-00:36	28	
19	Kieran Desmond	21:30	39:28	17:58	-00:32	1	Faster male
20	Helen Brett	13:00	39:30	26:30	-00:30	37	

21	Paddy Walsh	18:45	39:30	20:45	-00:30	12
22	Steve Potterill	19:00	39:31	20:31	-00:29	10
23	Helene Hill	11:30	39:38	28:08	-00:22	42
24	Merran Sell	10:45	39:39	28:54	-00:21	43
25	Donald Bell	06:00	39:40	33:40	-00:20	47
26	Simon Webb	19:00	39:41	20:41	-00:19	11
27	Jon Parry	16:30	39:42	23:12	-00:18	25
28	Brigid Hibberd	17:00	39:43	22:43	-00:17	23
29	Poppy Jensen	18:30	39:45	21:15	-00:15	16
30	Gareth Pritchard	20:15	39:46	19:31	-00:14	6
31	David Yu	18:30	39:52	21:22	-00:08	17
32	Pam Whitter	19:00	39:53	20:53	-00:07	13
33	Stuart Thompson	14:45	39:54	25:09	-00:06	29
34	Richard Steedon	09:00	39:55	30:55	-00:05	46
35	Ollie Bowers	21:45	39:58	18:13	-00:02	3
36	Tim Wood	14:30	40:01	25:31	+00:01	31
37	Mark Pattinson	18:00	40:02	22:02	+00:02	19
38	Kevin Best	19:00	40:03	21:03	+00:03	15
39	Michael Trott	17:30	40:07	22:37	+00:07	22
40	Rachel Woodthorpe	20:30	40:14	19:44	+00:14	7
41	Gail Caruana	14:00	40:21	26:21	+00:21	35
42	Phil Davies	18:00	40:27	22:27	+00:27	21
43	Martin Smith	10:00	40:38	30:38	+00:38	45
44	John Caruana	12:00	41:14	29:14	+01:14	44
45	Robbie Newton	21:30	41:27	19:57	+01:27	8
46	Stephanie Atkinson	15:00	41:40	26:40	+01:40	39
47	Peter Thompson	15:45	42:05	26:20	+02:05	34
48	Joy Bell	03:00	42:14	39:14	+02:14	48
49	Anne Middlemiss	00:00	45:14	45:14	+05:14	49
50	Les Brown	00:00	52:30	52:30	+12:30	50

Faster
female