



October 2016

Issue 325



Stragglers Junior Handicap Awards 2016



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Editorial

Thank you for the comments about last month's tribute to Nigel.

In this issue there is much to celebrate with the Stragglers Awards and Junior Running Group winners, plus the start of another cross country season.

Elsewhere we have reports from the Great South Run and the 8th (and final) Trionium Greensand Marathon, the latter a small but evidently well-loved trail race that has now fallen by the wayside.

By the time you read this the Straggler group heading to Snowdonia Marathon will have returned, a full report will be in the November issue, deadline for which is Wednesday 23rd.

As ever please send any items to Stragmag@stragglers.org

November's deadline is Wednesday 23rd. Thank you.



Simon Webb



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Stragglers News

Surrey League News



The Surrey League is a priority for the club, a team event consisting of four races against other local clubs.

The men had 23 on the start line for the first fixture at Wimbledon Common, Anthony Jackson first over the line in 16th place. They currently lie 5th in the table with 26.2 and West 4 just ahead of them. The next race is Saturday 12th November 3pm at Epsom Downs.

The ladies had a team of 17 at Nonsuch Park, with Sarah Winter best placed in 26th position. Their next Surrey League fixture is not until December, Saturday 3rd.

Please see the future races section at the end of this issue for dates, locations and, where known, start times.

The following week at the Surrey Masters 14 men and 11 ladies pulled on the Stragglers yellow.

Our ladies team had a fantastic day:

L35 Team – Silver – Sarah Winter, Karen Levene, Nicole Hambling

L45 Team – Gold – Juliet Cleghorn, Sue Hall, Dee Smale

V40 – Silver – Sarah Winter (and also 2nd overall)

V45 – Gold – Juliet Cleghorn

V45 – Bronze – Sue Hall

V55 – Gold – Dee Smale

V55 – Silver - Ramona Thevenet

Meanwhile the men scored V40 4th, V50 6th and V60 5th.

Read on in this issue for results and reports from our juniors.

October is the time when many of us receive our annual rejections from the London Marathon. Fear not as once again the club has places so those who have been unsuccessful in the ballot can have another attempt at securing a spot on the start line next April.

The draw will be made on Thursday November 24th at the Hawker Centre, please let Phil know if you want to put your name in the hat. Also check the rules on who can enter here:

<http://www.stragglers.org/index.php/our-club/london-marathon-draws>

The same night as the London Marathon draw, the 2016-2017 club handicap series gets underway. This is a 5k held on the last Thursday of November, February, May and August. No pre-registration required, just turn up.

The date is also confirmed for our pre-Christmas locking of Reindeer horns with 26.2. This year it's our turn to host the mob match and world's longest raffle – Sunday December 11th at the Hawker Centre.

A Message from Sandra Rothwell

Mum and I are so very grateful and extremely touched by the generosity, kindness and love shown by the Stragglers for Nigel. It has been an amazing comfort to both of us and we too will remember it - to the end of our days, so long as we can still remember!

Please pass on our sincere gratitude and thanks to all the Stragglers and we both hope that some good will come from all the donations that have been made in Nigel's memory to go some way to cure this most dreadful of cancers.

With kind regards

Sandra and Peggy

(The Stragglers recently made a donation of £500 to Pancreatic Cancer UK in memory of Nigel Rothwell.)

Stragglers 2016 Awards



There was an excellent turn out for our awards night at the Canbury Arms. Winners for cross country, summer road league and club handicap were awarded, and are listed below:

Ladies Cross Country Championships 2015-2016

Overall – Sarah Winter

SL: Tiffany Gibson

F35: Sarah Winter

F45: Hilary Davies

F55: Dee Smale

Hero: Lynda Chase

Ladies Road:

Overall: Pam Whitter

SL: no qualifier

F35: Sabine Duffy

F45: Helen Davies

F55: Pam Whitter

Hero: Julie Papworth

Mens Cross Country

Overall: Simon Ford

SM: Simon Ford

M40: Jonathan Davies

M50: Pedro Das Gupta

M60: no qualifier

Hero: Gareth Pritchard

Mens Road:

Overall: Chris Walmsley

SM: Daniel Greenslade

M40: Chris Walmsley

M50: Steve Smith

M60: Michael Trott

Hero: David Yu

Club Handicap:

Overall winner: Penny Demetriou

Runner up: Dan Chiechi

Hero: Helene Hill

Runner up: Peter Colwill



Stragglers Junior News - Surrey League – Fixture 1

We had perfect conditions for a couple of excellent races for the first fixture of the new cross country season, and the 12 we had running all put in super performances so well done to all.

The best part was that everyone had a smile on their faces afterwards so I'm thinking that all enjoyed it?

It is important to appreciate that these are high quality races with all the best local young athletes competing, and so these good results were hard earned.

Our group are relatively inexperienced with half making their Surrey League debuts, and also that it is youthful with 10 being the lower year of the 2-year band and so remain in same categories to compete next season when *older, stronger and perhaps wiser*.

Particularly pleasing was that we fielded full teams in both U13 girls & boys, finishing a very impressive 10th and 5th place respectively against all the established Surrey clubs.

Girls – Nonsuch Park

Full Results: <https://www.surreyleague.org/sll/match/56/>

| | | |
|-------------|---------------------|----------------|
| U13G | 74 finishers | |
| 26th | 13:05 | Maisie Jensen |
| 40th | 13:33 | Sophie Desmond |

| | | |
|------|-------|--------------------|
| 46th | 13:57 | Madeleine McGuigan |
| 54th | 14:18 | Amber Bryan |
| 62nd | 14:39 | Lucy Hoseason |

| | | |
|-------------|---------------------|-----------------|
| U15G | 43 finishers | |
| 25th | 21:02 | Poppy Jensen |
| 33rd | 22:34 | Tallulah Penney |

Boys – Richmond Park

Full results: <https://www.surreyleague.org/slm/race/138/>

| | | |
|-------------|---------------------|-----------------|
| U13B | 62 finishers | |
| 11th | 17:24 | Spencer Bateman |
| 12th | 17:28 | Ollie Emmment |
| 35th | 19:30 | Ethan Russell |
| 54th | 20:52 | Jaden Russell |

| | | |
|-------------|---------------------|----------------|
| U17B | 26 finishers | |
| 9th | 16:19 | Kieran Desmond |



South of England XC Relays - Wormwood Scrubs - Sat 22nd October

South of England XC Relays – Sat 22nd Oct 2016



This was the first time that Stragglers has competed in this high standard championship event, and I'm very pleased to report that all went well. It was a step-up for many in our team who are relatively inexperienced athletes, but everyone ran a great leg against the best young athletes around.

The team spirit was excellent and all had an enjoyable experience resulting in very creditable team positions.

Full results [HERE](#) – Stragglers results below.

|

U13 Boys

Team: 15th of 29

102 runners

| | | |
|----|---------------|-------|
| | Spencer | |
| 17 | Bateman | 07:33 |
| 33 | Ollie Emmet | 07:44 |
| 91 | Tyler Tugwell | 08:47 |

U13 Girls

Team: 24th of 28 97 runners

| | | |
|----|---------------|-------|
| 40 | Maisie Jensen | 08:25 |
| 88 | Amber Bryan | 09:34 |
| 91 | Rosie Watts | 09:47 |

U15 Girls

Team: 32nd of 36 122 runners

| | | |
|-----|-----------------|-------|
| 92 | Poppy Jensen | 08:33 |
| 105 | Phoebe Fennell | 08:54 |
| 112 | Tallulah Penney | 09:07 |



Stragglers Ranelagh Junior Running Group Awards Evening Thursday 13th October



Once again we had a great year, especially as the numbers more than doubled. We had 95 runners for the first two events and even though parents and children had other commitments we still had around 75+ for most events.

So, a big thank you to everyone who has helped to organise the events, to the parents and supporters who get their children to the events and are always willing to help with various marshalling duties. Most of all to all the Minis and Juniors who are so enthusiastic and appear to really enjoy their running which is what it is all about.

The awards for the 2016 season are as follows:

Minis

1st Katie Ray

2nd Lucas Hutchings

3rd Jemima Goulding

Juniors

1st George Archer

2nd Maxim Osipov

3rd Liam Marques

3rd Zia MacKenzie

Team Shield – The Flaming Penguins (Russell School)



Fastest Girl – Maisie Jense

Fastest Boy – no qualifier as the fastest prize is awarded to a runner quickest on three or more occasions over the season.

Achievement Award – Tilly Bandeira (above, with Merran)

The children who manage to run all 6 events during the season receive a medal as it is a big commitment. The children, and more especially their parents, who manage this commitment over 2 or 3 years are outstanding:

Oliver Beal (3 years)

Matthew Beal (3 years)

Ferris Chapple (2 years)

Daniel Rushby (2 years)

Ben Rushby

George Archer

Zia MacKenzie

Oliver Goulding

Oscar Goulding

Jemima Goulding (Mini)

Hamish Chapple

The Flaming Penguins deserve a special mention as they only started running in these events last year so to achieve, virtually, a clean sweep this year is fantastic. Not only the Team Shield but all of the Junior Awards. So congratulations to their team as it shows that commitment and consistency really pays off.

Well done to Maisie for the Fastest Girl Trophy. The Fastest Girl and Fastest Boy have to manage to be the fastest over at least 3 events during the season. She is certainly helping to keep it in the family since her sister won the trophy last year.

Now to the Achievement Award. There is no particular criteria so someone, or a group or family that have stood out during the season can receive this award. When deciding the award this year several of us felt that Tilly, who was just 2 when she ran her first race, really lit up the whole track. For those of you who don't know Tilly she has to wear leg supports for now so it isn't easy but she is so smiley, happy and a pure delight to watch. She won't appreciate the large shield at her age but hopefully she will when she is a bit older.

Again, thank you to everyone for their support over 2016, it is very much appreciated as well as your patience during registration, we are hoping to speed up the process year on year.

Look forward to seeing you in 2017.

Merran, Colin, Sue, Simon, Bert, Maia, Mike and all the other organisers.



Great South Run

Last Sunday (October 23rd) marked my fourth and slowest yet completion of the Great South Run, a 10-mile meander through the streets of Portsmouth and Southsea. Since first taking part in 2012, it's become - injury aside - an annual commitment, a day out by the sea where the run is followed by fish n chips on the seafront and afternoon tea up the Spinnaker Tower.

Blessed again with good weather, the route takes you from Southsea seafront, past Portsmouth Historic Dockyard, the Spinnaker Tower, and finishes back on the seafront with views across to the Isle of Wight. With over 25,000 runners taking part, its maybe not the event to choose if you are pursuing a fast PB, for the social runner like your correspondent, it's an ideal flat course with a good atmosphere created by the large supportive crowds.

A mention to my companions on the day, Penny Demetriou who cantered elegantly around in a cool 1 hour 32; and to Tracy & Jane, our support crew who were volunteered to carry our spare kit (if you lack an on-site supporter, the queues for the bag drop might be a little off putting!)

Recommended as a good day out, with a friendly atmosphere and flat course. Don't prioritise the Great South Run if you're chasing a new 10 mile PB.

Richard Steeden



Poppy Run, Albert, France, September 2016

Last year was the 25th Anniversary of the founding of Little Feet and a big group celebrated by going to Northern France for the "Poppy Run" which remembers the battles of World War I around the towns of Amiens and Albert.

This year, the 100th anniversary of the Battle of the Somme, a smaller group of Stragglers took part in the "Courses du Coquelicot". Most of us spent a few days exploring Amiens, with its huge cathedral and extensive "hortillonnages" or waterways. We also took time to see some of the war memorials, including the very big one at Thiepval and the smaller Ulster Tower nearby



The Poppy Run events were held in Albert and, as before, the overseas visitors were hosted to lavish hospitality by the Deputy Mayor. We had a 3K run around the town, "le petit footing", a visit to the Museum of the Somme, a champagne reception, a climb up the bell tower and, of course, speeches in French (and English) and the inevitable "goody bag".

There were races distances, and the made a clean 70 category in the second and third the time came to the winners' them could not be



over several ladies in our party sweep of the over 5K, taking first place. But when stand proudly on podium, two of found!

Donald Bell



How can I tell if I am running correctly?

Have you ever wondered if you are running to your best potential? A new Movement and Skills course run by England Athletics has changed my outlook.

I have been running competitively for a number of years the way that feels comfortable for me. I have one leg longer than the other and problems with my back. I wear an orthotic on my shorter leg. My gait is quite upright and stiff, but I seem to run well on it, so I just carry on

In the past when I was doing college athletics, my coach used to say, “Lean forward, you are too upright!” I tried to change my gait, but it felt uncomfortable and tiring, so I stopped trying and just ran naturally for me, which was mostly on the balls of my feet.

Just recently I learnt something new that has changed my whole outlook on running. To run well you have to have stability and balance, this enables your body to maximise the force needed to propel you forward. Even though I was running “correctly”, there was still space for improvement, if I improved my overall posture.

Was my posture aligned? Shoulders down, hips forward, head centered, arms pushing back, knees up and landing on my mid to fore foot? Yes all correct, except for one detail—my toes were down! That is what was making me break rather than roll off my foot and propel me forwards. It was just a little detail, but it makes a difference.

Take a few minutes to think about your running style. Is your posture good, is your head balanced over your shoulders? How is your arm action? Are you pushing your arms back without twisting your shoulders? Are you using your glutes to push off and landing with your knees forward or are they falling in?

Start from your feet and work up engaging your glutes, lifting your knees and then landing on your midfoot.

In new technical developments for improving your running skills, you need to be balanced, lift your knees up and down, like a stork, bring your leg down quickly, but avoid overstretching and land on your midfoot, but keep your heels off the ground and your toes up! So simple

Check out the man below.

Dee Smale



8th and Final Trionium Greensand Marathon. 9th Oct 2016

Oh the joys of living in England's green and pleasant land. On this beautiful, Autumnal morning in the heart of one of England's finest counties, namely Surrey, lay open before us a trail route across the greensand rocks. These rocks are over 100 million years old with the start at Dorking following a path to Westcott, Coldharbour, Leith Hill, Somerset Hill, Holmbury Hill, Pitch Hill, Reyards Hill, Winterfold Hill and back again. The sandstone contains glauconite, a green iron-magnesium mineral which was and is deposited in shallow tropical seas. However glauconite is dissolved by rainwater, which leaves behind iron deposits, leading to the characteristic 'rusty' yellow appearance of the 'green' sands.

It was a cold morning but the sun was rising fast and one could feel the warmth in the open, unshaded, starting zone, slowly warming the heart and soul and bringing a feel good factor to the field of runners, now patiently waiting for the directors call. It was 0955hrs and having been led from our rest area to the start line we were now given the words, held on big boards in front of the 90 or so runners lined up, to the hymn, 'Jerusalem'. We sang with our hearts, voices carrying the iconic words across the warming air "And did those feet in ancient times, walk upon England's mountains green"?

And so we all sang, louder and louder as more joined in and the passion raised voices to a crescendo of bravado with the words "Bring me my chariot of fire! I will not cease from mental fight. Nor shall my sword sleep in my hand, Till we have built Jerusalem, In England's green and pleasant land".

So the countdown began, 5,4,3,2, 1, go..., it was uphill through the field into some woods and onto a trail covered with roots. Watch your feet, suddenly darker and colder we were to stay along this path for most of the way to Leith Hill. At times it became sand, sometimes gravel but always aware that every step was important. Many accidents over the years had caught runners out, leaving them to tend to twisted knees and ankles. Bloodied noses, and worse, fractured ribs, broken legs and toes.

It was 73mins to Leith Hill. Fail to get there in this cut off time and you were turned round and sent back. It was the turning point for the 1/2 marathon. I arrived in 59 mins leaving plenty in the tank. The course had been well marked with tape and arrows at any turn or crossing. There was a lack of marshalls which had been highlighted by the race director at the start as the reason for this being the final Greensand marathon. Rob said that although the cost of putting the race on had increased and year on year had lost money, it was the lack of marshalls that made him decide not to hold it any more. Whether it was dog walkers or cyclists that decided to remove tape, turn arrows around, and make it even more difficult for the runner to negotiate a passage along the greensand, we will never



know. Suffice to say that several front runners had followed an arrow that had been tampered with and sent them 2 miles out of their way before realising what had happened. What these people don't realise is the amount of danger they put a runner in. Lives could be put

at risk if a runner is in need of water or first aid when he/she becomes lost.

Some very angry front runners passed me at about mile 11 spitting blood that they had been running in circles for 25mins!

I had kept a steady pace all the way to mile 22. My splits ranged from 7.50 mins/mile, (downhill), to 10.05 mins, (uphill). I hadn't spent much time at water stations, grabbing a cup of water and a couple of Jaffa cakes were enough to keep me flowing. I did use gels, approx.. 4 isotonic ones in between hills!!

It was here, 4 miles to the finish that a really steep climb came upon me. I hadn't remembered it going down, but now it was hands on the thighs pushing down and raising a painful, tired leg. One step at a time. Slowly does it. 14 mins to get through this but then a nice meander to the finish with the pace picking back up to 9 min miles.

This course had everything one could want from an English trail run, rocks, mud, fields, woods and hills. Plenty of hills!!! Crossing the finish line in 4.27.50 hrs I was given a medal, T- shirt, cap and mug. All bearing the message that it was the 8th and final Greensand marathon. What a great shame. It certainly has become one of my top 3 marathons and if you never got to do this one you've missed a great opportunity. We were also given a full English breakfast back at the registration area. Courtesy of the school kitchen staff.

I later found out I had finished 33rd of 85 finishers and was 2nd for age. A great day for me, performance wise, but a sad day for running in general, as another great trail race has bitten the dust.



Peter Colwill



Invitation from Thames Turbo to Run Their Marathon or Half Marathon

We are holding our annual Marathon/Half/Relay event this year on the November 20th in Richmond Park which is free of charge and would like to invite your members to join us.

The Start/Finish will be on the Tamsin Trail behind Bloomfield Car Park with the Marathon and Relay starting at 8.00 and the Half at 10.00. Your members can enter the Relay as a team of 4 or as individuals and we will find them some other team members.

If anybody would like to take part please ask them to email me – alan_18@hotmail.com

Regards

Alan Lightfoot

Future Races

Club priorities marked in bold

November

- **Sun 6: Stragglers XC Championships – Hawker Centre, register from 9:30am, race 10:30am**
- **Sat 12: Men's Surrey League XC race 2: Epsom Downs**
- Sun 13: Second Sunday 5 miles: Wimbledon Common
- Sun 20: Thames Turbo Marathon, Half Marathon and relay – Richmond Park
- Thu 24: Stragglers Handicap – event 1 of new season
- **Sat 26: South of Thames 5 mile XC – Polesden Lacey (men and ladies), 2pm**

December

- **Sat 3: Ladies Surrey League XC Race 2 – Mitcham Common, 12pm**
- **Sun 11: Stragglers v 26.2 annual mob match – Hawker Centre**
- **Sat 17: South of Thames 7.5 mile XC – venue TBC**
- **Sun 18: 28th Ron Hill Surrey Classic – race 3 Horton Park**
- **Mon 26: Stragglers Boxing Day 4 miles**

January

- **Sat 7: Middlesex XC County Championships – Hillingdon (men and ladies)**
- **Sat 7: Surrey XC County Championships – Lloyd Park (men and ladies)**
- **Sun 8: Tadworth 10**
- **Sat 14: Men's XC Surrey League race 3 – Cranford Park**
- **Sat 14: Ladies XC Surrey League race 3 – venue TBC**
- **Sat 28: Southern XC Championships – Parliament Hill**

February

- **Sun 5: Watford Half Marathon**
- **Sat 11: Ladies XC Surrey League race 4 – Farthing Down, Coulsdon**
- **Sat 11: Men's Surrey League XC Race 4 – Lloyd Park**
- **Sun 12: Wokingham Half Marathon**
- **Sun 19: Hampton Cort Half Marathon**
- **Sat 25: National XC Championships – Wollatan Park, Nottingham**
- **Sun 26: Run the Streets Kingston Half Marathon**

