



April 2017

Issue 331



Stragglers at this year's London Marathon



In this issue

	<i>page</i>
❖ Editorial	3
❖ Stragglers News	4
❖ 2017 London Marathon	5
❖ A Birthday with a Difference: London Marathon at 50	8
❖ London Marathon 2017	14
❖ Stragglers Road League Kicks Off With Ranelagh Half	16
❖ Stragglers Committee vacancies	18
❖ South East Schools Inter-Counties – 25th March	19
❖ Downs League Cross-Country	19
❖ 2nd attempt at the Devizes-Westminster kayak race	21
❖ Learning From Olympians at St Mary's University	23
❖ Future Races	23



Editorial

Welcome to your April Stragmag, which has fallen over into May to accommodate coverage of the first event in the summer road league doubling up as our first half marathon championships. This issue sees the winter and summer seasons meet with the Ranelagh Half Marathon sitting alongside results and reflections on the London Marathon and the conclusion of a brilliant junior cross country season.

This month I've especially enjoyed Green Belt Relay race director Peter Kennedy's Kayak adventures – see his report towards the end of this issue. Stragmag is the place to share this sort of thing so please do get in touch with your stories – think of us as like your virtual bar.

I'm looking for people to write race reports across the summer season – Sutton 10k and Dorking 10 miles are next.

Thanks to all contributors and to Dave for his help with this issue. Deadline for the next one is Friday May 26th.

Simon Webb
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Simon Webb

Stragglers News

The Summer Road League has begun with the Ranelagh Half, which doubled up as the Stragglers Half Marathon Championships. A few runners unfortunately had to drop out last minute and the same has happened for the Sutton 10K. Throughout the summer keep your eyes on the Stragglers website and Stragmail as last minute numbers may well come available for other events.

It's also relay season with Green Belt and Welsh Castles approaching fast. Recently added to the calendar is the Parkland Relay, a really enjoyable Wednesday night event in Richmond Park, this year taking place on June 14th – so not long to recover after WCR!

Straggtri's winter swimming training will end on Friday May 5th. After the session (approx. 9:15pm) they will be heading to the Albion on Fairfield Road in Kingston (once the home of Little Feet if that helps for reference).

All Stragglers are welcome for this impromptu social. It's a good opportunity to chat to the swimmers and find out about the coaching they receive, or simply to visit the recently refurbished Albion. (Your Stragmag editorial team can report the beer and pizzas are excellent).

Due to the General Election where the Hawker Centre will be used as a polling station, that evenings Junior Running Group will be hosted by Ranelagh. The following event, on June 22nd, will take place at the Hawker Centre instead of at Ranelagh. All other previous announced dates and venues remain the same – see fixtures at the end of this issue.

The polling station also means the Hawker Centre will not be providing food that evening, expect a pub alternative to be announced closer to the time, for what for many will be a pre-Welsh Castles drink.



Congratulations go to Roy Reeder, who won the V50 prize for Surrey League Division 3, and to Ramona Thevenet who recently became the first lady to reach 500 parkruns.

Congratulations also to Steve and Miriam Sandham. Steve and Miriam are both popular and long standing members of the Stragglers. Although neither have been running over the last year due to injury and health problems they have kept in touch and Steve continued to edit the club website and assist with Stragmag until recently. We were delighted to hear of their marriage and have sent the good wishes of the Stragglers.



At the end of last month, we celebrated on successive days the 65th birthdays of two of our “elder statesmen”, Duncan Gaskell and Kevin Best, who in recent years have both given many of us the benefit of their knowledge and experience.



2017 London Marathon

Another great day out whether running (OK some might not agree) or watching. A group of us (Simons Brazil and Webb, Dave Griffiths and Neil Carrington) returned to our favoured spot on the Highway – just past the half way point – and found we were watching with

members of Swansea Harriers. So much excitement was witnessed as they discovered one of their club mates had secured the title of being first Brit across the finish line.

Closer to the finish and our traditional Stragglers stand was excellently positioned. Anyone who has run London will know what a lift it gives as you near the finish. Thanks to Sandra Worth, Stephen Penpraze and Anne Woods for setting up the stand – Anne says of the day “As usual the stand was set up on the Embankment and this year we got a great space directly opposite Cleopatra’s Needle from where it was easy to see the runners as they came round the curve in the road after Waterloo Bridge. The runners seemed to find the stand easy to pick out-possibly thanks to the striking Stragglers bunting made by Ann Coward. It was really interesting to watch as the volunteers set up the elite runners drink station just in front. Apparently the stand was very clearly seen on the TV coverage as Bekele went to take his drink bottle! Lots of supporters gathered there over the day to cheer on their fellow runners.”

Results:

Last name	First name	Category	Time
Archer	Andrew	55-59	03:56:09
Bandeira	Sonia	40-44	03:15:56
Bowers	Oliver	18-39	03:04:09
Cartwright	Emily	35-39	03:30:30
Das Gupta	Pedro	50-54	03:52:18
Demetriou	Penny	55-59	05:10:24
Desmond	Jim	50-54	03:08:48
Evans	Pascal	45-49	02:59:21
Garner	Madeleine	18-34	03:51:17
Howarth	Andrew	50-54	04:06:05

Langlands	Camilla	18-39	04:58:01
Lauder	Sula Diana	18-39	03:36:19
Maritz	Freyson	40-44	03:03:34
Ormerod	Jonathan	18-39	03:04:24
Papworth	Julie	50-54	04:53:55
Reeder	Roy	50-54	02:59:33
Smith	Steve	55-59	03:15:51
Thompson	Peter	40-44	04:59:10
Turner	John	60-64	03:25:04
Wedderburn	Peter	65-69	05:19:05
Worth	David	65-69	04:39:27
Zass	Liz	70+	04:43:36

Those heading to the final three miles to watch, ahead of seeing the marathon runners come through, are able to witness the best young talent in the Mini Marathon. The Stragglers once again managed the borough team for Kingston (great work Phil Davies) and there was great Straggler representation with some familiar names from our excellent junior xc season:

London Mini-Marathon Results			
Posn	Category	Name	Time
35th	U17B	Kieran Desmond	16:58
31st	U15B	Ben Dibley	16:59
75th	U13G	Maisie Jensen	20:55
70th	U15G	Poppy Jensen	21:02
92nd	U13G	Sophie Desmond	21:12
113th	U13G	Madeleine McGuigan	21:55

A Birthday with a Difference: London Marathon at 50

Well for me it really was a dream come true when back in November my name was pulled out of the Stragglers ballot on that Thursday club evening by fellow member David Olsen. At last the reality of running the biggest and best marathon in the world was actually going to happen and just to make it extra special, it was on my birthday too! For the next five months, I was like an excited (and maybe somewhat annoying) child waiting for Christmas.

Finally, the day had arrived after what seemed like an utter lifetime of midweek training and weekends of long runs. Here I was ready to take part in what was for me, the most exhilarating event ever. How else would you want to spend your birthday? Well for me, this was just perfect.



It's bizarre that even though this was my 'local' marathon, I had to be up incredibly early so I could catch the trains to get to the start at Blackheath yet we didn't start until 10am. Nevertheless, I was wide awake before my alarm went off at 5.20! At last, as I stood on the platform waiting for the early morning train, it was my turn to be standing there with my marathon kit bag. In the past years, when I have been travelling to support or to volunteer for charity, I have always wished to be carrying one of those bags and for me it was now a reality.

Yes, this was really happening.

The blue start at Blackheath was just huge! It was somewhat overwhelming and packed with runners who were preparing themselves by relaxing, stretching, panicking or queueing for the vast number of toilets available. Plus, it was also filled with a huge team of helpful volunteers. As you would expect, it was incredibly well organised and I felt very relaxed and just soaked up the amazing atmosphere whilst watching the big screen with the live action. Thankfully the weather forecast was on our side with mild temperatures and fortunately the predicted showers at 9 am never happened, instead the sun sneaked through the clouds. It was in fact the perfect weather to run.

It was lovely to meet up with fellow Stragglers (Peter, Andy & Penny) in the bag drop area so we could wish each other 'good luck' before we set off to our pens. I lined up with Penny (who was running her first marathon) in pen 8 and we decided to run together for the first few miles. (I picked Penny's name out of the ballot so she only has me to blame!) Waiting



for the off still felt very surreal and then finally after 15 minutes it was our turn to cross the start line. It felt strange running at first, (like wake-up legs!) but not for long.



The first few miles of the run were so busy and it was just a matter of focussing to get going steadily without getting carried away with the mass. It was pretty uninteresting as far as the London scenery was concerned around Charlton and Woolwich yet there

were lots of vocal supporters en-route. Whether they were just standing on the roadside calling out names or hoping to high five runners, cheering at designated cheer stations, assembling outside of the churches or raising drinks to us outside of the pubs, the

support was uplifting. For me it was just so thrilling to be running in *the marathon* that the miles just passed without noticing. Before I knew it, we were at Cutty Sark and wow what an overwhelming sight of the ship and the hordes surrounding it. I managed to spot my husband Dave amongst the throng for a passing wave along with the cheers of the crowds. This was an early boost to the somewhat long road ahead. Meanwhile the temperatures rose just a tad too high for my liking as the sun made an appearance and at every opportunity I would seek out the shade, which isn't always easy on a very busy road. I had my foot clipped on two occasions which unnerved me a bit in the busy stages and at the many water stations it became a bit of an obstacle course at times as bottles were just strewn all over the roads. I had been warned about this beforehand and thankfully I managed to escape any downfalls.

Before we knew it, we were approaching mile 10 and by chance I spotted the Dickinsons amongst the line-up of supporters before they saw me! It was also great to pick out some fancy-dress runners along the way as we managed to overtake Mr Bump, Mr Potato Head, a tree, 'Liz the rhino', an aeroplane and Orinoco, they were just a few of the bizarrely dressed runners who stuck in my mind. Not to mention the camels, but they actually overtook us at first which gave me the right hump! I was filled with admiration though to the guy carrying the washing machine and then there was Jesus carrying the cross which made me feel like a lightweight as all I was carrying was a water bottle. Anyway, the busy and noisy crowds at Rotherhithe carried us through as did the various singing and music stands playing along the way, I even had a little boogie at one point as I passed!

Fast approaching now was mile 12 and I headed over to the left to greet my charity stand 'Guide Dogs for the Blind' for a welcome boost. Then as we turned the corner we approached the next of the memorable sights of the marathon, Tower Bridge, which must be the most iconic landmark as we cross the Thames. The endless arrays of charities cheered and I felt a thrill of achievement as I knew that the half way mark was ahead. As we headed down The Highway there was a brilliant band playing from a lorry in the middle of the road and you could also see the faster runners on the other side of the road who were in the final few miles of their journey. As we turned into Narrow Street it was great to get cheers and rings from the cowbells from some Bushy parkrun pals who were easy to spot as the road lived up to its name.

The miles were still ticking away nicely and I didn't feel the need to keep checking my watch as there were highly visible mile markers and balloon arches throughout. As we entered the Westferry Road I knew that my husband Dave was going to be there along with parkrun friends and Stragglers supporting just before 16 miles and they were easy to spot in the distance on the bend. They even sang 'Happy Birthday' to me as I passed them and I had a brief birthday hug too, all of which were lovely surprises.

Penny and I continued to run together as we headed to Heron Quays and by this stage there wasn't much conversation between us, just the occasional 'are you alright' or 'how are you doing'? Thankfully around Canary Wharf Penny got a much-needed lift as her family spotted her and her daughter screamed out 'Mum' several times which was lovely to hear as she had missed seeing them at busy Bermondsey. Then as we headed into Poplar High Street, it was at this stage that I lost sight of Penny, I turned around to look for her and couldn't see her anywhere. It's always hard to run with someone in a crowd and as mile 20 approached I knew that I just had to go on. Giving me another boost, I spotted more familiar faces en-route in the form of that well-known Stragglers duo Bert and Richard and here I gave the first of just two high-fives throughout the marathon to Mr Kidwell who unfortunately was unable to run at this exciting event. Here I took my penultimate shot-block which I had been taking every three miles since mile five and in my head, I told myself there were just two parkruns to go.

The spray of the showers at the side of the road were refreshing relief in the final few miles as the temperature rose as the sun made an appearance as it played hide and seek amongst the clouds. I also took advantage of every water station too, they were so well manned and the small bottles were just perfect to carry and lasted me until the next station. Here I was now heading back along The Highway and the band continued to entertain us in the beer lorry and there were people on the other side who were walking, they still had half way to go whereas I was nearly on the home straight and approaching the Tower of London. Then there was a beautiful sight, mile 23 where I took on my last energy cube and told myself just a parkrun to go, I knew that I was nearly home and even though my hamstrings were feeling tight, I was feeling strong and positive.

The tunnel at Blackfriars was horrible and gloomy with lots of people walking with their heads down and stopping at the sides but despite this doomy atmosphere I remained focussed as eventually I could see the daylight at the end. This was the best feeling ever as I

emerged from the darkness and silence to be blinded by bright skies and the most amazing sounds of music playing and crowds cheering. I knew that I only had two miles to go and they were simply the best! Running down the Embankment was an amazing feeling and the support was mind blowing as people were calling out my name as it was printed on my charity top. It was also along here that I did my second high five to athlete Colin Jackson, I wasn't sure who he was at first but I recognised his face from the tele and everyone seemed to be doing it so I joined in too! Then I heard my name being frantically called and saw a child that I teach at school standing there with his mum! We were all surprised to see each other as I went over and gave him a hug he said 'happy birthday Mrs Papworth' which also made my day!

Then it was time to search for the Stragglers stand as I finally found a sea of yellow and ran up to them with my arms outstretched saying hello as they hadn't seen me sneak up on them as I wasn't wearing my club top. Apparently, I was the smiliest runner at this stage of the marathon, I am happy with that. As I headed up to Westminster, I looked up at the time and saw it was five to three and I felt disappointed that I was going to miss out on the chimes of Big Ben and decided that five minutes was too long to hang around so off I went. I ran the last mile with arms open wide willing the crowds to cheer and posing for the cameras too, I loved this bit!

Finally, Buckingham Palace was in sight and I gave a brief wave to the crowds and Her Majesty in case she was watching and headed for home down The Mall.

I crossed the finish line with a smile bigger than a Cheshire cat and was pleased to be welcomed by another friend of mine in the finish area as she was one of the countless volunteers. I took my medal with great pride and then headed up The Mall to meet up with family and friends for a well-deserved glass of celebratory champagne!



Even though this was my third marathon, running London really was the icing on the cake. Beforehand everyone is keen to know your predicted time which you hope for and for me the main thing was just to enjoy the whole experience. I ran Brighton last year in 4.32 and I knew that if I was going to make any attempt to beat my time then it would take away the enjoyment of running through the streets of London whilst soaking up the atmosphere. So, I stated that I hoped to finish in under 5 hours, with a smile on my face and my dignity still intact.



I am pleased to declare that with a time of 4.53.55 I achieved all three of my objectives, there's always next time for a PB! Plus, I also raised about £1300 along the way too for The Guide Dogs for the Blind, it really was a wonderful day. Being able to run through London for 26.2 miles was my best birthday present ever!

Thanks Stragglers for giving me this opportunity!

Julie Papworth



Stragglers strut their stuff at The London Marathon Expo



London Marathon 2017

I had the privilege of running the London Marathon last year – my first attempt at the distance. I managed a creditable 3:59 that day – with lots of pain in the latter stages. So much so that I spent the last 3 miles in sheer agony simply staring at the ground in front of me

and willing myself not to stop shuffle-running along. I had set myself the goal of a sub-4 and wasn't going to give in easily.

It was with some trepidation therefore that I put in a ballot application for 2017, but of course I had the reassurance that there was little chance of getting in, or so I thought. I was duly gobsmacked to get the "You're in!" brochure in October. I felt a mixture of guilt, shock and excitement. Guilt because I had only had 2 applications and both had been successful – as a Club runner and in the ballot and I knew some people had applied 15 times and not been successful.

Anyway, the memories of those final miles came back. But surely I would be able to get it right this time. I would beat my old time, glide through the last stages and revel in all the sights and the acclaim of the crowds. Well things didn't quite go to plan, which I am beginning to realise is not uncommon for the marathon distance. My training had gone well. I felt I was as ready as I could be. It was then a question of weather, pacing and nutrition. This year I had the added support and camaraderie of numerous fellow Stragglers running this year, and this support network was really helpful to me. As well as swapping stories and advice, we were able to have some training together and travel to the Expo and to the start as a group.



As the race itself unfolded I was going really well. I ran 1:55 for the first half, which was slightly quicker than last year, but not excessively so. But at 23 miles my quads simply ran out of petrol. Rather than force myself beyond the pain barrier I slowed the pace to actually try and enjoy the last few miles – after all this was where the crowds were loudest and the sights iconic. I finished in 4:06:05. Yes I was slightly disappointed with the time, but on the other hand I had really enjoyed the whole experience, from the training to seeing so many friends and family on

the route and I was able to look up at Big Ben chiming 2pm as I ran past. This year I had decided not to have my name on the shirt so when anyone shouted "Andy" it meant they would actually know me! To cap it all, my friend working on the finish told me if I had been 2

mins slower, the Duchess of Cambridge herself would have given me my medal. That would have been a story for the grandchildren!

Overall it was such a great experience. People ask will I do it again, and suffice to say I have put in my application for 2018, but sure as eggs is eggs I won't get through the ballot, will I?

Andy Howarth



Stragglers Road League Kicks Off With Ranelagh Half and Club Half Marathon Championships

The Stragglers Summer Road League kicked off with the Ranelagh Half Marathon, which doubled up as our own club half marathon championships. In addition, the race was also the Surrey County Half Championships and it is here where we need to start as we have two county champions amongst us.

Club captain Phil Davies took the Surrey men's title in the M60 category, whilst in the ladies Dee Smale took the county title for L55. (Liz Killip, the first L55 over the line but not eligible for the Surrey Title, scooped the open L55 Award instead). Agonisingly, the ladies team (first 3 to score) missed out on winning the team award prize by one point from Ranelagh and Fulham Running Clubs respectively.

The Course

For any reader who has not run this event the course offers Stragglers much familiar racing territory. After a lively start where runners and cars mingle on the main road into Richmond close to the Petersham Gate into Richmond Park, it crosses Richmond Bridge and heads into Twickenham before picking up the Cabbage Patch course to Kingston Bridge. Once under the bridge the runners head to Hampton Court along the road before joining the towpath back to Kingston Green Belt Relay-style. Once over Kingston Bridge

it feels like a combination of Cabbage Patch, the Ranelagh 10K and our own club Handicap as we pass the Hawker Centre and head through the houses of Ham before a sprint into the finish along Riverside Drive. A few runners who do Duncan's Tuesday night sessions said they half expected to see him pop up on his bike ready to shout at us in the final mile.

The Stragglers Championships

This inaugural event in the Stragglers calendar definitely provided a boost to entry numbers in this race and will have been a great start to the summer season. Categories were well contested – in addition to Phil's, Liz and Dee's successes in the M60 and L55 categories respectively, there were a number of personal bests run throughout the field. These include men's captain Malcolm Davies, ladies captain Helen Davies and Stephen Penpraze among them.

The Stragglers category winners were:

Ladies

Ladies	Category
Kate Suttle	SL
Alexandra Galloway	L35+
Carys Mills	L45+
Liz Killip	L55+
Liz Killip	Overall Winner
Men	
Tiago Ramos	SM
Chris Walmsley	M40+
Malcolm Davies	M50+
Phil Davies	M60+
Chris Walmsley	Overall Winner

See full results on the [club website](#).

Many of us headed for a post-race social and beer or two at the Anglers by Teddington Lock afterwards, dragging an 8:30 race start into the early afternoon.



Stragglers Committee vacancies

Due to various committee members standing down we have four vacancies which we would like to fill . It is probable that there will be a reshuffle of existing members but the current vacancies are:

Chairperson,

Membership Secretary

Club Secretary

Communications

The principal quality we are looking for is enthusiasm to help out with the club organisation but if you feel you have skills/experience in any of these roles please speak to any of the current committee to show your interest.



Junior XC Season Concludes in Impressive Style: South East Schools Inter-Counties – 25th March

Surrey hosted at Reigate the best young athletes from the county plus Kent, Hampshire, Sussex & Essex for the traditional end of season XC race. This race is for the youngest age groups, and for many it is their 1st time racing at representative level and so there is much excitement on the day. The leading 12 athletes for each age-group are selected to represent their county and so the standard is very high throughout the field.



Sophie Desmond was making her debut in Surrey vest, and found it tough going racing up an age-group with the girls in the school year above hers (she is eligible for selection for same category next year). Whilst she felt it wasn't her best run ever, but was still pleased to finish 70th of the 80 who started the race.

The results [HERE](#) demonstrate just how strong a county Surrey is in junior athletics as they won the team prize in all 4 categories that were contested.



Downs League Cross-Country

The junior cross-country season concluded up on the beautiful Epsom Downs in late March with the 4th (and final) Downs League fixture of the series. It was a mild but drizzly morning, and so perfect for running with big fields in all the races.

Since this was the concluding race the final placings for the Series were announced trophies given. Getting a ranking in this League is particularly tough as it requires completing all 4 races, and it is testament to the dedication and commitment of the significant number of young athletes who accomplish this. We had 3 who achieved this distinction this year, and huge credit to

each of them for recording such high placing, particularly as the standard in this Series was without doubt the highest that it's been in the many years that I've been around.....

See below for the results from the 11 Stragglers Juniors who raced.

Series Placings

U13B -
4th Spencer Bateman
U13G -
8th Lucy Hoseason
U11G -
9th Chloe Hoseason

Results from 4th Fixture

U11 Girls 2.2k 27 finishers		
2 nd	Harriet Wiltshire	12:02
15 th	Megan Best	13:50
17 th	Chloe Hoseason	13:53
21 st	Lucy Garnish	14:19
U11 Boys 2.2k 46 finishers		
35 th	Patrick McGuigan	13:09
U13 Girls 2.5k 41 Finishers		
11 th	Maisie Jensen	13:09
12 th	Gabby Ceccherini	13:15
16 th	Madeleine McGuigan	13:44
18 th	Lucy Hoseason	13:47
U13 Boys 2.5k 29 Finishers		
5 th	Spencer Bateman	11:37
U15 Girls 2.5k 12 Finishers		
4 th	Poppy Jensen	13:23

Jim Desmond

Second attempt at the Devizes to Westminster kayak race

Regular readers may remember that we did it last year, only to have the final leg cancelled due to Storm Katy. So we tried again!

This year's challenge was that my stepson Ollie has A-levels, so we decided to enter a scratch double crew with minimal training - we actually only managed four outings, plus I did a bit of lunchtime running.

So off to Devizes early on Good Friday morning for the now-familiar kit checks and registration, then out onto the water in lovely calm conditions. The first day is the really tough one - 35 miles, but after a long initial 14-mile stretch on the flat, you hit the first of the 33 locks, some of which are so close together you're actually better to just run carrying your boat. We actually added a "portage" to avoid the notorious "Saddam The Swan", who patrols a millpond with such territorial ferocity that Ollie decided he'd rather walk.

An OK first day arriving in Newbury in 7 hours 17, only 20 mins slower than last year, then off for giant macaroni cheese at home.



Easter Saturday, day 2, 7am - Newbury to Marlow, half of which is on the River Kennet navigation, and the rest on the Thames. But it was quickly apparent to us that it just hasn't rained enough this year; last year, the Kennet was like riding a log flume, and this year it's like a lake, so we had to paddle a lot more of the 36 miles than we did last time and were nearly an hour slower. But a pretty good paddle anyway, and Marlow is so close to home that it wasn't far to our favourite pub and some gigantic portions of food. Lack of fitness caught up with me in the evenings, but you recover much faster than you do with marathon running, and I felt fairly fresh in the mornings.

Easter Sunday, back at Marlow for the long Thames paddle to Teddington and, of course, now in Green Belt Relay territory; stage 3 (in reverse) was lovely in the early morning

calm and we charged past Cliveden, Maidenhead and then past Boveney to stage 2 and our home stretch in Windsor, Runnymede and Staines. Then stages 1 and 22 as we headed past Shepperton, Walton and Sunbury, and a pretty strong paddle into the headwind past Stragglers HQ for the finish in Teddington. It's a nicely sociable sport because you have a bit more time and breath to chat to crews as you go past them, or more likely as they go past you, and after three days you end up knowing quite a lot of the field.

So we finally made it to day 4, the big Easter Monday charge down to Westminster - hundreds of boats, paddlers and supporters gathered at 6am at Thames Young Mariners, where we all assembled in the lake before heading out in large batches onto the high tide. The final charge down the tide was every bit as fun as I'd imagined; we boldly parked ourselves right in the middle of the stream and overhauled more timid crews hugging the bank, and I grinned happily as the familiar landmarks from Boat Races, rowing training and hundreds of marathon training runs whizzed by. The water was fairly calm for the first part, but past Putney and Wandsworth, as the landmarks of central London start appearing, it was like being at sea, and as we rounded the turn into Westminster I was focusing hard on not capsizing - plenty of people finish this race clinging on to their upturned boats, as indeed did the boat immediately behind us. Fished the boat out of the river by the steps at Westminster bridge, then medals, smiles, photographs, and then home to dry everything out and store it away for next time.

Next challenge here will be the 24-hour version; so far I've only done the 4-day stage race, but the real nutters do it all in one go. Well, maybe...

Peter Kennedy



Learning from Olympians at St Mary's University

We were recently send the following:

“We have an exciting opportunity for all of your club members to get first hand tips from one of Britain's finest runners while learning what it's like to be an Olympic athlete! Together with Ross Murray and other Olympic and professional runners, Andy Vernon will take partakers through their warm up, drills and sessions, before giving them an insight on how to stay cool when it comes to that all important race in a Q&A session. The event is suitable for runners of all abilities and the event will be held at the Sir Mo Farah Track at St Mary's University on 16th May 2017.

Tickets are £20 for adults and £10 for juniors and students. All proceeds go to My Life Films, which is a charity that works with people living with dementia (www.mylifefilms.org). To book a ticket and find out more about the event, simply follow this link: goo.gl/guGKYv”



Future Races

With the Ranelagh Half/Stragglers Half Marathon Championships now run, the summer road league is underway. It's a short turn around to the next fixture with a huge number of Straggs heading to Sutton for the 10K on Sunday 7th May. There's then a break in the league until June, although one thing Green Belt Relay probably has never been called is a break. Dates for the next 4 months are listed below, including a few additional events which are not selected as priority Stragglers events.

May

- Wed 3: Wimbledon Trail Race Series – Wimbledon Common
- Sun 7: Sutton 10k (Summer Road League race 2)
- Sun 14: Staines 10k
- Thu 18: Junior Running Group – Ranelagh hosted
- **Sat 20-Sun 21: Green Belt Relay**
- Thu 25: Quarterly 5k Handicap – Hawker Centre

June

- Sun 4 Dorking 10 miles (Stragglers 10 Mile Championships and Summer Road League race 3)
- Wed 7: Wimbledon Trail Race Series – Wimbledon Common
- Thu 8: Junior Running Group – Ranelagh hosted (note this is a change of venue from originally advertised)
- **Sat 10/Sun 11 Welsh Castles Relay**
- Wed 14: Parkland Relay – Richmond Park
- Sun 18 Ranelagh Richmond 10K (Summer Rd. League Race 4)
- Thu 22: Junior Running Group
- Sat 24: Stragglers v Ranelagh Mob Match – Bushy parkrun (Stragglers 5K Championships & Summer Road League race 5)
- **June 29th - Club 10k** (10k Championships and Summer Road League race 6)

July

- Wed 5: Wimbledon Trail Race Series – Wimbledon Common
- July 6 – AGM
- Thu 13: Junior Running Group
- Sat 15: Elmore 7 (Summer Road League race 7)
- Sun 16: Harry Hawkes 10 miles (note this is not part of our summer road league this season)
- July 20 - Rothwell Relay
- Sun 23: Elmbridge 10k (Summer Road League race 8)
- Fri 28: Wedding Day 7k – Bushy Park (Summer Road League race 9)
- Sun 30: Ride London 100

August

- Sun 13: Wimbledon 5k (Summer Road League final race)
- Thu 31st: Junior Running Group – Stragglers hosted