



May 2017

Issue 332



Stragglers at the finish of the Green Belt Relay



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Editorial

Thank you to everyone who has contributed to this month's Stragmag, including a couple of new race report writers. As I write this intro it's a rare weekend with no actual Stragglers event taking place – the races come thick and fast (some especially fast) throughout June.

Many congratulations to Green Belt Relay Race Director Peter Kennedy and Operations Director Alex Cutting who both put in an enormous amount of work to enable the event to be yet another massive success. There is much reflection on the weekend in this issue.

There are four events in the summer road league in June, we've a race report from the wonderfully well attended Sutton 10k, as well as from the London 10k.

Please also try and attend the Stragglers AGM on July 6, details on how to submit a topic for discussion or for committee nominations can be found in this issue.

The next Stragmag will follow the club 10k. Please send items by Thursday June 29th.

Simon Webb
Stragmag@stragglers.org



Simon Webb

Stragglers News

The recent Green Belt marked the start of the summer relay season, with three further events coming in early June. We've two teams heading to Wales for Welsh Castles, with two local midweek events to follow.

First up is Parkland Relay in Richmond Park on the evening of Wednesday June 14. Simon Brazil is gathering names for this popular event.

Then it's Imber Court Relays on Tuesday June 20, a relaunch of the former Horton Park event organised by our friends at 26.2. See the item at the end of this issue for more. John Parry is your man if you want to be a part of this one.

Congratulations to Simon Shanks, setting a huge pb at Copenhagen Marathon in an excellent time of 3hrs 37 mins. Well done also to Kate Suttle, who whilst leading the senior lady category in our summer road league, also ran in Denmark and came in just under 4 hours.

And just a few weeks after the London Marathon both Ollie Bowers and Peter Wedderburn were pounding the streets once again, this time in Liverpool at the Rock n' Roll Marathon.

A message from Mark Thomas, Membership Secretary – 'current members have to have renewed their England Athletics membership via Stragglers membership by the end of June. If they haven't they won't be allowed to renew later and may be excluded from competitions and won't be included in the Straggler's VLM rejects draw. The number of places allocated to clubs is derived from our EA members and not total membership and so I believe this year only people who have EA membership can go in the rejects ballot.'

Reminder that, due to the Hawker Centre being used as a polling station in the general election on 8th June, we won't have access to the bar after our Thursday night run. Showers are still available with a to be announced pub alternative to follow.



21st Green Belt Relay, 20-21 May 2017. Race Report



This year's race saw the race sold out well before entries closed, with 46 teams entering and just one dropping out just before the race. This is 6 teams more than the previous highest entry, and lets us give a good surplus to the Princess Alice Hospice.

We had a fair bit of heavy rain in the three days before and some heavy rain during the event so the going was quite tough, described by one runner as a "mud traveller". This didn't seem to really bother anyone and the atmosphere was fantastic. We saw some top-quality racing at the front with fierce competition between Serpentine and Thames Hare and Hounds in the men's race, and a stronger field of women's teams than in recent years too. We had 6 overall course records broken, and plenty of age-category records. Congratulations to Allan Barrie for the technical wizardry as well as all the hard work in entering and correcting results.

Prizes were as follows:

"The Green Belt" overall winners: Serpentine

2nd place: Thames Hare & Hounds

Women: Serpentine

Mixed: Thames Hare & Hounds

"Walking Stick" (Veterans): London Front Runners

"Toilet Seat": Pembroke Athletica

"Mark Critchlow" broken record (men): James McMullan

"Sonia O'Sullivan" broken record (women): Carla Molinaro

“Wissahickon Trophy” for most supportive club: awarded jointly to 26.2 RRC, Beckenham RC, BMF Bushy Park, British Airways AC, Burgess Hill Runners, Team Kirsty, Clapham Chasers, Clapham Runners, Dulwich Runners, Ealing Eagles, Elmbridge Road Runners, London Front Runners, Hampton Wick Wanderers, Havering 90 Joggers, Pembroke Athletica, Queen’s Park Harriers, Ranelagh Harriers, Sandhurst Joggers, Serpentine RC, SMTc, The Stragglers, Stock Exchange AC, and Thames Hare & Hounds.

We have awarded the Corporate Prize to British Airways forever.

Stragglers had a great turnout and some excellent running from all teams, as well as providing most of the organising team.

Thanks to Pat and Alan Short for arranging the finish area barbecue and prizegiving, as well as the Hawker Centre staff, and thanks to Mike Mabin for sorting out the finish funnel and banner. The atmosphere at the finish was fantastic.

Thanks to Asa and Elliot for the supremely professional job they do on first aid, and thanks to Kevin Walker of Burgess Hill and to Colin Jones of Stragglers for stepping in to drive them around the course. We had a few incidents to keep them busy but we dealt with them well, with the help of other runners.

Thanks to Alan Pemberton for setting up the marshalling system over the past 4 years; this works really well, and this is maybe what I like most about the race; all our competing clubs work brilliantly.

Thanks to Chrissie Glew, Alan Pemberton, David Clarke, Phil Davies, and Rob Teer (and the Thurrock Nomads) for marking the course. No-one seems to have got very lost, which is quite extraordinary given the distance and complexity of the course.

Our timekeepers did a great job as usual. Thanks to Pat and Alan Short, Bob and Jane Wheller, Merran and Jim Sell, Roy Reeder, David Griffiths, Sue Waters, Carol Golsby, Mark Mabin, and Peter Wedderburn, who stepped in at short notice despite also competing.

Thanks to David Clarke, our race adjudicator, for his ongoing support for this event and his hard work in helping mark and marshal during the race.

Thanks to Alan Mawdsley for arranging licences, permits, permissions etc.

Thanks to Evan Bond for work on graphics for publications, t-shirts and prizes, and to Roy Reeder for ordering t-shirts, taking photographs, and helping organise (as well as timekeeping).

And finally, thanks to my wife Alex for running our financials, paying in cheques, handling team entries, arranging t-shirt sizes with team captains, preparing timekeeping materials, arranging Brentwood hotel and dinner, bagging and distributing t-shirts for all teams, driving the lead control car during the race, and arranging first-aid.

None of the facts and figures really give you much of a sense of the incredibly special atmosphere of warmth, friendly competition and excitement in the event all weekend. This is, without exception, my favourite weekend of the year, even if it's lots of hard work, and it has been since my very first one as a brand-new Straggler in 2005. The Stragglers have created something really special in this race, and it's something that continues to grow and gather fans each year. I honestly can't wait for the next one, even if I need a day off.



Let's do it again next year!

Peter Kennedy

GBR Review: Straggler highlights and Social Media Comments

The Stragglers Vets team secured a top 10 finish, 8th overall and 2nd in their category. Our men's team came 22nd and our first ladies team in many years were 30th.

There were many excellent performances across the two days. A few to pick out include Sue Hall had her first of two good runs coming 12th on stage 2 (Staines to Boveney). Malcolm Fletcher finished 9th on stage 8 (Letty Green to Dobs Weir). Great effort by Helen Davies running the final leg on day 1 and the first on day 2 – she gave



Simons Webb and Brazil a great race to start the second day. Malcolm Davies put in a captain's run on the tough stage 16 (13 miles Lullingstone to Tatsfield), finishing 10th in 1 hour 32. Oli Bowers backed up his 4th place on stage 3 (Boveney to Little Marlow) by finishing 5th on stage 19 (Boxhill to West Hanger) and stage 20

(West Hanger to Ripley) saw an exciting Straggler battle with Rob Wilcox edging out Richard Carter to finish third overall.

On day 1 Carys Mills ran a stage 3 W45 record and on day 2 Sue Hall ran a new W45 record for stage 13. Also, a special mention to Tim Wood who took part in his 20th GBR!

A number of us had an enjoyable overnight stay in Chelmsford at the end of day 1. Getting lost is a recognised part of GBR for many, but Simons Brazil and Webb took this to a new level, taking half an hour to find a hotel which was all of a minutes' walk from the train station they arrived via.

Once again, the weekend has been well received by other runners posting on Facebook and Twitter. A selection of comments are as follows:

"Brilliantly organised event and an excellent adventure for any running team."

“If Carlsberg did weekends... It was an unforgettable weekend with so many memories. A huge thanks for all those who help make this event what it is. Can't wait until next year.”

“Great work Organisers, Marshalls, Runners and Supporters... Brilliant Day 1.”

“A huge THANK YOU @StragglersRC for another phenomenal @greenbeltrelay! Our Eagles teams had a blast - and we got two stage winners!”

“Great event and well organised from start to finish, our medics have have covered this event for two years now and are looking forward to next year’s event.”

“Best running weekend of the year done. 365 till the next one.”

“Thank YOU for putting on an awesome event! See you next year!”

“Thank you! It was such amazing fun all weekend.”

“Brilliant weekend. Thanks to everyone for making it so memorable.”



Green Belt Relay – A Personal View

The Green Belt Relay is a highlight on my running calendar. I don't expect I am known to many of you readers, as I am not often down on club nights, but the GBR is an annual event I try not to miss. 220 miles of London's Green Belt, along towpaths, footpaths, and minor roads. The stages are all different distances, from 6 miles to a half marathon, and have difficulty ratings dependent upon distances and how hilly they are. So, for example, you can be asked to run a hilly stage up to Box Hill or a short-ish stage along the Thames towpath and everything in between. The organisers (this year Malcolm and Helen Davies, or H&M as I will refer to them from now on) try to

ensure that runners don't end up with tough legs on both days (well, they did for me anyway!).

Last year I did the run up to Box Hill. Although a tough section, the views were magnificent and I did indulge myself with a few well-timed rests to breathe in the fresh air and take in the amazing view across the North Downs. What is also great about the GBR is that you can be running in places you have never heard of, let alone been to. Who has ever heard of Letty Green or the wonderfully named Toot Hill? I am proud to say that I have now been to both of them!

Having no access to a car is a pain, but not an insurmountable pain. H&M organise lift shares to reduce the number of cars ferrying runners, and even an overnight stay in deepest darkest Essex if you have a late finish/early start, or just want a few drinks, a good meal and good company on a Saturday night.

While the weekend is organised by The Stragglers, teams take their turn of time keeping and marshalling. This year, The Stragglers had three teams competing, a men's, a veterans' and a ladies' team. My stage on Saturday, the seventh of the day, was 12 miles, and I was lucky enough to be offered a lift from Teddington by Gareth Pritchard. We drove up in weather which varied from heavy rain to lovely sunshine and were met at the end of the stage, Letty Green,



by Peter Wedderburn. We drove from there to the start at St Albans, parking in a large Leisure Centre. The weather was drizzly here as we made our way to the start to register and the official briefing. Carrying a mobile phone and the route directions are obligatory, following the orange signs and sawdust along the route highly recommended!

At precisely the appointed time, we all set off. After a narrow path where no overtaking was possible, we found ourselves on the Alban Way cycle path for over 5 miles. The Alban Way is a trail along the former route of the Hatfield to St Albans branch line of the Great Northern Railway. After leaving this straight, flat section, we came to Commons Wood which is the only really difficult section navigationally of this stage. While I hadn't actually recce'd the stage (highly recommended if you can), I was quite confident I wouldn't get lost but, in this wood I completely lost my sense of direction.

Fortunately there were enough little orange signs and sawdust, and I emerged from the wood unscathed, still pointing in the right direction! After running through a couple of housing estates we emerged on the Cole Green Way, and the finishing line was at what remains of Cole Green Station. The station building was demolished in 1975, but the platforms were still there. What is great is that, even a tail ender such as myself is greeted with cheering as you cross the finish line.

On Sunday, I was treated to a short, downhill stage of 6 miles. Richard Carter picked me up and we drove to the finish at Ripley where we met Rob Wilcox. We then headed for the start at West Hangar. Fortunately, we arrived early as parking here is limited. After the same registration and briefing, we were off. No real chance of getting lost on this one as it is almost all downhill. My only worry here was to avoid tripping over tree roots as I am prone to do. Richard and Rob both got really good times, and I came in not so long afterwards.

Unfortunately, I couldn't make the grand finish at the Hawker Centre, but in previous years I have enjoyed some great hospitality and laughs and groans as the prizes are handed out.



I would like to thank Peter Kennedy, Race Director, and his huge support team of volunteers, who made this happen. I am not going to name other names for fear of missing anybody out but I would particularly also like to thank Malcolm and Helen Davies who put together three teams. Their

organizational skills were second to none – all I had to do was turn up and run!

Would I do it again? Yes, if the Stragglers will accept me.

Sally Boulton



Sutton 10K 2017 Race Report

Just one week after kicking off the revamped 2017 road series with over 40 Stragglers running the Ranelagh Richmond Half Marathon, it was time for the fast and furious Sutton 10K. Having participated in this event myself a few times, I must admit it wasn't on my race calendar for this year. However, Helen and Malcolm formally invited all the club members for this event in an unprecedented way - I couldn't say no. They've decided that the club would enter us in the 2017 Sutton 10K in a similar way to cross-country. The result was impressive, from four Stragglers men last year, the numbers went to over 60 Stragglers this year. You might be thinking, it takes the club to pay, for people to turn up, but allow me to disagree! The reason that made us turn up today, last week, and in the recent past is our captains' competence, motivation and passion for racing. Racing certainly means a different thing for each one of us but, that's why we turn up, because we want to race together. And what difference it makes having a big team to race with. They've created this energy that has infected everyone and there's no stopping now!!

The temperature was perfect, around 10 degrees and we were told the route had been changed slightly for this year. Kevin Best got the bodies warmed up and the minds in race mode, we were set!

At the start line, the megaphone man said how happy they were to have over sixty Stragglers racing. The guy next to me asked his friend: "Who?" after which he received an elbow and an answer from me pointing to the yellow vest: "Us!!".



Great results at the finish line! Oliver Garner was the fastest Straggler in 26th overall with a chip time of 35:47 closely followed by Rob Wilcox in 28th only 11 seconds behind. Chris Walmsley was next with a time of 37:23. Crispin Allen, Roy Reeder and Malcolm Davies also did very well, running under 40 minutes.

Liz Killip was the first Stragglers lady and 12th lady overall in 42:06 closely followed by Sue Hall in 14th only seven seconds behind. They both won their age categories V55 and V45 respectively. The third Stragglers lady was Carys Mills in 22nd crossing the finish line in 44:21. Phil Davies and Dave Brewin were second and third respectively in the V60 category.

A number of Stragglers achieved PB's today bringing some extra smiles. Perfect!

After a quick warm down and stretching led by Mark Pattinson, we went for a drink and the so deserved slice of cake in the café. With such mild weather, some even sat on the grass relaxing to finish off what was a very pleasant morning of racing and socialising.

Had a great time, thank you everyone.

Tiago Ramos



Summer Road League – Leaders and Future Races

After 2 races (Richmond Half and Sutton 10K) our leaders are:

Men

Overall	Chris Walmsley
Senior Men	Tiago Ramos
V40	Chris Walmsley
V50	Malcolm Davies
V60	Phil Davies

Ladies

Overall Leader	Liz Killip
Senior Ladies	Kate Suttle
V35	Sabine Duffy
V45	Carys Mills
V55	Liz Killip
V65	Ann Coward

Next up (June 4) is Dorking 10 which will also see the Stragglers 10 mile championships. After a break for Welsh Castles and Parkland Relays it's then on to the Richmond 10k (June 18).

The Richmond 10K organised by Ranelagh Harriers is always a popular event, and this year's race on Sunday 18th June is filling up fast.

There are a number of reasons that might entice you to enter:

- It is part of the club's summer road championships, so an opportunity to increase your points. Here
- This has the best PB potential out of the four 10K races the club is targeting this summer.
- It's one of the four 10K races that will be used to compile The Stragglers 10k rankings for 2017, with prizes to be won (age categories and highest age grading)
- It's part of the Surrey Road League, and The Stragglers Men have got off to a very good start, and are currently placed 8th out of 35 clubs after 2 races. See [here](#) for the league table.
- And most importantly, an opportunity to be part of a race with lots of fellow stragglers (so far 37 Stragglers are entered), and enjoy lots of support and camaraderie.

Enter via Sportsystems - [Richmond 10K](#)

Elmore 7 and Elmbridge 10k have been open for entries for a while and recently our own Wedding Day 7k has also opened for participants.

***Annual General Meeting, Thursday
6th July 2017 at 9PM The Hawker
Centre, Lower Ham Road, Kingston,
KT2 5BH***

The Club requests nominations for positions on the Committee by Thursday 22nd June and any topics for discussion in writing by Thursday 15th June. The forms below can be used – if you require further forms, please ask any Committee Member, or use a blank piece of paper.

Current Committee Members

Chair - Carys Mills*

Treasurer - Kevin Price

Secretary – Richard Steeden*

Club Captain – Phil Davies

General Committee

Men's Captain – Malcolm Davies

Ladies Captain – Helen Davies

Communications Secretary – Peter Wedderburn*

Membership Secretary – Mark Thomas*

Social Secretary – Roy Reeder

Little Feet – Anne Woods

Structured Training Group - Kevin Best

Stragtri – Barbara Crow

Phil Hall

Those marked * above are NOT seeking re-election

I nominate (Caps) _____
for the position of _____

Proposed by (Caps): _____

Signature: _____

Date: _____

Seconded by (Caps): _____

Signature: _____

Date: _____

Nominee acceptance of nomination: _____

**IN ORDER FOR YOUR NOMINATION TO BE VALID AND TO
SPEAK AND VOTE AT THE AGM YOU MUST BE A FULLY PAID
UP MEMBER OF THE CLUB.**

Please send your nominations to Richard Steeden by hand, post or
email

Flat 4 Thames Bank, Riverside Road, Staines, TW18 2LE or
Secretary@stragglers.org



Annual General Meeting

Thursday 6th July 2017 at 9PM The Hawker Centre, Lower Ham Road, Kingston

TOPIC FOR DISCUSSION AT THE AGM

I would like the Committee to consider that the following topic be raised at The Stragglers AGM. Topics will be reviewed by the committee prior to AGM and discussed if they haven't been resolved and feedback given to the nominee, or if sufficient members (twenty) have raised the issue.

Signature: _____

Proposed by (Caps): _____

Date: _____

Only topics for discussion received by Thursday 15th June can be voted on at the meeting. Any items brought up under Any Other Business at the AGM can be discussed but cannot be voted on.

IN ORDER FOR YOUR TOPIC TO BE DISCUSSED AND FOR YOU TO SPEAK AND VOTE AT THE AGM YOU MUST BE A FULLY PAID UP MEMBER OF THE CLUB



Stragglers Juniors at Surrey Track Championships

The County Track Championships are one of the highlights of the athletic year, and this year the club was represented by 4 juniors in the Surrey Champs that took place at Kingsmeadow in beautiful conditions.



The competition is very tough as it brings together the best athletes around, and so well done to the 4 young Stragglers who all raced brilliantly to each record a personal best time.

A special mention to Maisie for setting a new club record for U13 girls 1500m (slicing 2 seconds off mark set by sister

Poppy at Surrey Champs 2 years ago).



Below are the Straggler times with full results [HERE](#).

U13G 1500m	5:24	Maisie Jensen
U13G 800m	2:53	Sophie Desmond
U15G 800m	2:45	Lucy Hoseason
U15B 1500m	4:48	Spencer Bateman

Jim Desmond

Stragglers Quarterly Handicap

In contrast to the extremely blustery wind that accompanied the second event in February, the third running of the 2016-17 series Stragglers Handicap saw the early arrival of summer but, strangely, a few less contestants.

The “winners” on the night were Simon Howell, Christopher Johnson and Georgina Martin, while the fastest women were (1) Sue Hall, (2) Bridgid Hibberd and (3) Emma Gray, and the fastest men were (1) Jim Lurkins, (2) Freysen Maritz and (3) Roy Reeder. See full results below.

We also attempted a trial of ranking performances by age-grading, and the three best in this category were Malcolm Fletcher, Alan Mawdsley and Sue Hall.

Next event is on the final Thursday in August 2017 – Thursday 24th August 2017. See you then!

Dave Griffiths

Finish Pos'n.	Name	Handicap	Elapsed Time	Run Time	Predicted/ Actual time	Rank	
21	Jim Lurkins	22:00	39:36	17:36		1	1st M
24	Freysen Maritz	21:15	39:40	18:25		2	2nd M
4	Roy Reeder	19:00	38:03	19:03		3	3rd M
25	Gareth Pritchard	20:15	39:41	19:26		4	
22	Malcolm Fletcher	20:00	39:38	19:38		5	
33	Claus Wagner	20:15	40:44	20:29		6	
12	Tim Leak	18:30	39:00	20:30		7	
7	Sue Hall	17:45	38:24	20:39		8	1st F
1	Simon Howell	15:30	36:27	20:57		9	1st H
34	Simon Brazil	20:00	40:59	20:59		10	
9	Daniel Chiechi	17:30	38:49	21:19		11	
15	Alan Mawdsley	17:30	39:05	21:35		12	
28	Stephen Penpraze	18:15	39:55	21:40		13	
29	Mark Pattinson	18:15	39:56	21:41		14	
10	Jon Parry	17:00	38:57	21:57		15	
37	David Suttle	19:30	41:32	22:02		16	
16	Bridgid Hibberd	17:00	39:12	22:12		17	2nd F
30	Emma Gray	16:45	40:02	23:17		18	3rd F
6	Julie Haworth	15:00	38:22	23:22		19	

2	Christopher Johnson	13:00	36:27	23:27		20	2nd H
19	Phil Hall	15:45	39:21	23:36		21	
3	Georgina Martin	14:00	37:51	23:51		22	3rd H
5	Pete Blanchfield	14:00	38:10	24:10		23	
14	Rob Crawford	14:45	39:04	24:19		24	
11	Tim Wood	14:00	38:58	24:58		25	
31	Natasha Parry	15:00	40:11	25:11		26	
26	Matthew Brady	14:30	39:43	25:13		27	
27	Dan Simmons	14:30	39:45	25:15		28	
23	Helen Brett	14:00	39:39	25:39		29	
17	Sue Waters	13:30	39:16	25:46		30	
13	Mike Fowler	13:15	39:03	25:48		31	
35	Julie Garner	15:00	41:16	26:16		32	
36	Lea Rochester	15:00	41:28	26:28		33	
20	Chris Amies	12:00	39:27	27:27		34	
8	Jim Sell	10:00	38:26	28:26		35	
18	Bert Kidwell	10:00	39:20	29:20		36	
38	Steph Atkinson	14:00	44:58	30:58		37	
32	Donald Bell	06:00	40:33	34:33		38	
39	Les Brown	00:00	44:59	44:59		39	
DNF	Andrew Ronksley			00:00			



Prudential Ride London 100 - Volunteers Required: Feeding Hub at Hampton Court – Sunday 30th July 2017

The club has been asked to provide personnel to help man the feeding hub at Hampton Court for this year's Prudential Ride London100 on Sunday 30th July 2017. Volunteers will be required to report for duty at approximately 06:00 hrs (TBC) and you will be stood down at 13:00 hrs. Duties will include

- Setting up the food tables with gels, bars, bananas or whatever supplies the PRL organisation have arranged for this year.
- Filling cyclists' water bottles using large jugs supplied from water taps set up between the refreshment stations.
- Distributing food and drink to riders.
- Giving assistance with directions to toilets, mechanics, relay race changeover points, first aid etc.
- Breaking down the set-up at the end of the morning.

In previous years volunteers have received a T-shirt, cap, water bottle, bag and lunch as well as a pin badge. Volunteers do not need to be members of the Stragglers; they can be other members of your family, friends or neighbours.

In addition to this, dependent on the number of volunteers we can provide, The Stragglers will receive between 1 and 4 guaranteed places for 2018 and a donation to the club of between £150 and £600. Also, for those who are keen to ride in the 2018 event, if you have volunteered at the feed station and you have applied to enter the 2018 event but have been rejected and you are a member of The Stragglers running club, you will be eligible to apply for the guaranteed places in the draw the club will hold in February 2018.

If you would like to volunteer and have not done so already, please contact Sue Cockle (suecockle@ntlworld.com) with your details.

Sue Cockle

Imber Court Relays 2017, Tuesday 20th June

Our fellow runners at 26.2 RRC have hosted a fun annual summer relay for local clubs for a number of years and the Stragglers have regularly entered teams. These were held in Horton Park up to 2015 and then sadly Epsom & Ewell council refused permission to hold any more such events, despite support for this from local runners and clubs. The event was attended by, and appropriate to, all standards of runners as it has a comfortable distance and a very friendly feel. In past years the Stragglers have entered ladies, men's, mixed and vets teams; everyone has always had a great time.

Not to be put off, 26.2 are relaunching the relays - same tried and tested format with a new location of Imber Court Police sports grounds in East Molesey (see <https://goo.gl/maps/2jztVAH5exJ2>). In fact, this venue looks to be better in a number of ways such as more parking, nicer toilets and hopefully access to the bar for a bit of a social afterwards!

The general format of the event is:

Course: 1.5 miles / lap (route TBC)

Runners per team: 4

Categories of mixed, men, women, vets etc. As this is a new event, the details will be firmed up over the next couple of weeks.

As this is a club event, entry fees will be covered. If you would like to run please contact John Parry parryjanes@gmail.com

John Parry



Vitality London 10000

On a very humid bank holiday Monday morning a number of Stragglers took part along with 12,000 other runners including Olympians Jo Pavey and Andy Butchart in the UKA 10.000 metres road championships in London.

Prior to the start The Mall fell silent to observe a minute's reflection in support of the victims of the suicide bombing in Manchester.

The course is a loop through Westminster, the City and London Borough of Camden. The run took us past many landmarks including the Savoy Hotel, Somerset House, Royal Courts of Justice, the Old Bailey, the Bank of England and St Pauls Cathedral. The finish was in front of Buckingham Palace.



There were some very notable Straggler performances including three pb's from Rob Wilcox, Karen Levene and Helen Davies. A special mention too for Straggler supporters Paul and Sandra Levene!



Full results are available at www.vitalitylondon10000.co.uk.

These days I do not normally like the 'big' city races but this was a very enjoyable and organised race - a good

way to spend a bank holiday!

Simon Brazil



Stragglers in Athletics Weekly

We may be called The Stragglers but it doesn't stop us having appearances in the leading running magazine, Athletics Weekly! Here is who has been featured in May.

Sutton 10K, 7th May

Great picture at the start of the race, with Rob Wilcox and Chris Walmsley featured.

W45 Sue Hall 42:31

W50 Carys Mills 44:21

W55 Liz Killip 42:11

Green Belt Relay, 20 & 21 May

Start of leg 19 at the top of Box Hill pictured featuring Oli Bowers and Jim Desmond.

Men: 8th Stragglers Vets Team

Women: 3rd Stragglers Ladies Team

Stage 8 (Letty Green to Dobbs Weir 10.65 miles) W55 Julie Holmes 85:47



Future Races

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 Road League Race 4)
- Tue 20: Imber Court Relays
- Thu 22: Junior Running Group – Stragglers hosted (note this too is a change from the originally advertised venue)
- Sat 24: Stragglers v Ranelagh Mob Match – Bushy parkrun (Stragglers 5K Championships and 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