



July 2017

Issue 334



Presentation of the Rothwell-Wright Shield to Stragglers, the winners of the Ranelagh/Stragglers parkrun mob match in June, after Friday's Wedding Day Race.



In this issue

Contents

Editorial	3
Stragglers News - Club AGM.....	5
Summer Road Series: July Round Up	6
Summer Road League Round Up.....	6
Elmore 7 – A Personal View	10
Wedding Day 7k	11
10K Summer Series: The Winners	12
Rat Race. ‘The Wall’. 17th June 2017.	14
Rothwell Relay	18
Stragglers in Athletics Weekly	18
Future Races.....	20
Other races	20

Editorial

Best Wishes to Nick Bayliss

I'm beginning this issue of Stragmag with the same text from last week (Friday 28th June) Stragglists email courtesy of Ray Cockle.

“Last week’s blog was a light-hearted take on missing bottles and forgotten helmets. This week is all about gravel and, as you can imagine or may already know, this stuff is no laughing matter at all. On our way down to the bottom of Coombe Lane and heading for Shere, the left-hand corner which almost always has a pile or two of gravel was worse than ever thanks to recent steady rainfall. As I rounded the next corner and headed towards the main road I heard a distant clatter behind me. When I came to a stop and looked back and saw an empty road I feared the worst. One of our group had come down. As Nick approached the corner in question, a car was also taking it in the opposite direction which probably switched his attention from road to car and at a crucial point. The result was not good, the most serious injury being a broken femur (thigh bone) which needed special attention by a critical response team before he could be loaded into the ambulance. During the one and a half hours of roadside treatment, Nick stayed calm and was the perfect patient. The rest of group one did a magnificent job of directing traffic around a lay-by which was conveniently located just to the side of where the accident occurred or giving the paramedics a hand when necessary. Chapeau to Nick for his bravery and many thanks to all of my group who helped out at the time and to those who have sent their best wishes to Nick for a speedy and full recovery.

Our sport is a magnificent one. It helps the mind and the body and gets you around some beautiful parts of our countryside but a crash on a bike seldom takes any prisoners. Unlike a wipe-out whilst skiing or tipping over into the water off a wind surfing board, tarmac is a very different story. Considering the thousands of miles that we collectively cover the incidents are, thankfully, tiny. So, keep on keeping on. And don't forget the helmet. It did its job, has dents and cracks in it and probably saved Nick's life.

ICE Number

Most of you will know about having an ICE number (In Case of Emergency) on your phone. If you don't and you're a cyclist, you should. It's the phone number of a person who should be contacted in circumstances such as we had last Sunday. The most convenient

place to have it is on your phone. I keep mine in a jersey pocket as does Nick, but we could only get to it once he was moved onto a stretcher. Because of this problem, Sue and I have come to the conclusion that having that number on your phone is not enough.

The reason is twofold:

1. phones maybe locked by a pin number or similar.
2. the phone will probably be in your pocket & therefore perhaps not easily accessible.

So, we are making a new request that in addition to carrying an ICE number on your phone you should also have one on a piece of paper or a label somewhere in your saddle bag or you could copy Mike's idea of a Kapz <http://www.kapz.com/configurator> personalised headset cap on the bike itself."

In other cycling related news, by the time you're reading this, Ride London 100 will have been completed and we hope all Stragglers/Stragglists taking part and supporting have an enjoyable, successful and safe day.

The Summer Road Series is nearing its completion and this month's issue has a roundup of the latest three events. Amongst other items are results from another very well attended Rothwell Relay.

Deadline for the nest Stragmag is Thursday August -.

Thanks to all contributors and to Dave G for helping put this together.

Simon Webb
Stragmag@stragglers.org



Simon Webb

Stragglers News - Club AGM

Our recent AGM saw a number of committee members step down and, luckily, an equal number coming forward to continue their excellent work.

Standing down were Carys Mills as Chair, Mark Thomas as Membership Secretary, Richard Steeden as Secretary and Peter Wedderburn as Communications Secretary.

The new committee now has Kevin Price as Chair. Continuing are Phil Davies Club Captain, Helen Davies Ladies Captain, Malcolm Davies Men's Captain, Kevin Best representing the Structured Training Group, Anne Woods representing Little Feet, Barbara Crow representing StragTri and Roy Reeder, Social Sec. Newly elected are Phil Hall as Treasurer, Simon Brazil as Secretary, Julie Holmes as Membership Secretary, Andrew Ronksley as Communications Secretary, Alan Mawdsley as Website Manager and Simon Webb as Stragmag Editor. Jim Sell was unanimously voted to continue as Honorary Auditor.

It was also confirmed that Malcolm & Helen will serve for one more year as men's and ladies captains, during which time others will be encouraged to come forward.

The main item for discussion was a proposal to increase the membership fee from £10 to £15, to enable continued investment in club activity – for example covering the entry fee for all members taking part in this year's Sutton 10k.

The suggestion was well received and supported by those in attendance, with the increase to take effect from April 2018.

In the past 12 months charities benefitting from donations from the Stragglers included Crossroads Care Richmond & Kingston, Princess Alice Hospice, the Nightingale Cancer Support Centre and the British heart Foundation.

The other headline is that this year, following his great work on the new website, Alan Mawdsley was given the Stragglers Outstanding Contribution Award – a prize greatly deserved.

Closing the meeting, Kevin Price reflected that there has been a great atmosphere and club spirit created during Carys's time as Chair and that the ethos of keeping fit whilst having a great and enjoyable time will be carried forward by the new committee. The full minutes from the AGM will (if not already) be available to read on the Stragglers website.

In non-AGM news, there is now a date confirmed for Beating Bushy Bounds – the annual Stragglers running pub crawl which sees a lap of Bushy Park completed and a number of pubs visited on the way round.

This year it will take place on Friday August 18th, beginning as ever at the Swan in Hampton Wick - meet for a 7:30 leave.

An exact list of pubs will be confirmed nearer the time, look out for updates on Stragmail and social media.

Summer Road Series: July Round Up

17 teams took part in this year's Rothwell Relay – the first to be staged since Nigel's passing last year. With a number of runners joining us from 26.2 it was an evening to do Nigel's memory proud, including £300 being raised for Pancreatic Cancer UK.

Also in tribute to Nigel – and Ranelagh's Peter Right – after the Wedding Day 7k a new trophy for the Stragglers/Ranelagh Mob Match was presented to Stragglers.

River Relay returns on Sunday September 3rd. It's a 5-stage race following the River Thames from Boveney to the Hawker Centre, the longest leg of which is around 6.5 miles. Simon Brazil and Katherine Curtis Tyler are organising Straggler teams.

Summer Road League Round Up

Three fixtures took place in July – Elmore 7 (miles), Elmbridge 10k and the Wedding Day (7k).

23 Stragglers made their presence felt at Chipstead Saturday 15th July in another great showing for the club, to keep our Surrey League Campaign firmly on track. Once again South London Harriers did a great job laying on a race which was dominated by a very high quality field of club runners from across the County. Starting and finishing at the Chipstead Country Show, with some significant hills in between, this is a race like no other.



In the circumstances Straggler Men's and Ladies teams put on a very good show of their own. The men were led home by Jonathan Ormerod finishing in 18th place overall against some extremely tough opposition. Chris Walmsley managed a 28th place and Roy Reeder flying the flag for the M50s completed the top 3 scorers in 40th place, an excellent set of results. Behind them there were some interesting battles going on notably between Dan Greenslade and Nick Brown, with Dan coming out on top in that one by six seconds and Martin Vivian edging out Noel Hollingsworth by all of 3 seconds! but looking through the squad there were strong performances throughout.

The ladies had a new top scorer in their race in the form of Helen Davies to pick up the 35 points in Stragglers Road series. Helen was closely followed by Kate Suttle for the senior ladies with Nicole Hambling enhancing her chances in the club road champs for the L35 category being the 3rd lady home. There were some good performances further down the field considering the toughness of the race and the rather humid conditions.

On to Elmbridge for the final race in the 10k rankings, which has been running alongside the road series. 40 Stragglers were on the start line for this one.

For the ladies Sarah Winter, making her first appearance in the road series romped home in 39:02 to be first lady Straggler and in the process recording the fastest 10K time for the Stragglers ladies in the series. Sarah was followed home by Sue Hall in 42:35 keeping up her fine form in the F45 category and finishing second F45 overall in the race with Juliet Cleghorn 43:21 third Straggler lady making up a fine quality front line.



The race conditions were equally helpful for the men. A mere 21 seconds separated the top 3 with Rob Wilcox coming out on top 35:45 and recording the fastest time in the Stragglers 10K series this year. Matt Coakes following a 31 mile ultra the previous weekend, ran an impressive time of 35:59 also recording the best 10K in the M40

category in the summer's 10k rankings. The top 3 were completed by Jonathan Ormerod in 36:06, making for a very competitive Surrey League team performance.

The M50s were led home by Dean Morley in 38:37, but arguably the performance of the day in that category was by Laurence Duffy whose time of 38:56 got him an age grading of 81.71%, the best recorded in the 10K series this year. Not to be outdone the M60s decided to put on a show of their own. David Brewin in 43:23 and Phil Davies in 44:07 were the M60 race winner and runner up respectively, a great achievement in a quality field.

Further down the field there were some very good performances for both the ladies and men in trying to beat their own previously recorded 10K times and rack up points in the road champs in particular for the ladies the ever-present Sabine Duffy and Helen Davies keeping up their 100% attendance record and for the men Stephen Penpraze and Carl Pretorius both recording their 7th race of the road series.

Last this month saw the Elmbridge numbers nearly doubled with 78 Stragglers lining up for the Friday night fun of the Wedding Day 7k. It's also worth noting here that the race sold out a few days before, which is excellent news given how a few years ago the numbers were definitely down on what might be expected given the history of the event.

For the ladies, Heidi Russenberger making her competitive debut for the club led the way over the 7K Bushy Park Course in a time of 27:32. Liz Killip in 28:40 and Sonia Bandeira in 29:40 made up the leading three Straggler ladies. In the process Liz was the race F55

prize winner and achieved the highest age grading of the race, another notable achievement.



For the men Rob Wilcox in 24:46 was the first Straggler over the line with Roy Reeder charging up the road champs table with a very impressive 25:30 in the M50 category. At the opposite end of the age spectrum, Kieran Desmond was third Straggler finisher in the JM 15-17 category and second junior in the race, an excellent performance.

After the race we had the ceremony for our mob match victory over Ranelagh earlier in the summer and were presented with the Rothwell-Wright Trophy, a moment to toast!

Once again, the race has shown the club in a great light, not only with the huge turn-out of runners but also the mini army of club volunteers (or ushers as we now think of them) who make the wedding procession possible!

There is just one race remaining in the summer series, the eye-balls out blast of the Wimbledon 5k.

Words by Malcolm and Helen Davies with extra bits from Simon Webb



Elmore 7 – A Personal View

Undulating... apparently.... lovely sounding word... I'd prefer 'a bit hilly' instead. Since I joined the Stragglers Helen and Malcolm have done an amazing job in getting fellow members to running events. Having done half a cross-country season, and a number of summer series runs that I had no intention of doing, it's all down to their encouragement.

The Elmore 7 is an odd race in that it takes part in a country fair in Chipstead and, worryingly, on top of a rather large hill.

As suggested I brought the family as a 'day out' and on entering the fair (which is free for runners) we immediately encountered a rather large snake and the kids got to stroke a large turtle. Followed closely by throwing themselves down a blow-up slide or watching sheepdogs herding geese. What's not to like?

Onto the race. No chip timing, so important to hang near the front so as not to lose too much time early doors! So I hung near the side and then on the off through a field and straight through a number of hills. Seven of them, although it felt like more, however all the downs had ups and you could make up time there. About half way you run down about 100 feet, which is always a bit worrying, as you can guess what's coming. And it did. I think it was about 200 feet elevation over the 7 miles but with the downs and the ups I managed to keep an average flat time which I was pleasantly surprised by. Past half way though it flattens out somewhat and even the inclines feel like running on the flat. Overall it was a very pleasant race through largely quiet country lanes.



Well organised with lovely marshals it wasn't as terrible as I thought it might be. It was great (as has been throughout the summer) having 20 plus Straggs there as the whole 7 miles I had 4 fellow Straggs to try and keep pace with and keep me going! With 0.3 miles to go I

caught up with Noel whose back I'd been watching for 3/4 of an hour and for the first Straggs event I managed to just get past him.

At the end Malcolm and Helen had also kindly and amazingly arranged to keep some cakes by and generously offered to buy tea and cake for us all. A lovely lady in the marquee had put aside the most amazing carrot and chocolate cake you could imagine. The fair? Must be good as my wife and kids were too busy watching Punch and Judy than watch me romp home. Fair enough! The cake? Amazing. The run? Swore I'd never do 'undulating' again but I'm sure with encouragement I could be there again in 2018. Did someone mention cake?

Martin Vivian



Wedding Day 7k

We received this from Evelyn Greenslade, via dad Dan

Dear Stragglers

I watched this race on Friday. At the start, I watched all of the runners go, until everyone had gone. Then we saw that there was a fun run for kids. My sister, Alice, and I took part. Alice was in the 6 and under event. She came second! I was in the 7-11 run and I came quite close to last, but I still really enjoyed myself.

After our runs, we both got a top and sweets and Alice got her second-place medal. We enjoyed our sweets. I came back and watched the runners finish and I liked it too. Everyone was trying their hardest to get a good time and we were doing lots of cheering. I took quite a lot of photos with my camera, but you were all running too fast and were blurs.

Mummy (Rebecca Greenslade), Daddy (Dan Greenslade) and Grandma (Glenna Greenslade) took part. I saw them finish and cheered them on. Alice helped them do sprint finishes by running with them.

After the run, we went and got drinks and snacks for everyone. The grown-ups all had beer and Alice and I had a Fruit Shoot and some crisps. The grown-ups also had hotdogs and burgers. They looked yummy. Then we packed up and said goodbye to everyone.

I thought this was a really good event. I enjoyed watching it and taking part in the fun run.

Love from

Evelyn Greenslade



10K Summer Series: The Winners

Elmbridge was the final 10K in the Stragglers 10K competition for 2017. There have been 4 races in the competition: Sutton 10K, Richmond 10K, the Club 10K and finally Elmbridge. 53 ladies took part in one or more of these races to qualify, with awards to be given for the fastest overall, and fastest Senior Lady, F35-44, F45-54, F55-64 and F65+, and highest age grading achieved across the 4 races.

We can now reveal the winners as follows:

Ladies

- Fastest overall and fastest F35-44: Sarah Winter with a fantastic time of 39:02 achieved at Elmbridge

- Senior Lady: Kate Suttle who ran three consistent times even in the scorching heat of the Richmond 10K. Kate's fastest time 44:24 was in the club 10K
- F45-54: Sue Hall with a time of 42:19 recorded at Sutton
- F55-64: Liz Killip recording 41:19 in the club 10K, and was our 2nd fastest lady overall
- F65+: Merran Sell with a time of 59:39
- Highest age grading across the 4 races – Liz Killip with an amazing age grading of 89.31%

In the men's competition, prizes were awarded for the fastest overall, Senior Man, M40, M50, M60, M70 and highest age grading across the 4 races, with 95 people taking part:

- Fastest 10K overall: Rob Wilcox. Rob recorded a time of 35:45 at Elmbridge beating Oli Garner's time of 35:47 recorded at Sutton at the start of the series. (Rob also picks up the Senior Men's prize)
- M40: Matthew Coakes with a time of 35:59 recorded at Elmbridge.
- M50: Roy Reeder with a time of 37:41 at the Club 10K
- M60: Kev Best in a time of 42:37 at the Club 10K
- M70: Michael Garner 53:20 at the Club 10K
- Highest age grading across the series - Laurence Duffy an age grading of 81.71% for his race at Elmbridge yesterday.

The full results of the 10K rankings can be found [here](#) (men's) and [here](#) (ladies).

Congratulations to all our winners, the prizes will be presented at the Stragglers Awards Evening this Autumn, details to follow. And a big round of applause to all those who have taken part.

Malcolm and Helen Davies

Rat Race. 'The Wall'. 17th June 2017.

The selling point for this 69-mile ultra is that it runs the length of Hadrian's Wall from Carlisle Castle to the Millennium bridge in Newcastle. Many pictures and articles promoting this event highlight the Wall and the off-road sections along the route. What they fail to make clear is the very short space of time spent off road or along the Wall. Much of the mileage is done on long tarmac roads, undulating and winding along monotonous countryside with nothing to really make it feel any different from a road race. Having said that, it is worth doing. Very well organised with aid stations at frequent intervals and direction signs on every corner and junction meant that no one should get lost or go hungry.

I arrived at the registration around 5pm on Friday to collect my race bib and have my kit check. It was purposeful and over the top. The amount of mandatory kit required meant my vest was heavier than normal as I wouldn't choose to carry some of the items i.e. triangular bandage. I'd use my bandana instead. Full first aid kit. I'd have a few plasters. Because it was forecast to be a hot day on Saturday I would have taken wet/windy jacket and trousers out as well. In their briefing instructions, they had made it clear that if it was a hot day that it might be necessary to carry more than the mandatory amount of 1 litre of water.

A couple of beers and a nice Italian pasta meal with running buddies Ian, Dawn and Nij relaxed me. The following morning we all met at the castle having dropped our bags and then had the inevitable photo shoot to break the anxiety and nerves. The weather was cooler than expected with some cloud cover keeping it at a runnable temperature of 17-18c. I knew this wasn't going to last so my game plan changed.

At 7am nearly 1000 runners made their way out of the Castle grounds towards Newcastle. It was narrow for the first few miles and I was flitting out and back to get around slower runners. I needed to run at a pace of 9 to 9.30 mins per mile until this sun broke through. Dawn stuck with me for around 8 miles and then dropped off the pace. I kept going and was joined by Michelle - a South African girl. We got to mile 11 which had a quick water stop. I replenished my bottles and drank another 1/2 ltr of electrolyte before

continuing. Michelle came out with me and handed me a crispy chocolate/nutty ball, “Here, try this. I make them myself and they contain everything you need.” I don’t eat food when I’m running. I find it hard to swallow solids. I was still chewing and spitting bits of nut out when we came to a hill. I slowed and she carried on, “Good luck, see you again and thanks for the choc nut ball”.

The temperature up in the region of 28c and over the next few hours would peak at 31c. the tarmac roads had started to melt and shaded patches where trees shrouded a piece of the road would have runners crossing to get a few seconds of respite from constant exposure. I was no exception taking every opportunity to cool down. I was now managing my fluids. One bottle had electrolytes and the other water.



It was 09:30 when I got to Lanercost at mile 15. This was the first checkpoint and also the first feed station. Both my bottles were empty so I released them from the vest and went to the water butts to refill. Only one bottle! I couldn’t believe it. I ran back along the path. It seemed like minutes but

probably only seconds. couldn’t find it. Stop, I was panicking!! Take control. What do I need to do? I could get disqualified with only 1/2 a litre. I was going to have to be very conservative to manage this calamity through the heat of the day. I decided that it would have to be electrolytes in the bottle and I would try to get another bottle, any bottle, from a shop or pub that I might pass. Stay calm, it will be alright.

A few miles on and I was beginning to suffer. I knew I would dehydrate if I carried on like this. Another hill!!

As I approached I passed a lady. I recognised her, “Michelle, how are you? Didn’t expect to see you again”!

She had leg pains and had slowed down. I told her of my water bottle loss.

“No worries,” she said. “The cottage I’m renting with my partner is about a mile from here. We go right past the front door. I’ll pop in and grab you a couple of bottles of cold water from the fridge”.

I could have hugged her. Talk about a low to a high!!! She was my Angel, my saviour and right now the best bloody woman I’d ever laid eyes on!!!

I stuck to her pace until we reached the village. That water was beautiful, ice cold and thirst quenching. I couldn't hang around having thanked her and wished her all the best I moved off.

I was much happier now as I passed the half way point. There had been a section of off road through very hilly countryside. It was important to keep your eyes on the ground in front of you. This was my terrain and what I loved. If the whole route had been like this I'd be back every year. It was too short, far



happier now as I was too short, far

From Cawfields Quarry (27miles) to Newborough (38miles) there was no water station. 11 miles at the hottest part of the day with no water station. This caught many runners out. Runners ill prepared for this heat succumbed to dehydration. Many dropped here and were unable to finish the race. 477 runners completed the 69miles. Less than 50%. Normally this event has a 95% finish rate.

Should Rat Race have provided an extra water station due to the unprecedented heat wave?... Many runners thought so. To be fair to the organisers they had clearly stated to carry extra water if it was hot. This was excessively hot. Let's just say it wouldn't have cut a deep hole into their profits and would have probably had far more finishers if they'd done that.

I arrived at the 45mile point. Hexham Tyne Green. This was the drop bag point. Here was my main stop over and I was going to utilise some time to replaster my feet and take on some hot food. As I was tucking into a vegetable soup and bread roll, my running buddy Ian, came in. He was pleased to have caught me up. He too spent time here to change clothes and prepare for the final 24-mile push.

As we left Hexham, fully replenished and ready we decided that we'd stick this out to the end together. It was a fantastic journey as we encouraged each other to run a bit, walk a bit setting targets in the distance to reach before going back to the opposite pace. My friend from The Ridge used this method during our low points at night and I was now utilising it so soon again. It worked and very soon we had pushed the miles down to single figures.

The final checkpoint at Newburn (61miles) was going to be a quick fly through with only 8 miles to go. Once we were in the marquee and saw such a big choice of food with hot drinks as well we decided to scoff. A couple of egg rolls, a chocolate bar and a cup of tea was enough. By now the sun had gone and, although still a warm night, it was comfortable. I threw the plastic bottle. I didn't need to carry much now. I almost said a prayer as I 'buried' the bottle in a bin provided. Almost shedding a tear that this had been my saviour and now I was discarding it as it was now a needless weight holding me back. I had to be realistic and quickly came to my senses.

The final stretch was done in semi darkness as Ian and I shuffled along. Tired legs, sore feet but a grand feeling overwhelming us as the realisation that the end was only 4 miles away now. It seemed like the longest 4 miles. We were on the Hadrian's way following the



River Tyne. It seemed endless, and by now, if it hadn't been for so much electric light from the city lighting up the sky we would have needed head torches. The Millennium bridge finally came into view with its colour changing arch curving high across the Tyne and giving us that feeling of delight as we crossed it and into the finishing arena to collect our medals.

It was over. A grand day out as Wallace and Gromit would have put it. To add a few statistics here does enhance the reader's awareness of what we went through. The route took in 4000ft of climb over 69miles. For several hours, we ran in temps ranging from 27 to an incredible 31 degrees centigrade.

I finished in 16 hours 41 mins and 12 secs. I checked for Michelle's finishing time...Yes!!! 19hrs, 22 mins and 27secs. She struggled with leg pains but pushed through and conquered it. Thanks Michelle Daniel, race number 3152. I owe you a drink, one that keeps you hydrated for 40 miles!!!! or perhaps I can just get you a few beers one day.

Ian crossed the line with me, Nij completed in 18. 40.03 hrs and Dawn pulled out at mile 50 because of an ongoing knee problem. Knowing her it would have been painful. I think, as I'm writing this,

she has already booked up to beat this beast next year. I hope you get some cooler weather!

Peter Colwill



Rothwell Relay

68 runners (69 if you include Simon Brazil who guided Simon Webb) made up 17 teams on what was another excellent Rothwell Relay evening.

Team N (David Brewin, Paul Riordan, Katherine Curtis Tyler and Jonathan Davies) won in a combined time of 42:40.

Full results are [here](#).



Stragglers in Athletics Weekly

Our Star Performances recognised this month by Athletics Weekly, the UK's No.1 magazine for runners. The impressive breadth of our talented club members is illustrated this month with appearances for distances from 1.5 miles to 31 miles!

June 29th

26.2 Imber Court Relays (1.5 miles each)

Men's team: 4th Stragglers

Women's team: 2nd Stragglers Vets, 5th Stragglers B

Fastest Women: 3rd Sarah Winer (9:41)

W40: 1st Sarah Winter, 2nd Sarah Kinsella (9:46)

July 13th

Self Transcendence 5km, Battersea Park

M55 1st Laurence Duffy 18:32

July 20th

Harry Hawkes 10 mile, Thames Ditton

W55 1st Phyllis Flynn (71:25), 2nd Dee Smale (76:21)

Chiltern Ultra, Princess Risborough, Buckinghamshire (31 miles)

3rd Matt Coakes (4:02:38)

If you spot yourself or another Straggler in the press please let us know by emailing stragmag@stragglers.org

Helen Davies



Future Races

One final race in the summer road series but be quick as numbers are very limited for the Wimbledon 5k. For the River Relay, Simon Brazil and Katherine Curtis Tyler are organising teams.

August

- Sun 13: Wimbledon 5k (Summer Road League final race)
- Thu 24: Club quarterly handicap – Hawker Centre
- Thu 31st: Junior Running Group – Stragglers hosted

September

- Sun 3: River Relay (teams organised by Simon Brazil and Katherine Curtis Tyler)
- Sun 24: Southern Road Relays – Crystal Palace

Other races

Peter Wedderburn and Roy Reeder are offering Straggler discounts in their half marathons this autumn. Both popular local races which a number of people from the club enjoy.

The Royal Borough of Kingston Half Marathon, October 1st 08.30 start, Kingston Ancient marketplace. Stragglers discount £5.

Enter the code StragRBK17

<http://www.sportsystems.co.uk/ss/event/TheRoyalBoroughofKingstonHalfMarathon20172>

October 29th, River Thames Half Marathon. There's £5 off for Stragglers until 31 August. Enter the discount code "STRAGG" at the Sport Systems store.

<http://www.sportsystems.co.uk/ss/event/RiverThamesHalfMarathon20172>