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Issue 336



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Editorial

Now the cross-country season is upon us, with autumnal weather to match, much of this issue has a cross-country feel to it.

We have more details about our awards evening which returns on Friday October 6th, the club XC championship on Sunday October 8th and a full list of the XC fixtures for October to December later in this issue.

Looking back, we also have two reports on this year's River Relay, which featured a record number of teams taking part.

Thank you to all contributors to this issue and to Dave Griffiths for helping put this together.

October deadline will be Friday 20th.

Simon Webb
Stragmag@stragglers.org



Simon Webb

Stragglers News

October begins with the Stragglers awards evening at the Canbury Arms in Kingston – Friday October 6th. £15 gets you food on the night so please contact Helen or Malcolm Davies to secure your place and your tea. Awards on the evening will include those from both the recent summer road series and last winter's excellent XC competition.

And then it's straight into the cross-country season on Sunday 8th October with our own XC championships.

After its first and successful staging in 2016, the event is back on Hamlands, but this year with a tweak as both men and ladies will run the same distance – 5.6 miles.

If you are available but won't be running please volunteer to help organise on the day as marshals will be required. Contact Simon Brazil simon.brazil@kingston.gov.uk if you can help.

The following weekend is the first Surrey League fixture with both men and ladies in action on Saturday 14th October.

The men begin their bid for promotion from division 3 at Wimbledon Common. Meanwhile the ladies will be looking for a strong start following their promotion winning season last year into division 1.

Helen and Malcolm are your ladies and men's captains' once again and will be recruiting runners in the coming days. As with last year we're keen for everyone to be involved, the high numbers, as well as strong performances, made for a wonderful season.

A full list of the 2017/2018 XC fixtures are in this issue of Stragmag.

The morning after the afternoon before it's Cabbage Patch 10.

Once again, the Stragglers are providing marshals for this major race in the autumn road running calendar. The reputation of the event is strong thanks in no small part to the efforts of Straggler members on the day and Keith Haworth is again in charge of putting this into action.

Please if you can spare some time on the morning of Sunday 15th October can you email keithhaworth@aol.com. In return for your efforts is a two-course meal at the Cabbage Patch, plus a significant donation from the race to the club.

M50 Men Win Medals at Surrey County Road Relay

The Surrey County Relays held on Saturday 2nd September at Wimbledon Park saw our M50s battle it out with 10 Surrey clubs and successfully brought home bronze for The Stragglers. Congratulations to Roy Reeder, Malcolm Davies, Dean Morley and Jim Desmond.

After nearly 12 miles of running between the four of them, two and a half minutes separated the top three places. South London Harriers taking gold, and Wimbledon Windmilers silver just 3 seconds in front of The Stragglers. Their overall time would have also got them bronze in the M40 competition! An impressive team performance.

Helen Davies

River Relay summary

A record number of teams (82) lined up for the 2017 River Relay.

Winners were Trent Park Harriers who completed the marathon distance course in 2 hours 42 minutes 42 seconds. Our friends from 26.2 achieved a second-place finish with their C team, with Clapham Pioneers completing the top 3.

The first place Straggler team was made up largely of junior athletes – put together by Jim Desmond. Amusingly titled Young, Young Old, Young Young team, it was made up of Kieran Desmond, Alice Patterson, Jim Desmond, Ben Dibley and Sol Harris-Woodfin. Their time of 2:52:39 secured 7th place and also the prize for best predicted time (the actual best predicted times went to teams who finished higher up and therefore were awarded other prizes).

The Stragglers Angels were next in 2:53:02, with the Stragglers Anglers (17th in 3:07:52) also in the top 20.

Special mention also goes to men's captain Malcolm Davies who was fastest on stage 2.

The full list of results can be viewed from the [Stragglers website homepage](#).

River Relay – an Organiser's perspective.

The River relay has been around for a long time now and had a few ups and downs with different organisers, but for many years The Stragglers and an associated club, The Staines Strollers, have co-organised the event. I first became involved around 2010, helping organising teams for the Stragglers. The following year the race did not take place, so in 2012 Peter Kennedy and myself decided to take it on and revive it.

Although there had been changes over the years by 2010 the race was across 6 legs over about 30 miles, the last leg being a loop from the finish of leg 5 at the Hawker Centre. Peter K and myself decided this was a bit artificial and it made more sense to run over 5 legs. With a bit of juggling we made the course marathon distance at 26.2 miles in total. Although it was named the river relay, in fact it did not join the river until halfway through the second leg, the start being in Windsor Great Park at Virginia Water. This was historical and we inherited it as it was, just moving the start back half a mile to the Totem Pole to get the distance.

We were immediately heartened by the response from the running community, with 37 teams entering in 2012, up from 28 in 2010, the last year of the previous 6-leg course. By 2014 we had grown to 52 teams. However, this success was marred from the organisers point of view by an increasingly difficult relationship with the Crown Estate who manage Windsor Great Park. They simply did not seem to "get it" and this led to a further rethink. In 2015 we moved the race start to Boveney which sits on the Thames a couple of miles upstream from Windsor (the end of Green Belt Relay stage 2). 53

teams lined up for the start and for the first time the River Relay followed the Thames all the way from start to finish.

In 2016 entries shot up to a record 74, only to be surpassed again in 2017 with a magnificent 81 teams taking part. As well as being a very enjoyable event we are also pleased to raise money for charity. The whole event is put together on a volunteer basis and there are only a few expenses. The Stragglers take a management fee of around 12.5% for club funds. This year over £3000 will be distributed to charities, most of which are nominated by the teams themselves.

Success is always a nice problem to have, and both Peter Kennedy and myself always enjoyed staging the RR. However, Peter is massively involved every year with the Green Belt Relay and I do a lot of the organisation for the River Relay. We do get valuable support on the day and are grateful to all of the volunteers from the Stragglers and to Staines Strollers, who look after the first two changeover points at Old Windsor and Staines. But for us to continue to grow the event we could really do with some additional support. I am thinking in particular about course marking on the Saturday before and perhaps some additional marshalling, and maybe a bit of the admin. If anyone is interested let me know and we can have a chat. I won't start on the organisation until next year so we have some time, but it would be good to generate a small team to take us forward. There is certainly no doubt that the River Relay, Green Belt Relay and Wedding Day races are tremendous flag wavers for the Stragglers and it is very satisfying to see these events flourish.

Peter Wedderburn

Joint Race Director

KBC@blueyonder.co.uk

Stragglers Join London Classics Series Club

Three of the great London mass-participation sporting events – the London Marathon, RideLondon-Surrey 100 sportive and the two-mile (3.2km) Swim Serpentine – have now united to form the London Classics series.

The first two need no introduction. Swim Serpentine is a one-day open water swimming festival that started in 2016.

People who have finished each of the three events will get a special medal engraved with Et ego Londinium vici – “I too have conquered London”.

If you have run the London Marathon in any year since 1981 and cycled the RideLondon-Surrey 100 since it began in 2013 they will count towards your London Classics tally. All that’s left is the 2 mile swim in The Serpentine!

(At least) 3 Stragglers were fast out of the blocks with Lynda Chase, Bonnie Whang and Karen Cousins all completing 2 miles in The Serpentine to join a select group of people wearing the London Classics medal. If there are any more of you, please let us know!

Alan Mawdsley



Stragglers cycle across France

After suffering miserable weather last summer from Land’s End to John O’Groats, 6 Stragglers decided to head for the sunnier climate of France. The route totalling just over 1000 miles from St Malo to Nice was taken from the book France En Velo. The route sticks to mainly quiet roads, meandering through small French towns, taking in various regions of France and quite a few climbs. The book

suggests 3 itineraries taking between 3 weeks and 10 days, of course our intrepid cyclists chose the 10-day option meaning a ride averaging 100 miles per day. We planned to hire a van from Kingston to carry the luggage and to take turns driving. I did not want to cycle as far as 100 miles a day so we devised a roster so that I did most of the driving and everyone else drove for 2 half days each. We planned to pack the bikes in the van at Nice and fly back to Gatwick, the problem being how would the van get back? Amazingly Chris and Andy Robinson were taking an orienteering holiday in the Pyrenees and offered to meet us in Nice and take a sightseeing drive back to Calais.

The original plan was to cycle from Kingston to Portsmouth, take the overnight ferry to St Malo and set off across France the next morning. However, the ferry was fully booked for our planned start date so we booked an alternative ferry from Poole to St Malo via Jersey. As the distance from Kingston to Poole is 110 miles and we had to be at the ferry terminal by midday I suggested that catching a train might be a good option, but Tiago Ramos, Allan Barrie and Mark Edmunds decided that they would start out at 4 am, braving the British weather to cycle there. Hilary Davies and I decided to set off in the van at 7ish to catch up with the cyclists in case of any assistance being required, whereas John Sawyer took the sensible option of taking a later train. Although the morning started out dry, by the time we caught up with the cyclists just south of Winchester it was raining steadily and they were thoroughly wet. They were making good time at this point but with wetness and tiredness taking their toll, Hilary and I were biting our nails waiting at the ferry terminal as the 12 noon deadline drew closer. In the nick of time they arrived making a quick dash to the van for dry clothes to change into during the ferry crossing.

In Jersey we had a nice dinner and decided to pack the bikes into the van as our hotel in St Malo was within walking distance from the ferry terminal. It was still raining when we arrived there at about midnight so the van made 2 trips to the hotel, squashing 4 in the front on one trip. The next morning the 5 cyclists set out and I drove the van planning to meet up for lunch but not realising that they were making a detour to Mont St Michel. However, we did

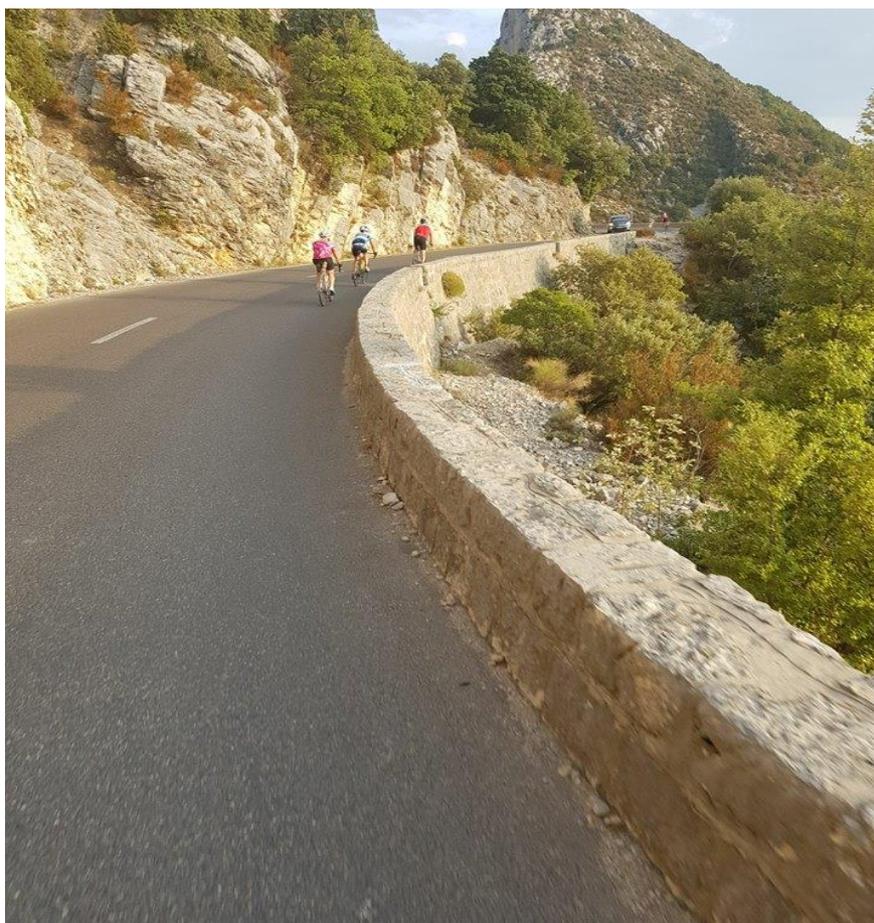
meet up later and there were a couple of heavy rain showers before we arrived at our 2nd night destination in Vitre. This was the last rain we encountered until Tuesday, 5 days later which happened to be a French public holiday.



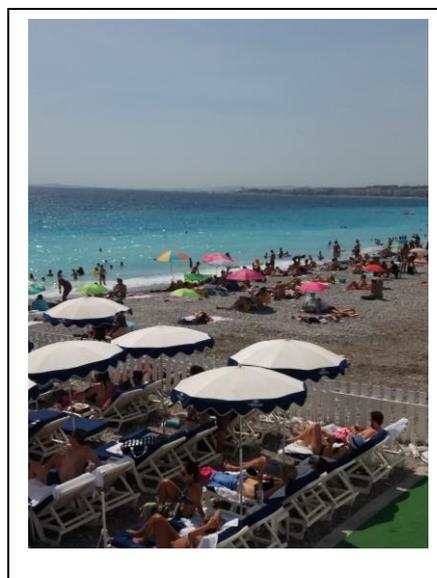
We had pre-booked a hotel for each night and each morning we breakfasted at the hotel then set off between 9 and 9.30. We usually managed an hour or so lunch stop at a café/restaurant and arrived at the next hotel sometime between 4 and 8 depending on the mileage and amount of climbs. Our route took us from Brittany to the Loire, then through central France arriving on day 5 at the beautiful town of Brantome in the Dordogne region, by this time the temperature was well up

into the high 20s and the hotel swimming pool was very welcome. Up until now the route had been mainly straight and flat but now we turned to the east and the route became more hilly and twisty and the temperature got hotter. We started arriving later at our accommodation even though we were starting earlier, on day 8 after a gruelling climb we stayed at a secluded Gite up in the cooler hills.

The next day was long, hilly and hot and we stopped for a welcome break by a cool fountain in Chateauneuf du Pape, by this time the temperature was well up into the 30s so we had to forgo wine tasting until we arrived at our hotel in the shadow of Mont Ventoux. The next day we had a long uphill climb up in the spectacular Verdon region and arrived even later at our hotel having no time to change out of our cycling gear before sitting down to dinner.



From there, after a bit more climbing it was a long spectacular descent to the Cote d'Azur and we arrived on schedule to our hotel in Nice. Andy and Chris duly arrived at the station and we all went out for a celebration meal. The next morning bikes and bags were packed up in the van, Andy and Chris set off on their trip back to Calais and the rest of us headed off to the beach and a sea swim.



Chrissie Glew



Straggler and Ranelagh Junior Running Group Awards

The SRJRG - Minis and Junior Handicap Awards Evening will be held on Thursday 12th October at 7.30 p.m. at the Hawker Centre.

Colin Brett will give a short talk on his Fire and Ice Ultra Challenge in Iceland this summer which should be fascinating.

Anyone who would like to come along to the above talk and presentations would be very welcome.

Merran, Sue, Simon, Colin, Trevor, Maia, Mike and Bert

2016/2017 Club Handicap

The recent running of the Stragglers 5K handicap brought to a close the 2016/2017 series. 4 events held in November, February, May and August (or as it was, the first week of September). Your 2017 winner is John Parry, second place Dan Chiechi and Hero award went to Roy Reeder.

An impressive total of 186 people took to the start line in one or more of this season's races. See the results for the year below.

The date for the first event for 2017/2018 is Thursday December 3rd.

Thanks go to Ian Callander for organising this event and to everyone else who has helped across the year to make this happen.

The results are on the following page.

Finish Pos'n.	Name	Handicap	Elapsed Time	Run Time	Predicted/ Actual time	Rank	
1	Emily Cartwright	14:15	37:21	23:06		19	1st
2	Louise Griffith	06:15	37:38	31:23		39	2nd
3	Martin Powell	13:00	37:43	24:43		24	3rd
4	Katherine Curtis-Tyler	13:15	38:42	25:27		28	
5	Joy Bell	00:00	38:52	38:52		43	
6	Stuart Chalmers	13:15	38:57	25:42		29	
7	Jim Sell	11:00	38:58	27:58		34	
8	Roy Reeder	21:00	39:00	18:00		2	2nd M
9	Pam Whitter	17:00	39:02	22:02		14	
10	Tim Wood	14:00	39:04	25:04		25	
11	Jon Parry	17:15	39:05	21:50		13	
12	Peter Thompson	13:15	39:05	25:50		30	
13	Jim Lurkins	22:00	39:06	17:06		1	1st M
14	Matthew Brady	14:00	39:08	25:08		26	
15	Mirella Genziani	14:00	39:22	25:22		27	
16	Richard Steeden	09:00	39:26	30:26		37	
17	Crispin Allen	20:45	39:28	18:43		3	3rd M
18	Andy Howarth	16:45	39:30	22:45		17	
19	Charles Worth	15:00	39:32	24:32		23	
20	Malcolm Fletcher	19:00	39:32	20:32		5	
21	Stuart Thompson	15:30	39:34	24:04		21	
22	Diane O'Donoghue	11:15	39:50	28:35		36	
23	Poppy Jensen	19:00	39:54	20:54		8	1st F
24	Maisie Jensen	19:00	40:01	21:01		9	2nd F
25	Chrissie Glew	06:30	40:06	33:36		40	
26	Bert Kidwell	09:00	40:07	31:07		38	
27	Neil Carrington	18:45	40:08	21:23		11	
28	Andrew Allen	17:30	40:10	22:40		16	
29	Malcolm Davies	21:30	40:18	18:48		4	
30	Phil Davies	18:15	40:22	22:07		15	
31	Laura Bowden	16:00	40:27	24:27		22	
32	Dan Simmons	14:00	40:29	26:29		32	
33	Tom Howorth	17:30	40:35	23:05		18	
34	Tony Maxwell	20:00	40:40	20:40		6	
35	Simon Brazil	20:00	40:41	20:41		7	
36	Ingrid Wagner	13:00	40:50	27:50		33	
37	Helen Davies	19:30	40:51	21:21		10	3rd F
38	Tim Collins	17:30	41:12	23:42		20	
39	Sue Waters	13:00	41:15	28:15		35	
40	Donald Bell	06:00	41:21	35:21		41	
41	Charlie Jeffrey	20:30	42:01	21:31		12	
42	Julie Hawoth	17:00	43:17	26:17		31	
43	Barbara Hill	00:00	45:26	45:26		44	
44	Les Brown	00:00	47:34	47:34		45	
45	Chris Tyrrell	11:15	49:41	38:26		42	
DNF	Helene Hill	12:30				46	

Notes from Richmond Park

As many of us use Richmond Park every week for running, I thought I'd include a couple of items from the recent 'Friends of' newsletter.

Recent news coverage of former England rugby international Matt Dorson's health issues as a result of Lyme Disease has put the spotlight on an issue which we often remind our members of (before the Wedding Day 7k in Bushy Park in particular). FoRP say "A further reminder of the danger of being bitten by ticks when walking in the Park. Ticks are small, spider-like insects that attach themselves to humans, dogs and other animals to feed on blood. If bitten by an infected tick, it can, if not treated early, lead to Lyme disease with very unpleasant repercussions. Ticks are usually found where there are deer, in long grass and bracken."

Rutting Season is upon us again. FoRP say "Each year we remind you of the rutting season which takes place between September and November. This is a time when deer can be aggressive and dangerous. So be sure to keep dogs on leads and under control, and remember to keep your distance. We recommend at least 50 metres (equivalent to 5 double-decker buses end to end)."



Cross County Fixtures 2017/2018

October sees the return of cross-country action for the Stragglers. Our ladies team are in division 1 of the Surrey League, having secured promotion last season. It is the club's objective to maintain this position. The men finished 3rd in division 3 and it is the club's aim to secure promotion to division 2 this season. In addition to the 4 Surrey League fixtures are a number of other events, including county, regional and national events, plus running throughout the season will be the club's own XC championship. Below is a list of all fixtures, information as available at time of publication so Malcolm and Helen, with support from Simon Brazil, John Parry and Katherine Curtis-Tyler, will be updating/encouraging over the coming months. Date, event, location and if the fixture is part of our own XC Champs is indicated.

October:

Sunday 8: Stragglers XC Championships, Hawker Centre (Club XC champs race 1)

Saturday 14th: Surrey League fixture 1 – Men Wimbledon Common, Ladies

Reigate (Club XC Champs race 2)

Sat 21st: Surrey Masters – Richmond Park

November:

Sat 4: Priory Relays – Reigate

Sat 11th: Surrey League Fixture 2 - Men Epsom, ladies nonesuch Park (Club XC Champs Race 3)

Sat 25: South of the Thames 5 miles – venue TBC (Club XC Champs Race 4)

December:

Sat 3rd: Surrey League Fixture 3 for men – Roundshaw, Wallington (Club XC Champs Race 5)

Sat 17th: South of the Thames 7.5 miles – venue TBC (Club XC Race 6 for men, 5 for ladies – it all adds up to the same number in the end)

Continuing with dates, venues confirmed nearer the time

January:

Sat 6: Middlesex County Championships

Sun 7th: Surrey County Championships

Sat 13th: Surrey League Fixture 3 for Ladies ((Club XC Race 6)

Sat 27th: Southern Championships

February:

Sat 10th: Surrey League Fixture 4 (Club XC Champs race 7)

Sun 18th: Middlesex Masters

Sat 24th: National Championships at Parliament Hill

March:

Sat 3rd: Dysart Cup/Ellis Trophy – Richmond Park (Club XC Champs final fixture).

Future Races

October

- Sun 8: Club Cross-Country Championships, Hamlands
- Sat 14: Surrey Cross-Country League (men – Wimbledon Common, Ladies – Reigate)
- Sat 21: Surrey Masters Cross-Country Championships, Richmond Park

November

- Sat 4: Priory Cross-Country Relays, Reigate
- Sat 11: Surrey Cross-Country League (men – Epsom, Ladies – Nonsuch Park, Sutton)
- Sat 25: South of the Thames Cross-Country 5 mile – venue tbd

December

Sat 2: Surrey XC League (men only - Roundshaw, Wallington)

Sat 16: South of the Thames Cross-Country Championships - venue tbd

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.sportssystem.co.uk/ss/event/RiverThamesHalfMarathon20172>

A few Stragglers (including Malcolm and Helen Davies and Simon Webb) have entered the Gosport Half Marathon on Sunday November 19th. A well organised club event which the Stragglers used to enter many years ago so if you're looking for a race which is a bit different from the usual ones we do, this is one to consider.

Alternatively, and the same day, some Stragglers are considering the [Hertfordshire Half](#) at Knebworth House.

Do consider writing about these or any others for futures Stragmags.