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*Issue 339*



# *In this issue*

## Contents

Editorial.....	3
Stragglers News.....	4
Stragglers Rampant at Roundshaw .....	5
Victory at 2nd Downs League Race .....	6
Club XC Championships .....	8
Boxing Day Cabbage Patch 4.....	9
Little Feet Awards evening .....	11
2018 Stragglers and Ranelagh Junior Running Group Dates.....	13
Future Races.....	14



## *Editorial*

Far from winding down for Christmas, it's been a busy few weeks of Stragglers and this month's Stragmag attempts to round it all up. Our Men's cross-country team continued their excellent season by winning Surrey League fixture 3 and in doing so, opening a strong, all be it not decisive, gap over third place Woking. A look at some of the names scoring for our B team that day shows what great strength in depth we now have. We need to use all of this come February to secure promotion to division 2.

Our ladies haven't been in Surrey League action this month but both they and our juniors have still been racing and this issue has a round-up of the rest of the XC action.

Amongst the Christmas events was the annual Little Feet Awards, read about the winners in this issue.

The next Stragmag deadline will be Friday January 26th. Thank you to everyone who contributed in 2017 and to Dave for his help in putting each issue together.

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*Simon Webb*

# *Stragglers News*

Stragglers had lady's team's representation at December's SEAA Southern Masters Championships in Oxford, and brought back two bronze medals - Dee Smale (F55) and the F60 team (Chrissie Glew, Lynda Chase and Helene Hill).



The mob match Vs 26.2 was another enjoyable event. The winning club is the one with the most runners/walkers (and volunteers) and this year, defending their title from 2016, the win went to 26.2. A second competition was introduced to reflect who brings the faster runners, and much like the summer against Ranelagh, this title was taken by Stragglers! The changes in venue and course (with a new finish area) made by 26.2 all made for a great event.

45 took part in the first quarterly handicap of the new series. Top three on the night were Chris Glew, John Root and Nick Brown.

And finally, Christmas Day in Bushy Park saw numerous Stragglers be part of a Bushy parkrun field of 1586. Not only the largest attendance on Christmas Day, but the second biggest field ever at Bushy!



## *Stragglers Rampant at Roundshaw*

Saturday 2nd December saw the Stragglers men back in action for the 3rd Surrey League match of the season at Roundshaw Downs. There was some trepidation around this fixture beforehand with several key runners missing with the inevitable pre-Christmas clashes and an expected strong challenge from the clubs around us including both Walton AC and Woking AC clubs. In the circumstances the Straggler men responded superbly, managing to field 33 runners, making us once again the best represented club in Division three. A veritable yellow army massed on the start line before completing the 5-mile two lap course around the relatively benign and flat course of Roundshaw.

The charge was led by Rob Wilcox who fought out a very close battle with Simon Ford with 3 seconds separating them, with Jim Lurkins another 9 seconds behind those two. Unbelievably then a mere 26 seconds separated the 4th to 10th place scorers for the Straggs comprising Oli Bowers, Crispin Allen, Richard Carter, Jonathan Ormerod, Malcolm Davies (with 5 seconds separating those four), closely followed by Chris Walmsley and Chris Coates making up the A team.

The B team was equally competitive, headed up by Richard Baggott, closely followed by Andy Hoseason making his welcome Surrey League debut then Roy Reeder, Freysen Maritz, Donovan Duffy, Laurence Duffy, Tiago Ramos, Gareth Pritchard, Mark Pattinson and Jim Desmond. Within the rest of the team a special welcome to Stuart Amory making his Stragglers Surrey League debut, who also confirmed that he would be back for more.

So how did the teams do? The B team continued their absolute domination of this competition recording 1,2,3,4,5,6,7,8,11 and 12 (shall we try for 1-10 next time?). For the A team there was an anxious wait while the results were confirmed. By Sunday morning, however, it had emerged that Stragglers had won the match by the narrowest of margins, 9 points from Walton. More importantly though we had beaten Woking by 83 points to open a 95 lead on

them going into the final match in second place in our quest for promotion. See the results [here](#).

Whilst the result was welcomed, there was no premature celebration, as it was clear that Woking were also missing a number of their key runners who we can expect to be back for the final match at Lloyd Park. Those with longer memories will also remember a similar lead being overturned in the 15/16 season, coincidentally also at Lloyd Park so the job is not yet done! Stragglers we need you on the 10th February!

Malcolm Davies



## *Victory at 2nd Downs League Race*

There were many great performances up on the Downs at the beginning of December, and we achieved 3 very high team places which is very impressive as we're up against some of the strongest local clubs.

Headlines have to go to Archie Austin for taking a tremendous victory in the U11 event.

From the start the race quickly developed into a battle between him and a couple of twins (who are generally reckoned to be amongst the quickest around), but Archie simply would not yield to anything they threw at him and was able to produce a blistering surge of speed to win a very exciting race in an excellent time.

See below for a couple of photos of him – note in the left one he's leading the adult who was meant to be running as a hare ahead of the race but couldn't go as quick as these 11-year olds were running.



Also noteworthy was the excellent 3rd, 4th and 5th places for the U15 girls, U13 girls and U13 boys' teams respectively.

The tables for the end of season awards have not yet been published with the combined scores from race 1 & 2 yet, but I'm thinking that we'll have a few ranking high for sure with Spencer (6th + 3rd) and Lucy (4th + 9th) probably the best placed. Trophies for Downs League are based on finishing positions from all 4 races, and anyone who has missed a race is out of contention so being ever present and consistency is the key.

Stragglers results below.

Position	Name	Time
<b>U11 Boys (3k)</b>	<b>54 Finishers</b>	
1	Archie Austin	10:12
<b>U13 Girls (3k)</b>	<b>38 Finishers 4th Team</b>	
10	Sophie Desmond	11:46
11	Gabriella Ceccherini	11:48
14	Maisie Jensen	12:00
22	Poppy Mitchell	12:21

35	Chloe Hoseason	14:26
<b>U13 Boys (3k)</b>	<b>35 finishers</b>	<b>5th</b>
	<b>Team</b>	
15	Harvey Hutchinson	11:14
21	George Turner	11:43
29	Patrick McGuigan	12:21
<b>U15 Girls</b>	<b>31 Finishers</b>	<b>3rd</b>
<b>(3.5k)</b>	<b>Team</b>	
9	Lucy Hoseason	12:50
14	Poppy Jensen	13:42
27	Madeleine McGuigan	15:51
<b>U15 Boys</b>	<b>21 finishers</b>	
<b>(3.5k)</b>		
3	Spencer Bateman	11:15

Jim Desmond



## *Club XC Championships*

Following the second South of the Thames fixture the men have now completed 6 races. With the ladies 3rd Surrey League fixture not until January they are one behind on 5.

Current standings see Rob Wilcox and Roy Reeder leading the way in the men's competition, with 139 and 135 points respectively. Both have commanding leads in the SM and M50 categories. The race for the M40 title is extremely tight, with Donavon Duffy and Crispin Allen separated by 1 point – 117 and 116.

After 5 fixtures the top 3 in the lady's competition are separated by 10 points, with Karen Levene leading the way on 134. Both Karen and Helen Davies (3rd on 124) are competing for F45 glory, with Pamela Whitter (130) heading the field in the F55 category.

Juliana Greenwood currently holds first place in the F35 competition with 113 points and scoring a maximum 70 points from 2 races, Heidi Russenberger heads the SL category.

To be eligible to win one of the club XC prizes you need to have competed in 4 of the nominated fixtures across the winter and with 3 remaining for the men and 4 for ladies there are plenty of opportunities to change the current positions.



## *Boxing Day Cabbage Patch 4*

A field of 85 runners and walkers lined up for the 2017 Boxing Day race held in Twickenham and taking in the river towpath towards Richmond Bridge.

The event is, I hope, an essential and enjoyable part of the Stragglers Christmas tradition and, although it is intended that everyone receives a seasonal gift from the lucky dip post-race, some competitors who perhaps prefer to do so very kindly make a cash donation to our chosen charity instead. This year that organisation is the Hampton Fuel Allotment Charity ([www.hfac.co.uk](http://www.hfac.co.uk)), which was nominated to be the major beneficiary from the 2017 Wedding Day 7k Race. We are delighted to say that all the money donated at the CP4 this year totals a sum of £174 and we thank everyone firstly for their support for the event and secondly for their generosity.

As always, it is the competitors who create the wonderful and special atmosphere of friendship and fun filled Christmas spirit each year. However, we would like to extend our grateful thanks to perennial

supporters Malcolm Ellis and Frank Dupree, Paul Hutchings and Leo Hutchings and my daughter Gemma who make the event happen so seamlessly. In addition, Simon Brazil who every year is out early on Boxing Day morning marking the course, whether able to stay for the race itself or not. This year we are also grateful to our on the day Marshals: Dave Papworth, Roy Reeder, Kathryn Curtis Tyler and Sue Howarth. My sincere apologies to anyone that I may have overlooked. I am afraid that my little grey cells can be vulnerable in this regard.

Finally, we would like to thank once again the wonderfully generous and charismatic Stuart and his staff at the Cabbage Patch. Stuart is not only a great pub manager but also the event's benefactor. Many of you will be aware that nothing ever seems too much to Stuart and he not only provides our winners prizes but willingly creates for us a unique venue with a genuine atmosphere of bonhomie.

We look forward to seeing everyone again at next year's Boxing Day Cabbage Patch 4. For the statisticians we would advise that this year's course was of necessity inclusive of a course modification due to Construction works to Twickenham Station. This unfortunately resulted in a slightly shorter course, and therefore personal course PBs cannot be applied. We can say though that the times were still extremely impressive and naturally will be new pb's for many.

**Award winners:**

Winner: Oliver Garner (Stragglers)

2nd and MV40 winner: Crispin Allen (Stragglers)

4th and junior winner: Kieron Desmond (Stragglers)

7th and MV50 winner: Bryan Searle (Stragglers)

10th and first lady: Heidi Russenberger (Stragglers)

15th and FV35 winner: Sonia Bandeira (Stragglers)

16th and FV55 winner: Liz Killip (Stragglers)

21st and MV60 winner: Phil Davies (Stragglers)

50th and FV45 winner: Carol Aitkin (Ranelagh Harriers)

51st and JF winner: Ella Rowe (Thames Turbo Tri)

Golden Boot Winner: Kirsty Bangham (Unattached)

Keith Haworth



## *Little Feet Awards evening*

Little Feet held their annual Awards Evening on Monday 4th December at The Swan. Well attended by Little Feet and Stragglers members who enjoyed a substantial Thai buffet from The Swan. The evening included a charity raffle and awards presentations.

2017 has been a good year for Little Feet, with lots of new and long term members joining us for running and fun on Monday evenings. Little Feet members have supported Stragglers events including Club 10K, Wedding Day run, River Relay, Mob Match(s) and the cross-country race season. Twenty-one Little Feet travelled to Haarlem in September to take part in a local run festival, participating in 5k, 10k or Half Marathon runs.

### Award Winners

- ***The Achiever award:** for significant achievement, for example by competing in a number of races or in several charity events.*
  - **2017 Winner - Sue Olsen**
  - Sue has taken part in numerous 10k events this year including – Osterley, Richmond, Haarlem, and a Half marathon in Skye where she carried on running up hills past young men! She has also participated in a number of cycling events, and achieved all this after recovering from major hip surgery

***The Improver award:*** for a runner who has improved their running, moved up groups at LF and taken part in, say their first 10k or half marathon.

- **2017 Winner – Mike Fowler**
- Mike is relatively new to LF, but soon slotted in and is a regular on Monday nights, moving up through the groups so he is now running much further and faster, & participating in events including The Wedding Day Run and Mob Match. Proving his improvement by recording 6 PBs in a row at Bushy Parkrun. Happy to help leading groups and organising as needed.

***The Louise Neville award:*** the winner of this award could be someone who has achieved something outstanding in the face of adversity, probably by overcoming significant illness or injury.

- **2017 Winners – Maxine & Joy**
- At Little Feet we pride ourselves on being inclusive for all runners, including those who face challenges. This year we had many runners nominated in this category, so shared the award. Joy is still joining us to run on Mondays after undergoing leg surgery twice. It is good to see Maxine returning to Monday evenings after major back surgery.

***The Good Foot award:*** awarded to those people who make Monday evenings happen, or help with the running of LF activities and events.

- **2017 Winner – Gary Bridger**
- Gary has committed to helping runners to build confidence to enter events, and improve their distances and times, targeting the Osterley 10k in the summer and again for the December event- maybe events they wouldn't have thought of entering before.

***The Founders' award:*** This is an award that recognises members of Little Feet who, over a number of years, have added in some way to what Little Feet stands for, which is a running group that is open to runners of all abilities. Whether they are new to running, need the support of other runners, are coming back from injury or regular runners who just want to run with other likeminded people.

- **2017 Winner – Michelle**

- Michelle has been a source of encouragement and motivation to many new and experienced Little Feet runners through her years with the club. Leading runs and encouraging members to develop and improve their running, while improving her own times and participating in many club events and activities.

### *Special Medals*

- *2017 Winner – Charlie Jeffrey*
- Charlie is our youngest ever run leader at Little Feet and has been turning up every Monday to join the more senior runners (!?) and put us all to shame with his ever-increasing speed!
- *2017 Winner – Barbara Crow*
- A previous winner of Little Feet awards, Barbara is still leading runs, encouraging new and less experienced runners and working in the background developing risk assessments for the club – helping to keep us safe!



## *2018 Stragglers and Ranelagh Junior Running Group Dates*

Dates are now confirmed for this, marking its 15th year.

- Thursday 20th April 2018 (Hawker Centre)
- Thursday 24th May 2018 (Ranelagh - Dysart venue)
- Thursday 14th June 2018 (Russell School, Petersham - halfway between the Hawker Centre and Ranelagh)
- Thursday 28th June 2018 (Ranelagh)
- Thursday 12th July 2018 (Hawker Centre)\*
- Thursday 30th August 2018 (Hawker Centre) - As 2018 is our 15th anniversary of running these events, watch this space as this will be a special event.



## *Future Races*

### January

- Sat 6: Middlesex County Championships – Perivale, Greenford (not part of club XC league)
- Sun 7: Surrey County Championships – Denbies (not part of club XC league)
- Sat 13: Surrey League Fixture 3 (ladies only) - Wimbledon

### February

- Sat 10: Surrey League Fixture 4 – Ladies Richmond Park, Men Lloyd Park
- Sun 18: Middlesex Masters XC
- Sat 24: National XC Championships – Parliament Hill (Club XC championships qualifying)