



April 2018

Issue 343



In this issue

Contents

Editorial.....	3
Stragglers News.....	4
Summer Grand Prix	4
Coaching Update	4
Spring Marathon Results	7
Welsh Castles Relay	8
Junior Running Group 15th Anniversary	9
15th Anniversary Event Thursday 12th July 2018, Hawker Centre	9
Casablanca Valley and Santiago, Chile 10ks.....	10
The Arc of Attrition 2018	13
Part 1. Why the Arc?.....	13
Part 2: the Race	14
Future Races.....	18



Editorial

Writing this on the evening after London Marathon day, reading social media posts from those who ran in what have widely been reported as the hottest 'London' on record. Is the emotion frustration or disappointment that weeks and months of training were rewarded with such tough conditions, or satisfaction of overcoming this specific kind of challenge? I hope there weren't too many 'good for age' attempts scuppered. Sunday was certainly not the day for fancy dress – although many would argue, when is? By 20 miles was 'Save the Rhino' still a promotional message for a charity or an actual cry for help?

Congratulations to all of you, and to those who have run other marathons in recent weeks. We've listed results from London, Brighton and Manchester in this issue, and hope we have missed any great performances from elsewhere.

We've two race reports with a difference this month. Peter Colwill writes about another epic adventure, this time around the coast of Cornwall – running London at the weekend must have felt a bit too short and a bit too road for him. Also we hear from Chris Coakes on the distance-lottery of 10k races in Chile.

This week also sees the final time for being shouted at by Duncan on Riverside Drive. For the best part of 15 years he, supported by Ian Calendar, have missed just one or two Tuesday night speed and hill sessions. Is this the end of an era or will it be like when that band splits up, only to reform in a few years? We can be pretty certain that Duncan's Greatest Hits will hurt. The comments on the Stragglers Facebook when we made the announcements from members current and long departed these parts, show what an impact these sessions have had.

In this issue Kev Best outlines what is to come on Tuesday nights and how this will support Thursdays.

Thank you to all who have contributed and to Dave for his help putting this issue together. The May deadline is Friday 25th, with Green Belt Relay and the start of the Summer Grand Prix featuring.

Simon Webb Stragmag@stragglers.org

Stragglers News

Summer Grand Prix

The Summer Grand Prix gets underway with two fixtures on consecutive weekends.

First up is our first mob match with Sutton Runners, taking place at Nonsuch parkrun. This will also be the club's 5k championship.

On Sunday May 6th is race 2, the Ranelagh Half Marathon and our half marathon championships. Over 50 Stragglers are already entered, and the Anglers by Teddington Lock has been suggested for lunch after the race.

The Stragglers committee is on the look out for new members. The 12 months period begins and ends with the July AGM and we're keen to hear from people who think they might be interested in offering their skills to help with the running of the club.

We meet every 6 weeks, the best news is it's in a pub! Meetings generally last a couple of hours.

You don't need to join the committee to take a specific role – although we will be advertising any which come available.

With around 500 members we're sure there is talent that could help continue the successes we've enjoyed in recent years. If interested contact either Kevin Price (chair) kevinp@bafta.org, or Simon Brazil (Secretary) simonbrazil@lycos.com.

Coaching Update

As announced earlier this month, Duncan is stepping down from leading the Tuesday night speed and hills sessions. This has been a major part of the Straggler week and great respect to both Duncan and Ian Calendar for making this commitment over many years.

With any change comes opportunity, and here Kev Best – lead coach for the Stragglers – outlines his plans for how to continue the work of Duncan and Ian, and how his plans for Tuesday nights both

support our Thursday sessions, and prepares us for the year-round competitive action we're taking on.

Kev says...

What will happen on Tuesday evenings?

Some of you will be aware that, along with Sue Khan, I train a small group of athletes on Tuesdays at St Mary's - a few of whom are members of the Stragglers. We will be merging the two groups for training purposes, which has the potential to benefit both SMRAC and Stragglers RC. The meeting time will remain 19:30 every Tuesday evening. This will be when the warm up starts. The option to run to the venue where the training is taking place will still be available. Allowing 20 minutes for a good warm up including easy running, mobility and strides. Members will be able to manage their own pre-training routine in order to be ready to "GO" at 19:50 - so the option is to either be at St Marys at 19:30 for a group warm up, arrive by 19:50 to start the session, or whatever suits the individual. Track sessions are £3 per athlete.

The plan is to build a training programme of seasons with various venues to be used to achieve the training objectives as follows:

April through to August/September:

Venue: St Marys athletics track for track work interspersed with similar sessions on trails in Bushy Park.

Objectives:

April, May and June - Speed Endurance - longer efforts with good recoveries. For example, 6 x 1,200m off 90 sec recoveries or 6 x 4 minutes off 90 sec recoveries (depending on the ability of the group). Sue Khan and hopefully one of our other coaches will be available if we need to divide the group or modify the session.

June, July and August - this is the sharp end of the season for track and road, sessions will reflect that for some with more emphasis on speed and shorter recoveries, we will however be very mindful of who is attending these sessions and what may suit some may not suit others. So, sessions will not be set in stone. We will not leave anyone behind, you have heard me say that before. Everyone can and will benefit from these sessions.

September through to March:

Venue: Ham Common for road work and hill work.

Objectives:

September to December – Strength and Endurance – cross-country preparation using Riverside Drive and Nightingale Lane. A series of complementary Saturday morning sessions will also be available in Richmond Park, more details on this will follow.

January, February and March, the sharp end of the Cross-Country season and early road races and relays. So, Strength, Endurance and Speed. This is a good time for time trials and relays in training sessions and split tempo runs – leaving the longer tempo runs for Thursdays.

How will this help Thursdays?

My intention for Thursday evenings at The Hawker Centre is to develop the tempo run for all abilities. I will be taking the lead on this and it will form part of the existing Structured Training Group (STG) in as much as it will be an organised quality session. We will still be able to provide an “early learning” STG if there is demand for one, and one of our coaches is available.

SUMMARY

All the group training above will fit into the majority of individual training plans. The main focus for group training is working together and in this instance developing individual speed endurance - so ideal for 5k and 10k runners. These sessions also fit into the training plans for distances up to the marathon - if this is you then you will need to load your mileage at the front and rear of the sessions.

I hope that this is seen as another positive step in the development of the competitive side of the club and our responsibility to provide the best possible training options for every single club member fast or slow. I also believe that by bringing the structure for Tuesday’s and Thursday’s under one umbrella we will see an improvement not only in ability but also in attendance and support for these sessions.

ALL INTERESTED RUNNERS SHOULD MEET AT ST MARY'S TRACK 7pm TUESDAY 1st MAY FOR A PRE-TRAINING BRIEFING.

Thanks, Kev B.

Spring Marathon Results

London Marathon

Sunday, 22nd April 2018

Place overall	Place gender	Place cat.	Name	Runner no	Category	Half	Finish
1100	1068	106	Evans, Pascal (GBR)	32038	45-49	01:26:44	02:59:55
2021	1908	110	Johnson, Ian (GBR)	31191	50-54	01:32:29	03:11:17
2637	2458	1336	Wilcox, Robert (GBR)	33120	18-39	01:26:50	03:17:00
3979	3563	1781	Bowers, Oliver (GBR)	1449	18-39	01:33:49	03:27:47
4864	4253	409	Desmond, Jim (GBR)	25871	50-54	01:37:42	03:33:38
4886	4272	141	Smith, Steve (GBR)	26493	55-59	01:38:00	03:33:45
5577	4771	57	Lane, Andrew (GBR)	24498	60-64	01:43:29	03:38:06
7118	1306	772	Savill, Josie (GBR)	41602	18-39	01:49:12	03:47:40
7659	6167	102	Turner, John (GBR)	27942	60-64	01:44:32	03:50:31
9496	7349	1205	Carrington, Neil (GBR)	21571	45-49	01:49:39	03:59:03
9605	2183	1204	Parker, Jade (GBR)	58167	18-39	01:56:05	03:59:37
10293	2426	1325	Greenwood, Juliana (RSA)	52067	18-39	01:54:47	04:03:33
10995	8312	166	Colwill, Peter (GBR)	28903	60-64	01:46:21	04:07:17
11096	8385	3904	Macson, Simon (GBR)	24320	18-39	01:52:40	04:07:44
11162	2743	1472	Whang, Bonnie (GBR)	55066	18-39	01:54:32	04:08:06
11167	2747	66	Davis, Merylyn (GBR)	29036	55-59	01:53:39	04:08:07
12149	9048	1760	van Kan, Marc (GBR)	13704	40-44	01:53:31	04:13:03
16218	11704	521	Worth, Charles (GBR)	58731	55-59	02:03:26	04:31:24
18269	12978	2445	Nel, Gerhard (RSA)	57307	40-44	01:59:02	04:40:17
19251	5679	3033	Langlands, Camilla (GBR)	14684	18-39	02:20:33	04:44:23
26791	17903	8549	Daines, Matt (GBR)	22972	18-39	02:14:29	05:17:40
26914	8946	15	Zass, Liz (GBR)	30581	70+	02:19:40	05:18:10
31042	20004	3506	Whiting, Alan (GBR)	47857	40-44	02:39:04	05:39:09
31764	11399	65	Boulton, Sally (GBR)	30560	65-69	02:29:24	05:43:25
36646	14184	525	Macson, Angela (GBR)	46186	55-59	03:01:33	06:21:03
36908	14343	1200	Clancy, Rosemarie (GBR)	17099	50-54	02:49:58	06:24:02

Greater Manchester Marathon Sunday 8 April 2018

Net Pos	Race No	Fav	Share	Name	Time	Chip Time	Category	Net Cat Pos	Second Categ	Gender	Net Gen Pos
118	9902	+		Oliver BOWERS	02:48:20	02:48:20	SEN	76	SEN	Male	112
513	14043	+		Christopher COATES	03:02:04	03:02:04	SEN	320	SEN	Male	493
1197	9921	+		Tiago RAMOS	03:17:46	03:17:46	V40	216	V40	Male	1140
2888	9567	+		Camilla LANGLANDS	03:43:18	03:43:18	SEN	155	FSEN	Female	331
3017	9901	+		Alexandra GALLOWAY	03:44:50	03:44:50	V40	70	V40	Female	370
3412	9568	+		Jacqueline MILLETT	03:49:40	03:49:40	V65	3	V65	Female	471
6574	9896	+		Vera TAYLOROVA	04:31:17	04:31:17	V35	274	V35	Female	1600

Welsh Castles Relay

Our annual Welsh Stragsteddffod takes place over the weekend of June 9th/10th – an epic twenty stage, 211 mile, trans-Wales relay from Caernarfon to Cardiff. It's one of the highlights of the Straggler year and once again we have two teams, meaning 40 club members head to Wales for an excellent weekend of running and socialising.

We are currently a few runners short. If we can fill those places then everybody who has expressed interest will be running. If we can't do that we will only be able to field one team, so please let us know if you would like to be part of this – email [email WCR2018@stragglers.org](mailto:email_WCR2018@stragglers.org).



Stragglers Team at WCR 2017

Junior Running Group 15th Anniversary

15th Anniversary Event Thursday 12th July 2018, Hawker Centre

As this is our 15th Anniversary year we are organising something slightly different for the above event. It will be a relay made up of two juniors and one adult (parents or guardians) or former Junior Runners in each team.

The Minis will have their own race before the Juniors' event. Teams will be made up by the organising team and the only criteria is that family members may not be in the same team. This system worked very well when we had the 10th Anniversary.

It is very important that the Juniors, Minis, former Junior Runners and adults register as soon as possible. The cut off date for registration is the 5th July but we need numbers for catering purposes and to make up the teams so it would be great if people registered as soon as possible.

The above evening will include a voucher for a BBQ for all participants. The first 3 teams will be awarded medals. All Minis and Juniors who attend will be awarded 4 points towards their 2018 tally as it won't be possible to award the usual number of points for a regular event.

Follow this link for an on-line entry form – please note you need to do a separate form for each person you would like to enter.



Casablanca Valley and Santiago, Chile 10ks

Back in early January my partner and fellow Straggler Abby Price and I left the freezing cold and wintry weather behind us to Jet off to the sunshine of Chile for at least the next six months – I can definitely testify to the coldness of the weather that day having arrived at the airport still covered in mud from the Middlesex Cross-Country Championships. The trip came as a result of a passion Abby and I have developed for all things wine. We had made the decision we were going to do something about it by heading off to work on a vineyard indefinitely. Having been in Chile for a few weeks though and getting itchy feet knowing I had to miss the last couple of races of the cross-country season, I decided to enter a couple of local 10k races. One in the wine valley of Casablanca and another in the capital city of Santiago.

The Casablanca race was an evening event on Saturday 24th February with the race scheduled to start at 6:30pm, which in Chilean time meant sometime after 7pm. It was strange looking around and not seeing another yellow and black vest. The run started in the 'Estadio de Casablanca' on a concrete running track and was an out and back course that headed out along roads with vines running down either side. Very scenic but I was not grateful for the half mile of uphill around about half-way. The plan was to use this race to break sub 40 minutes, having been training pretty well and not having broken that barrier before. Setting off at around 6 minutes per mile I found myself between the middle and back of the first group of about 20 runners. After just over a mile I could feel the heat beginning to take its toll and so I pulled back on the pace slightly. Luckily the heat and pace were also taking their toll on everybody around me as well and by the half way point I had moved in to a comfortable 3rd place. Having done lots of overtaking by this point I did wonder what was going through the local runners' heads as the strange looking fella in his bright non-local vest with the large footprint on the back made his way through the field. From the half way point on I spent the rest of the race trying to reel in 2nd place but to no avail. At the turnaround point where I saw a local dog at the 4km mark on the other side of the road that looked as if it had taken the decision to run the whole 10k race with us (not sure he ever paid his entry fee though).



As we got closer to the finish line I started to worry that the race was going to measure long, which was confirmed as my watch beeped to tell me I had hit the 10k mark in a little over 39 minutes but with the stadium and finish line nowhere in sight. Eventually though I did cross the line in a little over 42 minutes and with the

course measuring 11kms rather than the advertised 10. Getting a 3rd place finish also meant I had to wait an hour to be part of the presentation ceremony, with the added bonus being that awards were actually given for age group rankings (of which I was first in the 21 to 35 age group). This meant a first ever trip to the top step of the podium and a nice trophy to bring home, not to mention a large cheer from the crowd as the announcer shouted out that I had come all the way from England for the race!



The following week, Abby and I made our way to Santiago from our quaint little village of Lo Abarca, where we had been living for the last couple of months. This event was much larger than the Casablanca event, with a few thousand runners taking part in either the 10k race we had entered or the Half-Marathon, which was being held on the same day. No such difficulties with timing for this race and we were away at 08:30 prompt. The course was very deceiving as Abby and I both found the first half of the race much more difficult than we were anticipating. Whilst the sights of the Andes

Mountains and the statue of San Cristobal that both overlook Santiago, were able to take our minds off of things to some extent, what we hadn't realised is that the entire first half was all being run on an uphill gradient, meaning that by the half-way mark we had both exhausted ourselves. The second half meant digging deep and whilst we were both able to get our second half mile times somewhere in the region we wanted, we agreed by the end that this had actually been one of the toughest 10k courses we had run. Again, our watches beeped for the 10km mark comfortably before the finish line, though this time we were only 200m long rather than a full kilometre. For all of the difficulties of the race I actually only went through the 10km mark 10 seconds slower than the week previous, finishing 39th overall, with Abby finishing as the 78th female and comfortably towards the top end of the female runners.



At the finish line I was approached by another runner. Turns out it pained him to inform me that he had had to follow that same black footprint the whole way around the course in Casablanca the week before, only to have had to do it all over again in Santiago for the full 10km race.

A great couple of weeks that definitely laid to rest any fears I had previously that I may not be able to get anything competitive in the diary during our trip, Chile has really proved itself to be a beautiful country with a great running scene.

Chris Coates



The Arc of Attrition 2018

Part 1. Why the Arc?

Mud Crew entered into the Ultra 100 Arena in 2014. They had announced a 100-mile ultra-race along the Cornish coastal path in February. A lot of seasoned ultra-runners had their ears pinned back. This sounded like a worthy challenge. I had just become an Ultra runner, doing my first 50k race in 2013. I wasn't ready or qualified to put in for this but I was ready to watch, listen and learn about it over the next three years. I have read every race report, followed every live feed including through the night. Dot watching each individual. Seeing who pairs up, who goes it alone. I've read about injuries, losing direction, missing cut offs and of course, for the few finishers, the glory.

As more became apparent about this race, more was written. Over 3 years it has become known as the toughest 100-mile race in England. It has achieved the status as 'the one to do'. I knew that I had to reach a certain point at which I could qualify, but also a point at which I would feel confident I could give it a good shot. My first aim would be to build up my ultra-running to take on a 100-mile race in 2015. To do this I had to complete a 50mile race in under 12hrs in 2014. I manage two, including one known as the Thames Trot 50, held in February along the Thames tow path.

My plan was to compete in marathons, ultras and OCRs. Yes, obstacle course races. These would help upper body, core, balance and strength. In 2015 I achieved 9 marathons, 4 ultras and 1 OCR.

2016 saw me complete 10 marathons, 5 ultras incl. the Thames Path 100 mile and 2 OCR's incl. the world's first and toughest, 'Tough Guy', held every year in January.

And with that, I entered the Arc for 2018. My 2017 saw me complete 3 marathons, 8 ultras incl. the NDW 100 mile and 2 OCR's incl. Poland's toughest military hardcore known as 'The Grom'. My only set back was a DNF at the Ridge Challenge in Ireland. I had completed 60miles but had been beset with navigational errors costing me many hours and miles of wrong turns, roads etc. I also suffered badly blistered feet and couldn't continue.

This year also saw me draw my team together for The Arc, and for 4 days, recce'd the coastal path. I managed 82 daylight miles which has given me a big confidence boost for what is to come in February.

The route starts at Coverack and travels around the coast at Lizard, Penzance, Land's End, St Ives and finishes at Porth towan. It has some steep climbs, rocky passes and very muddy ruts. It's not going to be easy, especially at night. I have spent 3 years training and preparing for this and feel I'm about to give it a good shot. I'll be prepared for any weather as I have equipment necessary for sub-zero conditions, strong winds, rain, sleet snow.....anything!

Ian Payne is my main crewman and driver and has spent many hours sorting GPX files for my Garmin. Driving into all the little coves along the route to ensure he knows the meeting points.

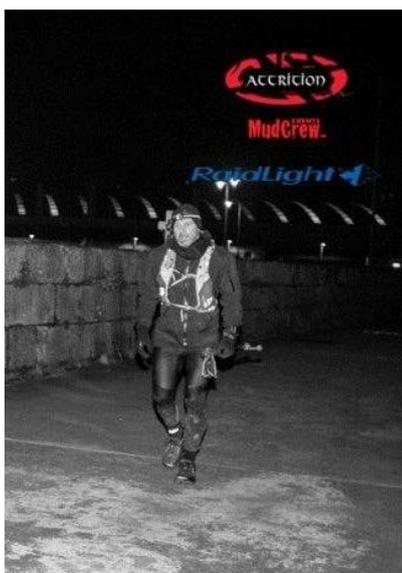
Part 2: the Race

Whilst I was settling into the start, my crew, Ian and Craig, had been as busy as beavers getting the car sorted into an office of kit, shoes, drinks and food so when we needed anything they would have it to hand in seconds. Ian had spent hours of his time planning the meeting points and ensuring we would see him. They had driven to the first meeting point at Cadgwith Cove, 7 miles after the start. As the horn sounded to start this epic race 175 ultra-runners started shifting forward, firstly a shuffle, then a jog and into a slow run. It was a bit stop and start as we were bunched together into narrow pathways and a couple of early styles. It became very apparent from early on that the excessive rainfall had not only destroyed sections of the coastal path but had created large passages of very wet, gloopy mud that in many places stuck to the shoes. This then created far less grip when it came to clamber over rocks and wet ones at that. In many places water had filled tiny trickling streams into rather fast flowing torrents of water, giving little chance of dry feet. I had decided to wear waterproof socks and had also started in Inov8 mud claw trail shoes. These proved to be a very good choice and I had no foot problems at all.



Arriving at Cadgwith Cove, 1355hrs, Ian was there to see if we needed anything. I had polished off my 500ml of electrolytes and Ian

quickly replenished this and caught me up to hand it back. No time wasted. Another 3 miles and it was Lizard point. Here I waved Ian away and carried on to Mullion Cove. 17 Miles into the race now and some food and water replenishment was needed. It had been some of the hardest terrain I'd been on and the conditions were deteriorating. It was 1635hrs and our plan to get to Porthleven, the first main checkpoint before dark seemed to be fading fast.



Arriving in the dark at 1910hrs we were welcomed with some hot food and Cornish scones with strawberry jam and cream!

Leaving within 10 mins and off to Praa sands at 29miles. Checking in at 2055hrs the extra 55mins on cut off in hand was staying even. I was keeping a pace that would see a buckle, the trophy for this race, but, there was still 70miles to go.

At Marazion we had planned for me to change into road shoes and fresh socks. This 8-mile stretch through Penzance and out to Mousehole was mainly

tarmac along the promenade. Penzance was our second checkpoint and getting in approximately 40 mins before cut off meant it was getting tighter.

0055hrs at Mousehole and a change here back into trail shoes, my road shoes, had felt like slippers. I tried my La Sportivas but my feet had swollen and they were uncomfortably tight. I opted for Altra lone peaks. I knew the grip in the mud would be poor but it was that or having very painful feet.

Using my poles most of the way for climb and support on the muddy paths were essential for me. I couldn't get by without them, but the relentless steep climbs and descents were taking its toll on my quads and I needed more running sections to offer relief to these muscles. They never came. Through the night had been difficult, barely managing more than fast walking pace as the terrain was arduous. Some of the coastal path requires going right to the edge and climbing over rocks, then descending. All the while a strong wind is trying to blow you off balance. The sound of crashing waves against the rocks makes losing balance or putting a foot wrong a possible

disaster which would put an end to my race. The wind was so strong that both feet off the ground would actually bring you down several inches from where you had planned. I fell over several times. Thankfully the wind was blowing me inland so I just got muddy rather than taking an open water swim!



Land's End arrival saw us very close to cut off and also fast approaching daybreak. I changed my socks here and put the lone peaks back on. All the time ensuring undergarments were changed to stave off sweat turning cold and bringing my core temperature down. Leaving here at 0650hrs it was another 15-20mins and the head torch could go.

Now the wind picked up, it had an icy chill and brought with it rain that would get heavier as the day wore on. It was bleak. My legs were tired and I knew that getting to St Ives was slipping away. Passing Cape Cornwall and moving on to Pendeen Heath my pace had dropped. I was struggling on descent as the pain in my quads had locked all the muscles up in my legs and back making it difficult to bend or step down.

I heard a runner coming and turned to see the sweeper had caught me. Sweepers are used to run through after all the runners to ensure everyone reaches the next checkpoint in the time allowed. I was told that I'd have to increase my pace to a minimum 16mins per mile. I was on 26 mins a mile. It was time to lick my wounds.

I don't go away from this beaten. I had a fantastic adventure as did my crew. I can't praise them enough. Never did they let me down. On the contrary, they exceeded themselves and did far more than I asked or expected.

65miles in 23hrs and staying out longer than 90 other competitors with only 52 finishers put me in a very happy place. Analysing this makes me feel that some work on my legs to strengthen the quads will put me in good stead to get further, if not finish this race and get the Arc buckle. Next year could be the year.

Peter Colwill



Is your **running**

being hindered by

Knee or ankle pain?

Tight, tense back?

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Kingston and surrounding areas.



Future Races

The Summer Grand Prix gets underway with a new mob match with Sutton Runners, and over 50 Stragglers taking part in the Ranelagh Half which doubles up as the Stragglers Half Marathon Championships. See below the list of club priority events and the Stragglers and Ranelagh Junior Running Group (referred to as SRJRG).

April

- Thu 26: SRJRG – Hawker Centre
- Sat 28 (TBC): Mob Match v Sutton Runners – Nonsuch parkrun

May

- Sun 6: Ranelagh Richmond Half Marathon
- Sat 19/Sun 20: Green Belt Relay
- Thu 24: SRJRG – hosted by Ranelagh
- Sun 27: StraggTri Triathlon: INTROTRI – Walton
- Thu 31: 5k handicap – Hawker Centre

June

- Sun 3: Dorking 10
- Fri 8/Sun 10: Welsh Castles Relay
- Wed 13: Parkland Relay – Richmond Park
- Thu 14: SRJRG – Russell School, Petersham
- Sun 17: Ranelagh Richmond 10k
- Thu 21: Stragglers 10k Championships – Hawker Centre
- Tue 26: Imber Court Relay
- Thu 28: SRJRG – hosted by Ranelagh
- Sat 30: Mob match v Ranelagh – Crane parkrun

July

- Sun 8: Claygate 5 (miles)

- Thu 12: SRJRG – Hawker Centre – 15th anniversary event
- Sat 14: Elmore 7 (miles)
- Sun 22: Elmbridge 10k
- Fri 27: Wedding Day 7k

August

- Sun 12: Wimbledon 5k
- Thu 30: SRJRG – Hawker Centre