



June 2018

Issue 345



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Editorial

It's a results-heavy issue of Stragmag for June, with seven events taking place in the last month – three relays, three road races and a mob match at parkrun – with much Straggler success to celebrate!

It's also AGM time again and this issue includes the proposed Straggler committee for 2018/2019 which will be voted on by the club's membership on July 5th. At the time of writing I obviously can't tell you who is receiving the Stragglers contribution award, but 2018's recipient is richly deserving of such an accolade. Each year we present this award to, traditionally, a non-committee member, whose work makes a club-changing impact, but who sometimes goes a little under the radar. 2017's recipient was Alan Mawdsley for his work on the Stragglers' website.

Alan, along with Dave Griffiths and team captains Tiago and Karen undertook one of the biggest jobs the club can throw at people – organising a 40-strong contingent of Stragglers to, through and from the Welsh Castles Relay. As well as rounding up the weekend's action, this issue of Stragmag has an account of running the famous stage 14: Drovers!

The July Stragmag will come out after the Wedding Day 7k (Friday 27th) and the deadline for contributions is Thursday July 26th. Thank you to all who have submitted items for this month and to Dave Griffiths for once again turning the text into the finished thing you're reading.

Deadline for June contributions is Friday 22nd.

Simon Webb Stragmag@stragglers.org



Stragglers News

As well as Welsh Castles there have been two popular local relays this month.

At Parkland Relay, organised by Thames Hare and Hounds, Stragglers Ladies were 2nd overall and first in the Vets category, team made up of Sarah Winter, Rachel Woodthorpe and Sophie Biggs. Out of 47 the other Straggs were 8th, 20th (junior team), 27th, 44th and 45th.

For the men our best placed team – Crispin Allen, Roy Reeder, Pete Gregorowski and Malcolm Davies – finished 2nd in the Vets category and 16th. Out of 55 teams the other Straggs were 26th, 30th, 44th, 46th and 51st.

Sarah Winter was 4th fastest lady out of a field of 140, with Kieran Desmond – 35th out of 220 – our fastest man.



At Imber Court Relay our ladies enjoyed similar success, Sophie Biggs, Helen Davies, Emily Cartwright and Ramona Thevenet finished second overall in the ladies' race and took the prize for first Vets. There were 9 Stragglers teams in all at this very well organised event – thanks 26.2.

Simon Brazil (Parkland) and Jon Parry (Imber Court) did a great job of assembling large club turn outs, making for two really enjoyable evenings.

To continue your relay fix we encourage all Stragglers to take part in the Rothwell Relay – in memory of event founder Nigel Rothwell – on Thursday August 2nd at the Hawker Centre. Arrive for 7:30 when teams of 4 will be drawn, matching two faster and two not quite as fast runners, so as to attempt to make the competition even throughout the 4 laps. The course is around 1.5 miles, using the upper and lower paths between the Hawker Centre and Teddington Lock.

If you're not running in the Wedding Day 7k this year on Friday July 27th and fancy a bit of bib work, please contact Simon Brazil: simonbrazil@hotmail.co.uk.

The following Sunday, July 29th, is the return of Ride London 100 and Sue Cockle is recruiting for Straggler volunteers to be in position at Hampton Court – 6 am to 1pm. Duties will include managing the refreshment stations, directing cyclists in and safely out of the hub and giving directions to toilets, mechanics, relay race changeover points and first aid.

In previous years volunteers have received a T-shirt, cap, water bottle, bag and lunch as well as a pin badge. In addition to this, depending on the number of volunteers we can provide, Stragglers will receive between one and four guaranteed places for the 2019 event and a donation to the club. Also, for those who are keen to ride in the 2019 event, if you a) have volunteered at the Hub, b) have applied to enter the 2019 event but have been rejected and c) are a member of The Stragglers running club, you will be eligible to apply for the guaranteed places in the draw the club will hold in Feb 2019. If you'd like to be part of it, please email me at suecockle@ntlworld.com



Club AGM: Proposed Committee for 2018/2019

Thursday July 5th – 9pm, Hawker Centre

This is your chance to hear from the committee and to feed back on club activity throughout the year. It is also the time to vote for those re-standing to represent you on the committee, show appreciation for those standing down and elect new-comers. Plus, the 2018 Stragglers Contribution Award will be presented to someone who has made a significant impact to our club.

Ahead of the AGM we're publishing the proposed 2018-2019 committee. In 2017 it was announced that Helen and Malcolm Davies would be standing down from their roles as ladies and mens captains. Their contribution over the past couple of years has been huge, with both team successes and participation numbers somethin they and we should be extremely proud of. Moving forward we are proposing a restructure of how we manage Straggler teams, with team managers supported by individuals who will support specific areas (such as XC, road, etc). We're very pleased to be retaining Helen and Malcolm as committee members.

The proposed Committee for the 2018/19 year, to be ratified at the AGM is:

Kevin Price – Chair
Helen Davies – Secretary
Phil Hall – Treasurer
Phil Davies - Club Captain
Simon Brazil - Men's Teams Manager
Malcolm Davies
Donovan Duffy
Kev Best - Ladies Teams Manager
Helene Hill
Maddie Garner
Simon Webb - Communications Secretary
Alan Mawdsley - Web Manager
Julie Holmes - Membership Secretary

Standing down from the committee this year are Andrew Ronksley (Communications), Barbara Crow (StragTri) and Anne Woods (Little Feet). Barbara and Anne, will continue to be invited to Committee meetings on a regular basis in order to update and discuss their representative areas of the club, we extend this invitation to those representing other areas of the club too. Also standing down this year is Roy Reeder who has given an amazing 16-year service to the Committee! We would like to thank all those standing down for their service and support to the club and hope they will continue to contribute to the success of the club as members.

Kevin Price/Simon Webb



Summer Grand Prix – June Round Up

Dorking 10

June's action in the Summer Grand Prix got underway with the Dorking 10. This doubled up as the club 10-mile championships and saw 43 Stragglers take part.

Overall Ladies Champion: Sarah Winter

Senior Ladies: Maddie Garner

F35: Sarah Winter

F45: Juliet Cleghorn

F55: Liz Killip

Overall Men's Champion: Matt Coakes

Senior Men: Jim Lurkins

M40: Matt Coakes

M50: Malcolm Davies

M60 Andrew Allen

Ranelagh 10K

After a break for the Welsh Castles Relay it was the first of three 10k races in this summer's schedule with 46 Stragglers representing the club in the ever-popular Ranelagh hosted race. Those with memories of last year's sweltering conditions, and who ran this time out enjoyed mercifully cooler conditions, making for exciting racing.

In the F55 category we secured Surrey County silver and bronze.

Mob Match

On Saturday June 30th ourselves and Ranelagh boosted the numbers at Crane parkrun to 325.

It was success for Stragglers for a second year running, we scored 6065 to Ranelagh's 6507 – 79 runners per side.

Also worthy of note is the age grading performance where we had many of the top finishers including Liz Killip with 90.3%!

Fixtures in July are the newly included Claygate 5 Miles on Sunday 8th, the much-loved Elmore 7 Miles on Saturday 14th, the long-standing inclusion of the Elmbridge 10k on Sunday 22nd, and the brilliant Stragglers Friday night out of Wedding Day 7k on Friday 27th.

Stragglers 10k: Prize Winners and Full Results

It was an excellent evening for the 2018 Stragglers 10k Championships, with conditions warm but not too hot, and we were rewarded with a strong turn-out of just short of 100 runners (97). The recently tarmacked stretch of towpath between Ham House and the Thames Young Mariners meant many would have been sensing strong runs and the potential of course personal bests.

The list of prize winners is as follows:



All Men

Place	Time	Name	Team	Category	Race No	Race Place
1	00:36:52	LURKINS, Jim		Senior Men	634	1
1	00:37:32	ALLEN, Crispin		Vet Men 45-49	655	2
1	00:38:10	REEBER, Roy		Vet Men 50-54	630	3
1	00:38:16	DUFFY, Donovan		Vet Men 40-44	633	4
2	00:38:54	BAGGOTT, Richard		Senior Men	645	5
2	00:38:48	MARITZ, Freyzen		Vet Men 40-44	684	6

All Ladies

Place	Time	Name	Team	Category	Race No	Race Place
1	00:41:57	NAISWETH, Harriet		Senior Ladies	771	16
1	00:41:52	KILLIP, Liz		Vet Ladies 55-59	658	17
1	00:42:30	CANT, Sabrina		Vet Ladies 45-49	655	18
1	00:42:48	DAVIES, Helen		Vet Ladies 45-49	631	22
2	00:43:22	SMALE, Dee		Vet Ladies 55-59	670	26
2	00:44:17	GRAVELL, Rebecca		Senior Ladies	675	29

Senior Men

Place	Time	Name	Team	Category	Race No	Race Place
1	00:36:52	LURKINS, Jim		Senior Men	634	1
2	00:38:54	BAGGOTT, Richard		Senior Men	645	5
3	00:40:42	JEFFREY, Charles		Senior Men	619	11
4	00:41:25	CLELLAND, Steven		Senior Men	667	14
5	00:42:37	WEBB, Simon		Senior Men	691	20
6	00:45:01	MAYALL, Andrew		Senior Men	671	33

Vet Men 40-44

Place	Time	Name	Team	Category	Race No	Race Place
1	00:38:16	DUFFY, Donovan		Vet Men 40-44	633	4
2	00:38:48	MARITZ, Freyzen		Vet Men 40-44	684	6
3	00:40:18	SHELDON, David		Vet Men 45-49	628	10
4	00:40:56	TAYLOR, Lewis		Vet Men 40-44	669	12
5	00:42:29	GREENWOOD, Robert		Vet Men 45-49	639	18
6	00:42:37	GREENSLADE, Daniel		Vet Men 40-44	640	21



Vet Men 45-49

Place	Time	Name	Team	Category	Race No	Race Place
1	00:37:32	ALLEN, Crispin		Vet Men 45-49	666	2
2	00:40:08	DAVIES, Jonathan		Vet Men 45-49	768	9
3	00:41:05	VIVIAN, Martin		Vet Men 45-49	643	13
4	00:43:50	CARRINGTON, Neil		Vet Men 45-49	697	27
5	00:46:15	FOWLER, Michael		Vet Men 45-49	621	39
6	00:47:03	PATIENT, Richard		Vet Men 45-49	686	41

Vet Men 50-54

Place	Time	Name	Team	Category	Race No	Race Place
1	00:38:10	REEDER, Roy		Vet Men 50-54	630	3
2	00:38:59	DAVIES, Malcolm		Vet Men 50-54	632	7
3	00:41:48	MAXWELL, Antony		Vet Men 50-54	769	16
4	00:42:54	PRICE, Kevin		Vet Men 50-54	674	23
5	00:45:26	GOODCHILD, Nick		Vet Men 50-54	694	35
6	00:56:06	WALLACE, Andy		Vet Men 50-54	620	79

Vet Men 55-59

Place	Time	Name	Team	Category	Race No	Race Place
1	00:39:57	DUFFY, Laurence		Vet Men 55-59	651	8
2	00:43:18	SMITH, Steve		Vet Men 55-59	685	25
3	00:45:17	ROBERTSON, Ian		Vet Men 55-59	636	34
4	00:46:24	HOWEL, Simon		Vet Men 55-59	693	40
5	00:47:17	HOWARTH, Andrew		Vet Men 55-59	646	43
6	01:03:20	AMIES, Chris		Vet Men 55-59	663	88

Vet Men 60-64

Place	Time	Name	Team	Category	Race No	Race Place
1	00:43:51	ALLEN, Andrew		Vet Men 60-64	665	28
2	00:44:20	BREWIN, David		Vet Men 60-64	683	30
3	00:44:38	COLWILL, Peter		Vet Men 60-64	654	31
4	00:44:58	DAVIES, Phil		Vet Men 60-64	629	32
5	00:49:40	MILLER, Steve		Vet Men 60-64	662	56
6	00:51:54	NICHOLSON, Lynton		Vet Men 60-64	775	65



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Vet Men 65-69

Place	Time	Name	Team	Category	Race No	Race Place
1	00:49:06	MAWDSLEY, Alan		Vet Men 65-69	652	53
2	00:50:22	GRIFFITHS, Dave		Vet Men 65-69	692	58
3	00:52:00	WFFDFRRIRN, Peter		Vet Men 65-69	623	67
4	00:52:45	WOOD, Tim		Vet Men 65-69	682	70

Vet Men 70-74

Place	Time	Name	Team	Category	Race No	Race Place
1	00:54:42	GARNER, Michael		Vet Men 70-74	642	75
2	00:55:28	MORTIMER, Graham		Vet Men 70-74	624	78

Senior Ladies

Place	Time	Name	Team	Category	Race No	Race Place
1	00:41:37	NAISMITH, Harriet		Senior Ladies	771	15
2	00:44:17	GRAVELL, Rebecca		Senior Ladies	675	29
3	00:47:32	JONES, Betsy		Senior Ladies	688	44
4	00:49:15	DAVIES, Rhiannon		Senior Ladies	676	55
5	00:55:00	WINTER, Rose		Senior Ladies	762	76

Vet Ladies 35-39

Place	Time	Name	Team	Category	Race No	Race Place
1	00:50:28	MCCLELLAND, Natalie		Vet Ladies 35-39	657	59
2	00:50:38	BOWDEN, Laura		Vet Ladies 35-39	766	60

Vet Ladies 40-44

Place	Time	Name	Team	Category	Race No	Race Place
1	00:42:30	CANT, Sabrina		Vet Ladies 40-44	655	19
2	00:48:26	LA FRENAIS, Laura		Vet Ladies 40-44	699	47
3	00:49:11	POTTERILL, Heidi		Vet Ladies 40-44	763	54
4	00:52:00	GOODFELLOW, Sarah		Vet Ladies 40-44	690	66
5	00:52:43	GREENSLADE, Rebecca		Vet Ladies 40-44	641	69
6	00:54:20	MAYALL, Sarah		Vet Ladies 40-44	677	74

Vet Ladies 50-54

Place	Time	Name	Team	Category	Race No	Race Place
1	00:51:10	ROBINSON, Janet		Vet Ladies 50-54	764	62
2	00:55:19	DICKINSON, Carol		Vet Ladies 50-54	658	77
3	00:58:31	GLAYSHER, Rachel		Vet Ladies 50-54	622	82

Vet Ladies 55-59

Place	Time	Name	Team	Category	Race No	Race Place
1	00:41:52	KILLIP, Liz		Vet Ladies 55-59	658	17
2	00:43:22	SMALE, Dee		Vet Ladies 55-59	670	28
3	00:45:42	THEVENET, Ramona		Vet Ladies 55-59	656	36
4	00:47:08	RONKSLEY, Patricia		Vet Ladies 55-59	695	42
5	00:48:30	HOLMES, Julie		Vet Ladies 55-59	680	48
6	00:50:59	GARNER, Julie		Vet Ladies 55-59	638	61

Vet Ladies 60-64

Place	Time	Name	Team	Category	Race No	Race Place
1	00:49:01	HAWORTH, Julie		Vet Ladies 60-64	627	52
2	01:00:50	GLEW, Christine		Vet Ladies 60-64	644	86
3	01:07:10	HOBBS, Sue		Vet Ladies 60-64	672	91

Vet Ladies 65-69

Place	Time	Name	Team	Category	Race No	Race Place
1	00:56:24	NANCE, Helen		Vet Ladies 65-69	664	80
2	01:00:13	HILL, Helene		Vet Ladies 65-69	678	84

Vet Ladies 70-74

Place	Time	Name	Team	Category	Race No	Race Place
1	01:05:43	COWARD, Ann		Vet Ladies 70-74	659	90
2	01:10:43	MORTIMER, Glynda		Vet Ladies 70-74	661	92
3	01:36:53	HILL, Barbara		Vet Ladies 70-74	679	95

Stragglers 10k full results

Ladies

Race Posn	Gender	Name	Category	FinishTime	Age Grade	Stragglers Champs Pts.
15	1	Harriet Naismith	Senior Ladies	00:41:37	72.90	35
17	2	Liz Killip	Vet Ladies 55-59	00:41:52	89.30	34
19	3	Sabrina Cant	Vet Ladies 40-44	00:42:30	73.50	33
22	4	Helen Davies	Vet Ladies 45-49	00:42:48	78.20	32
26	5	Dee Smale	Vet Ladies 55-59	00:43:22	87.30	31
29	6	Rebecca Gravell	Senior Ladies	00:44:17	68.50	30

36	7	Ramona Thevenet	Vet Ladies 55-59	00:45:42	82.90	29
42	8	Patricia Ronksley	Vet Ladies 55-59	00:47:08	80.40	28
44	9	Betsy Jones	Senior Ladies	00:47:32	63.80	27
47	10	Laura La Frenais	Vet Ladies 40-44	00:48:26	65.80	26
48	11	Julie Holmes	Vet Ladies 55-59	00:48:30	77.10	25
52	12	Julie Haworth	Vet Ladies 60-64	00:49:01	79.30	24
54	13	Heidi Potterill	Vet Ladies 40-44	00:49:11	64.30	N/A
55	14	Rhiannon Davies	Senior Ladies	00:49:15	61.60	23
59	15	Natalie McClelland	Vet Ladies 35-39	00:50:28	60.50	22
60	16	Laura Bowden	Vet Ladies 35-39	00:50:38	60.80	21
61	17	Julie Garner	Vet Ladies 55-59	00:50:59	73.30	20
62	18	Janet Robinson	Vet Ladies 50-54	00:51:10	69.40	19
63	19	Breda McGree	Vet Ladies 55-59	00:51:46	74.10	18
66	20	Sarah Goodfellow	Vet Ladies 40-44	00:52:00	60.10	17
69	21	Rebecca Greenslade	Vet Ladies 40-44	00:52:43	59.60	16
73	22	Anne Woods	Vet Ladies 55-59	00:54:06	69.10	15
74	23	Sarah Mayall	Vet Ladies 40-44	00:54:20	58.30	14
76	24	Rose Winter	Senior Ladies	00:55:00	55.10	13
77	25	Carol Dickinson	Vet Ladies 50-54	00:55:19	63.40	12
80	26	Helen Nance	Vet Ladies 65-69	00:56:24	73.90	11
81	27	Petra Gzegorova	Vet Ladies 45-49	00:56:27	57.50	10
82	28	Rachel Glaysler	Vet Ladies 50-54	00:58:31	60.00	10
84	29	Helene Hill	Vet Ladies 65-69	01:00:13	69.30	10
85	30	Katharine Haynes	Vet Ladies 55-59	01:00:20	60.40	10
86	31	Chrissie Glew	Vet Ladies 60-64	01:00:50	67.60	10

90	32	Ann Coward	Vet Ladies 70-74	01:05:43	69.50	10
91	33	Sue Hobbs	Vet Ladies 60-64	01:07:10	60.30	10
92	34	Glynda Mortimer	Vet Ladies 70-74	01:10:43	65.60	10
93	35	Jacqueline Rich	Vet Ladies 55-59	01:12:23	50.30	10
95	36	Barbara Hill	Vet Ladies 70-74	01:36:53	47.10	10

Men

Race Posn	Gender Posn	Name	Category	FinishTime	Age Grade	Stragglers Champs Pts.
1	1	Jim Lurkins	Senior Men	00:36:52	72.50	35
2	2	Crispin Allen	Vet Men 45- 49	00:37:32	79.30	34
3	3	Roy Reeder	Vet Men 50- 54	00:38:10	80.10	33
4	4	Donovan Duffy	Vet Men 40- 44	00:38:16	73.60	32
5	5	Richard Baggott	Senior Men	00:38:34	69.40	31
6	6	Freysen Maritz	Vet Men 40- 44	00:38:48	73.10	30
7	7	Malcolm Davies	Vet Men 50- 54	00:38:59	77.70	29
8	8	Laurence Duffy	Vet Men 55- 59	00:39:57	79.90	28
9	9	Jonathan Davies	Vet Men 45- 49	00:40:08	74.20	27
10	10	David Sheldon	Vet Men 40- 44	00:40:18	69.30	26
11	11	Charlie Jeffrey	Senior Men	00:40:42	66.20	25
12	12	Lewis Taylor	Vet Men 40- 44	00:40:56	69.30	24
13	13	Martin Vivian	Vet Men 45- 49	00:41:05	71.90	23
14	14	Steven Clelland	Senior Men	00:41:23	65.20	22
16	15	Tony Maxwell	Vet Men 50- 54	00:41:48	72.50	21
18	16	Robert Greenwood	Vet Men 40- 44	00:42:29	65.80	20
20	17	Simon Webb	Senior Men	00:42:37	64.20	19
21	18	Daniel Greenslade	Vet Men 40- 44	00:42:37	65.50	18
23	19	Kevin Price	Vet Men 50- 54	00:42:54	72.40	17

24	20	Dan Lill	Vet Men 40-44	00:42:57	66.60	16
25	21	Steve Smith	Vet Men 55-59	00:43:18	75.10	15
27	22	Neil Carrington	Vet Men 45-49	00:43:50	66.30	14
28	23	Andrew Allen	Vet Men 60-64	00:43:51	76.90	13
30	24	David Brewin	Vet Men 60-64	00:44:20	75.40	12
31	25	Peter Colwill	Vet Men 60-64	00:44:38	73.50	11
32	26	Phil Davies	Vet Men 60-64	00:44:58	73.60	10
33	27	Andrew Mayall	Senior Men	00:45:01	59.70	10
34	28	Ian Robertson	Vet Men 55-59	00:45:17	69.90	10
35	29	Nick Goodchild	Vet Men 50-54	00:45:26	66.10	10
37	30	Simon Attridge	Vet Men 40-44	00:45:55	60.40	10
38	31	E Frost	Vet Men 40-44	00:46:05	60.60	10
39	32	Michael Fowler	Vet Men 45-49	00:46:15	64.40	10
40	33	Simon Howel	Vet Men 55-59	00:46:24	70.00	N/A
41	34	Richard Patient	Vet Men 45-49	00:47:03	63.30	10
43	35	Andrew Howarth	Vet Men 55-59	00:47:17	66.30	10
45	36	Stephen Penpraze	Vet Men 45-49	00:48:13	61.30	10
46	37	Jason Nourse	Vet Men 45-49	00:48:26	61.50	10
49	38	Paul Boca	Vet Men 45-49	00:48:32	61.40	10
50	39	David Sayers	Vet Men 45-49	00:48:43	59.20	10
51	40	Jon Parry	Vet Men 40-44	00:48:51	58.10	10
53	41	Alan Mawdsley	Vet Men 65-69	00:49:06	72.10	10
56	42	Steve Miller	Vet Men 60-64	00:49:40	66.00	10
57	43	Matthew Brady	Vet Men 45-49	00:50:10	59.40	10
58	44	Dave Griffiths	Vet Men 65-69	00:50:22	68.30	10

64	45	Thomas Howarth	Senior Men	00:51:52	51.50	10
65	46	Lynton Nicholson	Vet Men 60-64	00:51:54	65.60	10
67	47	Peter Wedderburn	Vet Men 65-69	00:52:00	67.40	10
68	48	Richard Garner	Vet Men 45-49	00:52:19	56.50	10
70	49	Tim Wood	Vet Men 65-69	00:52:45	65.20	10
71	50	Martin Powell	Vet Men 60-64	00:52:49	63.30	10
72	51	Mike Tivnen	Vet Men 60-64	00:53:57	62.50	10
75	52	Michael Garner	Vet Men 70-74	00:54:42	66.90	10
78	53	Graham Mortimer	Vet Men 70-74	00:55:28	65.90	10
79	54	Andy Wallace	Vet Men 50-54	00:56:06	53.60	10
83	55	Joseph Tong	Vet Men 45-49	00:59:26	48.50	10
87	56	John Dixon	Vet Men 50-54	01:01:07	50.90	10
88	57	Chris Amies	Vet Men 55-59	01:03:20	50.40	10
89	58	Andrew Sargent	Vet Men 50-54	01:03:38	48.40	10
94	59	Pierre Venter	Vet Men 55-59	01:12:46	43.50	10

The Stragglers committee would like to thank all those involved in helping the race run (relatively) smoothly and for the club members who turned up to compete. 97 competitors is a very healthy number and thankfully we had chosen a night when England were not involved in a World Cup match. The apologies are to those of you who were either not awarded your correct age category award and those who will have to return/swap an award. My own personal apologies to Ian Robertson, who was the correct bronze place finisher in the Men's 55-59 age group, and was denied the respect that should have been shown to him because of an incorrect assumption on my behalf. We will have to airbrush a couple of the photos on the website or set up the photo again completely. Re-running the whole race is not an option! I hope these errors did not detract from a good night's competitive running and the great atmosphere in the Hawker afterwards.

Phil Davies, Club Captain

Welsh Castles Relay

One year it pours and the next it's a scorcher! One thing is guaranteed though and that's a weekend of great racing as a 40-strong contingent of Stragglers went up against some of the finest clubs in the country. Our Open team finished 19th (21st overall) and the Vets were 7th (64th overall). Individual stand-out performances were ladies' stage wins for Sarah Winter and Heidi Russenberger – Sarah's was on Stage 8, declassified as a mountain stage despite the toughness of the stage remaining the same. Sarah then ran again on Sunday, guiding Simon Webb running the last leg into Cardiff, by then the hottest it had been all weekend.



Heidi and Sarah also set new Stragglers records (stage 5 and 8 respectively) as did Ollie Garner who came third overall on stage 9. With stages 16 and 17 new for 2018 we have new times to beat within the Stragglers, set this year by Jonathan Davies (stage 16) and Richard Bulkley (stage 17). Particular credit also to Rob

Wilcox who finished 8th on the final stage of day 1 – not just any half marathon and considered one of the toughest legs of the weekend.

It was the turn of Ollie Bowers and Simon Shanks to tackle Drovers, Simon's account of it follows.

Once again, we were all based in one hotel, the Dragon in Montgomery, and this made for an excellent team atmosphere throughout the weekend.



A First-Timers View of Drovers

A few had hinted about how hard Leg 14 of Welsh Castles would be but it was only at dinner on Saturday night while talking to Phil Davies that I realised what I had let myself in for. When I mentioned to him that I would start slow and pick off the opposition before finishing in about the middle of the field, he looked back at me with a serious expression and shook his head without smiling..."No this is Welsh Castles...teams put their best runners on leg 14". I began to wonder whether this was a good idea after all.

Next morning after wishing Ollie Bowers luck and quickly seeing him fade into the distance with the faster runners, I got off slowly and soon found myself in last place, my first mile was about 7:40 which is very fast for me over 10 miles. There was at least a 30m gap between myself and the second last person - the gap was rapidly increasing by each stride. At this point I was still feeling quite smug about my ability to pace well, thinking maybe 15-20 of them would be 'back!' Even though I was last the support from all the teams was fantastic, not patronising in anyway, just genuinely encouraging. The miles ticked by and still I was making no impression on the next person and the main uphill hadn't started. I continued on with 3 or 4 people in sight, the rest too far ahead to see. At 6 miles I still had energy in reserve and had kept myself cool and hydrated by throwing water over myself - Stephen Penpraze provided brilliant encouragement and support from his vehicle throughout the leg. Then it came - the hill - which was to last for the remaining 4.8 miles. There was simply nowhere to hide, just pure pain. I tried shuffling with small strides, leaning with my weight into the hill, upright running, running in a special rhythm, but nothing worked, the pain kept coming. Straggler support cars kept whizzing past, a grinning Roy, cries of support from Helen and Malcolm, sympathetic encouragement from Phil and Patricia's car and a full war cry from Tiago. Brilliant support which eased the pain. I kept going, struggling up the hill and managed to pass two, then three, then four people. But at 8 miles the pain was too much, the people in front were walking so for a mile I ran 100 strides and walked 100 strides to bring my exhaustion back to manageable levels. Checking my heart meter afterwards my heart rate had peaked at 203 at 8 miles, a level I have reached a couple of times in the last 50m of a parkrun when going 'eyeballs out', but not ideal with 2 miles to go.

During this time one of the runners I passed caught up with me and sat 10 metres behind until just under a mile to go. Encouraged by Tiago's war cry I pulled out every last bit of energy I had for the last mile, feeling as if I was drowning through lack of air, and managed to pull away and almost catch the next person. Totally exhausted I couldn't help look at Stephen, both of us laughing almost hysterically at the ridiculousness of the leg. I knew I had run my best and had passed 4 people so I was happy.

It was a great weekend and it was good to get to know lots of other Stragglers better. A fantastic team spirit. I would definitely do it again....but maybe not leg 14!

Simon Shanks



2018-2019 Cross-Country Dates: Ladies Surrey League and Stragglers Host First Men's Fixture

Whilst we're still in the thick of summer competition, we already have dates for the ladies Surrey League cross-country races. The Stragglers were so close to holding on to our Division 1 status and are aiming to bounce straight back next season. The four fixtures are below. As promotion from Division 2 will be a Stragglers priority for the coming year it's important you keep these free and are able to represent the club. Kev Best will be the ladies team manager for 2018-2019.

Dates:

Sat Oct 13 at Putney Vale, host club Thames Hare and Hounds:
13:00

Sat Nov 10 at Non-Such Park, host club 26.2.: 11:00

Sat Jan 12 at Coulsdon, host club South London Harriers: 13:00

Sat Feb 9 at Richmond Park (further details to follow), host club Kingston Poly: 11:00

(Note, division 1 and 2 are run at the same venue with only the Division 2 start times listed)

We're still waiting for the men's dates to be confirmed, however we already know that Stragglers are co-hosting the first race of the coming season. It is Saturday October 13th in Richmond Park. Peter Wedderburn will be our race director on the day and Malcolm Davies will be recruiting volunteers – as was done when we co-hosted at Lloyd Park that famous day we clinched promotion to Division2.

As this is Cabbage Patch weekend, and the club will also be providing marshals on Sunday 14th for CP10, it's important we spread the work across the club, and so if you're running in Cabbage Patch, and therefore unable to run in the cross-country the day before, please consider volunteering in Richmond Park on the afternoon of Saturday 13th.



Run Rioja: Exclusive Offer for Stragglers Members!

In a previous issue of Stragmag we heard from Stragglers members Chris Coates and Abby Price, who had taken their love of wine to Chili, and sent us an account of running 10k races whilst working there.

Now they're offering a week long, running holiday in Spain's most famous wine region for only £375

What's the Offer?

Chris and Abby have recently taken the plunge to start offering their own running holidays, combining their love of running with their passion for wine and the beautiful scenery offered by the wine region of Rioja, Spain. Their aim is to make these running holidays challenging but as relaxing as possible, offering up to 110kms of optional sessions whilst including food, accommodation, airport transfers, wine and winery visits. Until 31st July they are offering a week from the 18th to 25th October exclusively to Stragglers members at a bargain price of £375. Interested? Then please read on...

Agenda	AM	PM	Evening/Dinner
<i>Day 1</i>	Arrivals	5km Woodland Trail Run	Introductions, Agenda and
<i>Day 2</i>	10/15km run through Rioja villages	Walk/jog to explore the local town	Wine-tasting Basics and
<i>Day 3</i>	5-10km Personalised Interval Session	Winery Visit and Tasting	Restaurant Night
<i>Day 4</i>	10/15km lake/vineyard run	Optional Core Training Session/ Free Time	Mountain Hike & Sunset Ch Picnic
<i>Day 5</i>	5/10K Hill Session	5km Recovery Jog/ Free Time	Paella Night
<i>Day 6</i>	10/15km Point to Point Run	5km Recovery Jog/ Free Time	Restaurant Night
<i>Day 7</i>	15-25km Targeted Long Run	Excursion to Haro + Wine Tasting	BBQ and Blind Wine Ta
<i>Day 8</i>	5km local recovery jog	Departures	

Example Schedule

*All parts of the schedule are completely optional, remember this is your holiday!!

Accommodation

The villa is based right in the heart of Rioja, 18km south of Logrono. Situated next to a golf course, on the edge of a forest and surrounded countless vineyards, we are in the perfect spot to explore Rioja in our trainers!

The villa is luxurious and spacious with a rooftop garden and pool it is the perfect place to refuel and relax. Each participant will be sharing a twin room with 1 bathroom between 2 (for couples 2 of our rooms can also be converted to doubles).

Included in Package

- Transfers
- Accommodation
- Training sessions with qualified run leaders
- Catering
- Table wine
- 1 in-house wine tasting
- Minimum 1 winery visit
- Flights
- Insurance – *you must purchase your own and send proof 3 weeks before departure*
- Restaurant meals (x2)
- Extra excursions

Important Information

1. Sign up here to secure your place. Link also has instructions for your £100 deposit due now. The remaining balance will be due 6 weeks before arrival.
2. If you require more information our detailed brochure is here. Alternatively, please contact us with any questions at holidays@trailsandvines.co.uk or on 07805 034369.
3. Deposits are refundable, subject to a replacement being able to take your place on the holiday.
4. The villa is available one night before and one night after the holiday subject to a £50 per person per night surcharge.



Future Races

There is a discount available to Straggler members in the River Thames Half Marathon on Sunday October 28th. Enter the code STRAGG to receive £5 off the full entry fee.

Discount valid until 30th September.

October 28th. Enter the code STRAGG to receive £5 off the full entry fee. Visit www.sportssystem.co.uk, direct link is <http://www.sportssystem.co.uk/ss/event/RiverThamesHalfMarathon201823>

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

- Thu 2nd: Rothwell Relay
- Sun 12: Wimbledon 5k
- Thu 30: SRJRG – Hawker Centre

September

- Sun 9: River Relay