



*August 2018*

*Issue 347*



# *In this issue*

## Contents

|   |    |
|---|----|
| Editorial .....                         | 3  |
| Stragglers News .....                   | 4  |
| Straggler Awards Evening .....          | 6  |
| Summer Grand Prix 2018 .....            | 6  |
| Highlights of the season .....          | 8  |
| Stragglers Summer Grand Prix 2018 ..... | 9  |
| Surrey Road League Report .....         | 10 |
| August 5k Handicap Results .....        | 13 |
| Future Races.....                       | 14 |



## *Editorial*

This month we've two articles reflecting on the summer's races. There are many stats and facts to enjoy, with the one I wanted to highlight being this: across 11 fixtures in the Summer Grand Prix, 233 Stragglers took part in at least one. Someone can pull me up on my maths/guesswork, but this feels like around half our membership. Given that we have Stragglers far and wide, enjoying everything from 5k to trail ultras, this is a figure we should be extremely pleased with.

From the mudbath of Nonsuch Park to the heatwave of Elmore, it feels strange to think both events were part of the same competition. Many events were followed with socials in cafes, pubs and fields – nothing says British quite like a busy tea tent at a country fair when it's 30 degrees.

Massive thanks to Malcolm and Helen for galvanising runners and supporters. Both the Summer Grand Prix and the cross-country season will be celebrated, and prizes presented, at our awards evening on Friday 21st September at the Park Hotel in Teddington.

And if you're missing the mud of Sutton, the good news is, cross-country season will be back soon!

September's Stragmag deadline is Friday 28th September. Thank you to all contributors and to Dave Griffiths for his proofing eye.

Simon Webb [Stragmag@stragglers.org](mailto:Stragmag@stragglers.org)



# *Stragglers News*

We have four requests for help with races in the coming weeks, your support will be greatly appreciated.

River Relay returns on Sunday September 9th. Simon Brazil and Jon Parry are assembling Straggler teams so if you would like to run please either email [simonbrazil@hotmail.co.uk](mailto:simonbrazil@hotmail.co.uk) or fill out this form <https://goo.gl/forms/aFOYliAd4gK88cxi2>

Race Director Peter Wedderburn is still looking for helpers for the day – he needs between 20 and 25. If you are available and would like to help, please email [kbc@blueyonder.co.uk](mailto:kbc@blueyonder.co.uk).

The first cross-country fixture of the new season is our own club championship. Taking place on Hamlands on Sunday 30th September, as well as encouraging people to run, we need a few volunteers to help make the event happen. Please let Simon Brazil ([simonbrazil@hotmail.co.uk](mailto:simonbrazil@hotmail.co.uk)) know if you are able to help.

Final marshalling request is for the weekend of October 13-14. On Saturday 13th we are co-hosting the first Men's Surrey League fixture with Ranelagh and Malcolm Davies would like to hear from you if you can support this. Email [malcolmdavies@blueyonder.co.uk](mailto:malcolmdavies@blueyonder.co.uk).

Then on the Sunday is Cabbage Patch 10 and Keith Haworth is gathering the usual army of volunteers for this, so please contact [keithhaworth@aol.com](mailto:keithhaworth@aol.com). Cabbage Patch volunteering includes lunch afterwards.

International Straggler news, Jess Draskau-Petersson, two-time Olympian and regular Straggler during her time living in London, won the Reykjavik Half Marathon on Saturday August 18th, in a time of 1:15:58.

Meanwhile in Tri-news, three from StraggTri flying the international StragFlag – this time at the European Sprint Triathlon Championships in Glasgow. Helen Brett, Jan Franks and Helene Hill completed the tough 750m swim, 20k bike and 5k run at Strathclyde Country Park alongside a thousand of Europe's best athletes.



Helen Brett, Jan Franks and Helene Hill

With the cross-country season on us sooner than we might imagine, coach Kevin Best will be holding a number of Saturday morning training sessions in Richmond Park on Sept 8th 15th 22nd and Oct 6th. Meet at Pembroke Lodge carpark 10am. Bring spikes or suitable cross-country shoes, warm clothing and waterproofs. All abilities welcome. Post-run coffees in the Pembroke Lodge café.

Finally, post-run food at the Hawker Centre is due to return on Thursday September 6th.



# *Straggler Awards Evening*



The Stragglers Awards Evening will be on Friday September 21st 2018, 7 pm – 12 am, The Park Hotel Teddington.

We've had another hugely successful year both in cross-country and the Summer Grand Prix. Now it's our chance to celebrate this and recognise the fantastic Straggler achievements

from the past 12 months.

Prizes will be presented to the category winners from both the 2017/2018 XC season and the recently completed Summer Grand Prix series.

Tickets are £15 which includes food. After the prizes we hope to hit the dance floor, so get your party gear on and come and join us for a night of fun and frolic.

RSVP by filling out this quick form

[https://docs.google.com/forms/d/e/1FAIpQLScgAoxB6BSZ6hoWMOFBBieqYgu9Smv3b9XY\\_FfIbBWq9RvOAg/viewform](https://docs.google.com/forms/d/e/1FAIpQLScgAoxB6BSZ6hoWMOFBBieqYgu9Smv3b9XY_FfIbBWq9RvOAg/viewform)

The Park Hotel is a short walk from Teddington station. A number of buses stop nearby in Broad Street including the 33, 281, 285, r68 and x26.



## *Summer Grand Prix 2018*

The Wimbledon 5K Dash on Sunday 12th August proved to be a fitting finale to the Stragglers Summer Grand Prix, with 33 Stragglers (a record attendance for this event) scrapping it out for the final points of the season, in a very competitive year. The Stragglers had shown tremendous ambition for the season with 11

races making up this year's competition starting with the mob match against Sutton Runners in the mud of Nonsuch parkrun back in April and then through the ensuing heatwave that took in the Richmond Half-Marathon, Dorking 10 miles, Richmond 10K, Club 10K, Mob-match v Ranelagh at Crane Park, the Claygate 5 miles, Elmore 7 miles, Elmbridge 10K, Wedding Day 7K. (In addition, The Sutton 5K, Richmond Half, Dorking 10 mile and Club 10K also formed the Stragglers own championships at those distances).

Any athlete completing 4 or more races in the above series being eligible for an award.

So how did it turn out?

Firstly, for the men. The Senior man and overall leader board was particularly competitive this year with a mere 5 points separating the top 3. Long-time leader Richard Baggott was 'knocked off his perch' towards the end of the season by Jim Lurkins after the Elmore 7, who in turn was leap frogged by Rob Wilcox following the action at the Wedding Day 7K. 1 point finally separated Rob and Jim in the final reckoning who finished on 139 and 138 points respectively. Richard, however, completed a clean sweep of all 11 events (the only athlete male or female to do so) to sew up the hero award on 134 points, brilliant stuff. For the M40's Donovan Duffy on 130 points had another excellent season to win that category with the fast-emerging Aaron Israel on 119 points taking the M40 runner up. Roy Reeder on 131 points and Malcolm Davies on 118 points both had good seasons to get first and second in the M50 competition. The M60 category was equally keenly contested with David Brewin 79 points and Andrew Allen on 68 points achieving first and second place for that award. Last, but not least, the age grading winner came from the very competitive M50 category with Laurence Duffy saving his best 'til last with his 81.80% Wimbledon 5K Dash, remarkable for a less than flat course and battling it out with Dean Morley for the Straggler M50 honours that day.

For the Ladies there was another great competition. Senior Lady Heidi Russenberger on 135 points finished 4th in the overall leader board and was the uncontested winner of that category. In the F35 category Sarah Winter established a commanding lead of 140 points with Juliana Greenwood ending as runner up in that category with 115 points. In the F45 category, the winner is Helen Davies on 138 points with Brigid Hibberd on 118 points in runner up position

having consolidated her position at the Wimbledon 5K dash. The F55 competition was super competitive again this year, with Liz Killip coming out on top with 136 points and Phyllis Flynn coming in second place on 127 points (honourable mention must go to Dee Smale finishing 3 points behind Phyllis on 124 points). Finally it's great to see a winner for the F65 award in the form of Sally Boulton finishing on 88 points in the competition.

The ladies' competition was closely fought over the Summer with initial leader Helen Davies being overtaken by Liz Killip, only to be usurped by Sarah Winter 9 races into the series following the Elmbridge 10K. The final standings show a very neat symmetry with an F35, F45 and F55 making up the top 3 in the form of Sarah, Helen and Liz (with, incidentally, a Senior lady, Heidi, taking fourth place).

In the age grading competition, Liz Killip takes the prize with an astounding 90.32% age grading from the Ranelagh mob match at Crane Parkrun. Last but not least the hero award goes to another 'super vet' in the F55 category Ramona Thevenet. Ramona completed 9 out of the 11 events during the summer despite carrying an injury and having to hobble around the Wimbledon 5K. She finished 8th in the overall competition on 116 points and is one determined lady!

### *Highlights of the season*

Everyone has different highlights from the season. For me, the Mob match victories and great turn outs at Sutton and Ranelagh were particularly good, in the case of Sutton for using (what was for many Stragglers) a new parkrun course at Nonsuch Park (and of course the café afterwards!) and making a lot of friends with Sutton Runners. In the case of the Ranelagh mob match, a race very evenly matched on numbers but coming away with another victory against the team in blue in an extremely competitive race (and this one an awayday victory to boot!). The team prizes at the Dorking 10 miles and Wedding Day were particularly good. At Dorking, the men scooping a bronze team prize and the ladies' silver was particularly commendable, given that this is also a Surrey League fixture. The Straggler men picking up the overall team prize at the Wedding Day (the first time in some years!) and a very welcome appearance from Tim Haughian and Kieran Desmond in the winning team of four. A new race introduced this year into the series, the Claygate 5, seemed



to go down particularly well with various Stragglers picking up prizes and ending up in another (unofficial) mob match, this time against 26.2, with Stragglers easily the quicker! The quiriness of the Elmore 7 and the Country Fair at the end was another big hit.

However, once again, it was the level of competition in the Grand prix and overall participation that has to take the headlines. Overall 233 Stragglers (Men and Ladies) took part in one or more of the summer grand prix events this year putting in 629 appearances between them. Those of you quick with your calculators will work out that this is an average of 57 Stragglers over the 11 Grand Prix events!

Thank you to everyone that has taken part this year in what has been a truly mind-blowing effort!

## *Stragglers Summer Grand Prix 2018*

### **The Winners**

#### **Ladies**

Overall winner: Sarah Winter

SL winner: Heidi Russenberger

F35 winner: Sarah Winter

F35 runner up: Juliana Greenwood

F45 winner: Helen Davies

F45 runner up: Brigid Hibberd

F55 winner: Liz Killip

F55 runner up: Phyllis Flynn

F65 winner: Sally Boulton

Hero: Ramona Thevenet

Age Grading Winner: Liz Killip (90.32%) Crane Parkrun

#### **Men**

Overall Winner: Rob Wilcox

SM winner: Rob Wilcox

SM runner up: Jim Lurkins

M40 winner: Donovan Duffy

M40 runner up: Aaron Israel

M50 winner: Roy Reeder

M50 runner up: Malcolm Davies

M60 winner: David Brewin

M60 runner up: Andrew Allen

Hero: Richard Baggot

Age Grading Winner: Laurence Duffy (81.80%) Wimbledon 5k

Malcolm Davies

## *Surrey Road League Report*

As part of the Stragglers Summer Grand Prix the club also takes part in the Surrey Road League, which is a team and individual competition against 34 other clubs in the area. In the team competition it really is focussed on 'the sharp end' with the first 3 runners from each club comprising the scoring team.

This year the Stragglers focussed on 6 of the Surrey League Road races (all included in Summer Grand Prix) with the best five scores from the races listed below to count. In 2017, the Stragglers had finished very well in the competition with the men and ladies seventh and fourth respectively, and with the club targeting further progression this year. So how did we do?

In summary this year's results were excellent, the men doing extremely well but the ladies doing even better...read on

### Men's Team Competition

The men overall managed to move up to fifth place one point behind Guildford and Godalming in 4th place and only 4 points behind third

placed Clapham Chasers. This finishing position is the men's highest since 2014, illustrating the club's progression over the last couple of years. Even more impressive considering some of the clubs we beat overall including South London Harriers, Reigate Priory, Striders of Croydon, Windmilers, Epsom & Ewell Harriers to name but a few.

In the team performance 10 different men featured in the scoring teams with 5 different Straggler men being the leading performer. Rob Wilcox, Jim Lurkins and Richard Baggott all feature in the scoring 3 at various points, as might be expected, given their form this season in the club Grand Prix. Special mention must go to Jonathan Ormerod, Oliver Bowers and Paul Bowden who also featured in scoring teams this year. A very warm welcome to Pete Gregorowski and Tim Haughian who made an instance impact for the club being first Stragglers over the line in their respective races. Lastly a special mention to Matt Coakes, who found time between his various ultra-marathons to feature 3 times in the top 3 in the road league this season.

#### Ladies Team Competition

The ladies managed to do even better than the men this year. The season had started off strongly at the Richmond Half but got even better at the Dorking 10 mile, Elmore 7, Elmbridge 10k and Wimbledon 5k. In the process the ladies accelerated past Clapham Chasers and Ranelagh Ladies to finish runners up in the whole competition, only to the all-conquering Guildford & Godalming AC. This is the ladies highest finishing position in the Surrey Road League since 2012.

Across the season 7 different ladies feature in the scoring top 3. As would be expected, Sarah Winter features heavily finishing first in the 4 Surrey League races she took part in. Both Liz Killip and Heidi Russenberger performed very well managing 4 appearances in scoring teams each this year, but special mention must be made for Sophie Biggs who featured 3 times in the Surrey League and was the first Straggler lady over the line at Wimbledon and twice runner up to Sarah Winter. Phyllis Flynn and Helen Davies managed 1st and 3rd Straggler lady at the Richmond Half in the early part of the season. Lastly Juliet Cleghorn must be mentioned for her 3rd placed Straggler performance at Dorking despite only ever having run a 10 mile race once before, so more 10 mile races for you Juliet! Finally a further mention must be given to Liz Killip, who not only

contributed so well to the team performance, but also won the overall individual F55 Surrey award ‘the Venus Rosewater dish’. Well done to both the Ladies and Men on a great season.

The full team table is included below and see the link to the [Surrey Road League website](#) for a full analysis of the results.

|               |          | <b>Richmond Half</b> | <b>Dorking 10 miles</b> | <b>Richmond 10k</b> | <b>Elmore 7 miles</b> | <b>Elmbridge 10k</b> | <b>Wimbledon 5k</b> |
|---------------|----------|----------------------|-------------------------|---------------------|-----------------------|----------------------|---------------------|
|               |          | <b>6th May</b>       | <b>3rd June</b>         | <b>17th June</b>    | <b>14th July</b>      | <b>22nd July</b>     | <b>12th August</b>  |
| <b>Men</b>    | <b>1</b> | Jonathan Ormerod     | Matthew Coakes          | Rob Wilcox          | Pete Gregorowski      | Rob Wilcox           | Tim Haughian        |
|               | <b>2</b> | Donovan Duffy        | Jim Lurkins             | Richard Baggott     | Jim Lurkins           | Jim Lurkins          | Rob Wilcox          |
|               | <b>3</b> | Oliver Bowers        | Rob Wilcox              | Paul Bowden         | Matthew Coakes        | Matthew Coakes       | Jim Lurkins         |
| <b>Ladies</b> | <b>1</b> | Phyllis Flynn        | Sarah Winter            | Sarah Winter        | Sarah Winter          | Sarah Winter         | Sophie Biggs        |
|               | <b>2</b> | Liz Killip           | Liz Killip              | Sophie Biggs        | Heidi Russenberger    | Sophie Biggs         | Heidi Russenberger  |
|               | <b>3</b> | Helen Davies         | Juliet Cleghorn         | Heidi Russenberger  | Liz Killip            | Heidi Russenberger   | Liz Killip          |

Malcolm Davies



# August 5k Handicap Results

40 Stragglers lined up for the August 5k handicap. Results are below, and thank you to Ian Callander for organising the event throughout the year.

| IIII<br>Pos'n. | Name             | Handicap | Elapsed<br>Time | Run<br>Time | Predicted/<br>Actual<br>time | Rank |       |
|----------------|------------------|----------|-----------------|-------------|------------------------------|------|-------|
| 1              | Hubert Cibis     | 07:15    | 36:29           | 29:14       |                              | 30   | 1st O |
| 2              | Julie Garner     | 12:15    | 37:46           | 25:31       |                              | 22   | 2nd O |
| 3              | Anne Woods       | 12:00    | 38:03           | 26:03       |                              | 23   | 3rd O |
| 4              | Richard Steeden  | 08:45    | 38:35           | 29:50       |                              | 31   |       |
| 5              | Pete Blanchfield | 12:30    | 38:39           | 26:09       |                              | 24   |       |
| 6              | Andrew Mayle     | 16:45    | 38:45           | 22:00       |                              | 9    |       |
| 7              | Natalie Hegarty  | 01:45    | 38:45           | 37:00       |                              | 36   |       |
| 8              | Sue Waters       | 12:00    | 38:46           | 26:46       |                              | 26   |       |
| 9              | Daniel Chiechi   | 17:15    | 38:53           | 21:38       |                              | 8    |       |
| 10             | Heidi Potterill  | 16:00    | 38:57           | 22:57       |                              | 11   | 3rd F |
| 11             | Alan Mawdsley    | 15:45    | 38:59           | 23:14       |                              | 13   |       |
| 12             | Andy Wallace     | 14:45    | 39:08           | 24:23       |                              | 19   |       |
| 13             | Michael Trott    | 15:30    | 39:09           | 23:39       |                              | 16   |       |
| 14             | Steve Cochrane   | 18:30    | 39:10           | 20:40       |                              | 5    |       |
| 15             | Mike Tivnen      | 12:00    | 39:12           | 27:12       |                              | 28   |       |
| 16             | Donald Bell      | 03:45    | 39:19           | 35:34       |                              | 35   |       |
| 17             | Andrew Ronksley  | 14:45    | 39:19           | 24:34       |                              | 21   |       |
| 18             | Peter Thompson   | 07:15    | 39:27           | 32:12       |                              | 34   |       |
| 19             | Harriet Naismith | 18:45    | 39:28           | 20:43       |                              | 6    | 1st F |
| 20             | Sue Hobbs        | 07:45    | 39:31           | 31:46       |                              | 33   |       |
| 21             | Simon Webb       | 19:15    | 39:33           | 20:18       |                              | 2    | 2nd M |
| 22             | Lewis Taylor     | 19:15    | 39:33           | 20:18       |                              | 3    | 3rd M |
| 23             | Nicky Newman     | 01:45    | 39:34           | 37:49       |                              | 37   |       |
| 24             | Janet Robinson   | 15:15    | 39:35           | 24:20       |                              | 18   |       |
| 25             | Zhen Corner      | 01:45    | 39:36           | 37:51       |                              | 38   |       |
| 26             | Becky Greenslade | 15:15    | 39:38           | 24:23       |                              | 20   |       |
| 27             | Jon Parry        | 16:30    | 39:43           | 23:13       |                              | 12   |       |
| 28             | Julie Haworth    | 16:30    | 39:54           | 23:24       |                              | 14   |       |
| 29             | Shirley Buckley  | 16:30    | 39:58           | 23:28       |                              | 15   |       |
| 30             | Pete Gregorowski | 22:00    | 40:00           | 18:00       |                              | 1    | 1st M |
| 31             | Gareth Pritchard | 19:45    | 40:06           | 20:21       |                              | 4    |       |
| 32             | Sonia Bandeira   | 17:45    | 40:11           | 22:26       |                              | 10   | 2nd F |
| 33             | Diane O'Donoghue | 11:45    | 40:15           | 28:30       |                              | 29   |       |
| 34             | Petra Gregorova  | 13:45    | 40:16           | 26:31       |                              | 25   |       |
| 35             | Neil Carrington  | 18:45    | 40:18           | 21:33       |                              | 7    |       |
| 36             | Joy Bell         | 00:00    | 40:31           | 40:31       |                              | 39   |       |
| 37             | Ingrid Wagner    | 13:45    | 40:32           | 26:47       |                              | 27   |       |
| 38             | David Griffiths  | 16:30    | 40:44           | 24:14       |                              | 17   |       |
| 39             | Pierre Venter    | 11:00    | 42:26           | 31:26       |                              | 32   |       |
| 40             | Ann Middlemiss   | 00:00    | 43:42           | 43:42       |                              | 40   |       |

## *Future Races*

Here's a reminder of the winter fixture list, covering September to February.

### **September:**

Sunday 9<sup>th</sup>: River Relay – Simon Brazil/Jon Parry

Sunday 30<sup>th</sup>: Club XC Championships, Hamlands – all enter on the day

### **October:**

Saturday 13<sup>th</sup>: Ladies Surrey League XC Race 1, Wimbledon Common – Helene Hill

Saturday 13<sup>th</sup>: Mens Surrey League XC race 1, Richmond Park – Simon Brazil

Saturday 20<sup>th</sup>: Surrey Masters XC, Richmond Park – Malcolm Davies

### **November:**

Saturday 3<sup>rd</sup>: Priory Relays, Reigate – Jon Parry/Maddie Garner

Saturday 10<sup>th</sup>: Ladies Surrey League Fixture 2, Nonsuch Park – Helene Hill

Saturday 10<sup>th</sup>: TTBC Men's Surrey League fixture 2 (one of two possible dates for this)

Saturday 17<sup>th</sup>: London XC Championships, Parliament Hill – Donovan Duffy/Maddie Garner

Saturday 24<sup>th</sup>: South of the Thames 5 miles, venue TBC – Jon Parry/Helene Hill

### **December:**

Saturday 1<sup>st</sup>: second option for mens Surrey League fixture 2

Saturday December 8<sup>th</sup>: Southern Masters XC Championships, venue TBC – Malcolm Davies

Saturday 15<sup>th</sup>: South of the Thames 7.5 Miles, Beckenham – Jon Parry/Helene Hill

**January 2019:**

Saturday 5<sup>th</sup>: Middlesex XC Championships, Perivale – Simon Brazil/Helene Hill

Saturday 5<sup>th</sup>: Surrey XC Championships, Lloyd Park – Simon Brazil/Helene Hill

Saturday 12<sup>th</sup>: Ladies Surrey League Fixture 3, Coulsdon – Helene Hill

Saturday 12<sup>th</sup>: Men's Surrey League Fixture 3, Mitcham – Simon Brazil

Saturday 26<sup>th</sup>: Southern XC Championships, venue TBC – Simon Brazil/Helene Hill

**February:**

Saturday 9<sup>th</sup>: Ladies' Surrey League Fixture 4, Richmond Park – Helene Hill

Saturday 9<sup>th</sup>: Men's Surrey League Fixture 4, Croydon – Simon Brazil

Saturday 23: National XC, Harewood House Leeds – Simon Webb

We also expect the Ellis and Dysart XC fixture to be on the first weekend of March.

Team contacts:

Simon Brazil – [simonbrazil@hotmail.co.uk](mailto:simonbrazil@hotmail.co.uk)

Helene Hill – [Helene.hill@btinternet.com](mailto:Helene.hill@btinternet.com)