



*September 2018*

*Issue 348*



# *In this issue*

## Contents

Editorial.....	3
Stragglers News.....	4
Petits Pieds en Belgique.....	5
Straggler Women Strike Surrey Silver .....	7
Stragglers London Marathon Draw 2018.....	9
How membership of EA can benefit you and others .....	10
So what are the benefits to you?.....	10
How does your EA membership support running in the UK? .....	11
If you are not an EA member, and would like to join: .....	11
Stragglers Cross Country Championship, 30 <sup>th</sup> September 2018 .....	12
Future Races.....	13



# Editorial

Thank you to all contributors to this month's Stragmag and to Dave Griffiths for assisting in putting it together. The October deadline will be Friday 26th.



We had an excellent evening at the Park Hotel recently, celebrating the winners from both the club summer Grand Prix, last winter's cross-country competition and our latest 5k handicap series. The venue was a great setting, and the curry on the night especially good. Massive appreciation to Kevin Price, Brigid Hibberd and Pam Whitter for their work in organising this hugely enjoyable evening.

The main action covered in this issue is road relays. We also, courtesy of Malcolm Davies' race report from the Surrey County relay, return to one of athletics more out-dated issues, that of equality in age categories for women. Malcolm writes "This varies significantly across competitions, at Wimbledon on Saturday the highest age category for the ladies was V45 but for the men V60. In some competitions the variation is even more stark, for example the Southern Road Relays which offers an M40, M50 and M60 category for the men but only one veteran category for the women (L40)".

This shows the talent of our Vet women, who consistently achieve high placings, despite having to compete against runners often considerably younger, but, it's 2018, they shouldn't have to. How many women are being put off taking part in events like this because the attitude towards equal competition is stuck in the past?

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



# *Stragglers News*



The River Relay was, once again, a hugely successful day. 77 teams took part, including 11 from Stragglers. The best placed of them were Kieran Desmond, Heidi Russenberger, Crispin Allen, Charlie Jeffrey and Jim Desmond, who came third, completing the 26.5 mile course in 2:51:02. To quote Andy Ronksley in a recent Stragmail “special thanks to our Perennial purveyor of plastic plumbing pipe, Peter Wedderburn, for delivering such an amazing event”.

The Stragglers have been well-represented at two road relays this month, both county and regional, picking up a county silver for our ladies’ team at Wimbledon.

At Crystal Palace for the Southern Road Relay the following week, our W40 team of Sarah Winter, Sue Hall, Liz Killip and Sophie Biggs secured 4th. We had a second team in this race – Dee Smale, Julie Haworth, Julie Holmes and Brigid Hibbard, who ran to an excellent 12th place.

Our M60 men came 5th in their category with a team made up of David Brewin, Michael Trott, Peter Colwill and Malcolm Fletcher, with two Straggler team in both M40 and M50.

It was 8<sup>th</sup> for our M50 men of Malcolm Davies, Jim Desmond, Deane Morley and Roy Reeder, and 17<sup>th</sup> for Mark Pattinson, Dave Griffiths, Simon Brazil and Kevin Price.

It was 16<sup>th</sup> for our M40s, Pete Gregorowski, Trevor Ford, Dan Greenslade and Aaron Israel, highlighting the strength of this competition, with 23<sup>rd</sup> for our second M40 team Gareth Pritchard, Richard Patient, Lewis Taylor and Martin Vivian.

The Stragglers London Marathon draw will be held on Thursday November 29<sup>th</sup> at the Hawker Centre. See details later in this issue of how to enter should you be rejected from the ballot.

## *Petits Pieds en Belgique*

Little Feet, over the years, have organised weekend trips to running events in Europe - including St Omer, Albert, Haarlem and this year, Erbisoeul in Belgium. In all, seventeen people made the trip, variously by car, ship, tunnel or train. The weekend stretched to four days for some, making a wee holiday of it.



The town we all stayed in was Mons, about 50 miles south west of Brussels, and a short drive or 5-minute train journey from Erbisoeul. Lovely sunshine bathed us on Thursday as we enjoyed a drink in the Grand Place, but the weather didn't stay so nice. Every day from Friday to Sunday was rainy, even though we had been "promised" a dry spell for the races.

Fifteen runners and two patient supporter drivers (John and John) made their way to the location of the race on Saturday. Erbisoeul is a strung-out village with one train per hour and the station is a mile from the school. Enter Jan, Bee, Donald and Joy who decided to go early by train to explore, but the train doors wouldn't open at Erbisoeul so we were taken on to the next village, three miles away! That meant a long warm-up but we were rescued halfway by John and Anne M, who ferried us to the start as the rain came on.



In the school dining hall we eventually all gathered, collected our race chip numbers and chatted with the locals. Not being able to decipher the muffled PA system, we followed the others outside and got ready to run.

Everyone doing the 20k or 11k race started a few minutes before the 5k runners - except Les, who hadn't understood the announcement and started early. Right beside him was Graham, who set him right and sent him back to the start just in time for the 5k. By the time we had run 1k we were deep in a forest, with uneven, muddy paths but lovely views.



It was a bit like a cross country most of the way. Soon after the water station at 3 (or 9 or 18) k there was a hill. Oh dear, we thought Belgium was flat, but we persevered, the slower 5k runners now being overtaken by the fastest 11k folk. Eventually the end was in sight and Maxine, Donald, Joy, Carolyn, Bee, Anne M, Les and Jan were cheered and

filmed in by the two Johns.

Unfortunately, we didn't see the others come in as we had to catch a train, but in the 11k Glynda came first in her age group and Graham, Sue and Mandy also finished in good times; Dave, Anne W and Mary did very well in the 20k race.



Little Feet are known for their encouraging and supportive attitudes and this was shown very much over the whole weekend.

(Have you worked out the title through the first letter of each sentence?)

Joy Bell



# *Straggler Women Strike Surrey Silver*

An excellent turnout for the club in the Surrey Road Relays on Saturday, 15 September saw the L45 ladies team come out on top in a strong Stragglers showing.

In 2017 'the Strags' had 'dipped their toe into the water' fielding a solitary M50 team. This year as part of the approach of further promoting Veteran competition, the club was represented by an M40, M50, M 60 and W45 teams. This, in itself, is no mean achievement for the club. As many will know, County Competition is based not on the geographical location of the club but instead on the place of residence/birth of the individual athlete. This puts a club like the Stragglers at a massive disadvantage in County competition as the club draws approximately 35% of its membership from the 'wrong' side of the Thames i.e. Middlesex and all of these members are not eligible to win prizes in Surrey competitions. In particular, we lose some of our best male and female runners in this way. A club located geographically in the middle of the county, such as Woking AC and drawing most of its members from the immediate vicinity is at far less of a disadvantage. It is surely only a matter of time before this arcane ruling is challenged, reflecting the fact that athletes, for the purposes of competition principally identify with the club and the people that they run with, rather than which side of Kingston Bridge they live. In any event Middlesex as an administrative County ceased to exist in 1965, the same time as which, Kingston became a London Borough!

So, bearing this in mind and having rounded up every Straggler veteran living on the Kingston side of the river how did we do? The M40s were up against some particular tough opposition but acquitted themselves well finishing 9th out of 14 teams. Trevor Ford and Dan Greenslade finishing within one second of each other on their legs but the star of their team Aaron Israel having a storming leg in a time of 17:33 for the 3-mile hilly course. The M60s (a team of three) featured a welcome return to competition for newly turned 60 year old Malcolm Fletcher (who also ran the fastest leg for his team) with Phil Davies and David Brewin finish times within two seconds of each other. This was particularly creditable from David considering he was suffering from a heavy cold, which sounded a

whole lot worse by the time he had finished! Overall the M60s managed to claim fourth place, a very good showing.

The M50s also managed fourth place (out of 10 teams) but came agonisingly close to repeating their bronze performance of 2017 missing out on that to South London Harriers by four seconds and the silver medal (claimed by Hercules Wimbledon) only nine seconds ahead. The eventual winners. Herne Hill Harriers, coming in 39 seconds ahead of Stragglers. The gap to the next placed team (Dorking & Mole Valley) was over 2 and half minutes illustrating how unlucky the team had been, with Dean Morley (17:10) and Roy Reeder (17:04) on the opening and anchor legs, in particular having very strong runs.



However, not for the first time, it was left to the ladies in the W45 category to have the final word. The team of three led out by Patricia Ronksley (20:10), Dee Smale (19:50) and Phyllis Flynn (20:19) were only to be denied gold by a very strong South London Harriers

team and came away delighted with their silver medals. What made their performances even more impressive was that this is a team made up not of W45s but W55s. Not for the first time, this served to re-open another debate about equality in age categories for men and women in athletics competitions. This varies significantly across competitions, at Wimbledon on Saturday the highest age category for the ladies was V45 but for the men V60. In some competitions the variation is even more stark, for example the Southern Road Relays which offers an M40, M50 and M60 category for the men but only one veteran category for the women (L40). Surely competitions of this size can offer more veteran categories for the women?

Malcolm Davies

Stragglers Veterans Captain





# *Stragglers London Marathon Draw 2018*

Those of you who have entered the London marathon ballot will soon know whether you've been successful – as we say each year lucky or unlucky depending on your point of view of the winter training which lays ahead. If you receive a 'reject', you may be eligible for one of The Stragglers places.

The club receives 2 or 3 places each year depending on the number of paid up England Athletics members we have at the start of November – see the following article about how joining EA can benefit both you and other Stragglers. There are a number of criteria you have to meet to be eligible to enter the club ballot, see the club website for the full list, which we've below. Any queries, contact Helen Davies [helendavies@blueyonder.co.uk](mailto:helendavies@blueyonder.co.uk).

1. All entrants must be an EA-registered, first claim member of the Stragglers at 1st May in the year of the draw. The entrant (or their representative) must be present at the draw.
2. Entrants must have done two of the following in the 12 months prior to the draw:
  - a) run in a Stragglers organised team (see note 1 below),
  - b) run in a Stragglers organised relay which involves entering before race day (see note 2 below),
  - c) officially helped out at: Wedding Day 7k, Green Belt Relay, River Relay, Cabbage Patch 10, Club 10k, Club cross-country championships, Rothwell Relay, Mob Match.
3. Members lucky enough to have been drawn from last year's Stragglers' ballot will not be eligible for inclusion.
4. Entrants must provide proof of rejection from London Marathon prior to the draw taking place.

Please note the Committee will maintain the right to use their discretion with respect to any final decision relating to the merit and / or application of qualification criteria.

Note1: 2a) is mob matches and all cross country races (but not the races in the summer road league which members enter themselves),  
Note 2: 2b) is Welsh Castles, Green Belt, County Road Relays, Southern Road Relays, Parkland Relays, Imber Court Relay, River Relay

To enter the ballot for the 2019 marathon, send your reject email /letter and details of how you meet the criteria to Helen Davies by Thursday 22 November, with the draw taking place at the Hawker Centre on Thursday 29 November.



## *How membership of EA can benefit you and others*

The Stragglers currently have 556 members, and 50% of you have chosen to join England Athletics (EA). The club Committee strongly supports all members joining EA, and we would like to see more of you take advantage of the benefits and support the wider running community especially if you enter races.

### *So what are the benefits to you?*

- There are some events you can only enter if you're an EA member. These include some road relays and cross-country races. In our annual fixture list 12 races require EA membership.
- You receive a discount on race entry fees.
- Your race times including parkrun times are collated on the Power of 10 database giving all your race history in one place.
- The more EA members we have, the greater number of London marathon places will be allocated to the club, and we make these available through our own ballot.
- To be eligible for a Stragglers London Marathon place, you must be an EA member.
- There are additional members benefits e.g. currently there is 20% off New Balance shoes & 30% off over 500 hotels in Europe

## ***How does your EA membership support running in the UK?***

Through your EA membership you support the wider running community helping fund for example:

- The Power of 10 race times compilation and rankings
- The licencing of races
- The accurate measurement of courses
- Development opportunities for club officials including The Stragglers
- Advice to clubs on health & safety, welfare etc.
- Opportunities and encouragement for young runners

## ***If you are not an EA member, and would like to join:***

To request membership of EA you need to set the EA flag on your Stragglers profile as follows:

- Logon to the Stragglers website using your username and password
- On your profile page click the 'Edit Member' button – this is located near the top of the screen on the right hand side – your details will then be presented for update
- Scroll down to the section entitled 'Additional Information' and enter a 'Y' against the field called 'England Athletics Y/N'. When you have done this remember to click the 'Update Member' button which is located at the bottom left of the screen.

Once you have requested EA the annual subscription fee will be charged to your account. Please be advised however that your registration with EA will not be completed until your payment has been received. Any queries, contact the Membership Secretary, Julie Holmes (juliebholmes@gmail.com)

Helen Davies

# *Stragglers Cross Country Championship, 30<sup>th</sup> September 2018*

The annual Cross-Country Championship Race was held on a flat 5.6-mile course across Ham Lands, on Sunday 30<sup>th</sup> September. After the exceptionally dry summer, the course, which is almost entirely on grass tracks, was for once completely mud-free. 40 Stragglers turned out to run, and an almost equal number kindly volunteered to marshal.

Special thanks are due to Simon Brazil and Phil Davies for marking the course and organising the marshals, and also to all those who gave up their Sunday morning to help.

There were prizes up for grabs across all age categories and points available for our own cross-country Grand Prix.

Full results below.

<b>Posn</b>	<b>Name</b>	<b>Time</b>	<b>Awards</b>
1	Ollie Garner	31:28	1st Male/SM
2	Pete Gregorowski	32:04	MV40
3	Charlie Jeffrey	33:28	
4	Donovan Duffy	34:01	
5	Ian Knight	34:11	MV50
6	Aaron Israel	34:47	M45 1st
7	Heidi Russenberger	34:59	Female/SL
8	Jonathan Davies	35:07	
9	Sarah Kinsella	35:18	LV35
10	Jim Desmond	36:48	
11	Evan Bond	36:54	
12	Liz Killip	36:54	LV55
13	Kevin Price	37:13	
14	Claus Wagner	37:15	MV55
15	Nick Brown	37:50	
16	Malcolm Fletcher	38:50	MV60
17	Phil Tauwhare	39:03	
18	Patricia Ronksley	39:21	
19	Carl Pretorius	39:51	
20	Samir Hussain	40:06	
21	Julie Haworth	40:57	LV60
22	Dave Griffiths	41:17	MV65
23	Duncan Crosbie	41:53	
24	Lucy Hoseason	41:57	1st U17

25	Heidi Potterill	42:00	LV40
26	Niamh Finlay	42:01	LV50
27	Shirley Buckley	42:06	
28	Andrea McGuinness	42:35	
29	Andrew Ronksley	43:05	
30	Dave Worth	44:26	
31	Mary Hyde	45:05	
32	Lynton Nicholson	45:58	
33	Michael Garner	46:55	MV70
34	Anne Woods	46:59	
35	Petra Gregorouva	47:19	LV45
36	Laura Bowden	48:55	
37	Sarah Hoseason	49:40	
38	Andy Hoseason	49:43	
39	Sabine Duffy	49:55	
40	Chrissie Glew	51:01	LV65



## *Future Races*

### **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 men's 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<sup>rd</sup>: 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)