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Editorial

And so the clocks go back again, the nights are darker earlier, and, believe it or not, we're thinking about December socialising. Ever-present events return with the Mob Match v 26.2 (hurray!), The Little Feet Awards, Christmas pub crawl and Cabbage Patch 4. See the news section for dates, some details are still being confirmed, such as the hotly contested pub crawl location.

Dark evenings also mean light clothing is essential. You may also have read the recent news coverage of a deer-based injury to a member of the public in Bushy Park. So a reminder to give them plenty of space as, especially this time of year, they can be unpredictable.

As well as rounding up a brilliant Straggler start to the new cross-country season, this issue includes two articles from Stragglers competing in must-visit parts of the UK. A team of 5 took on the Jersey Marathon Relay, whilst just one attempted Lakes in a Day. One event sounds considerably more appealing than the other – can you guess?

Thank you to all contributors for this issue and to Dave Griffiths for his assistance in putting it together. The November deadline is Friday 23rd.

Simon Webb Stragmag@stragglers.org



Stragglers News

34 Surrey eligible Straggler Vets made the start line at the Surrey Masters Cross Country Championships in Richmond Park on Saturday October 20th. The sun was shining and once again it was the ladies who shone brightest with the F45 front three of Juliet Cleghorn, Phyllis Flynn and Patricia Ronksley grabbing team Silver with Juliet also finishing second F50 and Phyllis second place in the F55 competition. Overall there were some excellent performances throughout the field.

In the Cabbage Patch 10 there was more success for Liz Killip, taking home the much-desired CP10 cabbage, finishing first F55 in a time of 1:08:33.

Fastest Straggler was Laurence Duffy in 1:03:28, just ahead of Richard Carter in 1:03:40. Race winner was Emile Cairess of Leeds City AC in a time of 51:14, with Scott Overall second in 54:00. Samantha Amend of Belgrade took the ladies victory in 1:00:58, with our own Liz Killip 8th lady.

Congratulations to Sarah Winter on her 5-minute personal best at the Frankfurt Marathon, running 3:01:28. Meanwhile, despite having told us he was retiring from marathons more than once, Phil Davies completed the tough, hilly Beachy Head in 4:21.



Congratulations too to Julie Garner, who ran her 500th parkrun at Kingston on 20th October.

Some key non-Winter Grand Prix dates for the coming months:

- Thursday 29th November: 2018/2019 Handicap Series event 1 – Hawker Centre, please note the clock will start at 7:45;

- Thursday 29th November: London Marathon draw – approx. 9:30pm;
- Sunday December 9th: Mob Match v 26.2 – likely Hawker Centre, timings TBC;
- Monday 10th December: Little Feet Awards Evening will be at their regular venue of the Swan in Hampton Wick. The evening will include a short run, followed by Buffet and Awards. All members are welcome to attend, although only Little-Feeters are eligible for awards.
- Friday December 21st: Christmas Pub Crawl;
- Wednesday December 26th: Cabbage Patch 4, Twickenham – race start 11am.
- And finally, save the Date! 2019 Green Belt Relay: 18/19 May 2019. The Stragglers have three teams once again, men, ladies and vets. Simon Webb, with support from Kevin Price and Maddie Garner, are team organisers for 2019.



Stragglers Make Their Mark in Surrey League Division 2

A warm October Saturday afternoon signalled the return of cross-country running. Just as the Summer Grand Prix began in excellent XC conditions at Nonsuch parkrun in April, it seemed only reasonable that the sun would shine and the temperature rise for the beginning of another winter campaign.

Straggler ladies showed they are a force to be reckoned with as they seek a return to Division 1, winning the fixture at Wimbledon Common. With three Stragglers in the top 5 – Sophie Biggs (3rd), Sarah Kinsella (4th) and Heidi Russenberger (5th) separated by less than 1 minute - and a points total half of 2nd place - there are exciting times ahead.

On the rest of the team from Kev Best:

“We had 15 in attendance and everyone put in a shift and some. Patricia misheard my pre-race brief “get out fast and settle down” - I

forgot to say after 50 yards or so, which is the norm, as she was off like a greyhound and still amongst the 5 fast yellow vests at about 400yards. Dee could see her dilemma and using her vast experience she told her "you need to ease off a little - you are running too fast". Patricia gladly obliged and settled back into the pack for a well-earned rest and a consolidated performance resulted, not bad for first time on the country.

"Juliet and Dee completed the scoring 5, the next 5 were also packing well and working so hard to maintain a somewhat unrelenting pace. Great to see Phyllis running well and also newcomer Liz Frazer who smiled her way round as per usual, even on the hill, which incidentally had quite a few walking. Patricia, Clare and Brigid made up the fast 5 for the B team. The C team Mary Hyde, Sabine Duffy, Mirella Genziani, Chrissie Glew and Gail Caruana worked really well in support of the A and B team.

"Great individual performances throughout the team. Result 1st A team and 1st B team, what a great start to the season!"

Meanwhile over at Richmond Park our men were back in Division 2 after a few years' absence. Fifth place overall is a very good result, given the quality of the opposition and suggests that we may be able to hold our own in this division. We had a really strong scoring 10 out, and in particular we have to pick out Tim Haughian who was second in the race, our best individual performance in the Surrey League for some years. Overall 32 Straggler Men ran, also very pleasing.

As the temperature drops and conditions underfoot get serious, there is great optimism for another successful XC season.

After two fixtures, Sarah and Heidi are in joint first place at the top of the ladies Winter Grand Prix league, with Pete Gregorowski leading the men's table by 1 point over Oliver Garner. Results and tables can be found [here](#).

Next up in the Winter Grand Prix are Surrey League fixtures on Saturday 10th November, the ladies at Nonsuch Park and the men in Nork Park - before a return to the legendary Parliament Hill for the London Championships on Saturday 17th.

Simon Webb

Straggler Juniors Surrey League

13th October 2018

The Surrey League 2018/19 season opened in unusually warm conditions for XC running, with everyone enjoying the firm ground before the mud that will inevitably come for the later fixtures.

The junior categories have grown markedly in standard and size over recent years, with a record total of over 400 racing. The girls were on a relatively flat course on Wimbledon Common, with the boys taking on long hills in Richmond Park. In amongst the field were 3 girls and 3 boys representing the club with all enjoying their racing and putting some very strong performances.



For the girls the standout performance was Lucy Hoseason - 10th place in among many of the best athletes in the county. Lucy was delighted with her performance as it is just reward for some hard training she has put in recently, and it is notable that she has consistently improved her placing race-on-race over the past couple of

years with her really looking forward to the races to come.

It was a spectacular debut for Freddie Lett in the U13 boys race finishing in 3rd place. Freddie is a triathlete who competed with distinction at National level this year, and is 1st year for the age category so was contesting the front with boys in the school year above him which makes the performance even more remarkable.

Club results here, with full results on the surreyleague.org website.

Position	Name	Time
U13 Girls 2.7k	63 Finishers	
20th	Poppy Mitchell	10:20
U13 Boys 4.1k	61 Finishers	5th Team
3rd	Freddie Lett	14:54
23 rd	Harvey Hutchison	16:26
28 th	George Turner	16:36
U15 Girls 4.4k	56 Finishers	

10th	Lucy Hoseason	18:02
45th	Maisie Jensen	21:21

Heidi Jensen



Team Stragglers on Jersey Tour

Five Stragglers and their supporters took part in the Jersey Relay Marathon on Sunday 7th October. The Standard Chartered Jersey Marathon was first staged in 2006 and the relay option seemed a very attractive, 'training light', way to run a marathon. A number of the relay teams were representing local financial institutions and were raising money for charity. We decided to make a weekend of it to include the local parkrun, which happened to be on their third anniversary, also coinciding with the 14th anniversary of the first ever Bushy parkrun.

The weekend had a bumpy start. Approaching Jersey on Friday night a thick bank of fog descended over the airport (a fairly common occurrence apparently) and the Captain announced he was returning to Gatwick. No sooner had he said this he declared the fog had lifted sufficiently to allow him to 'have a go' at landing which, fortunately, he successfully achieved which was followed by mighty applause from the packed plane.

Saturday started bright and we enjoyed the friendly and welcoming atmosphere of the local parkrun community. The run itself is fairly flat and takes a route round a sports field and then out and back along an old railway line (much to the delight of the tour organiser). The rest of Saturday was wet and miserable as an Atlantic low moved in but this cleared by Sunday morning to reveal a bright but cold and breezy day.



To prepare for the race we had to get our minds round the logistics of the bag drops as, for each leg, the runner brings the bag of the previous runner as it is the end of their leg. We had much fun getting the hang of this; although I am not sure how I ended up collecting three bags and bringing them home. The five relay legs varied between three and seven miles with a couple of the shorter legs having some steep climbs. The legs were named St Hell-ier (Jason Nourse), Go West (Emily Cartwright), How the West was Run (Andrew Allen), The South Circular (Stuart Thompson) and The Glory Leg (Andrew Howarth). Buses from the start in St Helier at the ‘steam clock’ ferry runners to the start of their leg and bring them back to the finish. Everything was extremely well organised both at the start/finish and the four relay stations. The baton was a timing chip worn on the ankle and transferred between runners at each changeover. The route is stunning and a great way to see this lovely island. The locals were out in force running the relay stations and manning the route as well providing a really welcoming atmosphere.

Our overall position was a respectable 44th team out of 251 in total with a gun time of 3.27. The only categories were mens, ladies and mixed. Out of the mixed teams we were 18th out of 180. We were

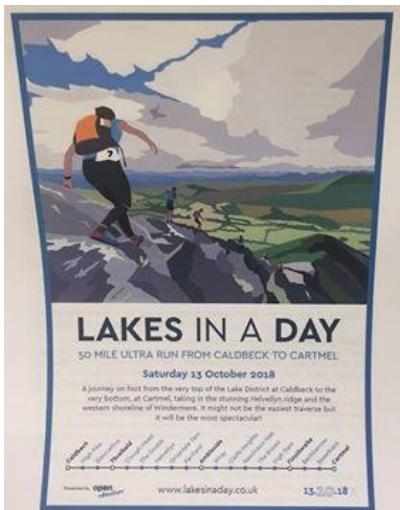
pretty pleased with our result as no one had seriously trained for it and some were recovering from injury.

We would thoroughly recommend this race to others. Now there is a similar event in Guernsey in August - better see who is up for that.....

Andrew Allen



Lakes in a Day



'A journey on foot from the very top of the Lake District at Caldbeck to the very bottom at Cartmel taking in the stunning Helvellyn Ridge and the Western shoreline of Windermere. It might not be the easiest traverse but it will be the most spectacular'. When I read this I was smitten. It became a race I had to do. A very good friend, Alan Jackson, invited me to his home in Little Ashby to spend a couple of days running the full course in preparation for the full non-stop traverse a few weeks later. It was August and I expected good weather,

long days and clear views. This was not the case. On many of the peaks it was strong winds and driving rain that stung as it hit you in the face. I had put some of my winter running kit in the vest which, very quickly, was being worn to stop me from freezing.

I learnt many things from the recce about the Lakes. Never expect it to be the same weather at the top. Navigating is essential as it is very easy to get lost. Carry real food as the steep climbs require hard work. A cheese sandwich or a pastie, rather than a gel and a protein bar, is definitely the best fuel.

One of the only changes you can make during the actual race, without it being carried, was shoes and a pair of socks. Due to the first part being fells with arduous climbs and descents on rough and rocky terrain it was a given that fell shoes are required. The second part, after Ambleside, becomes far less climb and much more trail running through heavily wooded areas. This required trail shoes and they would be transported to Ambleside for you. There are three aid stations. Threkeld being the first, 13 miles in. The second at Ambleside around 27 miles and the final stop before the finish at Finsthwaite leaving a 10-mile run in.

Race day arrived. The wind and rain had calmed down after Storm Callum came in Friday night through Saturday. It seemed to have abated but good wet proofs were necessary. Alan had introduced me to Pauline and Adele, two ladies from his running club that were taking on the LIAD challenge. They were great to chat with and certainly calmed my nerves with their humorous banter.

470 runners had signed up and paid to start this race but I think the weather had put some off as around 300 lined up for the 8am start. The starting horn was blown and off we all set along the uphill road to a turning through a field, towards our first testing climb up High Pike. The fells were waterlogged and very soon our feet were wet and would remain so throughout the race. It got worse as we dropped down to the River Caldew. This, we were warned had risen considerably and was now fast flowing. A safety line had been put across the river to aid us in crossing. I entered the water and found it was just over my knees. Many years in the Fire service, where I had been trained in swift water rescue techniques, came in good stead as I knew how to set myself against the water as I slowly inched my way across. There were a few more tributaries to cross over the preceding terrain which all had varying degrees of hazards, whether it was uneven footing, fast flowing or difficult ascent from the water, it meant we really did have to keep focused.



Now the climbing started again as we made our way up the steep ascent to Blencathra. Once there it leads into, possibly, the most technical section known as Hall's Ridge. This is a descending ridge with a 60ft drop off the left-hand side. I never went this way on the recce, deciding instead due to strong winds to go on my back side down the gully. This time it was raining but no wind and I went straight down the ridge only to tumble at the end, spraining an ankle. My arrival at Threlkeld had me diving straight into First Aid to get it looked at. I had two bad cuts which were dealt with and because there were no signs of swelling on the ankle I decided to continue. It was about 11.30 am so I had done well for time. But now with a sore ankle hampering my task I knew I'd be slower.

The next stages were through Clough Head, The Dodds and then the long climb up to the top of Helvellyn. During this section the weather had turned. Storm Callum had decided to return and with 70mph winds with sleet and rain stinging our faces it became a real challenge just to move forwards. The cloud had come down and it was almost a white out. Visibility at times became so bad it was impossible to see anyone else around you. Its alright having the map and compass but try getting glasses on to read in these conditions. Thankfully I had been here with my good friend and had a rough idea of the direction to take. Once I'd made a visual on the top of Helvellyn I knew the route went right. I took shelter and ate a cheese roll, checked my Garmin GPX file which showed I was on the right track.

During the recce as I approached the Grisedale Tarn the clouds lifted and revealed the beautiful views that the Lake District had been hiding from me. It wasn't going to do the same today. Over another river and then into possibly the hardest trail running climb I've ever experienced. Going up Fairfield on its steep zig zagging path with driving rain and stormy winds I nearly got blown away as I dug my poles in and made myself as small as possible to shuffle up to the top. It becomes a downhill trudge down to Ambleside. Very tricky terrain with some difficult rocks to drop over and steep downhills with a swollen ankle became painful.



I finally made it to the road which led us toward the Church Hall where we would get hot food and drink. The rain was bucketing down but the wind had stopped. Localised flooding had started to close roads and it was becoming apparent that this year was very unusual. Straight into Ambleside First Aid and it was quite clear that my race was over. The ankle had swollen and was now throbbing. I couldn't run on it and was hobbling rather than walking. The call was made as I handed my number in and had my tracker removed from my vest. A phone call to

Alan had him come out to pick me up and get me back to his house. He was magnificent as he had to get through flooded roads and find a way to me. Thanks mate, you were fantastic. Sorry I didn't get that medal but I'll be giving it another go next year.

This event is for the hardcore and not the faint hearted. Do not come here as a novice. You have to be used to trail, self-navigation and loneliness. Be well equipped with the right clothing, plenty of food and water, Be prepared by coming here prior to the race and getting used to the terrain.

Having said that I would dearly love to see the place I have loved to run in. Perhaps the Gods will be kinder next year and reveal to me the beauty of the lakes.

Peter Colwill





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My First Half Marathon

I'd never thought, since I started Secondary school 6 years ago, that I would become a runner who would hook up impressive results achieved consistently from a Parkrun to my recent, first half marathon. Many of you who know me at the club would probably guess who I am. Yes, I am the Stragglers 'teenage sensation' Charlie Jeffrey who only just celebrated 2 years at the club and attends most training sessions.

I started running back in May 2015 as a result of me being fixated by the medals that my next door neighbor Timothy Hawkins (another Straggler) achieved. My family only had 3 half marathon runners in the past. They are my dad and his parents (all Colchester back in the 1980's). Since then I have competed at 120 Parkruns (at the time of writing) with a PB of 18:33 (set last November at Kingston). However, it was the Stragglers that really got me going and right now I have done at least one 10K, a 5 mile run (at Claygate), a 7 mile run (at Elmore) and a 10 mile run at Dorking which were middle eastern temperatures on that day (3rd of June this year) and where I had to require first aid attention. Not good! Still 67 minutes at Dorking made me think about doing a half later that year...

And that is exactly what I did, entering one of Peter Wedderburn's half marathons, the Kingston Half, which was local to me and set in cooler-than-Dorking conditions which is the 7th of October. With the Summer Grand Prix all over at Wimbledon, it was enough time to train and prepare myself for the half by running not so seriously during training sessions and Parkruns, which is why I was a regular attendee at training sessions and why I had enough energy to chat during Parkruns (sorry Simon Brazil and Malcolm Fletcher). I also did a 3-mile run on my own from my house, through to Richmond Park and back. It also helped with my Cross-Country preparations as some of Kev Best's sessions and my personal runs involved hills. Before the big day, I was recommended by Tim's wife to have nutrition during the race, whilst I was discussing that subject with fellow club members during an after-run social, most recommended Gel bars (a liquid sweet that I had to swallow straight away to avoid stickiness). Worryingly, I didn't buy one in time. Now we come to the race day...

I did manage to buy a bottle of Lucozade that morning (in order to provide energy for the race) from TESCO just by the station and a few minutes later arrived at the race HQ, which was at the market place. A few other competitors were there, one of those was fellow Straggler Dan Greenslade who was targeting a sub 88 minutes or 1 hour 28 minutes. After doing the normal proceedings of getting my race number, pinning it, attaching the timers chip to my shoe and placing my bag independently at the bag storage area I made a move to the starting line nearby the 90 minute pacer. My target was to get around 90 minutes but mainly to finish and become the 4th member of my family to complete a half marathon. Around 2 minutes before the start, Peter Wedderburn asked if I was around. I then quickly raised my hand and he then said that it was my first half marathon. As a result, I received a round of applause. Not long afterwards, the race starts...

My start was steady, below 7-minute mile pace whilst navigating the Market Square's twists and turns before entering the River Thames towpath at the Riverside walk before passing under Kingston Bridge. Mark Pattinson was marshalling by the Turks Pier before I then head into Canbury Gardens where I surprisingly ran into Kev who was on his bike. He would follow me for parts of the course until he had to assemble his Sunday lot at in Bushy Park. Oh, and other Stragglers were marshalling including Helen Nance and the previously mentioned Mark Pattinson who, when I passed him the second time round, was talking to Tom Bucke (one of the people who completed half marathons from A-Z).

It was now halfway through the half marathon and the fact that I didn't buy a gel bar didn't matter because Michael Trott was handing out gel bars nearby, henceforth I decided to grab one with a polite 'thank you'. Later, I was at Hampton Court Palace when Kev's Sunday runners suddenly came past me and cheered: "Well done Charlie!" and "Go on Charlie!" and that was when Kev caught up with me again. He would continually motivate me for the rest of the run.

After passing the water station at Hampton Court train station and simultaneously getting congratulated by various marshals (including Michael Fowler) I suddenly heard the call from Kev that Dan is reachable. I never knew he was struggling until the roundabout that led us into Portsmouth Road. By that point I thought to myself: "Oh, Dan's in trouble!" I was going quicker by every mile and at Thames Ditton, I caught him. It took me until the

second corner of Gigg's Hill Green before I finally overtook him. By that point I said: "See you later!" to him.

After that it was a case of bringing it home to the finish. So I was going quickly into the final full mile of the race where I can hear Kev shouting: "Come on!", "Come on!" and "Relax!" At that point, I knew that I could achieve something here. Towards the end of the race, I had a great cheer from the marshals, mostly Stragglers (including little feat runners plus Merran and Jim). I did close up to David Sheldon in front but I decided to hang on to the finish where my parents were filming me there and before you know it, I finished my first half marathon at a breath-taking, newspaper-headlining, dream-realising...88 minutes and 12 seconds.

Ah, there I was celebrating with my parents and fellow Stragglers on what was a monumental achievement for a 17-year-old. Mind you, I explained my run to Dan and he said he was 10 seconds off his PB (had he'd ran with me, he probably would have got one). My run even got mentioned by Peter Wedderburn's many announcements. I really deserved my ragout for dinner later that day. I received a hero's reception at the following days and at the Cross-Country the following Saturday. The Cross-Country was impressive but not as impressive as the half, which will stay with me for the rest of my life.



Charlie Jeffrey



Future Races

The Winter Grand Prix is already two races old. See below the remaining fixtures and other dates.

November:

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

Saturday 10th: Ladies Surrey League Fixture 2, Nonsuch Park – Helene Hill

Saturday 10th: Mens Surrey League Fixture 2, Nork Park (Simon Brazil)

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

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

December:

Saturday December 8th: Southern Masters XC Championships, venue TBC – Malcolm Davies

Sunday 9th: Mob Match v 26.2, Hawker Centre (Phil Davies)

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

Wednesday 26th: Cabbage Patch 4, Twickenham – our tradition festive race (Keith Haworth)

January 2019:

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

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

Saturday 12th: Ladies Surrey League Fixture 3, Coulsdon – Helene Hill

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

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

February:

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

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

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

March:

Sat 30: Ellis Cup/Dysart Trophy, Richmond Park

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