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*Issue 353*



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## *Editorial*

This month's issue was delayed a few days to allow for inclusion of news of our ladies team in their final Surrey League cross-country fixture. It was worth the wait, as they finished second in the table, with the top three gaining promotion to Division 1. With the men concluding their season earlier in February, finishing 4th in a hugely satisfying return season in Division 2.

We have also been reflecting on the contribution to the Stragglers of Paul Hutchings who passed away recently. I encourage you to read that piece, especially if his is a name you're unfamiliar with. Also I hope you enjoy the photo from the mid-90s, including one or two faces still around today, but looking much younger.

The deadline for the March issue is Thursday 28th.

Thank you to all contributors, and as ever to Dave for adding photos and correcting my spelling mistakes.

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



# *Stragglers News*

The news is out, the Stragglers have taken over the running of the Cabbage Patch 10. After it was surprisingly cancelled at the end of 2018, we have been working to assemble an experienced race organising team, have secured the approval of the race founders and have the support of the local council.

The date will be Sunday 13th October. As in recent years, Keith Haworth will be co-ordinating volunteers on the day and we will be asking for your help to maintain the high standards we've set – our race marshals are one of the things which keep bringing people back to the Patch year after year.

Entries will open in early April.

A brilliant run from Liz Killip at the recent Chichester 10k, with a PB performance of 40:43, has secured her an England vest at the May Birmingham 10k.

We have club-branded jackets available – ladies in yellow, men in black priced £49. Contact Kev Best if you would like one.



## *A Tribute to Paul Hutchings*

We were saddened to learn of the recent passing of Paul Hutchings, a man who made a considerable contribution to the Stragglers over many years.

Paul was a long time Straggler who stopped running a number of years ago with skeletal problems, but remained committed to the club. He came up with the idea and organised the first Joggle run in the mid 90's – where a team of Stragglers completed a self-organised relay running from John O'Groats to Land's End, something which was repeated a decade later.



Paul was the master of the finish funnel construction team for Cabbage Patch 10, Green Belt Relay, River Relay, Club 10K and Wedding Day 7K. He helped the Green Belt Relay results team in the early years and was a regular at the Round Norfolk Relay for many years.

In life outside the Stragglers he was a BBC technician, and we are all probably familiar with his work if we watched the slow-motion replays on Match of the Day.

The thoughts of the Stragglers Running Club are with Paul's family, in particular father Mike and son Leo (they won family prizes competing for the Stragglers), and we thank him and they for embodying what the club is about.



(Contributions to this from Mark Thomas, Keith Haworth and Simon Brazil)



## *Ladies Secure Immediate Return to Surrey League Division 1*

Straggler ladies secured the immediate return to division 1 which was the aim as the season got underway back in October on Wimbledon Common. Five months later at Lloyd Park they finished third on the day, but second in the table, with three gaining promotion.



From team manager Kev Best: "You were brilliant today (Saturday March 2nd) Team and some big performances from those not normally in the scoring 5 in particular, Eliza Hawthorn and Liz Fraser. Sophie Biggs had a cracking run finishing 3rd but battled hard all the way for 2nd. Brilliant run by Juliet Cleghorn 2nd scorer, Heidi Russenberger ran a great race on return

from a long injury to finish 3rd Straggler with Eliza and Liz 4th and 5th.



“Very pleased Team Manager and lots to look forward to for next season.”

The rest of the Stragglers team on the day was: Alexis Prince, Patricia Ronksley, Julie Haworth, Ramona Thevenet, Mary Hyde, Sue Waters, Mirella Genziani, Vanessa Lok and Chrissie Glew.



## *Tim Tops the Table as Straggler Men Secure 4th Place Overall!*

Tim Haughian crowned a magnificent Surrey League Cross Country season by winning the individual competition for division 2. He has put in four fantastic performances this year with two individual second places and two individual third places. On the day his third place in the race also helped the Straggler men to finish in a superb 4th place overall for the season. On the day we finished in 7th place but crucially did more than enough to move above Reigate Priory AC from 5th to claim 4th place overall.

There were notable performances from Oliver Garner, Andrew Keane, Pete Gregorowski and Andrew Tugwell who all finished in the top fifty places on the day. The remaining scorers were Jim Lurkins, Thomas Ziegel, Charlie Jeffrey, Paul Bowden and Rob Wilcox making a flying visit from his new home in Aberdeen!

Thomas and Charlie also deserve a special mention. In the U20 rankings for division 2 Thomas finished in second place with Charlie in third. There is clearly more to come from these two young men in the future!

In very windy conditions the B team also produced a great performance securing 4th place on the day, led home by cross country stalwart Roy Reeder. It was also very pleasing to have twenty-six Straggler men in total taking part in the race enjoying the delights of the Lloyd Park mud!

Many thanks also go to the Ziegel family for their support on the day. A special mention must also go to Mark Pattinson who as part of his 'landmark' birthday celebrations included running the race. Mark will certainly be a contender next season in his new age category.

Simon Brazil





# *Stragglers at the National XC Championships*

The weather was warm and there was no mud to speak of. I'll save this sentence and reuse it for a report of one of the forthcoming Summer Grand Prix races. Certainly not what I imagine to find when I volunteered to organise the Straggler trip to the National Cross-Country Championships in Leeds, in February.

Harewood House, completed in 1771, stands in 1000 acres of Capability-Brown designed landscape. Walled gardens, a lake and rolling hills make this the ideal spot for concerts and outdoor cinema in the summer, and a wonderful location for a cross-country course. The more experienced travellers amongst us agreeing it's one of their favourites.



Rewarded by great weather and an impressive yet challenging course, the Stragglers stepped up with hugely satisfying performances. First up Lucy Hoseason, who finished 130 out of 362 in the under 15 girls. Her continued development is a really exciting prospect. Helen Davies

came 416 in a ladies field of 1031, a really impressive performance.

Our mens team (6 to score) - Malcolm Davies, Ian Knight, Jim Desmond, Nick Brown, Andy Hoseason and Kevin Price, finished 127th out of 143. Of the 74 clubs who fielded enough for the 9 to score competition, we were 72nd, with Simons Webb and Brazil and Neil Carrington enabling us to be represented in both competitions.



Then, being the responsible athletes we are, we got back on the train and drank water all the way to King's Cross. There is a parallel universe where we may have hot-footed back to the city centre – some of us in the back of the Hoseason's campervan which had spent the previous night in the carpark of the Doncaster branch of Wickes (the glamour) – in order to catch the

second half of the Wales v England 6Nations match and the end of the Travelodge bar's happy hour, before hitting the historic pubs of Leeds. Whitelocks is a must-visit, described by John Betjeman as "the very heart of Leeds". It's older than Harewood House, dating from 1715, it's "ornate décor, long marble topped bar and etched mirrors" date from 1880.

Tharavadu, a curry restaurant picked by us almost at random due to it being close to the pub we were in, turned out to be multi-award winning, respected across West Yorkshire and almost impossible to get a table at. Many Stragglers have experienced the Malcolm Davies power of persuasion as we agreed to yet another race while he was men's captain, so I'm pleased to report this stretches to being able to get nine hungry runners into a much sought-after eating spot more or less by request.

This was another excellent Straggler weekend. We hear next year's Nationals are in Nottingham, where several historic pubs can also be found, including two which both claim to be England's oldest despite displaying foundations dates 100 years apart. We won't need to concern ourselves with that of course, for obviously we'll be straight on the train with water again, or will we...?

Simon Webb



# *Announcing the 2019 Summer Grand Prix*

Here is a summary of everything you need to know about the club's priority races for Summer 2019 and the awards to be won.

## Scoring

### Grand Prix Points

- Separate Male and Female competitions
- Every runner scores 10 points for each race they finish
- Bonus of 25 points to 1 point for the first 25 Stragglers in each race
- Max score for each race is 35
- Your best 4 scores for each race are totalled – max possible score is 140
- Minimum 4 races to win an award

### Grand Prix Awards

- Male and female with the highest number of points
- Male and female hero (for running the most races)
- Highest age-grade performance for men and women in any race
- Winners and runners up in each of the following categories:
  - o Senior Women, F35, F45, F55, F65
  - o Senior Men, M40, M50, M60, M70
- Most improved male and female runner

### Stragglers Championship Races

In addition to the Grand Prix, there are the internal Club Championship races at different distances. There are four individual Club Championship races:

- 5k Wimbledon Common parkrun (Sat 25 May or Sat 7/14 Sept)
- Club 10k - Hawker Centre (Thurs 20 June)
- 10 Miles – Thames Towpath 10 (Sun 14 April)
- Half-Marathon - Richmond (Sun 5 May)

Details of Stragglers Championship Race awards will be added later.

### Surrey Road League

This is a team and individual competition and is separate from the Summer Grand Prix which is an internal Stragglers competition. Some of the races in the Grand Prix are also part of the Surrey Road League. For individuals and team scores it will be the best five scores to count. More information can be found on the Surrey Road League website. The following races are part of the Surrey Road League:

- Richmond Half Marathon (Sun 5 May)
- Dorking 10 miles (Sun 2 June) (not in Grand Prix)
- Richmond 10km (Sun 16 June)
- Elmore 7 miles (Sat 13 July)
- Elmbridge 10km (Sun 21 July)
- Wimbledon 5km (Sun 11 August)

The full list of races included in the Summer Grand Prix is shown below. You can find links to these and other key races in the Key Race Fixtures [here](#).

2019	Race	Location	Stragglers Championship	Surrey League Race	Notes
Sun 14 April	Thames Towpath 10	Chiswick/ Kew	10-mile Championship		Club paid entry for 30
Sat 27 April	Mob-match v Sutton Runners	Nonsuch parkrun			Free 5k
Sun 5 May	Richmond Half	Richmond	Half-marathon Championship	Yes	Enter <a href="#">here</a>
Sat 25 May	Mob-match v Wimbledon Windmilers (TBC)	Wimbledon Common parkrun	5k Championship		Free 5k
Sun 16 June	Richmond 10k	Ham		Yes	Enter <a href="#">here</a>
Thu 20 June	Club 10K	Hawker Centre	10k Championship		Free entry
Sat 29 June	Mob-match v Ranelagh	Bushy parkrun			Free 5k
Sun 7 July	Claygate Country 5 & Mob-match v 26.2 (TBC)	Claygate			5 miles Entries not yet open
Sat 13 July	Elmore 7	Chipstead		Yes	7 miles Club pay entry for 30
Sun 21 July	Elmbridge 10k	Walton-on- Thames		Yes	Entries not yet open

Fri 26 July	Wedding Day 7k	Bushy Park			Entries not yet open
Sun 11 Aug	Wimbledon 5k Dash	Wimbledon Park		Yes	Entries not yet open
[7 or 14 Sept]	<i>Alternative date:</i> Mob-match v Wimbledon Windmilers (TBC) (Stragglers 5k Championships)(TBC)	Wimbledon Common parkrun			Date depends on river relays



## *Stragglers and Ranelagh Junior Running Group Dates*

Another summer of junior competition approaches, co-hosted by Stragglers and Ranelagh Harriers. The list of fixtures and venues is below.

1. Thursday 25th April 2019 (Hawker Centre)
2. Thursday 16th May 2019 (Ranelagh - Dysart venue)
3. Thursday 6th June 2019 (Russell School, Petersham - halfway between the Hawker Centre and Ranelagh)
4. Thursday 27th June 2019 (Hawker Centre)
5. Thursday 11th July 2019 (Ranelagh - Dysart venue)
6. Thursday 29th August 2019 (Hawker Centre)

## Venues

Hawker Centre, Lower Ham Road, Kingston KT2 5BH

Ranelagh clubhouse, behind Dysart pub, 135 Petersham Road,  
Richmond TW10 7AA

Russell School, Petersham Road, Petersham



## *A 10K down memory lane*

Fresh from my performances at Lloyd Park and nearing the end of my Winter Grand Prix campaign, I was ‘guaranteed’ a possible improvement to my road running times. In particular my 10K time which was 40:39 set in the Vitality 10K last year. So determined that I entered two 10K’s in February; the Mornington Chasers Regents Park 10K and the Valentines 10K organized by 26.2. Only to see the former frozen away by mother nature. Thankfully, the Valentines 10K went ahead as the weather was nicer. Mind you, it was easier to get to the race HQ as it was in Chessington School. I was also familiar with the place because my secondary school that I went to was just a stone’s throw away from the race HQ and that I sometimes travel past the area on the way back from college.

Despite the race clashing with the Hampton Court Half Marathon (which was a factor of us conceding the mob trophy to Epsom Allsorts) we still had a very good selection of Stragglers attendances there. I was joined by Thomas Ziegel along with Brigid and the V55 international Liz Killip. Oh, and coach Kev was watching us along with Pam.

Kev’s presence obviously was a factor of my performance that day (17th of February) as I received instructions from him to warm up and to do some strides. As a result, I did a few of them along with the mobility warm ups that I learnt from Mark Pattinson to get myself ready for the race. Thomas’s mentor Paul Graham was there.

He was watching the Stragglers compete, in particular Thomas, myself and his wife Clare.

The race got underway in an orderly fashion where we lined up in accordance to our finish time. My start was controlled, I didn't bolt it (I would suffer if I did that!) and I took Kev's advice about running in a controlled form for the first part, before picking up a bit towards the end. The first part was mainly on country roads with a few hills along the way. Thankfully, it did even out and I started to pick up the pace after the water station at halfway...

My familiarity with the area meant that I knew there were at least two minor hills that I needed to tackle before the finish, one before the Gilders Road junction and the other after Chessington North station. The photo was taken by Paul after the latter. By that point I knew that I was in with a shout of a potential 10K PB.



So, all that I needed to do was to keep cool and stay consistent towards the finish. And, guess what? I broke the sub-40 barrier with a time of 39:46 and I came 46th place and 2nd Straggler after Thomas!

Obviously, this wasn't a flat course unlike Regents Park. But still, a 10K PB in a course with a few hills is an interesting sign as to what my performances will be in subsequent races this year, including at least two half marathons.

Watch this space...

Charlie Jeffrey





## *5k Handicap: February 2019 Results*

Finish Pos'n.	Name	Handicap	Elapsed Time	Run Time	Predicted/ Actual time	Rank	
1	Anna Price	08:00	37:13	29:13		33	1st Overall
2	Sue Waters	10:00	38:06	28:06		31	2nd Overall
3	Sarah Goodfellow	14:15	38:51	24:36		26	3rd Overall
4	Peter Wedderburn	13:30	38:55	25:25		29	
5	Peter Colwill	16:00	38:59	22:59		20	
6	David Sheldon	19:15	39:14	19:59		8	
7	Laura Bowden	07:00	39:18	32:18		36	
8	Dan Chiechi	17:45	39:20	21:35		16	
9	Dan Lill	19:30	39:21	19:51		5	
10	David Griffiths	15:00	39:26	24:26		25	
11	Sam Hussain	18:30	39:27	20:57		11	
12	Richard Steeden	10:00	39:28	29:28		34	
13	Dennis Mustafa	19:00	39:32	20:32		9	
14	Neil Carrington	18:30	39:33	21:03		12	
15	Matt Parker	17:00	39:34	22:34		19	
16	Mark Pattinson	19:00	39:36	20:36		10	
17	Alistair Hall	20:00	39:37	19:37		4	
18	Ann Woods	12:30	39:38	27:08		30	
19	Tricia Ronksley	17:30	39:41	22:11		18	2nd Female
20	Simon Shanks	15:00	39:43	24:43		27	
21	Tom Poole	20:15	39:48	19:33		3	3rd Male
22	David Scotten	16:30	39:50	23:20		21	
23	Gareth Pritchard	20:00	39:52	19:52		6	
24	Sue Howarth	08:30	39:53	31:23		35	
25	Mollie Routledge	20:00	39:53	19:53		7	1st Female
26	Ian Robertson	18:30	39:54	21:24		13	
27	Alan Mawdsley	15:00	39:58	24:58		28	
28	Ollie Garner	23:00	40:02	17:02		1	1st Male
29	Kevin Price	18:45	40:20	21:35		17	
30	Andy Howarth	16:30	40:21	23:51		24	
31	Charlie Jeffrey	21:30	40:25	18:55		2	2nd Male
32	Phil Davies	16:45	40:30	23:45		22	
33	Carys Mills	16:45	40:31	23:46		23	3rd Female
34	Simon Webb	19:00	40:32	21:32		14	
35	Simon Brazil	19:00	40:33	21:33		15	
36	Julie Garner	13:30	41:56	28:26		32	
37	Chrissie Glew	10:30	43:08	32:38		37	



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## *Future Races*

See previous pages for the Summer Grand Prix and Junior Running Group dates. Elsewhere the final cross-country fixture of the season, the Ellis/Dysart XC in Richmond Park, is on Saturday 30th March.

Green Belt Relay is over the weekend of 18-19 May, with teams more or less full. GBR being as it is, reserves will surely be needed, so if you are willing to be one email [simonwebb79@gmail.com](mailto:simonwebb79@gmail.com).

Welsh Castles is on 8-9 June, with a few spaces left.