



*April 2019*

*Issue 355*



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## ***Editorial***

Another busy Straggler month, with the earlier start this season of the Summer Grand Prix.

April is also Marathon time, with another collection of really impressive performances by Stragglers. There's a list of results in this issue and on the club website.

Our latest ultra story comes from Emma Molena, with the tough but fantastic sounding Tour of Arran.

May is the Green Belt Relay, one of the highlights of the Straggler year. A huge amount of work goes into making this the great event it is from Peter Kennedy and his team of organisers, and this year it's my turn to look after Straggler teams. Hopefully the May Stragmag will be written with a big sigh of relief that we've had another very successful year.

Deadline for the May issue is Saturday 25 May.

Simon Webb

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## *Stragglers News*

The Summer Grand Prix has begun with a bang, as 37 Stragglers completed the Towpath 10. Jim Lurkins (3rd overall) and Liz Killip were the first Straggler men and women.

A brilliant run from Tim Haughian saw him finish 11th in the Paddock Wood Half Marathon in 1:10:34, (2046 finishers). Half marathon debutant Tom Poole ran 1:33:13.

Due to the European election taking place on Thursday 23rd May, the Hawker Centre will be used as a polling station and so will not be able to offer food or use of the café area that night. Showers and the carpark will be available and our runs will start at 7:30 as usual on that evening.

The next 5k handicap will be held at the Hawker Centre on Thursday 30 May, using the Kingston parkrun course. Up and Running will also be in attendance that evening.

And a reminder that our AGM takes place on Thursday July 18 at the Hawker Centre – 9pm, and our awards night is on Friday September 20 – venue tbc.



## *London Marathon Results*



Twenty-seven Stragglers completed the 2019 London Marathon, with Tim Haughian leading them home. Martin Vivian and Stephen Penpraze were the 2019 winners of club places, with Gareth Pritchard also running on a Straggler place after deferring through injury a year ago.

The full list of results is below:

Tim Haughian 02:35:45

Jim Lurkins 02:47:21  
Pascal Evans 02:55:50  
Dean Morley 02:57:05  
Paul Bowden 02:57:28  
Martin Vivian 03:18:20  
Steve Smith 03:17:05  
Gareth Pritchard 03:22:03  
Freysen Maritz 03:33:30  
Eliza Hawthorn 03:37:20  
Michael Barnett 03:41:16  
Jade Bedford 03:45:26  
Emily Cartwright 03:48:19  
Alexandra Galloway 03:49:49  
John Turner 03:50:56  
Leigh Collins 03:53:24  
Stephanie Atkinson 03:53:56  
Graham Sutherland 03:57:55  
Shirley Buckley 04:01:43  
Matt Hatton 04:04:32  
Stephen Penpraze 04:13:44  
Kate Foreshew 04:30:45  
Darren Crick 04:47:26  
Flora Macdonald 04:48:23  
Phil Parks 04:49:14  
Paul Boca: 04:51:13  
Kate Hayward 04:54:00



Also, for those who remember former Straggler Hannah Storm who now runs for New Forest Runners, she clocked 3:51:59.

Congratulations everyone!



## *Spring Marathons: Brighton and Kent*

Away from London five Stragglers headed to the seaside for the Brighton Marathon.

Conditions were great for racing until the latter stages, with all five finding the strong headwind in the last four miles tough.

First over the line was Ian Knight in a PB-earning 3:08:05. Marathon debutant Aaron Israel was next in 3:17:09.

Malcolm Davies and Simon Webb were competing with one another at 20 miles, both with 3:15 in their sights, however both slowed, Malcolm less so, and both clocked new personal bests of 3:19:13 and 3:22:06 respectively. Simon was guided on the day by Jim Desmond and Kevin Price.

Completing the set of personal bests or debut runs was Helen Davies with her first ever marathon in 3:48:51.

A week earlier, Neil Carrington completed the Kent Spring Marathon' in 3:38 on what he tells us was "a tough course". Marathon-machine Noel Hollingsworth was a couple of minutes ahead in 3:36.



## *Stragglers Retain Mob Match Title Over Sutton Runners*

In 2018 we took on Sutton Runners for the first time in a mob-match at Non-Such parkrun and in 2019 it was 'all back to ours' for a repeat-fixture.

Summer Grand Prix captain Andy Howarth writes:

A massive 158 Stragglers turned out in blustery conditions for the mob match against Sutton Runners at Bushy parkrun on 27 April.

It was a convincing victory for Stragglers who's 158 runners compared to just 15 from Sutton. After the running we all retired to the lovely Tiltyard Cafe in Hampton Court for some well earned coffee and croissants courtesy of the Club. Thanks to Sue Hall for organising the refreshments. Well done everyone on a really enjoyable morning!

In terms of the mob match scoring, Stragglers won with our runners scoring 327 points against 2,212 for Sutton - the points are calculated from the total finish positions for the first 12 runners for each team so the lower score wins. Why 12 runners? You basically take the lowest turnout of each club - in this case 15 from Sutton and take off 3 in case they have injured runners for example. So it's our top 12 compared to their top 12.

In terms of Stragglers performances, Pete Gregorowski was first man home in 17:41 who just pipped Robert Lloyd Smith (Sutton Runners) by 7 secs with Richard Baggott hot on his heels in 18:10 followed by Donovan Duffy in 18:43 and Aaron Israel in 18:52. For the women, Sarah Kinsella led the way in 19:05, followed by Liz Fraser in 20:52 just pipping Alexis Prince in 20:53 and Sue Hall in 21:14.

Next up in the Summer Grand Prix is the Richmond Half Marathon this Sunday 5 May followed by another mob match against Wimbledon Windmilers at Wimbledon Common parkrun on 25 May.

The results of the mob are below:

Stragglers		Sutton	
Position	Name	Position	Name
4	Pete GREGOROWSKI	5	Robert LLOYD SMITH
10	Richard BAGGOTT	83	Andrew BRENEN
17	Donovan DUFFY	122	Amber BROUGH-NUESINK
20	Aaron ISRAEL	137	Mike BREWER
24	Kieran DESMOND	148	Darko CALINA

27	Charlie JEFFREY	159	Christopher PRICE
28	Sarah KINSELLA	174	Andrew GOLDSMITH
29	Jonathan ORMEROD	193	James2 WALKER
36	Jim DESMOND	198	Chloe CONSTANTINE
41	Paul HARSENT	221	Lionel GUNN
45	Malcolm DAVIES	260	Anita HEDGES
46	Laurence DUFFY	512	Andries SPIES
327	TOTAL	2212	TOTAL



## *Ultra Tour of Arran 13-14 April*

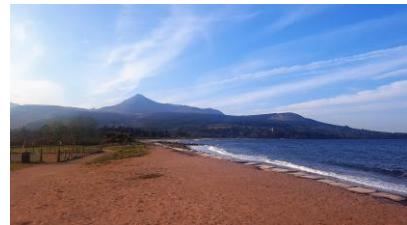
The Ultra Tour of Arran was a beautiful, challenging two-day event. It was 60 miles over two days of trail running. There were trails, hills, coast, slippery seaweed, bogs, scrambling and mountains. A brilliantly organised event with plenty of support from both locals and volunteers.



Starting next to the sea each morning, around 470 people set off to explore the island described as "Scotland in miniature". The uncharacteristically good weather for Scotland on day one made the views at the top of the hills all the more spectacular (and the camping overnight a lot more pleasant!). Although it certainly wasn't

flat, day one was generally runnable along the coast, through forests and meadows. Day two involved waking up on tired legs from the day before and knowing that I had two mountains to climb which was a little daunting.

The first mountain was ascended early on and I was grateful for all the extra layers I had with me when the wind really picked up. Despite the sunny weather there was still a bit of snow at the top. Starting the second climb up to Goat Fell at mile 22, there was a section described as a "scramble". Although the race info stated there was no need for climbing, I was grateful for the friendly mountain rescue volunteer who guided me through where I could put my feet to actually be able to get up the "scramble". The final few miles ran back along the coast into the town of Brodick where the finish line, cheering runners, a hot meal and the all-important medal were waiting.



It was a fantastic event but not easy. In total I was out running/walking/crawling for over 18 hours across the two days. I was towards the slower end of the group but with over 80 runners DNF the second day I'm just glad to have finished and still be smiling at the end.



I have done one ultra before, a few years ago which was 58 miles. I have signed up for a season ticket with "Ratrace" who organise loads of running and adventure events, so I am doing multiple long-distance events. Next is a 20-mile obstacle course race and then 69 miles along Hadrian's wall. It's certainly keeping me busy this year!

Emma Molena



# *Future Races*

Below is a list of all fixtures the club will be taking part in across the summer, plus a few extra events you may like to enter. Fixtures which make up the Summer Grand Prix are indicated with SGP. This list also includes a reminder of all junior events as part of the Stragglers and Ranelagh Junior Running Group, referred to below as SRJRG.

## **May:**

- Sunday 5: Ranelagh Richmond Half Marathon and Club Championship Race (SGP)
- Sunday 12: Staines 10k
- Thursday 16: SRJRG – Ranelagh hosted
- 18-19: Green Belt Relay
- Saturday 25: Mob Match v Wimbledon Windmilers (SGP) – Wimbledon Common parkrun
- Sunday 26: London Westminster Mile
- Monday 27: London Vitality 10k
- Thursday 30: Stragglers 5K Handicap – Hawker Centre, using Kingston parkrun course

## **June:**

- Sunday 2: Dorking 10
- Thursday 6: SRJRG – Russel School Petersham
- Sunday 16: Ranelagh Richmond 10k (SGP)
- Thursday 20: Stragglers Club 10k Championships (SGP) – Hawker Centre
- Sunday 23: Harry Hawkes 10 miles and Ditton 10k
- Thursday 27: SRJRG – Hawker Centre
- Saturday 29: Mob Match v Ranelagh (SGP) – Bushy parkrun

## **July:**

- Sunday 7: Claygate Country 5 (SGP)
- Thursday 11: SRJRG - Ranelagh
- Sunday 21: Elmbridge 10k (SGP)

- Friday 26: Wedding Day 7k (SGP)

**August:**

- Sunday 11: Wimbledon 5k (SGP)
- Thursday 29: SRJRG – Hawker Centre

**September:**

- Sunday 8: Stragglers River Relay

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