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Editorial

Relays are the theme for this month, with Parkland, Imber Court and the annual trip to Wales for the tough Welsh Castles challenge. Once again, we're reminded of what a fun place the Stragglers is when we compete in events like these.

75 of us stood on the start line for the club 10k championships, and following news in May's issue of Oli Bower's success in the London to Brighton ultra, we report on the world-famous Comrades.

July sees the continuation of the Summer Grand Prix, with Claygate and Elmbridge. It's also the Stragglers AGM and an opportunity to highlight the contribution here of two who are stepping down from the committee.

Helen and Malcolm Davies have made a club-changing contribution in recent years as captains of our men's and women's team, as well as taking on Green Belt and Welsh Castles Relays. We look forward to their continued participation in these and other events, and wish Malcolm great success in his new role as General Secretary of the Surrey Cross-Country League.

Also thanks to this month's contributors, and to Dave Griffiths for helping put this together.

July deadline is Wednesday 24th July

Simon Webb

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Stragglers News

Our awards evening returns to the Park Hotel in Teddington on Friday September 20. Details to follow in Stragmail, on social media and the website, but keep the date free.

The 2019 Stragglers 10k champion is Oli Bowers. He held off the challenge from Jim Lurkins and Oli Garner to win in 34:59. Second was Jim Lurkins in 35:18, just 2 seconds ahead of Oli Garner in 35:20

2019 Ladies winner was Sabrina Camp in 43:52 ahead of Helen Davies in 44:17.

After 6 races Charlie Jeffrey leads the mens' table in the Summer Grand Prix on 123 points – Charlie has completed 5 of the 6 races. Second on just 3 races and 104 points is Jim Lurkins, so a close battle is expected for both the senior man and overall male winner.

M40 couldn't be closer, with Gareth Pritchard and Pete Gregorowski locked on 102 points – just 2 behind Jim.

Dean Morley and Ian Robertson lead the way for the M50s on 96 and 90 respectively.

For the women we have two F35 competitors leading the way for the overall prize, with Alexis Prince on 133 and Alexandra Cianciara on 122.

Julie Haworth (F55 leader) and Carys Mills (F45 leader) are strong contenders in the overall competition too, on 120 and 119 points respectively.

Rothwell Relay returns on Thursday 1st August. A short blast of an event, teams of 4 running less than 2 miles per leg. All in memory of our great friend Nigel Rothwell, who founded the event, and passed away as a result of Pancreatic Cancer in 2017. We'd love as many Stragglers as possible to attend.



Welsh Castles Relay

From Sarah Winter's stage win on leg 1, to Heidi Russenberger's strong run coming 35th in a high standard field on the anchor leg into Cardiff, the Stragglers were well-represented in the highly competitive Welsh Castles Relay.

A top half finish of 30th out of 65 teams is really pleasing. WCR attracts some of the top running clubs from England and Wales and the standard never fails to impress.

We had two stage winners, as well as Sarah Winter WCR debutant Eliza Hawthorn dug deep to take victory on stage 6. Another debutant who deserves special recognition is Tom Poole who is now in the Stragglers Welsh Castles hall of fame for doing Drovers. Our other mountaineers this year were Chris Coates, Malcolm Davies, Martin Vivian, plus late substitute Phil Davies and Oli Bowers who ran a blistering last leg on the Saturday, a hilly half marathon just two weeks after his victory in the London to Brighton ultra.

Once again Alan Mawdsley has put in a huge amount of work to make this the successful weekend it was. He is stepping down from this role after many years and we'd like to thank him for all his work. Phil Davies did a great job looking after the team on the weekend.



The Stragglers 2019 Welsh Castles team was: Sarah Winter, Julie Holmes, Chris Coates, Tom Howarth, Helen Davies, Eliza Hawthorn, Malcolm Davies, Kevin Price, Andy Howarth, Oli Bowers, Martin Vivian, Simon Webb (guided by Sarah Winter), Steve Clelland, Tom Poole, Simon Brazil, Phil Davies, Trevor Ford, Tony Maxwell, Simon Attridge and Heidi Russenberger.



Stragglers Conquer Comrades

The Comrades Marathon in South Africa is the oldest (established 1921 as a tribute to fallen Comrades in the Great War) and largest (entries capped at 25 000) ultra-marathon in the world. The race alternates each year between “Down” (Pietermaritzburg to Durban, 56 miles) and “Up” in the other direction (54 miles). I’d taken on the Down run in 2016. Carl Pretorius and I represented Stragglers this year on the Up run. We joined more than 400 UK entrants.

Down and Up are relative terms, the Up run has 1800 m elevation gain and 1070m descent. The event in the UK I’d compare it to in terms of route and scenery is Welsh Castles which co-incidentally was on the same day this year.

There are numerous Comrades traditions including the infamous finish gun fired at 12 hours. The finish line is cordoned off and those who have not crossed the line in time get no medal & an inglorious DNF (16439 finishers out of 19103 starters in 2019).

In terms of training it depends on your finish time aim. I managed the recommended 2000 km mileage from January aiming for a silver medal (sub 7h30). Carl’s training went a bit awry, starting on the sub 9-hour programme but his knee put him out after several back-to-back weekend long runs. Carl’s passport then expired, he thought he would have to pull out, so he backed off training to 25-mile weeks, then picked it up to 45-mile weeks in May.

What you can’t train for in the UK is Kwazulu-Natal’s sub-tropical heat & humidity. I arrived on the Tuesday and it was 28°C which made me very apprehensive. Most fortunately on race day there was a cool breeze and ‘only’ a maximum of 24°C with sun from 60 km onwards. Carl flew out on the Wednesday via Singapore for work, took various connections to Durban including an 8-hour layover with a loosener pre-race treadmill session. He snuck into Durban 36 hours before the start.



The start is an intense experience of nerves and anticipation in the dark with bright lights, drums and music.

Vangelis' Chariots of Fire plays, 19 000 runners then sing the national anthem followed by the moving song Shosholoza. A cockerel crows and the start gun fires at 5:30 am. For the runners at the back it can take 15 minutes to cross the start

line. Finish time is "gun to finish mat", not "start mat to finish mat". A qualifying marathon time seeding you further forward reduces time lost at the start. Being in A batch (sub 3-hour marathon) helped my silver medal cause but less than half of A batch get silver, so I had work to do.

Carl describes the race as a scenic 87 km buffet where you get to chat to strangers for several hours to distract you from escalating pain. Conveniently the green numbers identify race finishers with 10 or more to their name, so there are experts easily identifiable if you have nervous questions about the route or pace. (Bert Kidwell is a notable Straggler green number holder with 11 finishes). Foreign runners have blue numbers so local runners like to strike up a conversation with you & spectators shout extra support. Carl met Owen Delaney (Shaef Shifters) on the route which was weird running into someone that lives around the corner from him in the UK. I latched onto Duncan from Victoria Park Harriers who was determined to make amends for a narrow silver miss in his previous Up run.

Carl had the 10-hour pace 'bus' behind him- over 100 runners being paced together by a leader ('bus driver') for the same finish time. The 10-hour 'bus driver' ran banging a tambourine which pushed Carl on as he heard the tambourine getting louder. Eventually the 10 hour 'bus' passed him. With 1km to go the 10 hr 30min bus pushed Carl on from behind even though he felt he had nothing left. Carl finished in 10h 25 min (bronze medal), a fantastic time considering his disrupted training and pre-race week travels.





For me the heat, cramps, mind games & temptation to walk started from 65 km. Seeing my parents (my Dad a 10 Comrades Green number holder) and youngest daughter at 65 km & 75 km was inspiring. On the last of the 'Big 5' hills, Polly Shortts, an infamous 2km hill at 79km, I thought I'd blown my

silver chance. I walked three times, Duncan passed me at the top & remarked "it's in the bag, let's finish it off"- this spurred me on, and I crossed the line in 7 hour 25 mins. Cold beer never tasted so good after 15 sweet energy gels and a silver medal round my neck.

The next two Comrades are Down runs- the 2021 run will be the 100th anniversary with entries extended to 34 000 runners (only Durban has the capacity for the increased entrants hence consecutive Down runs). I look forward to a few Stragglers being on the start line and several have already expressed interest!

Donovan Duffy



Parkland Relay

Since when was Parkland Relay part of the Winter Grand Prix? A question asked by more than one competitor for this ever-popular "summer" evening event. 2.8 miles around a course in Richmond Park familiar to many a cross-country runner, and with the rain falling and a chill in the air, conditions were good for racing and we were treated to an exciting finish with Oli Garner attempting to run down Crispin Allen on the final leg.

Four teams flew the Stragflag, with results as follows:

Ladies' Vets Sophie Biggs 17.22, Sabine Duffy 24.42, Jacky Balfour 19.28 19th overall and 5th ladies' team;

Senior Ladies Heidi Russenberger 17.58, Rebecca Gravell 19.02, Eliza Hawthorn 19.08 (Heidi and Eliza competing days after strong performances at Welsh Castles) 6th overall;

Men's Vets Richard Carter 17.33, Pete Gregorowski 16.16, Mark Pattinson 18.19, Crispin Allen 17.27 21st overall and 5th men's team;

Senior Men Charlie Jeffrey 16.46, Tom Poole 17.31 (fresh-ish from tackling Drovers in Wales), Simon Webb (guide-runner Kevin Price) 19.38, Ollie Garner 15.58 22nd overall - just 18 secs behind the vets.



Vet Ladies Success at Imber Court Relay

We had a wonderful Straggler turnout at the Imber Court Relays on Tuesday 25 June, on a warm & muggy but beautiful evening. 40 Stragglers were present, with 10 teams of 4 runners, each person running a 1.6 mile leg (2.5km each)

We had great success, with our Vet Ladies winning their category (as well as coming 2nd Ladies overall.) Well done to Sophie Biggs, Sue Hall, Emma Gray and Liz Killip.

Our Senior Men's team finished a very creditable 5th overall (50 teams took part.) Very well done to Charlie Jeffrey, Chris Coates, Tom Poole and Richard Carter.

In the Mixed team competition, the Garibaldis came an amazing 2nd. Well done to Andy Howarth, Becky Peirani, Richard Patient and Paul Harsent.

A great event and a very enjoyable evening, followed by burgers and beer. Thanks to 26.2 for their great hospitality and to Jon Parry and Merran Sell for organising Straggler teams.



Little Feet trip to Dunkirk September 2019

Les Brown is been organising a trip to France for a running event near Dunkirk in Leffrinckoucke on 29th September 2019. There are multiple distances with runs cross sand-dunes, beach and through woods. There are 5,10,17 and 32k runs and a family walk. Prices are 7€ for the 5 and 10k, 15€ for the 17 k and 25€ for the 32k. Entries are limited- 400 for the 10 and 5k and 300 each for the longer races.

As with other French races a medical certificate is required and this needs to be submitted when signing up. There is plenty of accommodation in Dunkirk which is very nearby.

- Details of the event can be found here: USLJ.fr/edm
- Details about local buses: www.dkbus.com/

Contact Les Brown for more information:
lesandjackiebrown@hotmail.co.uk



2019 Club 10k Results

Full results for the 75 Stragglers who lined up for our annual 10k championships. Cooler conditions and the newly laid towpath meant this was a fast race, the smoother surface in the last 4k arguably makes this the quickest 10k course in our area, so keep that in mind for 2020!



Place	Time	Name	Team	Category	Race No.	Grading
1	00:34:59	Oliver Bowens		Senior Men	12	76.6
2	00:35:16	Jim Larkins		Senior Men	27	75.7
3	00:35:20	Oliver Garner		Senior Men	11	75.6
4	00:37:36	Craig Allen		Vet Men 50-54	60	79.9
5	00:37:39	Freyaan Maritz		Vet Men 40-44	24	76.0
6	00:38:06	Craig Galagher		Vet Men 40-44	52	74.4
7	00:38:22	Dean Morley		Vet Men 50-54	46	81.0
8	00:38:32	Charles Jeffrey		Senior Men	9	69.4
9	00:38:33	Alastair Hall		Senior Men	75	69.3
10	00:38:39	Lamnos Duffy		Vet Men 55-59	29	83.3
11	00:38:55	Richard Carter		Vet Men 40-44	55	72.9
12	00:38:57	Malcolm Davies		Vet Men 50-54	34	78.6
13	00:39:27	Ted Manson		Senior Men	23	67.7
14	00:39:53	Tom Poole		Senior Men	72	67.0
15	00:41:02	David Sheldon		Vet Men 40-44	43	68.6
16	00:41:14	Gareth Pritchard		Vet Men 45-49	64	72.2
17	00:41:23	Steve Smith		Vet Men 60-64	25	79.3
18	00:41:39	Martin Whelan		Vet Men 45-49	22	71.5
19	00:41:55	Dan Lill		Vet Men 45-49	58	68.8
20	00:42:02	Simon Webb		Senior Men	6	65.5
21	00:42:02	Jim Diamond		Vet Men 50-54	5	72.7
22	00:42:49	Niel Browning		Vet Men 45-49	73	69.6
23	00:43:06	Niel Carrington		Vet Men 45-49	47	68.0
24	00:43:13	Tony Maxwell		Vet Men 50-54	74	70.7
25	00:43:24	Paul Belcher		Vet Men 55-59	13	73.5
26	00:43:46	Richard Smith		Vet Men 50-54	65	69.2
27	00:43:59	Samir Hussain		Vet Men 50-54	46	68.6
28	00:43:52	Sabrina Carl		Vet Ladies 40-44	30	71.6
29	00:44:17	Helen Davies		Vet Ladies 45-49	33	76.5
30	00:44:36	Paul Harvett		Senior Men	69	59.9
31	00:44:43	David Brown		Vet Men 60-64	2	75.4
32	00:44:51	Rebecca Garvill		Senior Ladies	37	67.6
33	00:45:20	Ian Robertson		Vet Men 55-59	4	70.4
34	00:45:49	David Sakons		Vet Men 45-49	41	63.4
35	00:46:23	Alta-Tunali Shamsara		Vet Men 45-49	50	63.7
36	00:46:38	Emma Gray		Vet Ladies 55-59	31	78.1
37	00:47:00	Thomas Hall		Senior Men	51	56.9
38	00:47:11	Richard Pabent		Vet Men 50-54	68	64.2
39	00:47:27	Stephen Ferguson		Vet Men 45-49	63	62.8
40	00:47:49	Rosie Farrington		Senior Ladies	21	63.4
41	00:48:01	Lea Rochester		Vet Men 55-59	32	66.5
42	00:48:16	Patricia Rankley		Vet Ladies 55-59	40	76.5
43	00:48:53	Dave Glenn		Vet Men 60-64	1	67.1
44	00:49:21	Andrew Mayall		Senior Men	44	54.6
45	00:49:35	Matt Parler		Senior Men	14	55.2
46	00:50:16	Evin Frost		Vet Men 40-44	54	56.0

Place	Time	Name	Team	Category	Race No	Grading
47	00:50:18	Carys Mills		Vet Ladies 50-54	20	6.98
48	00:50:36	Janel Robinson		Vet Ladies 50-54	53	7.1.1
49	00:50:50	Julie Haworth		Vet Ladies 60-64	18	7.7.5
50	00:50:59	Chris James		Vet Men 40-44	38	5.5.2
51	00:51:01	Robert Hill		Vet Men 55-59	42	6.3.1
52	00:51:13	Julie Garner		Vet Ladies 55-59	8	7.3.9
53	00:51:19	Matthew Brady		Vet Men 55-59	39	6.1.1
54	00:51:38	Patric Winderburn		Vet Men 65-69	19	6.6.6
55	00:51:55	Sarah Goodfellow		Vet Ladies 40-44	57	6.0.6
56	00:53:03	Rosema Brent		Vet Ladies 65-69	26	7.6.6
57	00:53:08	Mary Hyde		Vet Ladies 40-44	71	5.8.8
58	00:53:47	Sue Walters		Vet Ladies 55-59	28	6.7.7
59	00:54:23	Sabine Duffy		Vet Ladies 40-44	70	5.7.6
60	00:54:51	Anne Woods		Vet Ladies 55-59	3	6.9.0
61	00:55:38	Sarah Mayall		Vet Ladies 40-44	45	5.7.3
62	00:55:41	Carillo-Zallo Suzanne		Vet Ladies 50-54	35	6.3.0
63	00:56:20	Gail Cousins		Vet Ladies 60-64	56	6.9.0
64	00:56:29	Graham Mortimer		Vet Men 70-74	36	6.5.6
65	00:56:30	Mike Foster		Vet Men 60-64	17	6.0.3
66	00:58:05	Catherine Khairuzadeh		Vet Ladies 40-44	67	5.2.9
67	00:59:43	Christie Glawe		Vet Ladies 65-69	49	6.9.6
68	00:59:56	Anna Price		Vet Ladies 40-44	10	5.2.1
69	01:02:29	Steve Pothm		Vet Men 60-64	59	5.4.0
70	01:02:56	Keith Haworth		Vet Men 70-74	61	5.6.1
71	01:03:16	Richard Stenden		Vet Men 50-54	66	4.6.7
72	01:04:44	Sue Glenn		Vet Ladies 65-69	16	6.4.6
73	01:06:10	Sue Hobbs		Vet Ladies 60-64	15	6.2.1
74	01:07:27	Sue Howarth		Vet Ladies 55-59	7	5.4.7



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.

July:

- Sunday 7: Claygate Country 5 (SGP)
- Thursday 11: SRJRG - Ranelagh
- Sunday 21: Elmbridge 10k (SGP)
- Friday 26: Wedding Day 7k (SGP)

August:

- Thursday 1st: Rothwell Relay
- Sunday 11: Wimbledon 5k (SGP)
- Thursday 29: SRJRG – Hawker Centre

September:

- Sunday 8: Stragglers River Relay

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