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Editorial

Exciting times ahead, spikes at the ready for the cross-country season is just weeks away. 2018/2019 was a great year for the Stragglers. Our men more than held their own back in division 2, with Tim Haughian the top-performer across all clubs. Our ladies returned to division 1, and with a number of new faces in the team, it will be great to see how they compete against stronger opposition.

At the end of this issue are the important Surrey League dates. Regular emails from team managers Simon Brazil and Kev Best, plus Stragmail and our social media channels, will keep you updated on further dates across the winter.

We're also weeks away from Cabbage Patch 10. Now under the control of the Stragglers, we've assembled an excellent organising team lead by experienced race director Peter Wedderburn. We've so much knowledge within the club and it's exciting to see this brought together for such a well-loved race. New branding will be launched mid-September, with a new website and refreshed social media channels and a new logo from artwork-king Evan Bond.

So just another quiet month ahead in the life of the Stragglers.

Apologies for the late-arrival of this issue. Too early to blame the wrong kind of autumn leaves on the laptop. Deadline for the next one is Friday September 27th.

Simon Webb

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Stragglers News

We've had a great summer of Tuesday night speedwork in Bushy Park, but with the sessions now finishing in the dark we're moving back to Riverside Drive from Tuesday September 10, back across the river the the usual meeting point on Riverside Drive close to Teddington Lock for a 7:45pm start. There will also be hill sessions again this year as preparation for the cross-country season, in Richmond Park, just turn up. 10am at Pembroke Lodge on the following dates: Sat 7th Sept, Sat 21st Sept, Sat 28th Sept and Sat 5th Oct.

Some great Straggler performances in recent weeks including Liz Killip, competing for England in a representative 10k v Wales in the Barry Island 10k. Liz finished 2nd behind England teammate Wendy Roethenbaugh.

Congratulations also to Mark Pattinson who competed as part of the England squad in the European Sprint Triathlon Championships which took place in Kazan, Tartarstan, Russia on 28 July. He was a very impressive 10th in his age class amongst a competitive field.



And an excellent run from Jacky Balfour in her first international for England. At the Maidenhead Half Marathon (September 1st) she came second v55 in 89:17, and in doing so, smashed her PB.

It's a long way off, but we already know the dates for the 2020 Welsh Castles Relay, June 6-7. Recruitment for this and the Green Belt Relay will begin in October.

As discussed at this year's AGM, one of the goals for the club is to collate and share history with today's members. Our Chair, Kevin Price, would like to form a small group of volunteers who are interested in retrieving race results, photographs and interesting articles about the club since its formation in 1981 and sharing these for all to see on the club's website. If you have an interest in the history of the club or in researching archives and historic documents, please contact Kevin on chair@stragglers.org

2019 Awards Evening

It's the annual Stragglers Awards Evening on Friday September 20th at The Park Hotel from 19:30.

Curry buffet and awards presentations, all followed by your best disco moves – although we'll accept any moves really.



Please show your support for this event, it's a chance to celebrate all of the achievements of the club over the past year, to laugh at all of the adventures we had, a night to let our hair down before we start the Cross country season and an opportunity to thank the people that come out week after week to help train, organise teams and race entries and motivate us all.

Please fill out the form [here](#) and grab your ticket whilst you still can.



Summer Grand Prix and Surrey Road League

Just the one race in the Summer Grand Prix this month, bringing the 2019 series to a close with the Wimbledon 5k. Sophie Biggs was first home for the ladies and Jim Lurkins first home for the men. Sophie secured an impressive PB of 19:28 and Charlie Jeffrey also ran a strong PB of 18:41.



This brings to a close the Summer Grand Prix for 2019 and the scores have been added up for the final tables. In the men's competition Jim Lurkins won both the senior male and overall prize with a maximum 140 points (best four performances over the season securing 35 points each). Second, and taking the M40 prize is Pete Gregorowski on 136, three points ahead of the M50

champions Lawrence Duffy on 133 points. The M50 contest was tight with Lawrence just one point ahead of Dean Morley. The battle for 2nd in the SM category was decided by one point, Charlie Jeffrey on 131 beating Richard Baggot on 130. Steve Smith on 116 is the M60 winner.

With 140 but unbeaten in all 7 of the races she completed, Sophie Biggs wins the overall and F45 competition. Completing 8 races is Alexis Prince who came second in the overall table with 135 points, which secured her the F35 prize. 3rd in the final standings is Sue Hall on 132 one point ahead of sl winner Liz Fraser. The F55 winner on 120 is Julie Haworth just ahead of Julie Holmes on 117.

Awards to be handed out at the Park Hotel on Friday September 20th.



North Wales Half Marathon

With two miles on a beach, steep hills and narrow trails, this is far from your average half marathon. Conwy, on the North Wales coast, is the start-finish for this recent addition to the Welsh race calendar. Its challenging nature and location suggests it's viewed by many, including those from the Stragglers who travelled to take part, as ideal preparation for October's Snowdonia Marathon. Once again there is a small group heading to North Wales for the marathon, and Dan Greenslade, Phil Davies, Kevin Price and I used this as a

chance to acclimatise. Alexandra Galloway made up the Straggler quintet.

A vast expanse of sand greets runners as they line up for the start. Pools of seawater mean feet and legs are soaked within the first few hundred metres, with a tough first mile along hard and soft sand and a small section of shingle. A short leg-sapper through dunes before the relief of the hard-surface of a road.

Dan, Phil and I, who have all completed Snowdonia Marathon, agree that despite being half the distance, this is actually a tougher race, and so perfect three months out. Whilst not as high, the hill when it arrived was arguably even steeper. Once at the top – around 7 miles in – runners take on a trail section which saw Kevin and I draw on our recent Three-Peaks experience, for it was narrow and rocky underfoot.

A sharp descent takes runners back to the seafront, before a final sting in the tail, the last mile back along the same stretch of beach covered at the start. With feet and legs dried out, the finale saw us run through the same pools of seawater in the final few hundred metres.

The winning time of 1:26:01 gives an indication of the toughness of this course. Dan's 23rd place in 1:38:11 is an excellent performance. Phil Davies showed how he is at home at races such as these with 1:48:09. Both Dan and Phil secured second place in their age categories.

Kevin and I found parts of this a challenge, and were pleased with 1:55:18, finishing just outside the top 100 places in a field of around 300. Alexandra Galloway ran 2:07:38.

This race is highly recommended. An added bonus, discovering Iron Maiden's Trooper Ale in the pub afterwards.

Simon Webb



August 5K Handicap Results

The Stragglers 5k Handicap

22/08/2019

Finish Pos'n.	Name	Handicap	Elapsed Time	Run Time	Predicted/Actual time	Rank	
1	Gabby Walters	05:00	32:51	27:51	125.7%	23	1st O
2	Jim Sell	10:00	37:35	27:35	108.8%	22	2nd O
3	Mike Foster	11:00	37:49	26:49	108.1%	18	3rd O
4	Catherine Khatibzadeh	10:00	38:13	28:13	106.3%	24	
5	Liz Fraser	17:45	38:19	20:34	108.2%	3	1st F
6	Sian Parry	12:45	38:29	25:44	105.9%	15	
7	Sue Waters	11:30	38:34	27:04	105.3%	20	
8	Paul Levine	03:00	38:40	35:40	103.7%	30	
9	Merran Sell	09:30	38:41	29:11	104.5%	26	
10	Mike Shanahan	10:30	38:48	28:18	104.2%	25	
11	Anna Price	09:30	38:49	29:19	104.0%	27	
12	Rebecca Gravell	18:00	38:50	20:50	105.6%	4	2nd F
13	Sabrina Cant	17:45	38:57	21:12	105.0%	7	3rd F
14	Nick Goodchild	16:45	38:58	22:13	104.7%	9	
15	Becky Thurtell	13:15	39:00	25:45	103.9%	16	
16	Andy Mayall	16:15	39:10	22:55	103.6%	10	
17	Sue Hobbs	09:00	39:13	30:13	102.6%	29	
18	Steve Miller	15:00	39:15	24:15	103.1%	11	
19	Mark Thomas	12:30	39:24	26:54	102.2%	19	
20	Joy bell	00:00	39:39	39:39	100.9%	33	
21	Heather Shanahan	10:00	39:40	29:40	101.1%	28	
22	Mary Hyde	15:00	39:48	24:48	100.8%	14	
23	Ollie Garner	22:30	39:52	17:22	100.8%	1	1st M
24	Julie Haworth	15:30	39:53	24:23	100.5%	12	
25	Melanie Miller	03:00	39:59	36:59	100.0%	31	
26	Sue Cardillo-Zallo	12:30	40:03	27:33	99.8%	21	
27	Tom Poole	20:15	40:07	19:52	99.4%	2	2nd M
28	Nick Brown	18:30	40:10	21:40	99.2%	8	
29	Julie Garner	14:00	40:21	26:21	98.7%	17	
30	Simon Webb	19:30	40:23	20:53	98.2%	5	3rd M
31	Charlie Jeffrey	19:30	40:23	20:53	98.2%	6	
32	Michael Trott	16:45	41:11	24:26	95.2%	13	
33	Donald Bell	04:00	41:32	37:32	95.9%	32	
34	Nita Bowers	00:00	46:26	46:26	86.1%	34	
35	Oliver Bowers	00:00	46:27	46:27	86.1%	35	



Future Races

With the Summer Grand Prix now complete, attention will soon switch to cross-country action. The full Winter Grand Prix schedule will be announced soon, but for now see below the important dates of the Surrey League fixtures, including a double-header on the opening weekend with both ladies and men racing at the same location.

Ladies Surrey League Division 1 Cross Country Dates:

- Saturday 12 October – Reigate Priory
- Saturday 9 November – Mitcham Common
- Saturday 11 January 2020 – Wimbledon Common
- Saturday February 8 – Richmond Park

Men's Surrey League Division 2 Cross Country dates

- Saturday 12 October - Reigate Priory,
- Saturday 9 November - Wimbledon Common
- Saturday 11 January 2020 – Woking (Chobham Common)
- Saturday 8 February 2020 - Lloyd Park, Croydon

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