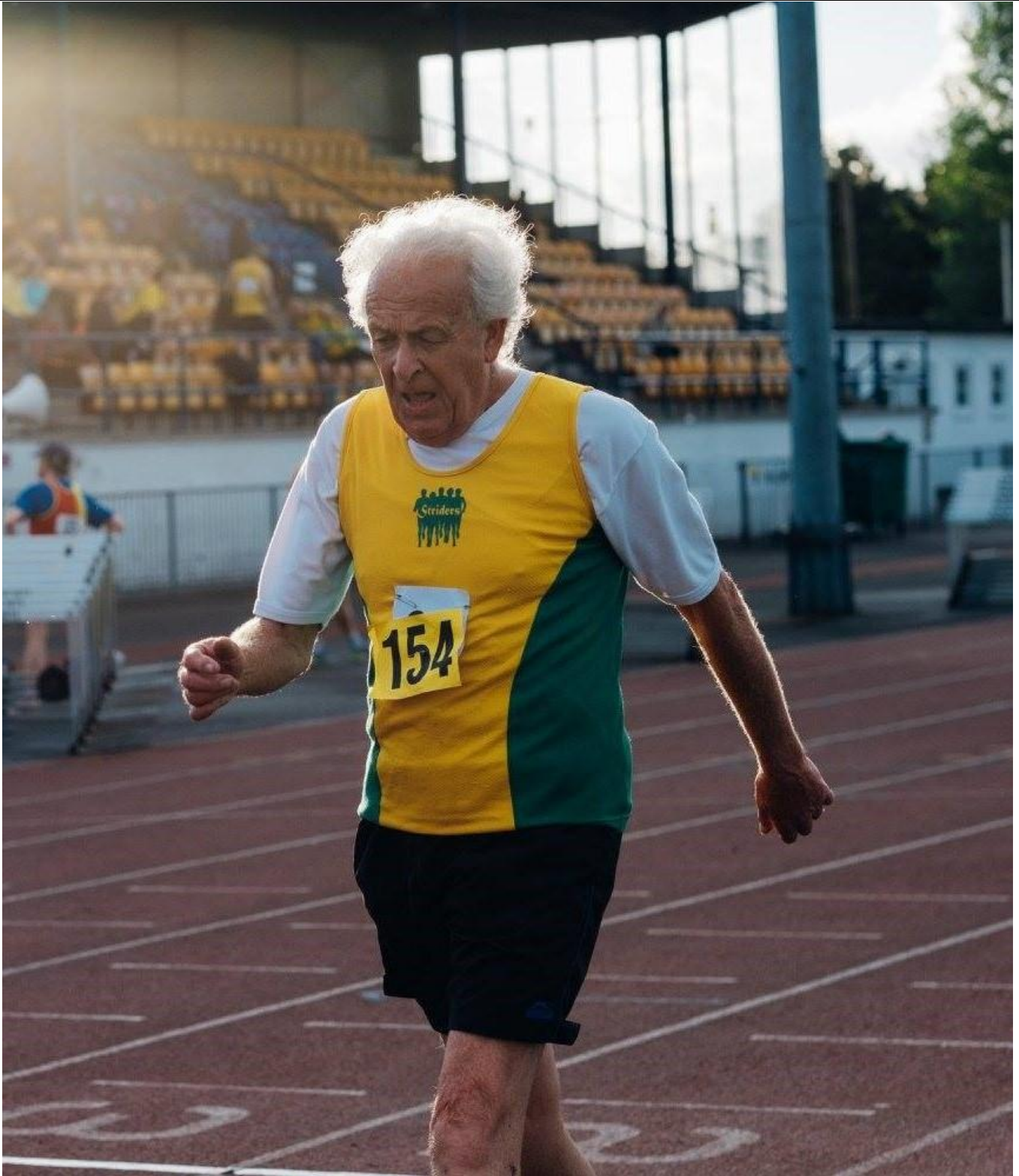


Striders of Croydon

JUNE 2024 MAGAZINE



Kevin Burnett (1939-2024), the oldest person ever to compete for Striders, who died in May at the age of 84

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Wednesday 12 June – Rosenheim League – Tooting

Monday 17 June – Southern Veterans League – Kingsmeadow

Sunday 23 June – Ranelagh Richmond 10K – Petersham (Surrey Championships & Road League)

Saturday 6 July – Surrey Masters Track & Field Championships – Kingsmeadow

Monday 8 July – Southern Veterans League – Sutton Arena

Saturday 13 July – Elmore 7 Miles – Chipstead (Surrey Road League)

Wednesday 17 July – Rosenheim League – Tooting

Sunday 21 July – Elmbridge 10K – Elmbridge (Surrey Road League)

Friday 26 July – Wedding Day 7K – Bushy Park (Surrey Road League)

Saturday 27 July – British Masters Track & Field Championships – Derby

Wednesday 14 August – Rosenheim Shield Final – Kingsmeadow

Saturday 14 September – British Masters 5000m Track Championship – Birmingham University

Sunday 1 December – British Masters 5K Road Championship – Battersea



Striders at the Rosenheim League on 22 May (photo by Stephen Allport)

EDITORIAL: JUNE 2024

Welcome to the June issue of our club magazine. We begin this issue on a sad note, with the news of the death of Kevin Burnett, who was the oldest person ever to compete for Striders, and was a prolific medallist in the Surrey Masters Track & Field Championships. Our first article is an obituary of Kevin, and I would like to thank our former chairman David Hoben for his contribution to this.

The March issue of this magazine included an article from Ally Whitlock about the Winter Downs 200-mile race. Rachel Lindley was one of Ally's crew during the race, and gives us her account of her experience.

Although last month was largely cool and wet, we are now approaching the period when some races may take place in unusually hot conditions. Selena Wong attended the Marathon Medicine Conference in April, where one of the topics was about how to protect a runner's health and optimise performance in hot conditions. Selena gives us her summary of some of the advice which was given at that conference.

The track season has now begun, and we are again competing in two track leagues (the Rosenheim and the Veterans League). Some of our runners have no experience of competing in a track relay, so Sarah Allport asked me if I could devote one of our track sessions to relays and the art of baton-changing. Fourteen Striders attended the session in May, but the date was not convenient for everyone who expressed an interest, so we are including a brief article based on the notes which I had prepared before the session took place. We also include an article about training for the 1500 metres.

We follow this with our usual 'competitive highlights' and history articles. The 'competitive highlights' include our men doing very well to finish second in the East Surrey League in the 2023/24 season, which ended in April. We also had an impressive total of 26 finishers in this year's London Marathon. We are currently competing in the Surrey Road League. After the first two races (the Sutton 10K and the Ranelagh Half-Marathon), our men were equal third of the 40 clubs in the league, while our women were ninth.

I hope that all Striders continue to enjoy their running.

Alan



KEVIN BURNETT (1939-2024)

Kevin was active in sport from the age of 11, playing football and cricket. On retirement from these he took an interest in running, and joined Striders (then known as Philips City Striders) in 1987. That year, at the age of 48, he ran a personal best of 81 minutes 50 for 10 miles. He enjoyed competing, and has the highly impressive total of 1,109 performances listed on the 'powerof10' website. In both 1988 and 1989 he was Striders' only competitor in the Surrey Cross-Country Championships, and in October 1992 he became the first Strider to compete in the Surrey Veterans' Cross-Country Championships. He was Striders' only competitor in this event in 1992, 1993 and 1994.

Kevin's interest in competing led him to become a second-claim member of four other athletic clubs. He was President of Veterans AC for a year, and also competed for Holland Sports (in the Southern Men's League), Hercules-Wimbledon (in the Rosenheim League), and Surrey Walking Club. Kevin was a quantity surveyor by profession, and was active in forming teams for his company, Davis Langdon & Everest, in the London Business Houses League.

Kevin was instrumental in Striders registering as a track and field club, and joining the Southern Veterans League in 1996. He was particularly suited to the throwing events and the sprints. In 1996 he gained six medals (two gold and four silver) in the Surrey Veterans Track & Field Championships, and he continued to be a prolific medallist in these championships (which were subsequently renamed as 'Masters' rather than 'Veterans') for the next 25 years. In September 2001 he won the Surrey M60 pentathlon championship. In 2010, his first year in the M70 age-group, he won five gold medals in the Surrey Masters Track & Field Championships, and was second in his age-group in the Surrey Masters Cross-Country Championship. In 2021, at the age of 82, he won four more gold medals in the Surrey Masters Track & Field Championships.

Kevin ran his first parkrun at Banstead Woods in September 2007. He became a prolific parkrunner, completing his 600th parkrun in March 2023 and his 602nd (and final) parkrun at Dartford a month later.

At the time of his death, Kevin held Striders' 100 metre record in the M65, M70 and M75 age-groups. He held Striders' javelin record in seven different age-groups (M50 to M80 inclusive). He also held several age-group records at the other throwing events, at 200 and 400 metres, and at race walking.

Kevin is survived by Naomi, his wife of more than 50 years, his daughters Anna and Rachel, his son Neil, and seven grandchildren.



Kevin at the Riddlesdown parkrun in 2014

WINTER DOWNS 200: DIARY OF A CREW (by Rachel Lindley)

There was a kettle that plugged into the car. A boot-full of snacks and socks. A massive, forensically detailed spreadsheet with colour coding. So much to love even before you get to the bit about the absolute privilege of supporting an amazing human attempting a super-human feat.

THURSDAY 14TH DECEMBER, EVENING

I leave work around 8pm with a request from Nikki to buy baby food on my way to the South Downs. Sadly baby food is not something the mini Tesco at Westminster stocks.

The train from Waterloo is absolutely rammed but I can't complain about standing room only when Ally has been on her feet for 36 hours already...

QUEEN ELIZABETH COUNTRY PARK. MILE 130, LATE NIGHT THURSDAY

Nikki picks me up at Petersfield around 9.30pm – she's already been on the go since early morning so there's lots to catch up about. We reach QECP a couple of hours before Ally is likely to arrive, so we take the chance to re-charge the car – and ourselves. It's the first of several car naps: coats over our heads, alarm set, and a fitful doze interrupted by occasional 'refreshing' of the tracker in case Ally arrives sooner than anticipated (it wouldn't be the first time...).

As she approaches, I'm so excited to see Ally for the first time in the race, 130 miles in, an unfathomable distance. A headtorch appears in the distance – is it Ally? No, it's a bloke. He looks exhausted. Another couple pass by, and then we see another light and hear the tap-tap of poles – yes, it's Ally! I'm wearing fairy lights so she can spot us in the dark; Ally says: 'So I'm not hallucinating, those fairy lights are real...'

I'm alarmed to hear she's been hallucinating for a while – it's the first time I've known her to do that. But then, it's the first time she's run this far and this long – it's uncharted territory. It's clear she isn't in a good patch. She can't get warm and decides to sleep in the back of the car – but she wakes up shortly afterwards dizzy and light-headed. We make her drink some orange juice and eat something, which seems to help – but I'm worried that we're having to make her eat with 70+ miles to go. Having paced Ally a few times before, I know she (like many ultra runners) has sometimes struggled to eat in the later stages of a race and it's the job of crew / pacer to try and force some fuel down her – but this race is so incredibly long, I wasn't quite sure how we'd manage to keep her going if she couldn't eat with 70+ miles to go.

70 miles to go – that's further than I've ever run, and she's already done 130 miles, non-stop since yesterday morning. The magnitude of this never sinks in.

Thankfully, she keeps the food down and rallies a bit with the sugar. It's horrible seeing your friend suffer, although thankfully she isn't bad enough that we need to make any safety-related decisions that she should stop. Both Nikki and I are worried, though we don't say anything out loud.

I don't think the thought of stopping ever crossed Ally's mind over the whole 71 hours. Not even at QECP, a definite low point, when she was physically shaking wrapped up in a blanket with a plastic cup of orange juice wobbling in her hands.

When I first began crewing, I had never been crewed and wondered if the runner minds sacrificing a tiny bit of dignity and autonomy. Maybe – nobody wants to be spoon-fed as an adult or seen in their raw and vulnerable moments. But they probably don't realise that we as crew see them fighting the vulnerability, not the vulnerability itself, and how in awe of them we are. And we know we're only witnessing moments; the real slog is in the solo miles between crew points on the trail – and due to the small, spread-out field, these miles were more solo than in most races.

After a longer-than-planned stop, the light-headedness passes and it's time to go. Nikki makes Ally promise to sleep at the next Life Station, and we send her off into the night with some trepidation. But help was at hand! About 10 yards from our car, Stu's van was parked up and Spencer was emerging from a nap. Impeccable timing. They agree to set off together and a weight seems to lift from Ally's shoulders. With the company of a good mate, she looks instantly better.

Nikki, Stu and I wave them off and set off to the next crew point in the early hours.



BEACONHILL BEECHES. MILE 145, EARLY HOURS OF FRIDAY MORNING

Somehow Nikki and I take a wrong turn, which reduces our nap opportunity, but we are rewarded with seeing a shooting star fall out of the sky ahead of us on a deserted lane. Surreal and beautiful.

The crew point is little more than a muddy layby beside a copse of trees, just off a B-road. We park up in darkness beside a couple of other vans and manage a decent nap, setting the alarm to make sure we have time to prep the hot water for coffee and porridge. Dawn breaks – a new day.

And who is this spritely, cheerful person running towards us out of the woods? Absolutely NOT the same person we'd anxiously waved off 15 miles previously. Smiling, moving well, looking a million dollars better in the rising sunlight, refusing to sit in the car and opting for the camping chair outside – a new day, a new

woman! She devours her breakfast and is off before you can say 'How many sugars in that coffee?' The end of the SDW, another huge milestone in the race, is definitely beckoning.

Shortly after Ally sets off, Spencer arrives (Stu is parked next to us, a recurring theme in this section of the race). Ally and Spencer had left QECP together with Ally definitely looking the worse for wear – but somewhere near the top of the next hill, she'd got her second (third, fourth, fifth) wind and outpaced Spencer. That's our Ally...

Nikki and I pack up the breakfast paraphernalia and set off towards Winchester. I send a message to the friend and family WhatsApp group Ally had set up – her husband, parents and one of her best friends. Ally was not using her phone to save its battery and keep her focus, and had asked us to keep her close circle updated on progress. Honestly, we couldn't have sent an upbeat message from QECP without lying, so we said nothing. But it was easy after Beacon Hill Beeches. The photo, tired but resilient and ready to go, says it all.



BISHOPS SUTTON. MILE 155, FRIDAY MID-MORNING

Wait, mile 155? Take a moment to let that sink in. I have done several 50-mile races – it takes a whole day and you're knackered at the end. Now Ally has just one of those 50-milers left to go. But she's already done THREE 50-milers, back-to-back, with no sleep. It's Friday. Day three. She is incredible.

Nikki and I, however, are feeling a little ragged after a broken night of car naps, and we decide to pop into Winchester for a proper breakfast. We also need to find Maccy D's hashbrowns – food of champions – for Ally's next stop. By the time we navigate the traffic and one-way systems of Winchester, time is tight – we both have too much experience of Ally moving faster than anticipated and arriving at crew points early... So we order takeaway breakfast from a delightful vegan/veggie cafe (with a proper loo, whoop), conquer the MacD's online ordering system next door (don't laugh – at TP100 it nearly defeated us. It turns out being in your 40s and lacking sleep turns you into a dinosaur unable to use a touchscreen to order a drink), and head back on the road to Bishops Sutton.

The crew point is a village hall car park, in what feels like a fairly posh village; we see a few residents who must think we look disgracefully unwashed and scruffy. They are not wrong. There are two other crews parked up; we share water and vegan snacks with Kate, and fall in love with someone's dog as we fire up the camping stove to boil water for food. It's good to chat with other crew who understand the "hurry up and wait" role. We wonder how Ally will be – has the resurgence lasted?

It has! She appears on the horizon, tip-tapping down the street, moving well and looking strong. Again, she won't get in the car but has a brief sit in the camping chair to eat and drink.

A passer-by says 'You look all set for a day's hiking!' If only they knew...

ALTON. MILE 166, FRIDAY AFTERNOON

Nikki and I arrive in Alton in good time and decide we need some coffee and lunch to sober us up – we're feeling a little giddy from lack of sleep. We wander around until we stumble across a little independent cafe – perfect.

After lunch, we go for a leg stretch and find a second-hand bookshop with children's books in the window. Irresistible – I quickly find a couple to buy. Behind the till, we see a Berlin Marathon certificate; the owner is a runner and soon we're telling him all about our crewing day. We swap running tales, and I walk out with three books bought with a special 'runners' discount!



Photo: Coffee in Alton. As Nikki said, at this point the camera isn't wonky, we are.

Back to the car park as our parking time is up now, Ally is getting nearer, and we want to be a little closer to the route. Crew could meet their runners at any point along the road into Alton, but it's busy, Friday afternoon and approaching the end of school time, and we can't find a place to park. Eventually, we pull in at a job centre right next to a petrol station... We briefly wonder if it would be foolish to light the camping stove near the fuel pumps but do it anyway – the stove is the size of a postage stamp and we're far enough away – but it's a bizarre place to lurk and feels slightly wrong... In contrast to the last two stops, a posh village hall car park and a secluded spot in the woods, here we are slap bang in the middle of the high street, boiling water on the wall of the job centre car park to make instant noodles for Ally's afternoon tea.



Cooking noodles in the job centre carpark!

She appears, looking invincible as ever, though she asks for a couple of paracetamol and needs to put her feet up for a few minutes while the noodles noodled. I'm amazed at how compos mentis she is. She's covered 166 miles and missed two whole nights' sleep, and yet still she's making perfect sense and seems a lot more together than Nikki and I feel. Such a champion. I feel proud to be a tiny part of her achievement, stirring noodles with a teaspoon whilst trespassing in the job centre car park.

We send Ally off with a couple of messages from her friends and family. They've all been sending us encouraging words to read out to her – and some of them make me well up. She is fuelled by love and people believing in her – I am sure this, alongside her iron will, helps keep her going.

FARNHAM. MILE 178, FRIDAY EVENING

Farnham, the start of the North Downs Way, is a huge milestone for all of us. We've all run on the NDW a lot, it goes past Croydon and feels like home turf. We're getting closer! But the crew point, Waitrose car park, is again bizarre – or maybe we're the bizarre ones by now. We arrive just as dusk is falling, and decide we need to get our heads down for a nap so that we can function for Ally when she arrives. We have a routine by now; find the quietest bit of the car park, engine off, any light sources covered with a spare jumper, chairs reclined, biggest coats muffled over our heads like a duvet. But... it isn't to be. Turns out 5pm in Waitrose car park in Farnham on a Friday afternoon is not the place for forty winks. Neither of us can sleep, and in the end we go for a wander around the supermarket. I buy some fruit, feeling the need for vitamins, and then we decide to go for another meal.



It must sound like all we did on Friday was eat – breakfast in Winchester, lunch in Alton, dinner in Farnham. But the Thai meal we find in Farnham is a game changer. A crew runs on its stomach too; never underestimate the importance of looking after yourself when crewing so that you can look after your runner. The meal really perks us up and we head back for the night shift with a new lease of life.

Sadly, the same is not true of Ally. She arrives in Farnham, night three, exhausted, fuming at some horses that need to get in the bin (!?) from somewhere earlier in the path, close to tears. Thankfully, we have a secret weapon. One of Ally's best friends Helen has been messaging us about coming to meet her – no small feat after a day at work and with a toddler at home too, and the unpredictable timings for such a long race. But she made it just when she was needed.

We bundle Ally into the car, and unbeknownst to her, Helen is waiting for her inside it with a homemade baked potato, beans and vegan butter. Nikki and I leave them to it, knowing the food and a friend will make a world of difference. Stu, parked nearby as ever, makes us a cuppa in his van and we stand watching the Friday night bustle of Waitrose and feeling as if we are from a different planet.

About half an hour later, it's time for Ally to go again. We change her socks – I'm sure I hurt her horribly trying to force her poor feet back into her trainers but she gallantly never says a word. And she's off, tip-tapping through the winter evening shoppers incongruously but with all her inner strength shining. She didn't want to get out of the car and go through another night, and we didn't want her to either. I wished we could let her curl up and sleep – but we can't. It's our job to keep her moving.

But truth be told, our part is very, very small – Ally keeps herself moving. She's eating well, changing kit when she needs to, together and in control, even when she's knackered. I guess we are moral support as much as practical support. It's a long, long time to be on your own and there are so few people in this race, and it's so long, everyone is very spread out.

And now she's heading for the NDW and the final leg. It's clearly been a tough patch (it's only later, reading her blog, we find out how tough the preceding section was) – but she's in a better state in Waitrose car park than she'd been at QECP car park the night before. Time or state are not linear in an ultra this long.

PUTTENHAM. MILE 184, LATE FRIDAY NIGHT

A sleepy village I associate with the early stages of NDW50. It's about 10 miles into the 50. Here, it's mile 184. Again, it blows my mind that Ally has been going for 184 miles now. It's unthinkable. Even though we're here, watching her do it, it's hard to believe it is really happening.

We park up on the narrow country road mingled with patrons of the village pub and a couple of other runners' crews. Nikki decides she needs to have a little sleep so that she can drive safely. I am amazed how she's stayed safe to drive and awake for so long. It's an ultra for her too.

I keep an eye on the tracker, and get out of the car to prepare the hot water for a pasta pot as Ally approaches. Whether it's the cooler temperature or slower pace, the duration or her experience, we've not had to force Ally to eat once since QECP. Every stop she's known what she wants (often the hardest part – in some ultras, she's asked us not to give her any choice, just to give her something she has to eat), and eaten it. It's a great relief as there is no way she could have made it without fuelling reasonably well, and it's a lot easier for crew when she wants to eat rather than us persuading / nagging / insisting.

There are three thoughts in my head as I stir instant pasta: first, trying not to disturb Nikki so she can drive safely for the final legs; secondly, reminding Ally to do her Duolingo before midnight which is racing towards us (she's on a Duolingo streak and we have strict instructions not to let her lose it); thirdly, finding the words to warn Ally that fourth lady is starting to close the gap on her, without dramatising at this stage. We know she doesn't want information on relative positions unless it's race changing and this isn't – yet...

Somehow, we manage all of the above and she's off again into the night. The sound of drunk people falling out of the pub has diminished and all we hear now is the tip-tap of Ally's poles marching determinedly up the hill towards Newlands Corner.

NEWLANDS CORNER. MILE 191

As we pull into the car park, I say confidently to Nikki: 'The crew point must be down there, look, I can see another car parked up.' We approach the car, and it quickly becomes clear that car is not a runner's crew and has a very different reason for being there in the middle of a Friday night... Not for the first time, I'm glad Nikki and I are together.

We don't even try to sleep here. We're too busy watching the tracker anxiously, as the fourth woman continues to gain on Ally. I'd mentioned the gap closing at Puttenham, but understatedly – we agree that here, the final crew point but one, we're going to have to be much more direct.

It's foggy and raining, and we wait for long minutes for Ally's headtorch to emerge from the mist. One or two runners come by, and the fourth woman's crew arrive – there seems to be a lot of them and they're loud in the quiet of the night, but maybe that's just because we've been on our own for a few hours. Ally is near the front of the race and the runners are spread out.

We wait, refresh the tracker, wait, refresh, a torch appears – it's Ally! She needs a 15-minute rest before she can engage with the final leg. It's a good decision; we've learnt a "power down" for 15 minutes in silence can refresh her. Again, her sound decision-making after so little sleep is incredible. I meanwhile spend a couple of minutes getting tangled up trying to take Ally's pack off her but actually clinging onto Nikki's glove straps instead. Nikki tells me several times but the words don't get through. My brain is blurry and I've just been riding around as a passenger in a car; I'm in awe of how clear-thinking Ally is after so many miles and so many hours without sleep.

Nikki and I watch the clock as we stand in the car park (far from the dogging crowd) and Ally "powers down." When 15 minutes have ticked by, Nikki gets in the car to have a word with Ally and explain why she has to dig deep now, whilst I refill her pack with a little more water and snacks.

She's not drinking that much from her bottles, but she's had a drink in the car and it's certainly not sweaty weather. I've never seen her run in so many layers, but I guess her body has zero energy left for generating heat. She's been going for more than 60 hours now.

And she's off. We can hardly comprehend how tired she must be, but we know her competitive spirit will kick in now and if she has anything left in the tank, she'll find it. I guess slogging up the hill to Newlands in the damp and mist must have felt like a low point, but she's had a power nap and she's still moving so well and so coherently and determinedly. We wave her off, willing her on to stop the fourth woman from closing that gap any further. We're nervous, and we don't know how she'll do it, but we strongly believe she will.

DENBIES HILLSIDE. MILE 196, EARLY HOURS OF SATURDAY MORNING

It's a short hop for us to the last crew point thanks to having an engine and four wheels. There would be time for a little nap but we're not interested in sleep now. We're too engrossed in refreshing the tracker. Fourth lady appears to be stationary – or is it her tracker playing up?

We're also busy communicating with Martin, who has decided to get up super early and make a surprise visit. We tried to estimate Ally's arrival time at this last crew point for him, but after 196 miles, she's still got tricks up her sleeve and arrives faster than we expected. She has really powered through the last 5 miles, so, so strongly, whilst it's clear now that the fourth lady has had a sleep stop and is no longer any threat at all. Ally is easily extending the gap again now, and she's moving so well.

Ally emerges from the mist and doesn't want to stop for more than a couple of minutes – a swig or two of a coffee and a snack before she's off to the finish line.

Before she goes, we read a couple of final messages from her family and show her a photo of Sammy, her dog, adorably looking like she's waiting for her – and Ally's ready for the off again.

Just as she is about to leave, Martin's car pulls up in the nick of time and he can wave her off too. It's a special moment, one of several surreal, middle-of-the-night but special moments that come back to you at odd moments later. But it's seconds before she's off for the very final leg. The three of us, Martin, Nikki and I, having crewed her for her first 100-miler a lifetime ago, cannot wait to see her cross the line in her biggest feat yet in just a few more miles.

She is actually going to do it. It's amazing. We always knew she could, and yet it is beyond words that now, finally, there is no doubt at all that she will finish.

JUNIPER HALL. MILE 200 (ACTUALLY MILE 204), SATURDAY MORNING, PRE-DAWN.

We arrive at an eerily deserted race HQ. With fewer than 100 runners finishing over a 46-hour timespan (!!!), there's never more than one or two here at a time. Undeterred, we wait, still refreshing the tracker every couple of minutes and willing her on to the finish line. Finally, we see a torch appear high above on the hillside. It's Ally! We're so excited we can barely stand still as the headtorch light wends its way down, down, down, and disappears from sight.... Only to reappear round the corner and down the drive... So close now!

It's the final few steps and she is running them like the star she is... And she is there! Across the line! It's done! We can't believe it and neither can she. No words, just a huge hug.

204 miles. 71 hours and 7 minutes. Three days and three nights of constant, relentless, persistent moving forward. Impossible to comprehend, and yet she's done it.

For us, it's been a long couple of days, but we've had the easy roles – car-napping, lunching, tootling around in a warm car with the fun of seeing and supporting Ally every few hours / miles. We've seen, and shared in a little of the ups and downs – but a tiny fraction overall. We were honoured to be behind the scenes helping where we could, and trying not to hinder, but it's 100% Ally's story and Ally's achievement. She had the love and support of lots of friends and family, plus quite a lot of sugary coffee from us – but every single step was her own. Hundreds of thousands of steps. There aren't enough superlatives.

Well done, Ally, and thank you for letting us share a little bit of that epic performance with you. You're an inspiration.



HEAT MITIGATION STRATEGIES: HOW TO RACE BETTER IN HOT WEATHER

(by Selena Wong)

At this year's Marathon Medicine Conference one of the topics was about preparation and mitigation strategies to protect athlete health and optimise performance in the heat. I thought I would share some tips which you may find useful to incorporate into your own preparation for racing in hot or humid weather, which is particularly relevant if you are planning to run a long-distance event abroad in a warmer climate.

Exertional heat stroke is well known to be a serious condition for those working in the medical tents at sports events. In 2023 I spent the day as a volunteer doctor at the London marathon and although we saw plenty of cases of collapsed runners at the finish line, thankfully we did not encounter any serious cases of exertional heat illness as it was a cold day and hypothermia was more commonly seen. As part of the preparation for my role I was sent educational materials and attended a webinar with clear instructions on how to manage exertional heat stroke, which can be an emergency: it may lead to organ failure and even death if not treated quickly. Less serious cases of this come under the term exertional heat illness and I have experienced this myself after finishing the Paris marathon in 2017 on a hot, sunny day when it reached 25 degrees Celsius and I fainted about 30 minutes after finishing the race.

Many sports events take place in hot and humid environments (such as the World Athletics Championships in Doha 2019, Budapest 2023 and Tokyo Olympics 2020), climate change is having its impact and we've seen heat waves during our UK summers. So, what do those professionals who choose to prepare themselves (surprisingly not all of them) do to safeguard against exertional heat illness and to get the best performances? This was the topic presented by Dr Lee Taylor from Loughborough University, who has worked extensively in this field and is involved in the preparations for Paris Olympics 2024.

I was surprised to learn that only 10-14 consecutive days of acclimatisation are needed (I had expected that it would require more time than this). Acclimatisation involves living in the same weather conditions as the race for 2 weeks prior to competition and training for 60–90 minutes a day (yes, even though you are supposed to be tapering then). If you were a professional athlete, you would most likely also have access to artificial heat chambers and supervision by trained personnel to monitor your body temperature. The aim is to get your core temperature (which needs to be measured with a rectal thermometer, yes, I know not very practical especially whilst you are running) to 38.5 degrees or higher. This would be the optimal way to prepare for your race in conditions hotter or more humid than your usual training conditions.

If this is not possible (and let's face it, it probably isn't really unless you are retired or can work remotely whilst abroad) the next best way is to use artificial methods using passive heat acclimation techniques such as hot water immersion (lying in a bath around 40 degrees Celsius for 30 minutes) pre- or post-training, or the use of a sauna (above 80 degrees Celsius for 30 minutes), and of course wearing additional layers of clothing during training.

Other important strategies include hydration, which should start a few days before the event, the use of ice-vests before the race during warm-up (these are commercially available), drinking icy water, and the inclusion of electrolytes for in-competition fluid intake. World Athletics have produced this guidance in a booklet which can be downloaded from [https://worldathletics.org/about-iaaf/documents/health-science:Beat the Heat in World Athletics Road Races](https://worldathletics.org/about-iaaf/documents/health-science:Beat%20the%20Heat%20in%20World%20Athletics%20Road%20Races).

Sophie Raworth (BBC news reporter) was in the audience and described her own experience of collapsing at the London marathon in 2011 at mile 24. She had taken ibuprofen before the race and asked the question about whether this was advisable. The answer is most definitely NOT to take ibuprofen in the 24 hours before your marathon as it can damage your kidneys, particularly when you are in a dehydrated state. She wanted to raise awareness of this as she felt that it was something of which many runners are probably unaware.

The Marathon Medicine Conference is hosted by TCS London Marathon and is free for anyone to attend, but you do need to book your tickets in advance on Eventbrite. It is always held the day before the London Marathon and is generally aimed at those who have a special interest in sports science; the audience is usually made up of GPs, sports physicians, physiotherapists, nurses, sports therapists and scientists. There are usually five different speakers, each one being an expert in their field, who have 30 minutes to

present their topic and their latest research findings. The talks are recorded and previous years' lectures can be watched on www.youtube.com/@marathonmedicine4827.



In hot conditions, Gabrielle Andersen-Schiess struggled to finish the 1984 Olympic Marathon

TRACK RELAYS – GUIDANCE NOTES FOR STRIDERS (by Alan Dolton)

As most Striders may know, last summer we made a reasonably successful return to the Rosenheim League after an absence of nine years. Some of our team had never competed in a track relay before, and at the end of the season, Sarah Allport asked me if I would be willing to arrange a training session before the start of this season, specifically devoted to relays and the art of baton-changing. We held such a session on the first Thursday in May, and I subsequently thought that some Striders who had missed the session might still benefit from reading the notes I had prepared before the session took place.

GENERAL

Occasionally in relays, the incoming and outgoing runners collide, resulting in the outgoing runner (the one receiving the baton) tripping. There are two ways to reduce the risk of this:

- 1) Where one runner is significantly slower than the other, the slower runner should always run first and give the baton to the faster runner, rather than vice versa.
- 2) The outgoing runner should receive the baton in the opposite hand to the one in which the incoming runner is carrying it. So if the incoming runner is holding the baton in their right hand (which is usually the case), the outgoing runner should receive the baton in their left hand. If the incoming runner is holding the baton in their left hand, the outgoing runner should receive the baton in their right hand. The outgoing runner is responsible for observing which hand the incoming runner is holding the baton in.

If the baton is dropped, the runner who dropped the baton is responsible for retrieving it. Runners are not allowed to wear gloves.

4 X 100

The race is run in lanes. The baton must always be exchanged within the takeover zone, ie:

- 1) Changeover one – between 80 metres and 110 metres
- 2) Changeover two – between 180 metres and 210 metres
- 3) Changeover three – between 280 metres and 310 metres

The first and third legs are run around a bend, whereas the second leg is run on the back straight and the fourth leg is run on the home straight. Therefore, it is customary for the first and third leg runners to run in the inside part of the lane, holding the baton in their right hand. The second and fourth leg runners run with the baton in their left hand, starting in the outer part of the lane.



Two good examples of baton-changing in a 4 x 100m in a Veterans League match

The start of the takeover zone is usually marked by an orange line, and the end of the zone is usually marked by a yellow line. But these colours are not universal, and any runner who is unsure about where the takeover zone starts and ends should ask a track official for advice.

4 X 200

The baton must always be exchanged within the takeover zone, ie:

- 1) Changeover one – between 180 metres and 210 metres
- 2) Changeover two – between 380 metres and 410 metres
- 3) Changeover three – between 580 metres and 610 metres

At club level, it is usual for the first 120 metres to be run in lanes, and for the runners to break from lanes after 120 metres (as in the 800 metres). The track official who is supervising the relay will usually tell the outgoing runners to line up in the order in which the teams are approaching the changeover. Therefore, teams which are not leading the race may have to exchange the baton in the second, third or fourth lanes (depending on the number of runners).

The runner receiving the baton is responsible for observing which hand the incoming runner is holding the baton in. If the incoming runner is holding the baton in their right hand (which is usually the case), the outgoing runner should receive the baton in their left hand. Most runners prefer to move the baton to their right hand soon after they have received it, but this is not compulsory, and it is quite permissible to run the whole of the leg with the baton in the left hand.

The start of the takeover zone is usually marked by an orange line, and the end of the zone is usually marked by a yellow line. But these colours are not universal, and any runner who is unsure about where the takeover zone starts and ends should ask a track official for advice.

4 X 400

The baton must always be exchanged within the takeover zone, which is only 20 metres long (unlike the shorter relays), ie:

- 1) Changeover one – between 390 metres and 410 metres
- 2) Changeover two – between 790 metres and 810 metres
- 3) Changeover three – between 1190 metres and 1210 metres

At club level, it is usual for the first 120 metres to be run in lanes, and for the runners to break from lanes after 120 metres (as in the 800 metres). The track official who is supervising the relay will usually tell the outgoing runners to line up in the order in which the teams are at the halfway stage of the leg. The rules specifically state that “once the incoming athletes have passed this point, the waiting athletes shall maintain their order, and shall not exchange positions at the beginning of the takeover zone”. Therefore, where teams change position in the second half of the leg, or where they are very close as they approach the changeover, they may have to exchange the baton in the second or third lanes.



The start and finish of the takeover zone are usually marked by blue lines, but any runner who is unsure about where the takeover zone starts and ends should ask a track official for advice.

One of the common mistakes that novice runners make is to start the 4 x 400 too fast. It is important that, even when the incoming runner is clearly slowing down, the outgoing runner must not step back behind the start of the zone to receive the baton: if the track official sees this happen, the team will be disqualified.

TRAINING FOR A FAST 1500 METRES (by Alan Dolton)

During the first three months of the year, many Striders are training for a Spring marathon. Once the marathon season is over, a good number of our runners turn their sights to the Surrey Road League, which provides competition from April to July over distances ranging from a half-marathon to seven kilometres. However, since 1996 Striders have also been registered as a track club, and have provided track competition in the Southern Veterans League and the Rosenheim League. Most Striders would have little difficulty in competing at 5000 metres on the track, as that involves running at the same pace as, or slightly quicker than, they would run for a parkrun. And most Striders would also have little difficulty in competing at 100 metres on the track, since that simply involves running as fast as possible. However the middle-distance events such as 800 metres and 1500 metres offer a bit more of a challenge in judging the appropriate pace, as they are too long to be treated as sprints but should ideally be run at somewhat faster than one's 5000 metre pace. This was the original reason why, many years ago, I began offering middle-distance sessions at Croydon Arena on Thursday evening, as running repetitions at distances such as 250 metres and 300 metres will help a runner prepare for competing at 800 metres or 1500 metres on the track (although I hasten to add that runners who do not race on the track are also welcome to join in our Thursday sessions and treat them as conditioning sessions). Some runners may develop a particular interest in the 1500 metres or the mile, and may want to see how fast they could run these distances if they did some specific training for them. The purpose of this article is to give an idea of the type of training which may help someone improve their 1500 metre time.

I ran my first 1500 metre race at Croydon Arena in the summer of 1980, as a 23-year-old novice, and recorded a time of 4 minutes 35.2 seconds. For the next four years my summer training was partly geared to this distance (although I also raced at 5000 metres and 10000 metres), and in 1984 I ran my lifetime best of 3 minutes 56.1. (Sadly, I cannot claim this as a Striders record, since I was not a member of Striders at the time.) Having achieved my ambition of running the distance in less than four minutes, I felt that I did not have the basic speed to improve very much more, and decided to focus on longer distances from 1985 onwards, with the result that my 1500 metre times have gradually deteriorated from 1984 until the present day (and the rate of decline became much more severe after the age of 60). However, I thought that some Striders might be interested to read what training I was doing in the summer of 1984, in the build-up to my fastest-ever 1500 metres. My training in the three weeks leading up to the race was as follows:

- 28 Jul Track session: 4 x 300m (300m jog); 2 x 600m (600m jog); 4 x 300m (300m jog)
- 29 Jul 8 miles easy
- 30 Jul 8 miles easy
- 31 Jul Track session: 4 x 600m (200m jog); short rest then 6 x 100m (walk back recovery)
- 1 Aug 8 miles slow
- 2 Aug AM 4 miles easy. PM Track session: 8 x 200m (200m jog) ; short rest then 6 x 100m (walk back recovery)
- 3 Aug 4 miles easy
- 4 Aug 1500 metre race on cinder track (4:05)
- 5 Aug 8 miles fairly quick
- 6 Aug 5 miles very easy
- 7 Aug AM 4 miles easy. PM Track session: 6 x 200m (200m jog); short rest then 6 x 100m (walk back recovery)
- 8 Aug 5000 metre race (14:59)
- 9 Aug Track session: 8 x 200m (200m jog); short rest then 6 x 100m (walk back recovery)
- 10 Aug 8 miles easy

- 11 Aug 8 miles fairly quick
- 12 Aug Track session: 8 x 200m (200m jog); short rest then 2 x 150m fast (walk back recovery)
- 13 Aug 8 miles fairly quick
- 14 Aug Track session: 2 x 400m in 63 secs (200m jog): 3 x 200m in 30-31 secs (200m jog); short rest then 6 x 150m (walk back recovery)
- 15 Aug 8 miles slow
- 16 Aug AM 4 miles easy. PM Track session: 8 x 200m in 28-29 secs (400m jog recovery)
- 17 Aug 4 miles easy
- 18 Aug 1500 metre race (3:56.1)
- 19 Aug 5000 metre race (14:53.0)

My track sessions were set by the late Andy Glover, a middle-distance coach at Croydon Harriers who had personal bests of 1 minute 58 for 800 metres and 4 minutes 25 for the mile. (He subsequently helped Striders by acting as the starter at several of our early Veterans League matches, and an obituary of him appeared in the December 2009 club magazine.) My other runs were generally done on a fairly flat route (I had done more hilly runs during the winter) and the pace was largely dependent on how I felt that day: if I felt good I would run them fairly quickly; if I felt slightly tired I would run them at an easier pace, and if I felt distinctly tired I would run slowly. However, I did try to run every day, which at the age of 27 I did not find too difficult. Nowadays, almost 40 years later and with too much wear and tear on my ligaments and tendons after more than 90,000 miles of running, I find it much harder to recover from any significant effort: I usually only run on five days each week, and two of those runs are always slow.

I would be very happy to give more personalised advice to anybody who is interested in making a serious effort to improve their 1500 metre time or their mile time.



Age is no barrier: Angela Copson winning the WMA over-70 women's 1500 metres

(This article originally appeared in the March 2020 club magazine, but is republished here – in a slightly revised form – for the benefit of newer Striders)

COMPETITIVE HIGHLIGHTS: MARCH – MAY 2024

In the East Surrey League five-mile cross-country race at Lloyd Park on 2 March, Striders were led by Phil Coales who finished fifth (33:06). Tatsuya Okamoto was sixth (33:25), Andy Perks tenth (35:03) and Rob Lines completed the scoring team in 12th (35:24). Striders' women were led by Ellyw Evans who was the seventh woman to finish (42:35). Cindy Siu was the ninth woman to finish (43:15), with Debra Bourne 15th (45:41) and Selena Wong completing the scoring team in 17th (46:17).

The Surrey Road League began with the Sutton 10K on 7 April. Striders' men placed third in the team event. Phil Coales placed tenth (35:04) with Tatsuya Okamoto 17th (35:55), Andrew Aitken 21st (36:06) and Andy Perks completing the scoring team in 34th (37:24). Striders' women placed ninth in their team event. They were led by Jennifer Gutteridge who was the ninth female finisher (42:08). Selena Wong was 59th (54:24), Linda Jones 68th (57:03) and Karen Peake 95th (62:42).

In the East Surrey League road race at Ewell on 11 April, Tatsuya Okamoto placed eighth, Andy Perks 16th, Stephen Kennefick 31st and John O'Mahony 40th. Striders' men placed third in the match and finished second in the final league table. Tatsuya Okamoto (M40), Andy Perks (M50) and Jon Dean (M65) all won their age-group championships.

On 13 April, Ally Whitlock ran very well to be the third woman to finish the South Downs Way 50-mile race (8:03:44). Rachel Lindley was the fifth woman to finish (8:26:01), while Kechong Nguyen ran 11:50:29.

In the Manchester Marathon on 14 April, Striders were led by James Rhodes who ran a personal best 2:44:28. A week later, Striders had 26 finishers in the London Marathon. They were led by Conor O'Hara-Barrett who ran a personal best 2:54:50. Striders' women were led by Karen McNulty who ran 3:30:12.

In the Thames Path 100-mile race on 4 and 5 May, Nikki Javan was the fifth woman to finish, recording 23:26:17.

In the Bannister Mile races, at Oxford on 6 May, Steve Corfield set a club M60 record of 5 minutes 22.74.

The Ranelagh Half-Marathon, at Richmond on 11 May, incorporated the Surrey Championships and was the second event in this year's Surrey Road League. Striders' men placed seventh in the team event. They were led by Tatsuya Okamoto, who ran very well to place 12th out of 421 finishers (76:46). Lee Flanagan placed 42nd (82:36), while Matthew Stone was 46th overall in a new club M60 record of 83:12. Martin Filer completed the scoring quartet in 77th (87:30). Striders' women placed 13th in their team event. Charlotte Nusca was the 41st woman to finish, placing 233rd overall (1:45:14), while Cindy Siu was the 61st woman to finish, placing 291st overall (1:54:06).

The first Southern Veterans League match of the season took place at Wimbledon on 12 May, a day after the death of Kevin Burnett, who had been instrumental in Striders joining this league back in 1996. Striders did very well to place third out of nine clubs in the match. Steve Corfield won both the M60 1500 metres (5:01.5) and the M60 400 metres (63.9). Jon Dean set club M65 records of 1.30 metres in the high jump, placing second in the M60 event, and 3.90 metres in the long jump, placing third in the M60 event. He was also third in the M60 discus (16.69). Peter Johnson was third in the M60 100 metres (15.7).

For Striders' women, Sandra Francis won the W60 long jump with a club W65 record of 2.93 metres. She was also fourth in the W60 javelin (7.27). Lorraine Hunte set a club W70 100 metre record of 18.0 seconds, placing second in her race. Niamh Vincent ran well to place third in both the W35 400 metres (73.4) and the W35 1500 metres (5:47.8), and fourth in the W35 100 metres (15.9). In the shot, Natalie Traylen set a W45 record of 6.06 metres, placing third in the W35 event. She was also third in the W35 javelin (12.61). Vanessa Wheeler placed fourth in the W60 shot with a club age-group record of 4.36 metres.

On 18 May, Ally Whitlock was the fourth woman to finish the North Downs Way 50-mile race (8:43:44), while Gemma Halliday ran 11:00:14.

At Norman Park on 21 May, Steve Corfield set a club M60 800 metre record of 2 minutes 19.66.

20 YEARS AGO: LOCAL ATHLETICS IN SUMMER 2004

On 6 June Striders' women produced a good team performance in the Dorking 10-mile road race, which incorporated the Surrey Championships. They finished fifth in the team event. Emma Haillay was 25th (78:49), Kerry Backshell 35th (80:24), Steph Upton 44th (82:08) and Patricia Carr 93rd (93:35). Striders' men placed tenth in the team event. Justin Macenhill was 34th (62:31), Damian Macenhill 46th (64:14), Gerry Crispie 69th (66:45) and new member John Foster 75th (67:22).

The second Southern Veterans League match of the season took place at Ewell on 7 June. Colin Cotton ran well to place second in the M50 800 metres (2:33.5). Our men finished fifth, while our women were sixth. Our only female competitor was Linda Daniel, who competed in three events, placing third in the W35 200 metres (34.7).

The third Southern Veterans League match of the season took place at Kingsmeadow on 21 June. Our men placed sixth. Dave Lovell ran well to place third in the M40 400 metres (62.5). For the second time in the season, we had no female competitors.

On 27 June Striders had 22 finishers at the Dysart 10-kilometre road race, which incorporated the Surrey Championships. Our men's team finished sixth, and our women were eighth. In hot conditions, we were again led by Justin Macenhill, who finished 27th (36:38). Don Kayum was 31st (36:53), Bob Ewen 32nd (37:18), Damian Macenhill 57th (38:59), Dave Batten 68th (39:39), Alan Dolton 83rd (40:30) and Mike Willans 90th (40:41). Our women were led home by Kerry Backshell, who placed 195th overall (45:07). Steph Upton was 230th (47:06), Elene Kayum 232nd (47:12), Emma Haillay 250th (48:04), Patricia Carr 328th (53:11) and Karen McDermott 342nd (54:08).

The final Southern Veterans League match of the season took place on 5 July at Croydon Arena. Striders' men placed third of the eight competing clubs. Nigel Davidson ran well to win the steeplechase in a new club M40 record of 11 minutes 34.4. David Batten also ran well to win the M50 800 metres in 2 minutes 25.9, with club colleague Colin Cotton completing a double by winning the B race in 2 minutes 34.3. In the overall league table both our men and women finished sixth. Special mention should go to Dave Lovell and Kevin Burnett, who were the only Striders to compete in all four fixtures.

Striders were not providing track competition for athletes aged under 35, so Daisy Collingridge joined Croydon Harriers as a second-claim member. During the summer Daisy set a Striders' women's record of 2 minutes 25.2 for 800 metres. Understandably, she resigned from Striders at the end of the season and became a first-claim member of Harriers.

On 17 July Striders had 16 finishers at the Elmore 7-mile road race. Our leading runner was again Justin Macenhill who placed eighth (40:40). Damian Macenhill was 32nd (44:34) with John Foster 37th (45:27), Mike Willans 42nd (46:08), Dave Batten 43rd (46:13), Chris Morton 60th (47:44) and Tim Bett 62nd (47:58). Striders' women were again led by Kerry Backshell, who finished 103rd overall in 52 minutes 04. Steph Upton also ran well for 114th (53:08) with Clare McFadzean 117th (53:40) and Emma Haillay 151st (57:46). Sadly this was Emma's last race for Striders, as she subsequently moved to Dorset.

On 25 July Striders had 20 finishers at the Elmbridge 10-kilometre road race. Our men's team placed eighth. Justin Macenhill finished 19th (35:24), with Don Kayum 50th (38:06), Damian Macenhill 53rd (38:17), Dave Batten 78th (39:28) and Mike Willans 79th (39:30). Our women's team placed tenth. Elene Kayum was the 39th woman to finish (45:29) with Kerry Backshell 43rd (46:09), Patricia Carr 85th (52:16) and Karen McDermott 110th (54:36).

The Wimbledon five-kilometre road race, which was the final match of the Surrey Road League season, took place on 22 August. Justin Macenhill placed 18th (16:40), Don Kayum 36th (17:46), Damian Macenhill 50th (18.25), John Foster 53rd (18:27), Dave Batten 54th (18:28), Chris Morton 67th (18:46) and Mike Willans 70th (18:52). Our leading woman was Elene Kayum who ran 21 minutes 47.

Striders' men placed seventh in the match, finishing the season in a very creditable sixth place of the 28 clubs in the league. Of the other local clubs, South London Harriers were eleventh while Croydon Harriers were sixteenth. Striders' women finished the season in seventh place.



Former women's captain Emma Haillay, who moved to Dorset in 2004, pictured in the 2003 London Marathon wearing what was then our official club kit (including green shorts)



Daisy Collingridge, who set Striders' women's 800 metre record in 2004, pictured running for Croydon Harriers

10 YEARS AGO: LOCAL ATHLETICS IN SUMMER 2014

Five members of Striders won medals at the Surrey Masters Championships, held at Ewell on 1 June. Pride of place went to Sandra Francis who won the W55 long jump with a leap of 3.38 metres, was second in the 200 metres with a club age-group record of 35.51 seconds, and was also second in the 100 metres (16.73). Striders' oldest competitor, 74-year-old Kevin Burnett, claimed six silver medals. He was second in the M70 3000 metre walk (22:54.7), discus (17.51), javelin (15.56), shot (6.36), hammer (17.39) and heavy hammer (7.23). Alan Dolton was second in the M55 1500 metres (5:29.76), while Paul Stanford was second in the M45 400 metres (60.97) and Paul Cripps was second in the M45 high jump (1.45).

On the same day, Rachel Lindley had an excellent run to be the third woman to finish the Dorking 10-mile road race, which incorporated the Surrey Championships. She covered the undulating course in 66 minutes 36, finishing 86th overall. Striders' second woman to finish was Becky Laurence (78:25). Striders' men were led by Krzysztof Klidzia who placed 38th in 61 minutes 51. Simon Ambrosi was 64th (64:26) and Graeme Drysdale completed the scoring trio in 121st (68:53). They placed 17th in the team event.

On 7 June Striders won their mob match against Blackheath & Bromley, held in conjunction with the weekly parkrun in Lloyd Park. Striders had a total of 47 runners, and had 27 finishers in under 24 minutes, compared with only 12 from Blackheath. Striders were led by Ernie Hann who placed second (18:07) with Simone Luciani third (18:21).

In the penultimate Southern Veterans League match of the season, at Ewell on 16 June, Striders' women did very well to place third. Maggie Statham ran well to set a club W60 3000 metre record of 12 minutes 18.8, while Lorraine Hunte was third in the W60 200 metres (38.4).

Striders' men were fourth of the seven competing clubs. Striders' 4 x 400 metre relay team of Daniel Hassett, Justin Macenhill, Paul Stanford and Sam O'Dongo ended the meeting on a high note with an impressive second place in a club record of 3:59.0. Julian Spencer-Wood won the M60 3000 metres (11:38.3), while Daniel Hassett placed second in the triple jump with a club M35 record of 10.54 metres.

The Richmond 10-kilometre road race, which incorporated the Surrey Championships, took place on 22 June. Rachel Lindley was the eighth woman to finish, recording a personal best of 39 minutes 18, which was the fastest time by a female Strider for 14 years, and lifted her to third place in Striders' all-time women's rankings.

Striders' men were led by James Bennett who placed 19th of the 487 finishers, recording 35 minutes 12. Bill Makuwa was close behind in 25th place, recording 35 minutes 27, and Krzysztof Klidzia completed the scoring trio in 47th (36:52). They placed seventh in the team event.

Striders produced some good performances in their final Southern Veterans League match of the season, at Wimbledon on 14 July. Striders' women again did well to finish third in the match and in the final league table. Maggie Statham ran very well to win the W60 800 metres (3:00.4) and to place second overall in the women's 5000 metres (20:44.7), both of these being new club W60 records. Sandra Francis placed second in the W50 2000 metre walk in a club age-group record of 14 minutes 03.8, while Linda Daniel placed second in both the W50 800 metres (3:12.4) and the W50 5000 metres (24:04.4).

Striders' men finished fourth in the match and in the final league table. Paul Cripps showed his versatility by winning both the M35 2000 metre walk (12:41.0) and the discus (18.50), and also placing second in the triple jump (9.60) and third in the javelin (22.99). Julian Spencer-Wood won the M60 800 metres (2:33.4).

The Elmbridge 10-kilometre road race on 20 July was the penultimate event in the Surrey Road League. Striders' men placed 15th in the team event. They were led by Krzysztof Klidzia, who placed 39th in 36 minutes 42. Tyler O'Callaghan placed 53rd (37:42) and Colin Hann placed 156th (41:45). For Striders' women, Becky Laurence was 316th (48:23) while Karen Peake was 451st (56:31).

The Wimbledon five-kilometre road race on 17 August was the final event in the Surrey Road League. Striders' men placed 14th in the team event. Their first man home was Justin Macenhill who finished 53rd in 18 minutes 31. Colin Hann was 68th in 18 minutes 52, while Matthew Stone, in his first race for Striders, placed 80th in 19 minutes 09. For Striders' women, Becky Laurence was 180th in 22 minutes 47. In the final Surrey Road League tables, Striders' men were 17th while our women were 18th.

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