



STRAGMAG

www.stragglers.org



A smaller supplement incorporating Handicap and Road Race results

*More details
in next
month's
issue*



*Surrey Road League Champs
...AGAIN!*



*Wedding Day
Results*



Claire conquers Yateley

Stragglers Diary

November 2003

This diary covers mainly races, but also a few other Stragglers events. The races listed are those which have particular interest for club members, or for which the information may not be generally available. Information given here is accurate to the best of our knowledge, but you are strongly advised to check details with race organisers before travelling or making other arrangements.

	Date	Event	Venue / Comments	Contact
SEPTEMBER	September 5	Flora Light Challenge for Women.		
	Sept 11	County Road Relays - Wimbledon		Eteve Daly / Chrissie Glew
	Sept 12	River Relay : A 6 stage relay from Windsor Park	Virginia Water to Ham	Mark Thomas
	18/19 September	Round Norfolk Relay	Norfolk - Plenty of time to plan ahead.	See Pat Short if you are interested.
	19 September	New Forest Marathon and half marathon.		
	25 September	Aldershot South of England Relays		
OCTOBER	10 October	BUPA Great South Run, Portsmouth.		
	16 October	Wimereux 10K	French Weekend, near Boulogne.	Andrew Wallace 020 8892 6396
	17 October	Cabbage Patch 10 miles, Twickenham.		
	17 October	Founders Challenge. 26 miles walk or run based at Peaslake, Surrey. Walkers start at 9:00, runners at 10:30. See the Long Distance Walkers web site.		
	31 October	For the more adventurous runner. The Snowdon Marathon. Details, map and entry form on their website www.snowdonia-marathon.org.uk . Note that this is a run around Snowdon, not up it, but there are two substantial climbs of over 800 ft in about 3 miles.		
NOV	9 November	Ron Hill Surrey Classic over 10 km at Oxshott. There is another at Epsom on 21st December.		

Runners web UK has a good listing of races, and Runners World lists some, but you need to be a subscriber for the full list. Also see www.runningdiary.co.uk

Relay and Cross Country 2005 Dates

Some provisional dates for your diaries, one can never release them too early;

Surrey League Div 2 - MEN

9 Oct 04	Wimbledon Common	Club Hercules Wimbledon
27 Nov 04	Richmond Park (Kingston Gate course)	Kingston & Poly
15 Jan 05	Oxshott Woods	Walton
12 Feb 05	Lloyd Park	Croydon

DATES FROM CHRISSIE GLEW - Senior Ladies Captain

11th September	- Wimbledon Park relays 12 noon
26th Septmber	- Aldershot Road Relays
9th October	- Surrey League womens cross country - Wimbledon common
16th October	- Surrey vets cross country - Richmond park
6th November	- Reigate priory relays
20th November	- London Champs Cross country - Parliament hill
27th November	- Surrey League womens cross country - Richmond Park

REMINDER: THE DEADLINE FOR THE NEXT STRAGMAG EITHER ELECTRONICALLY OR OTHER IS THURSDAY 23 SEPTEMBER.

Stragmag is published monthly on or round the last Thursday of each month by the Stragglers Running Club. If you are not already a member why not come and run with us? All standards are welcome, from complete beginner to established club runner, male and female. Full details on our website www.stragglers.org or call one of the numbers below
 Club Secretary : Simon Brazil : 020 8943 5407
 Ladies Captain : Chrissie glew: 020 8940 8939
 Beginners / Newcomers : Liz Pemberton: 020 8398 7440

Race Results

In order for your results to appear in the Race Results section, please fill your name, time, and race details in the Brown Stragglers Race Diary or email me, Evan Bond at stragmag@stragglers.org (Please ensure the subject has 'Race Results' in it and mention it if you run a PB)

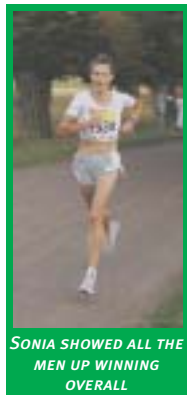
YATELEY 10K SERIES RACE 3 ▶ 4TH AUGUST

Race 3 • Congrats to Claire for coming 2nd overall in the series running 3 consecutive 10K PB's

Pos	Name	Cat	Time
48	Claire Peacock	LV35 (3rd)	38.49
118	Andy Smith	V40	41.37

WEDDING DAY 7K ▶ FRIDAY 30 JULY 2004

Pos	Name	Cat	Time	% age gr.
5	REEDER, Roy	Senior Men	0:23:40	81.82%
6	XERRI, Richard	Senior Men	0:23:48	79.63%
36	GRAY, Colin	Vet Men 40-49	0:26:47	74.38%
60	PEMBERTON, Alan	Vet Men 40-49	0:27:48	75.53%
63	BROWN, Nick	Senior Men	0:27:56	69.81%
64	ROTHWELL, Nigel	Senior Men	0:28:00	69.15%
71	REDINGTON, Andrew	Senior Men	0:28:10	67.28%
79	SLOSS, Neil	Vet Men 50-59	0:28:31	76.07%
86	NICHOLSON, Clare	Senior Ladies	0:28:49	72.97%
87	HOWE, Paul	Vet Men 40-49	0:28:55	69.91%
102	HOLDEN, Michael	Vet Men 50-59	0:29:42	74.26%
106	TIVNEN, Mike	Vet Men 40-49	0:29:52	70.31%
111	DOYLE, Ian	Senior Men	0:30:05	64.82%
119	GRIFFITHS, David	Vet Men 50-59	0:30:13	70.61%
121	McGRATH, Patrick	Vet Men 50-59	0:30:16	73.52%
123	JACKSON, Andrew	Senior Men	0:30:17	62.58%
126	DAVIES, Hilary	Vet Ladies 35-44	0:30:29	69.93%
129	NICHOLSON, Lynton	Vet Men 50-59	0:30:42	68.94%
131	WAX, Jonathan	Vet Men 40-49	0:30:46	65.22%
134	KELLY, Dermot	Vet Men 40-49	0:30:50	64.61%



SONIA SHOWED ALL THE MEN UP WINNING OVERALL

Pos	Name	Cat	Time	% age gr.
144	WRIGHT, Andrew	Senior Men	0:31:20	60.48%
145	DE LANGE, Leyton	Senior Men	0:31:23	60.39%
148	SCHUMANN, Wright	Senior Ladies	0:31:31	66.72%
149	COCKLE, Ray	Vet Men 50-59	0:31:31	67.70%
151	LEVENE, Paul	Vet Men 50-59	0:31:35	72.39%
152	ALLEN, Rob	Vet Men 40-49	0:31:36	64.45%
209	CUTHBERT, Kevin	Vet Men 40-49	0:33:45	62.22%
215	CURME, Tony	Senior Men	0:33:53	57.55%
217	BANDEIRA, Sonia	Senior Ladies	0:33:56	61.97%
225	MUGFORD, Nikki	Vet Ladies	0:34:14	61.78%
233	DREW, Martin	Vet Men 40-49	0:34:26	60.05%
235	LUNT, John	Vet Men 40-49	0:34:28	59.09%
253	CARUANA, John	Vet Men 40-49	0:35:09	58.83%
264	STEWART, Hamish	Vet Men 40-49	0:35:28	55.77%
279	HAWORTH, Julie	Vet Ladies 45-54	0:35:51	64.59%
286	PEARCE, Julia	Senior Ladies	0:36:01	58.39%
332	GREAVES, Abigail	Senior Ladies	0:37:38	55.88%
333	STEWART, William	Vet Men 60+	0:37:40	61.25%
339	MAGNUS, Diane	Vet Ladies 35-44	0:37:47	56.86%
340	CHRISTMAS, Simon	Senior Men	0:37:48	50.87%
341	LEWANDOWSKI, Annie	Vet Ladies 35-44	0:37:50	60.15%
342	WESTAWAY, Michael	Vet Men 40-49	0:37:51	53.80%
372	BLACKMORE, Sharon	Vet Ladies 45-54	0:38:59	60.47%
437	PRICE, Lisa	Senior Ladies	0:42:22	49.63%
446	MACGREGOR, Avril	Vet Ladies 45-54	0:43:07	56.73%
461	BARKER, Linda	Vet Ladies 35-44	0:44:07	49.89%
477	STEWART, Kathleen	Senior Ladies	0:45:26	46.28%
480	EDDLESTON, Nicola	Vet Ladies 35-44	0:45:35	48.29%
481	LAING, Victoria	Senior Ladies	0:45:43	46.00%
482	MORITZ, Nancy	Vet Ladies 45-54	0:45:51	53.35%
483	NOVAK, Danielle	Senior Ladies	0:45:53	45.83%
484	MORTIMER, Glynda	Vet Ladies 55+	0:46:02	56.43%
508	BEAMISS, Dawn	Senior Ladies	0:48:50	43.06%
517	SMITH, Una	Vet Ladies 55+	0:50:05	57.64%
519	BROWN, Jackie	Vet Ladies 55+	0:50:08	51.82%
520	BROWN, Les	Vet Men 60+	0:50:16	49.34%
533	BRANCH, Jo	Vet Ladies 45-54	0:53:29	44.88%

BURNHAM BEECHES HALF MARATHON

Pos	Name	Cat	Time
	Chris Phelan	M40	1.19

CONGRATS TO ALL THOSE WHO HELPED STRAGGLERS LADIES WIN THEIR 2ND CONSECUTIVE SURREY ROAD LEAGUE TITLE AND THE MEN WHO PLACED 3RD OVERALL - THEIR BEST EVER POSITION. DETAILS NEXT MONTH

CLARE NICHOLSON FINISHED THE WEDDING DAY 7K AS 5TH SENIOR LADY AND FIRST LOCAL ATHLETE

Seventy-five Make it a Record! Largest handicap entry this Century! Gibson heads home the record field

by Anne D Capper

Runners returned to the July Menzies' Handicap with a vengeance following June's lowly turnout blighted by Euro '04. A field of seventy-five made it the largest turn out since the millennium – can you remember that far back? The size of the field was bolstered by 14 First Timers.

Top honours went to Michele Gibson (23:17PB) making her first appearance this handicap season. She was followed by Jo Staples (29:36YW) and first timer Nick Murray (24:16). Fastest on the night and fourth was Steve Collins (19:00)YB.

Peacock steadies the buffers!

Clare Peacock opened up a twenty-four point buffer in the league by being fastest lady in 19:45. She earned an extra five points for this achievement. Sonia Bandiera reclaimed second spot while past

winner Tony Curme climbed two places to third.

Like the Premiership the fight is now over the lesser palaces with any one of half a dozen runners in contention.

Race Stats at a Glance

Entrants	75
Last Year	63
Men	42
Women	33
First Time	14
PB's	8
YB's	15
Fastest Man	Steve Collins (19:00)YB)
Fastest Woman	Claire Peacock (19:45)
Slowest	42:15
Av Time	25:26
Av Handicap	9:45
Runners faster than predicted	31

Race Facts Race Facts Race Facts

Course Distance is 3.21 Miles

Points
 Running = 4pts

1st 5 pts down to 5th 1pt

Fastest Five Men 5pts down to 1pt • Fastest Five Women 5pts down to 1pt • better or = YB +5pts, up to YB-14 secs +4pts, up to YB-29 secs +3pts, up to YB-44 secs +2pts, up to YB- 60 secs +1pt

Record Times This Year

Simon Kasmili (15:52) (Apr)
 Louise Watson (18:32) (May)

Course Record

All Comers:
 Simon Kasmili -15:52 (Apr 2004)
 Stragglers
 Wayne Smith - 16:18 (Nov 2002)
 Louise Watson - 18:12 (Feb 2003)



Harry Tivnen came third in the Stragglers junior handicap, and seen here with his winning boys medal.

**Junior handicap
 results overleaf**



Straggler's Handicap for the Guards Shield
Sponsored by Menzies Chartered Accountants

League Table – July

	Apps	Pts	Av Pts	H'Cap	YB	PB
1 Peacock, Claire	7	82	11.71	15:15	19:45	19:45
2 Bandeira, Sonia	7	58	8.29	10:45	23:52	23:52
3 Curme, Tony	7	53	7.57	11:15	22:56	22:09
4 Davis, Cathy	7	51	7.29	11:00	23:42	21:04
5 Cockle, Sue	6	50	8.33	11:30	23:30	22:43
6 Fisher, Geoff	6	49	8.17	15:00	19:57	19:22
7 Brown, Les	7	46	6.57	00:00	34:57	21:59
8 Sawyer, John	6	46	7.67	15:30	19:27	19:27
9 Emmines, Jim	6	45	7.50	15:30	19:07	18:32
10 Nozay, Philippe	4	44	11.00	14:45	21:42	21:42
11 Smith, Martin	6	42	7.00	08:45	25:53	25:53
12 Cockle, Ray	6	41	6.83	13:15	21:31	20:57
13 Greaves, Abigail	5	40	8.00	09:45	25:10	25:10
14 Tanner, Val	5	40	8.00	00:00	40:49	39:56
15 Nicholson, Clare	4	39	9.75	14:00	20:54	20:54
16 Reeder, Roy	3	37	12.33	17:30	17:20	16:46
17 Pollock, Andrew	6	36	6.00	11:15	23:32	23:32
18 Daly, Steve	5	36	7.20	15:00	19:40	18:49
19 Griffiths, Dave	5	36	7.20	13:45	20:56	20:56
20 Gardener, Mike	4	36	9.00	15:30	19:20	19:20

Stragglers Handicap for the Guard's Shield
Thursday 29 July



Sponsored by **menzies** | chartered accountants

POS	NAME	TIME	Pace/mile	H'Cap	Yr Best	Yr Worst
1	Michele Gibson (32)	0:23:17 PB	0:07:15	0:02:30	0:23:17	0:23:17
2	Jo Staples (59)	0:29:36 YW	0:09:13	0:00:15	0:26:22	0:29:36
3	Nick Murray (38)	0:24:16	0:07:34	0:07:00		
4	Steve Collins (1)	0:19:00 YB	0:05:55	0:12:45	0:19:00	0:23:56
5	Pauline Sparrow (67)	0:30:17 YB	0:09:26	0:02:30	0:30:17	0:33:21
6	Tony Curme (29)	0:22:56 YB	0:07:09	0:10:00	0:22:56	0:26:37
7	Richard Kingston (30)	0:22:57	0:07:09	0:10:00		
8	Sarah Winter (31)	0:22:57	0:07:09	0:10:00		
9	Chris Hoare (33)	0:23:19	0:07:16	0:10:00		
10	Steve Annett (10)	0:20:53 YW	0:06:30	0:12:30	0:20:11	0:20:53
11	Ian Doyle (11)	0:20:55 YB	0:06:31	0:13:00	0:20:55	0:23:49
12	Lucy Day (69)	0:32:43 PB	0:10:12	0:01:15	0:32:43	0:33:57
13	Brian Coles (52)	0:26:48 PB	0:08:21	0:07:15	0:26:48	0:26:48
14	Andrew Wright (24)	0:22:12 PB	0:06:55	0:12:00	0:22:12	0:23:15
15	Chris Shaw (50)	0:26:26	0:08:14	0:08:00		
16	Gerry O'Connor (14)	0:21:12 PB	0:06:36	0:13:15	0:21:12	0:21:41
17	Steve Benge (37)	0:24:01	0:07:29	0:10:30	0:23:42	0:27:04
18	Dee Smale (6)	0:19:49 PB	0:06:10	0:14:45	0:19:49	0:19:49
19	Sonia Bandeira (36)	0:24:00	0:07:29	0:10:45	0:23:52	0:30:00
20	Sue Cockle (34)	0:23:30 YB	0:07:19	0:11:15	0:23:30	0:25:14
21	Julia Pearce (41)	0:24:46 PB	0:07:43	0:10:00	0:24:46	0:25:32
22	Mike Hamblin (28)	0:22:47	0:07:06	0:12:00		
23	Abigail Greaves (44)	0:25:17	0:07:53	0:09:30	0:25:10	0:27:30
24	Liz Souness (25)	0:22:18 YB	0:06:57	0:12:30	0:22:18	0:23:23
25	Leyton Delange (23)	0:21:48	0:06:47	0:13:00	0:21:46	0:22:25
26	Diane Magnus (53)	0:26:49 YB	0:08:21	0:08:00	0:26:49	0:26:49
27	John Sawyer (7)	0:19:51	0:06:11	0:15:00	0:19:27	0:22:56
28	Nicole Mijster (58)	0:29:07 PB	0:09:04	0:05:45	0:29:07	0:29:22
29	Debbie Harris (60)	0:29:53	0:09:19	0:05:00		
30	Mike Gardener (4)	0:19:24	0:06:03	0:15:30	0:19:20	0:19:35
31	Les Brown (71)	0:34:57 YB	0:10:53	0:00:00	0:34:57	0:38:50
32	Claire Peacock (5)	0:19:45	0:06:09	0:15:15	0:19:45	0:20:55
33	Peter Wedderburn (42)	0:24:46 YW	0:07:43	0:10:15	0:24:21	0:24:46
34	Crispin Allen (3)	0:19:03	0:05:56	0:16:00		
35	Martin Smith (49)	0:26:21	0:08:13	0:08:45	0:25:53	0:27:43
36	Mark Thomas (19)	0:21:37	0:06:44	0:13:30	0:21:20	0:22:35
37	Sarah Whitehead (13)	0:21:08	0:06:35	0:14:00		
38	Julie Hendrix (62)	0:29:54	0:09:19	0:05:15	0:29:23	0:30:31
39	Emma Robinson (46)	0:25:43	0:08:01	0:09:30	0:24:57	0:25:55
40	David Hilton (9)	0:20:14	0:06:18	0:15:00		
41	Andy Clark (2)	0:19:02	0:05:56	0:16:15	0:18:33	0:20:06
42	Lisa Price (56)	0:28:36 YW	0:08:55	0:06:45	0:28:03	0:28:36
43	Dave Griffiths (17)	0:21:26 YW	0:06:41	0:14:00	0:20:56	0:21:26
44	Una Smith (72)	0:35:27 YB	0:11:03	0:00:00	0:35:27	0:35:27
45	Tom Bucke (48)	0:26:16 PW	0:08:11	0:09:15	0:25:49	0:26:16
46	Jan Prince (73)	0:35:34 YB	0:11:05	0:00:00	0:35:34	0:35:34
47	Andrew Lane (8)	0:20:07 YW	0:06:16	0:15:30	0:19:13	0:20:07
48	Andrew Pollock (39)	0:24:25	0:07:36	0:11:15	0:23:32	0:24:37
49	Andy Jackson (20)	0:21:43 PW	0:06:46	0:14:00	0:20:49	0:21:43
50	Lucy Abell (64)	0:30:14 PW	0:09:25	0:05:30	0:29:26	0:30:14
51	Vicky Laing (66)	0:30:17	0:09:26	0:05:30	0:29:15	0:30:30
52	Pauline Mitchell (57)	0:29:04 YW	0:09:03	0:06:45	0:27:45	0:29:04
53	Pat McGrath (18)	0:21:34 PW	0:06:43	0:14:15	0:21:08	0:21:34
54	Ray Cockle (26)	0:22:35	0:07:02	0:13:15	0:21:31	0:23:13
55	James Garrod (54)	0:27:35 YW	0:08:36	0:08:15	0:26:42	0:27:35
56	Nikki Siret (55)	0:27:35 YW	0:08:36	0:08:15	0:26:41	0:27:35
57	Chris Glew (47)	0:26:08	0:08:08	0:09:45	0:24:08	0:28:11
58	Stuart Brampton (21)	0:21:45 YW	0:06:47	0:14:15	0:20:31	0:21:45
59	Cathy Davis (43)	0:25:12 YW	0:07:51	0:11:00	0:23:42	0:25:12
60	Phil Aiken (27)	0:22:43 PW	0:07:05	0:13:30	0:21:34	0:22:43
61	Nick Brown (16)	0:21:24 YW	0:06:40	0:15:00	0:19:39	0:21:24
62	Paul Viveash (40)	0:24:32 YB	0:07:39	0:12:00	0:24:32	0:24:32
63	Jim Emmines (12)	0:20:56	0:06:31	0:15:45	0:19:07	0:22:49
64	Jo Watson (51)	0:26:29 YW	0:08:15	0:10:15	0:24:41	0:26:29
65	Andy Smith (15)	0:21:16 YB	0:06:38	0:15:30	0:21:16	0:21:16
66	Jane Martin (61)	0:29:54 PW	0:09:19	0:07:00	0:27:49	0:29:54
67	Catherine Carthy (63)	0:30:05	0:09:22	0:07:00		
68	John Lunt (35)	0:23:40 YB	0:07:22	0:13:30	0:23:40	0:23:40
69	Lisa Holden (70)	0:33:20	0:10:23	0:04:00		
70	Michael Holden (45)	0:25:35 YB	0:07:58	0:11:45	0:25:35	0:25:35
71	Katherine Smith (68)	0:31:59 YB	0:09:58	0:05:45	0:31:59	0:31:59
72	Franz Werndle (65)	0:30:15 PW	0:09:25	0:07:30	0:26:17	0:30:15
73	Paul Graham (22)	0:21:45 PW	0:06:47	0:17:00	0:17:56	0:21:45
74	Fran George (74)	0:39:56	0:12:26	0:05:00		
75	Indie Kaur (75)	0:42:15	0:13:10	0:05:00		



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WANTED

(dead or alive)

Team Captain

for

Long Short Road Relay

(Pinner to Royston)

Sun 10th October

5 Stages (10, 5.3, 12.8 12.3 7.9)

It's a good day out and

introduction to organising a team
see Mark Thomas for details

Claygate Country 5M:
Noel Hollingsworth 33.15

Phil Davies 34.29

Merran Sell 44.12

New Forest 10M:

Jane Martin 1.43.21

Tough Guy Nettle Warrior:

Cathy Davis Approx 3.5 hours - too tired to look at the clock.

Elmbridge 10K:

Jane Martin 1.02.47

Surrey Slog Half Marathon:

Phil Davies 1.48 (nearly 8 mins quicker than last year).

Milland Trail Half Marathon:

Phil Davies 1.51 (hot, hilly but also superb run in the country).



Junior handicap results



sponsored by



Race 5 - 29th July 2004

Pos	Name	Time	Pace	H'cap
			Pace H'cap	
1	Imogen Murchie	0:15:27	0:10:18	0:00:00
2	Lydia Davies	0:12:39	0:08:26	0:03:15
3	Jenny Glew	0:11:37	0:07:45	0:06:00
4	Jamie McCall	0:10:49	0:07:13	0:08:00
5	Harry Tivnen	0:09:17	0:06:11	0:09:45
6	Philippa Mosley	0:11:25	0:07:37	0:07:45
7	Adrian Davies	0:08:28	0:05:39	0:10:45
8	Lili Werndele	0:12:03	0:08:02	0:07:15
9	Suzi Glew	0:11:48	0:07:52	0:07:30
10	Madeleine De Ferrer	0:14:09	0:09:26	0:05:15
11	Beartrice Purdue	0:12:04	0:08:03	0:07:30
12	Scott Bridges	0:11:40	0:07:47	0:08:00
13	Imogen Walker	0:12:11	0:08:07	0:07:30
14	Thomas Haworth	0:09:42	0:06:28	0:10:00
15	Oliver Stanhope	0:12:59	0:08:39	0:06:45
16	Rachel O'Hara	0:09:45	0:06:30	0:10:00
17	Emma Tivnen	0:11:00	0:07:20	0:08:45
18	Katy Simmons	0:11:52	0:07:55	0:08:00
19	William Caruana	0:09:24	0:06:16	0:10:30
20	Clare Davis	0:11:34	0:07:43	0:08:30
21	Marthe De Ferrer	0:09:47	0:06:31	0:10:30
22	Kelly Simmons	0:12:36	0:08:24	0:07:45
23	James Stanhope	0:09:26	0:06:17	0:11:00
24	Karl Wagner	0:10:28	0:06:59	0:10:00
25	Georgina Wright	0:16:43	0:11:09	0:03:45
26	Imogen Mosley	0:14:32	0:09:41	0:06:00
27	Greg Carr	0:10:08	0:06:45	0:10:30
28	Christopher Wilson	0:11:08	0:07:25	0:09:30
29	Emma Davis	0:10:24	0:06:56	0:10:30
30	Gabrielle De Ferrer	0:04:18	0:02:52	0:00:00

16	5	Davis, Emma	4	22	0:10:15	0:09:23	0:09:23
17	-9	Rowe, Ella	3	22	0:00:00		
18	-9	Desmon, Kieran	3	22	0:00:00		
19	-9	Howley, Laura	3	22	0:00:00		
20	-9	Doyle, Nick	3	22	0:11:45	0:08:11	0:08:11
21	-21	Davies, Lydia	2	22	0:06:15	0:12:39	0:12:39
22	-8	Mallett, Anna	3	21	0:10:30	0:09:27	0:09:27
23	-7	Dadlani, Katie	3	21	0:08:15	0:11:35	0:11:35
24	1	Wright, Georgina	4	20	0:03:30	0:16:04	0:16:04
25	9	Caruana, William	3	20	0:10:45	0:09:19	0:09:19
26	-8	Rowe, Alex	3	20	0:10:00	0:09:50	0:09:50
27	8	De Ferrer, Marthe	3	19	0:10:30	0:09:23	0:09:23
28	-1	De Ferrer, Gabrielle	3	17	0:00:00		
29	-7	Howley, Ben	3	17	0:06:45	0:13:05	0:13:05
30	26	Werndele, Lili	2	16	0:07:45	0:12:03	0:12:03
31	-5	Pengelly, Matthew	2	14	0:06:45	0:13:16	0:13:16
32	-4	Blenkinsop, Myles	2	13	0:11:45	0:08:10	0:08:10
33	-4	Bridger, Max	2	13	0:11:30	0:08:27	0:08:27
34	-4	Curtis, Robin	2	13	0:11:15	0:08:34	0:08:34
36	-4	Huntton, Amelie	2	13	0:11:00	0:09:07	0:09:07
37	-37	O'Hara, Rachel	2	13	0:10:15	0:09:45	0:09:45
38	-5	Clemens, Alice	2	13	0:09:30	0:10:08	0:10:08
39	12	Tivnen, Emma	2	13	0:09:00	0:11:00	0:10:54
40	-40	Simmons, Katy	3	17	0:08:00	0:11:52	0:11:52
41	-41	Purdue, Beartrice	2	13	0:07:45	0:12:04	0:12:04
42	-42	Walker, Imogen	2	13	0:07:45	0:12:11	0:12:11
43	-7	Wilson, Jonathan	2	12	0:10:30	0:09:28	0:09:28
44	-7	Polya, Rosie	2	12	0:10:15	0:09:45	0:09:45
45	-7	Olsen, Richard	2	12	0:06:30	0:13:20	0:12:23
46	-7	Clifford, Sophie	2	11	0:09:30	0:10:26	0:10:26
47	-7	O'Hara, Ben	2	10	0:11:15	0:08:31	0:08:31
48	-48	Carr, Greg	2	10	0:10:15	0:09:28	0:09:28
49	-3	Wagner, Karl	2	10	0:10:00	0:09:55	0:09:41
50	-9	Gibson, Nina	1	4	0:16:15	0:03:41	0:03:41
51	-51	Barday, Isabella	1	4	0:00:00	0:05:46	0:05:46
53	-10	Curme, Alex	1	4	0:10:45	0:09:22	0:09:19
54	-54	Smale, Daniella	1	4	0:08:00	0:09:26	0:09:26
55	-55	Garner, Oliver	1	4	0:08:00	0:09:28	0:09:28
56	-56	Garner, Maddie	1	4	0:08:00	0:09:29	0:09:29
57	-13	Traquair, Maddie	1	4	0:10:30	0:09:31	0:09:31
58	-13	Burt, Gemma	1	4	0:10:30	0:09:32	0:09:32
59	-59	Haworth, Thomas	1	4	0:10:15	0:09:42	0:09:42
60	-13	Pilkington-Miksa, Sam	1	4	0:10:00	0:09:56	0:09:56
61	-61	McCall, Jamie	1	4	0:09:15	0:10:49	0:10:49
63	-14	Doyle, James	1	4	0:09:00	0:11:03	0:11:03
64	-14	Penty, Toby	1	4	0:09:15	0:11:04	0:08:20
65	-65	Bridges, Scott	1	4	0:08:15	0:11:40	0:11:40
66	-14	Quazar, Luke	1	4	0:07:45	0:11:52	0:11:52
69	-14	Quayle, Alexander	1	4	0:07:30	0:12:23	0:12:23
70	-13	Pilkington-Miksa, Emily	1	4	0:07:00	0:13:02	0:13:02
71	-13	Doyle, Alexandra	1	4	0:06:45	0:13:09	0:13:09
72	-13	Quayle, Manon	1	4	0:06:45	0:13:10	0:13:10
73	-13	Quazar, Lily	1	4	0:05:00	0:15:15	0:13:50
74	-74	Murchie, Imogen	1	4	0:04:30	0:15:27	0:15:27

League Table after Race 5 - 29 July 04

+/-		Apps	Pts	H'cap	YB	PB	
1	3	Glew, Suzi	5	39	0:07:45	0:11:48	0:11:48
2	10	Glew, Jenny	4	39	0:07:45	0:11:37	0:11:37
3	-1	Simmons, Kelly	5	37	0:07:45	0:12:01	0:12:01
4	11	Tivnen, Harry	4	36	0:10:30	0:09:17	0:09:17
5	12	Tivnen, Philippa	4	35	0:08:15	0:11:25	0:11:25
6	-5	Croucher, Danielle	4	34	0:06:30	0:13:16	0:13:16
7	-1	Davis, Clare	4	33	0:08:30	0:11:32	0:11:32
8	-1	De Ferrer, Madeleine	3	32	0:05:30	0:13:55	0:13:55
9	-6	Croucher, Stephanie	4	30	0:11:00	0:08:57	0:08:57
10	13	Davies, Adrian	3	29	0:11:30	0:08:24	0:08:24
11	-6	Curme, Elizabeth	4	28	0:06:15	0:12:57	0:12:57
12	1	Stanhope, James	4	27	0:11:00	0:08:48	0:08:48
13	6	Wilson, Christopher	4	25	0:09:30	0:10:20	0:10:20
14	10	Stanhope, Oliver	3	24	0:06:45	0:12:57	0:12:57
15	5	Mosley, Imogen	3	24	0:06:00	0:13:41	0:13:41



ETON GOLD MULTISPORT WEEKEND

Gold Cup 800m/30k/7,5K (Male 40+)

Pos	Name	Club	Swim	Bike	Run	Total
9	Dave Leak	ZTC (Epsom)	14.07	50.59	35.36	1.40.42
11	Nigel Clemens	Kingfisher TC	16.37	52.50	31.33	1.41.00

Gold Cup RELAY 800m/30k/7,5K

Pos	Team	Swim	Bike	Run	Total
6	Eyeballs Out consisting of Martin Blenkinsop, Colin Gray and Evan Bond	12.26 (Martin)	48.29 (Colin)	25.41 (Evan)	1.26.36
21	The Untouchables consisting of Heidi Wright, Sandra Blenkinsop and Claire Peacock	12.12 (Heidi)	53.53 (Sandra)	29.19 (Claire)	1.35.24

The Untouchables were the 2nd Ladies team overall

Mountain Bike Duathlon

Pos	Name	Club	1 ?	2 ?	3 ?	Total
14	Chrissie Glew	Kingfisher TC	31.13	42.37	31.08	1.44.58

Kids' Microscooter/Bike/Run Saturday

Pos	Name	Total
3	Holly Clemens	3.30
4	Myles Blenkinsop	3.38
13	Alice Clemens	4.03
15	Suzie Glew	4.12

Sunday

Pos	Name	Total
3	Holly Clemens	3.30
7	Katie Dadlani	
15	Alice Clemens	4.09
22	Suzie Glew	4.32

**PICS IN
NEXT ISSUE**

Sunday Sprint (400m Swim/20k Bike/5k Run)

Pos	Name	Club	Swim	Bike	Run	Total
8	Chrissie Glew	Kingfisher TC	9.05	36.31	23.49	1.09.25
14	Emma Dadlani	Stragglers	10.14	41.55	21.48	1.13.57
14	Linda Clemens	Thames Turbo	8.37	41.36	25.06	1.15.19

Bournemouth Olympic Triathlon 4th July 04

Nigel Clemens: 1500m Swim: 31:12/ 40K bike: 1:11:33/ 10k run 46:41// Total 2:29:32

Adventure Racing

Stragglers were represented at the Dynamic adventure racing series on the North Downs on the 18th July. This event involved just over six hours of

continuous competition. Initial planning and map plotting followed by 2 hours of run orienteering, 1 hour to refuel and plot a second course for three hours mountain bike orienteering. The event was strictly timed with competitors planning best routes to visit as many controls as possible. Each control had different point values depending on difficulty, distance, climb etc.

The controls were spread as far apart as Guildford and Leith Hill. Stragglers took the top two places:

Andrew Reddington/Nigel Saker: 1st Two man team/ 1st Overall.

Nigel Clemens
1st Solo / 2nd Overall

Interested.....why not check out these websites for more information on adventure racing;

www.globalnet.co.uk/~epm/ayne/

www.sleepmonsters.com

RIVER RELAY - 12th September

River Relay - 12th September

This year's River Relay will be on Sunday 12th September. To remind you, its a six stage race from Virginia Water to the Hawker Centre which raises about £1,000 for various charities. The longest leg is about 7 miles and the shortest is about 4 miles with the majority being about 5 miles. In due course I be looking to volunteers to organise the Stragglers teams of which I hope we will have our normal five or six entered. However, the event is well suited for non-club based runners or work teams and the like. So, if you feel like doing something different why not get a team of work mates or similar group to take part?

For details of the race visit <http://www.stragglers.org/riverrelay/> or see Mark Thomas in the bar.

Editor Update

Due to the amount of time involved in producing a 20 page Stragmag every month (approximately 20 - 30 hours which, with work and training constraints, I have been finding increasingly difficult to commit to), I have decided to bring out an 8 page 'mini Stragmag' every alternate month consisting of only Race and Handicap results, the Race Diary and any important bits of information. Articles and advertising will be reserved for issues every 2nd month, those being a 20, 24 or 28 pager depending on the amount of material I have. This will ensure a constant update every month and retain the quality you have come to expect and give me the time to set up a Stragmag website link from the original Straggler website which is in the pipeline.

Regards
Evan Bond
Stragmag Editor



WEDDING DAY 7K

From the pulpit of Father Onn

Keith and I would like to express our thanks to all the Stragglers who helped at the 24th Wedding Day. All in all there must have nearly been one hundred of us there, be it as a marshal, on the finish, at the childrens race, dispensing water and t-shirts, at the help desk, selling raffle tickets and of course the sixty-eight running.

Its real team work when people turn out and do these jobs so well and and these are the things that make the event so popular as the following message shows.

Thank you for another enjoyable race in the park, I really enjoyed myself and it gave me a great feeling of satisfaction to be able to win the race outright and record my fastest time on the course. The Wedding Day race has boosted my confidence in the past and I'm sure it will do the same for me this year as I begin my final preparations for the Olympics.

It is great to see that you are always trying to improve the race and make it better for the runners each year. I loved the human Km markers and of course the live Bollards!!

*Best wishes,
Sonia O'Sullivan*



Is there anyone who has, or knows where I can get hold of, old aluminium or light weight interlocking tent poles, or anything similar. I'm attempting to make a flag for the Cross Country season to make life easier for you guys to find the Stragglers team in the middle of a field.

Any information please see me any Thursday or phone me on 0208 974 2713

Many thanks Val Tanner

NEXT MAIN ISSUE

- Appeldoorn 24 Hour Race
- Andrew Lane's Comrades Story
- More Wedding Day Stuff
- Coe and Richmond Hill
- Phyllis Flynn's new addition
- The Doyley - Brampton Bet!
- Surrey Road League Final Standings
- Roy Reeder represents Surrey
- Club 10K update

Watch this space!

Achievement of the Month

At the Wedding Day Una set a PB by selling £120 of raffle tickets for the Wedding Cake. Well done Una!

