

# The Serpentines

## Into the 21<sup>st</sup> Century

Millennium Running Reflections from the Chairman

By Hilary Walker

Well, we have survived. We have entered the next millennium (though some dispute the date) and we are all still here. Those running shoes still smell the same this morning as they did yesterday morning and it was still as difficult to get those feet out of the front door as it was yesterday – despite all those New Year resolutions. A good number of Serpies, denied a run yesterday in our own New Years Day 10km due to the three-line whip, ran the Regents Park 10km this morning – and it was just as hard as it was last year – maybe even harder for those who only got out of bed an hour before!

However, its worth using the occasion to reflect on the changes to the club that we have seen over the 18 years of its existence and perhaps be more positive in this new millennium to welcome such changes which, in my humble opinion, have been changes for the better and have kept the club as successful as it is.

O.K. first of all we have lost our base in the Park. Yes on the face of it, it is a disadvantage that we can't just put our collective feet outside our home and run. But remember the accommodation was small and crowded and showering was pretty basic and communal. (I know – some might have preferred that). Our current situation, based at Seymour

Leisure Centre does mean that it isn't "ours" – but we do have a room for (some) storage and coffee facilities and the showering and changing facilities couldn't be better. There are also those members who have taken advantage of the excellent gym and sports injury facilities. It might be less convenient for some (like me), but its access to the tube and buses is an improvement for most. Also, what is apparent from the current popularity of Wednesday nights, is the benefit of local access to pubs with good food. (Did someone suggest we were a running club??)

Our Handicap races suffered a "dip" ( no, we didn't start swimming in the Serpentine) when the Royal Parks started charging for parking in Hyde Park. However they have recovered for two reasons, I feel. First, the additional incentives that the older runners have with the new age-graded PB handicap system (thank you Ros) and second, the relationship with the current management in the Lido Restaurant where we can register and leave our gear (tidily outside) but then have refreshments and gossip (post-mortems) afterwards.

Similarly, the Last Friday of the Month 5km race has gone from strength to strength over the last few years

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## Country Rambles

by James Godber

It was wonderful to see so many old friends at the dinner dance in December, and also to meet some of the (many) people I didn't know. When I congratulated Arthur on putting together the "Serpentines", he suggested I write something for it - so here it is. I thought of the title on the train home to Sevenoaks!

So to start the rambling, I'd just like to say how thrilled and pleased I was to hear that Pat Niland had won the Tom Hogshead trophy. Pat who? Ah, well you see, my first memory of her goes back to 1984! I see from some old files that she joined the Serpies

on 6/12/84, just 6 days before her 22nd birthday. She was a very shy person in those days - you'd never believe it to see her today. Whoever it was who said nice people never come first got it wrong with her. Well done, Pat Kearsey, as you are now. I was dead chuffed for you. As I told you, I've always reckoned the Tom Hogshead trophy a little like football. Anyone can win one month's race (or the FA cup) but only the most consistent or most improved runner wins the overall trophy (or the Premiership).

Three questions kept recurring at the dinner dance:

1) "Where's Wendy?" - She went with her sister and brother-in-law to York to a relation's 50th birthday party. She's very well and still running a few times a week. Unlike me which leads to question

2) "Are you still doing any running?" No, I'm not, principally because I'm now too big. According to "the Treasury" (the lady referred to in (1) who keeps me in the manner to which I've become accustomed), she  
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## Into the 21<sup>st</sup> Century

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(thank you John W) again based on registration at the Lido Restaurant. With an average number of about 90 runners for each month, that is around 1000 for the year.

That number is well in excess of the numbers running our flagship open race, the New Years Day 10km Race. However, again this year, we can count it a success thanks to the efforts of a considerable number of Serpies - all those marshalls that turned out on the day. I had at least 35 marked down and an additional 5 turned up on the day. Thank you very much indeed. There were a few changes this year. For example, the National Playing Fields Association pulled out of the event as they were concerned that they might lose money this millennium year and, as a charity, they couldn't afford to do that. We were left to our own devices fairly late; however, thanks to Phill H. and Grethe P. we got some sponsorship for the first time so that I estimate that we will still make a profit from the event. That is as long as I don't charge storage space for 14 boxes of crisps and 5 boxes of Liquid Power now sitting in my garage!!

Another major constituent of our success – especially in recruiting new members and getting information to visitors who want to find people to run with when in London - is the Serpentine website – first started by Ros, then helped by David Hoatson and now taken, almost professionally, on board by Owen Barder. It's a great site and I often receive emails from round the world potential visitors saying what a great site it is. The onelist is also a good form of rapid communication between club members.

Communication is not just websites. We still keep the weekly newsletter going (again thanks to John W) and now we have started the quarterly Serpentine (which is the forum for this article!) – a high quality magazine format being edited and compiled by Arthur Garrison and many helpers. This ensures that all the club (not just those web anoraks) can keep up to date with the club's antics and know what is coming ahead.

There are numerous other activities which could be mentioned – like the recent successes of the Christmas dinner and I am very conscious that I have not mentioned any actual running achievements. For me, the Serpentine Running Club is not just about running better, it's about how to encourage the sport with others. When I look around at our members, I see those who came along self-conscious, shy and unsure of

themselves turning into runners happy to be seen running along the streets and participating in races. These same runners are now using their well-earned new energy and respect to the club's advantage by taking part in the organisation for others. That, to me, is what is successful about our running club. Long may it last into this coming millennium. ■

### A funny thing happened on the way to Versailles.

*From the archives of Bob Davidson*

A group of Serpies went to run Paris to Versailles and before the race, we were in the red light district of Paris. Suddenly a lady of ill repute came out of the shadows and said to Peter Forster, "would you like a good time?", to which he replied, "under 90 minutes for a half marathon would do."

There was no reply from the lady.

### Country Rambles

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refuses to go on holiday with me again until I've lost some weight. This poses a bit of a problem since we've already booked to go to Penang, Langkawi and Singapore at the beginning of March. So with great fear and trepidation two days before the dinner dance I went for my induction course at the fitness gym in Sevenoaks. Now when you've all stopped laughing, let me say it wasn't too bad and my inductor(?), Christine, has devised a programme for me to lose body fat. I mentioned all this to Sami Mohammed, who asked me if this was my millennium resolution. No, I said, since (a) I resolved to do this in December and (b) I'm one of those crashing bores who doesn't think the new millennium starts until 2001. Anyway, if you're interested, I'll keep you posted with my progress. I was weighed at the end of my induction course, but all I'll tell anyone is that my weight was "x" kgs. All future updates will, I hope, be "x minus 1 kg" or whatever the figure is. And if all goes well, and I do lose enough weight, who knows, I may start running again.

Question 3) "How's it going in the country/how's business?" Well, we still have to occasionally pinch ourselves at how well we ARE doing. We hoped we'd be full during the summer months but we thought we'd be lucky to tick over during winter. But here we are, at the time of writing in December, 85% full for this week. It's crazy, but wonderful.

Apologies to those members who have joined in the last two and a half years

and who have no idea who is writing this tosh, but I was the fat one sitting next to Bob Davidson at the dinner dance (and for the original of that joke, just ask the great BD himself). I used to be the secretary of the club pre-website days, and Wendy and I used to organise the handicap when more often than not, you started at the correct time and your finishing position remained unchanged. (Sorry, Ros). Then in June 1997 Wendy retired and we moved to Sevenoaks to start a bed and breakfast. For more information check out our website: [www.wendywood.co.uk/](http://www.wendywood.co.uk/). And come and visit us! The countryside and the pubs are wonderful.

Mention of the website brings me on to Owen Barder's terrific work. I finally got to meet him and express my appreciation of all he is doing. Also when chatting to Ron Hagell, I learned that now some of you go running armed with little cards which on one side say "www.serpentine.org.uk" and on the other side say "Tortoises and hares welcome". We tried that back in 1982 or 83. But we had to carry A5 leaflets with lots of blurb and phone numbers! Not half as effective! Well done, to all involved.

One or two people asked me what I thought of the club now. I don't know if they were expecting criticism or praise, but quite honestly I think it's wonderful how the club is developing. I was delighted when Ron told me that he thought the club was becoming less elitist. Because when we started in 1982 we were anything but elitist. Rule number two has always been "to promote amateur athletics AND RECREATIONAL RUNNING". (And before you ask, rule number one is the name of the club!) What really pleased me was to see so many YOUNG people at the dinner dance. For so many years we used to discuss in committee the best way to get younger runners to join the club. Now, I guess through the website, these younger runners are flooding in. Wonderful! But don't forget to do your bit to help the club. Don't always rely on the same people to do everything. To paraphrase JFK "Think not what my club can do for me, but what can I do for my club."

OK my rambles are nearly at an end. But before I finish, a word of thanks to Ron Hagell for the sketch. I've never seen anything like it. It was quite brilliant, and PLEASE Ron, publish it in the "Serpentine" or on the website or both. It deserves a much wider audience.

I still have lots more thoughts, but enough's enough for now. I'll try and continue my country rambles in the next issue. Happy last year of the old millennium! ■



# Running Stories....



## **HOW TO COMPLETE SEVEN SISTERS MARATHON 1999 IN 8 HOURS 40 MINUTES**

**- Easy- walk it! -**

by Eamonn Richardson

I still have a few marathons in my legs but as the years progress there are some things I am not interested in doing. Call it middle age, call it apathy, call me clapped out. Whatever the reason, with all due respects to those who run it, I would need a brain transplant before I would consider running Seven Sisters. And yet, there are people that swear by it. Wendy Woods has spoken to me about how lovely it was, and Pat Flanagan regaled me with stories about the royal chauffeur whom she met last time she did it. Part of me wanted to do it, another part said "no way". The solution was blindingly obvious: walk it. No training required, no sacrificing weekends running aimlessly around Richmond Park, no wondering if I can do it. And in theory, walking a marathon should be much much easier than running it.

The practice, at least on this occasion, was not much different to the theory. Seven Sisters could never be described as anything less than undulating. There is however, a world of a difference between going up a hill at full speed (whatever that is) and plodding up it at a more leisurely pace. I have done a hill marathon in the past and know that ups are much more daunting when one has to run up them. At the risk of sounding pretentious (and when was I ever not?) I can honestly say that there was not a single incline on the Seven Sisters marathon that even vaguely tested me. I'm sure I'd feel different about it if I ever tried to run this race, but until transplant surgery has been perfected, that is a remote possibility.

To the race itself. James Stratford and I drove from London on the Saturday morning. We didn't leave enough time and so ended up arriving at the start line 5 minutes after all the others participants had left. It would have been nice to have a few pre-race words of encouragement with other Serpies, but not on this occasion. As for missing the start itself, that would normally have irritated me. But when one is walking, what is another 5 minutes here or there. What it did mean is that for the first 10 miles at least, our walk was fairly solitary. This really appeals to the anti-social side of me. If I am to get out of London to get away from it all, that is what I want to do. On country walks less (people) is more as far as I am concerned.

That this was not a normal "race" for me was confirmed after the first hour's walking. Out came the thermos flask of Earl Grey tea and the first of many sandwiches. Yes, that felt much better! More fuel in my tank for another 22 miles. At the 12 mile checkpoint, out came the corkscrew and the red Austrian wine (no that is not a misprint!). And of course, there was a mandatory stop at the Plough and Harrow at Litlington. In hindsight that was a mistake. The beer and soup were extremely good and it was a very agreeable spot. But we were already near the back of the competitors and risked finishing in darkness. On top of all

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## **Worshipping at the Shrine of Ron Hill**

by Ian Hall

It was called the Ron Hill Derwentwater 10 so Sarah said we should go. Being a major fan of the Lake District, I did not need to be asked twice. It was the 40<sup>th</sup> anniversary of the race, one of the longest established road races in the country, 10 miles around Derwentwater, starting from Keswick in the northern Lake District with a nice climb up the side of Catbells between 5 and 7 miles.

We arrived on Saturday, rain slanting across the landscape like a veil. On the fell tops they were forecasting severe gale force winds. Hiking was out of the question so we went to the pub, appropriately the Fish Inn in Buttermere.

Next day the clouds had broken a little but the wind was still strong. The race started at 12 o'clock and, in addition, the clocks had gone back that night. (Sarah said this was ideal pre race preparation, ie: she could sleep longer.) On arriving at Keswick School, race HQ, I thought a warm up run was in order, particularly as I had forgotten my shorts. A quick jog into town to buy a new pair and at the shop the assistant said, "Ron Hill was just in." I took this news back to Sarah who was doing her pre race routine, sleeping in the car.

Now Sarah thinks Ron Hill lies somewhere between Hilary Walker and God and has read both his autobiographies which she freely admits are a catalogue of trivia like "got up, did 8 mile run, had jam sandwiches for lunch," but she also says he gets down to the minutiae of running and tells it like it is.

We speculated on whether to wear thermals, tracksters and woolly hats while we sat in the car but our minds were made up as a succession of lean and mean looking runners started to appear, dressed apparently for a 10K in the South of France in the height of summer. (And that was the women; you should have seen the men!) Well, softy Southerners we may be, but we're tough as well. I took off the woolly hat.

The start was on the main road and, as we arrived, I was dug several times in the ribs as Sarah spotted Ron Hill amongst the runners. As she genuflected behind him, (its legal, look it up in the dictionary!), the gun went off and so did we. When I did this race three years ago, Ron Hill passed me after four miles; this time he overtook me after 100 yards. I felt seriously unfit. Then I saw Sarah disappearing down the road in Ron Hill's slipstream. She had even adopted his running style!

In the narrow streets of Keswick, we must have passed him and we set off down the lake to Grange past a "beware badgers" sign - not too many of those on the Cabbage Patch. At Grange we crossed the River Derwent on a double humped bridge and climbed uphill for the next couple of miles, the compensation being beautiful views of

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# Team News



## Captain's Log

### The Men

by John Walker

#### Cross Country

Both the Saturday Metropolitan League and the Sunday League are well underway with a mixture of new and old (in some cases very old) members turning out. This is great, but up till now we have not been able to assess the holistic and therapeutic qualities of cold mud applied to the body as the conditions have been very good, not heavy (as in horse racing terminology). Hopefully, though, this will change in the year 2000 and can we get back to those grim conditions of which we all have cherished childhood memories (public schoolboys more than others).

We do need more men to turn out so that yours truly with his dicky back does not have to run.

Anyone is welcome to run in either league all you need is a Serpie vest or T-shirt (available from Kitmaster Paul Ingram) and an indomitable spirit. For

further details please contact, for the Metropolitan League, Malcolm French on H 0181-422-3900, and for the Sunday League, Richard Long on H 0171-720-9562.

Coming up in the next century are a host of Championship Races (see box). I will be entering the names and, on the day, I will be there with Malcolm co-ordinating all details, hopefully! If you have any preference for any event please contact me as, in all cases, there are eligibility criteria to fulfil and, unlike the Worthington Cup, we do not get a re-run in any faux-pas.

Middlesex Champs	8 January	Ruislip Woods
Southern Champs	29 January	Parliament Hill
Middlesex Vets Champs	5 February	Ruislip Woods
National Champs	26 February	Stowe Park, Bucks

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## Captain's Log

### The Women

by Beate Vogt and Jan Farmer

We are pleased to report that we now have about a hundred women members. Since last we wrote, the cross-country season has got into full swing and we are delighted that a staggering 32 Serpie women have taken part in Saturday cross country races! At the time of writing, we have had three of our five Metropolitan League fixtures, our A team is lying 12<sup>th</sup> and our B team 15<sup>th</sup> in the league. We have run in the London Championships and taken 3<sup>rd</sup> team place in the Dysart Cup. Spring sees a good number of additional championship events - the South of England Athletic

Association (SEAA) Championships, Middlesex Championships, both SEAA and Middlesex Vets Championships, the North of the Thames Championships and finally the National Championships. This year the latter are at Stowe in Buckinghamshire, so not too far to travel (we've been as far as Blackburn in the past!)

Looking beyond the cross-country season, many members will have their sights set on the Paris and London Marathons. After this, the

club changes gear for team events, with a number of road relays in May and June. Our Veterans Track and Field league starts up too - four Monday night fixtures throughout the summer. Any Serpie Ladies of 35 and over are eligible and those willing to have a go at field events are welcomed with more open arms than usual. Ever fancied a go at sprinting, jumping or throwing? Since there are age categories, we are especially enthusiastic about potential competitors in the 50+ and 60+ bracket too!

Wishing everyone a great spring's running. ■

## Cross Country Participation Surges

by Malcolm French

I thought you might be interested in reading about some of the achievements of the men's team during the first half of the season. This season's fixture list differs from previous years following UK Athletics decision to bring forward the date of the National X/C Championships in Stowe to February. In recent years what should be the sports showcase winter event has lost much of its prestige because of its close proximity to the World X/C

Championships. This has led to England's best athletes, those selected to run in the Worlds, being discouraged from taking part in the National. This season there will be a three week gap between the two events which, hopefully, will bring out the best talent at Stowe.

Another major initiative this year has been the move to have the majority of League competitions take place on the same weekends nation-wide. Previously, each League did its own thing with the result that there was little coordination of the fixture list. This change has clearly affected our club, as

there have been conflicts between the different leagues.

After our early season opener, the 4th running of the Horsenden Relays (believed to be the oldest X/C Relav in Europe), we got into Met League action at Welwyn Garden City. This isn't the easiest venue to get to and we could only field a small team. However, there was an excellent run from John Shaw in 55th and it was good to see Leighton Grist back after a hamstring problem.

The second Met League fixture at Horsenden Hill, Perivale, saw a superb

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# 18 Serpies Race the Morning After

by Nick Slade and Beate Vogt

It was hard to come out to Luton on Sunday, December 5<sup>th</sup>, the morning after the Serpentine Christmas Party. The oh-so-usual questions popped up: WHY? Well, we would soon find out.

A 10am start on this very cold and beautifully clear day meant that we had icy patches on the road to deal with. Marathoners completed three laps of this scenic, very undulating route over paths, country roads and wooded trails. Relayers ran one lap each. Nick found out that the laps were uneven - 8.55 miles for first, 8.85 miles for second and 8.75 miles for the third leg. I still don't know how he managed to measure that. He claims a mile marker told him (??)

John Jarvis, Zelah Lewis-Morall and Hilary Walker went off for the full thing. After re-shuffling the team composition a few times, Grethe, Owen, Kathleen, Jane Thompson and Richard Wisdom started the relays. Owen came in first, closely followed by Grethe (they had to run first and dash off to a wedding in

## Team Results

Overall Position	Position in Category	Serpentine Team	Runner	Time
28	28 out of 80	Mens	Owen Barder David Street Nick Slade	0:56:21 1:07:49 1:02:23
33	2 out of 15 (women)	Ladies A	Grete Petersen Jackie Ried Rokea Schiller	1:04:24 1:10:40 0:59:08
62	7 out of 15 (women)	Ladies B	Kathleen Broekhof Gabrielle Street Elaine Smith	1:15:30 1:12:28 1:11:18
63	3 out of 4 (women vets)	Vets	Jane Thompson Beate Vogt Maggie Moran	1:11:42 1:12:29 1:15:24
65	65 out of 80	Mixed	Richard Wisdom Carole Wisdom David Lipscomb	1:16:23 1:17:14 1:10:38

the South later that day), Jane, Kathleen and Richard. Off went the Street's, Jackie Reid, a brand new fast female member whom Nick brought along, myself and Carole, who showed a notable changeover technique with her husband, clapping off and simultaneously performing a sandwich

meanwhile arrived safely with Maggie), Maggie, Elaine Smith and David Lipscomb ran the last legs. We all finished close to each other, Elaine passing Maggie on the finishing stretch.

We were very pleased with the results. Zelah was 2<sup>nd</sup> lady, Hilary 2<sup>nd</sup> Vet (1<sup>st</sup> V45), John 2<sup>nd</sup> V55 and our first ladies team came 2<sup>nd</sup>. 80 teams ran.

It was a beautiful day. I guess that's WHY. We just hope that they don't schedule it after our Christmas Party again. ■

## Individual Runners

Overall Position	Position In Category	Runner	Time
46	2 (men V55)	John Jarvis	3:08:08
49	2 (women)	Zelah Morrall	3:09:02
77	1 (women V45)	Hilary Walker	3:18:18

dance with a nearby marshal, all nearly ending up on the floor. Nick, Rokea (who

## Men's Captain's Log

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### Road Running

At present there is not a lot going on team/club wise. However there is a thought that in 2000 we should target certain races as club trips/events and go there en-masse as a club. This could be for any reason ie. A day out/A "pot-hunting trip"/ France as a combination of both or just as a week-end away. Any thoughts on this please feel free to mention this to the committee.

### Southern Men's Track&Field League 2000

Track and field starts in May (see box for dates).

We have two teams Division 2 and 4. We have asked to have two home fixtures both at the new Battersea Park Complex. We need competitors and helpers so if you feel you can fill either category or both please contact me. ■

Ed. Note: See back page for John's contact details

## Track and Field Dates

Mark your diaries!

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May 6<sup>th</sup>  
June 3<sup>rd</sup> (Welsh Castles weekend)  
June 24<sup>th</sup>  
July 8<sup>th</sup>  
July 22<sup>nd</sup>  
August 5<sup>th</sup>.

The third Met League meeting was at Wormwood Scrubs. This saw a clash with the Ellis and Dysart Cup events in Richmond plus several other events, including a Sunday League fixture on the following day. However, we were fortunate to be able to field a full team of 12 at the Scrubs. Paul Ashworth became the third debutant to lead the Serpie team home while John Ralph, who has been improving all season, was our second counter. There were first runs of the season from John Walker and Keith Evans who were well supported by "regulars" Ron Hagell, Mike Maddison and David Lipscomb. A special mention must go to Richard Smith who ran despite having a strained calf, to ensure he maintained his unique record of running in every one of the Met League fixtures since we joined the League. Keith was running in his one and only Cross Country event in the decade and is very proud of the one point he added to our score. He tells me he expects a major sponsorship deal to follow shortly!

## Met League

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debut from Matt Schomberg in 50th, ably supported by Hugh Shields and Owen Barder. Good packing from our leading Vets, John Ralph, Derek Patterson and Richard Long ensured that we placed well in the "Over 40s" Vets competition.

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## Cross Country Fixtures 2000

DATE	EVENT	LOCATION	COMMENTS
Sat, 15 January	Metropolitan League	Claybury, Woodford	Care - 1.30pm start
Sun, 23 January	Sunday League	Welwyn Garden City	as for 17 October
Sun, 29 January	Southern Counties Championships	Parliament Hill	Ladies & Men's teams to be selected
Sat, 5 February	Middlesex Veterans Championships	Ruislip	Eligibility criteria apply; teams need to be pre-registered
Sat. mid February	North of the Thames Championships	tba	date to be confirmed
Sat, 19 February	Metropolitan League	Ruislip	as for 16 October - 2pm start
Sun, 20 February	Sunday League	Royston Heath, Herts.	as for 17 October
Sat, 26 February	National Championships	Stowe, Bucks	Ladies & Men's teams to be selected
Sat, 4 March	Southern Counties Veterans Championships	RAF Halton	

**Metropolitan League:** Please note that the junior race starts at 2pm (1.30pm for the January fixtures). This is followed by a combined race for the U15 boys, U17 men and the Senior Women. Then follows the Senior Men's race. The later races do not have a fixed start time but depend on the completion of the previous race. Please arrive early as you will need to collect a race number before the start.

**Sunday League:** The ladies' race begins at 10.30am and is followed by the men's race which starts at 11.15am

The Club makes no charge to competitors for any of the above events and unless indicated otherwise, there is no need to enter in advance. Even if 'team pre-registration' is required, it is almost always the case that you will be able to compete if you want to; however, entries need to be submitted about six weeks before the event. So please keep in touch and let us know in good time if you want to run so that we can enter you.

Look out for further information about the races (hopefully including a location map) in the Weekly Newsletter. Apart from that, all you need do is turn up with your Serpentine vest and enjoy your run. For further information, contact any team captain.

### Met League

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After 3 of the 5 fixtures, we are 15th in the League with every prospect of improving on this over the final events. Our Vets team at the Scrubs was completed by Charles Doxat and Martin Garrett and I am delighted that their efforts enabled the Vets Team to climb one place in the League to 9th, with every prospect of overhauling Enfield/Harringay and Thames Valley, who are only a handful of points ahead of us.

The other fixture I've been involved with is the London Boroughs Championship at Hampstead. We had (yet another!) debutant leading the team home, Steve

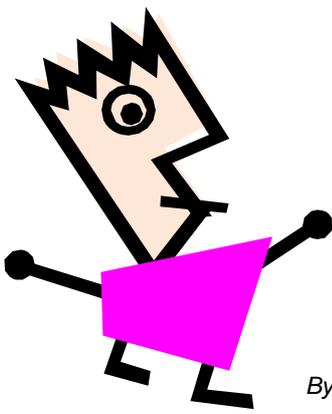
Hilton in an excellent 47th place in what is always a quality field. We had our largest turnout for several years, 15 runners. Terry Nicholson, sporting a streamlined "go faster" haircut had a good run in 113th while David Drury was making his first X/C run for the club. But a special mention must go to Derek Patterson who found himself stranded on (or rather, without) public transport and, after a two hour journey, arrived just as the runners were completing their first lap.

So far this season, 29 men have run Cross Country for the club. This is excellent support and I, for one, greatly appreciate your commitment.

Looking forward to 2000, there are

further Met League fixtures at Woodford (15 Jan) and Ruislip (19 Feb) plus Sunday League events at Welwyn (23 Jan) and Royston (20 February). Additionally, there are the Southern Counties Championships at Hampstead on Saturday 29 January with the season heading to its high point, the National Championships at Stowe, on Saturday 26 February. Details of all these fixtures and the Vets Championships will appear in the weekly newsletter. If you don't normally receive the weekly newsletter, call any one of the team captains. (*Ed. note: see back page for contact details*)

And finally, thank you for all your support. ■



By Maggie Moran

# 7 the Starter Pack

## Races for new runners

Below are races that are well organised, local and recommended for new runners. See Runners World or Today's Runner for further details.

For your first race, enter a big race – so you have no chance of being last – good for the confidence! 5k tends to be a fast one, so I would recommend 5 mile or 10k.

### 5K

Serpentine last Friday of  
each Month

### 5-Mile

Battersea Sri Chinmoy 5  
16 October &  
4 December

### 10K

Regents Park  
6 February 2000  
5 March 2000  
Wimbledon Premier –  
19 March 20

The Starter Pack runs happen at Wednesday night sessions and Saturday morning sessions. See Maggie Moran for Wednesday and Sue McGinlay for Saturday morning. Basically, the sessions are geared to the level of who turns up. We cater for complete beginners (remember the dashed line? No, well see below) to those unsure of their pace and feeling a little intimidated at joining a running club.

Starter Packs are for new runners. On Wednesday nights we have one rule – the leader is always ME! This is to try to ensure that the pace is kept at the level I set.

I would welcome some help with the Pack over the coming months. I will be doing a spring marathon and can only run a few times a week and need to ensure these are quality runs. So, if you would like to take the Pack on the occasional evening I would be very grateful – just see me or give me a call.

## How do I get going?

If you are new to running, the most daunting part can be just getting out of the door in running gear! But the biggest mistake is to try to do too much too soon – and to try to run too fast. You will soon get disillusioned, not to say completely exhausted.

The first challenge is to complete a mile, but don't try to run all of it. Imagine a dashed line a mile long. A dash is "run" and a space is "walk". Each is about 100 metres. Run 100 metres slowly then walk 100 metres and repeat until you have completed a mile. Your aim is to gradually increase the length of the run sections and decrease those of the walk sections. To start with, do this once or twice a week and increase it to three times a week after two to three weeks. Try to space out the times you run and always have at least one rest day in between.

When you can comfortably run a mile slowly, gradually increase the distance. Your second challenge is to run up to three to four miles continuously. Go as slow as necessary. Forget about speed and try not to feel conspicuous because you are running slowly. We have ALL been there.

## Bumper Crop of Serpies!

By Sue McGinlay and Dave Lipscomb.

We have a bumper crop of new members to introduce. First we would like to thank them all for completing the questionnaire so quickly and so honestly – perhaps we can turn the tables at some stage and ask existing members to complete one!

Welcome to Monika Mars, who only started running this summer after five years of persuasion from Beate. Beate

then went on to persuade Monika to run the Harrow Hill Race as her first 10K race. There was a **hill**, much to Monika's surprise, and the temperature was close to 30 degrees, but she finished and wasn't last. Well done Monika – and keep away from Beate in future! Monika moved to London from Munich six years ago, five of which she spent listening to Beate telling her she would enjoy running. She lives on the top floor of a building in Ladbroke Grove, so practice running up all those

stairs Monika and you'll be ready for the next hill race. You may catch Monika at Wednesday evening or Saturday morning Serpie training sessions, unless they clash with any rugby matches, as she is a rugby fanatic.

Rebecca Kreiss moved from New York to Earls Court and joined the club to meet people and so she could run without getting lost. (Don't run with Sue, Rebecca, as she has no sense of direction. Ask Keith Evans – he lost her on a long Sunday run, and he wasn't

*continued on page 8, column 1*

### Bumper Crop

*continued from page 7*

even trying to.) Rebecca enjoys road running and long x-country, so put her down for the Seven Sisters Marathon. That should be long enough for you Rebecca, and it's a great event. Rebecca runs 8.00-8.30 minute mile pace in training so if you fancy running at that pace at 7.00 a.m. near Earls Court, have a word with her.

Matthew Schomburg also lives in Earls Court and moved here from New Hampshire, close to the Canadian Border. He initially joined Serpentine Running Club to prepare for races, but found the club friendly and now enjoys socialising too. His greatest running achievement is taking part in the US National Cross-country College Championships. His biggest running-related disaster occurred when he was cycling to the Seymour Leisure centre. Somebody opened their car door, knocked Matt off his bike and he had to have five stitches. Matt enjoys hiking and camping and was a wilderness backcountry ranger in White Mountain National Forest. Currently he is in a temporary job so if anybody has any ideas, please contact him.

No doubt a few of us can identify with Taco Portengen, whose biggest running disaster is his marathon time! This could be the reason for him saying his favourite distance is half-marathon. Taco ran his first marathon last October in Victoria, Canada, but we won't ask him what his time was. Taco runs at about 8 minute mile pace and joined the club as he was bored with going on long training runs by himself. A problem we don't think Taco shares with our illustrious chairman, who has a tendency to run marathons as training runs.

Another runner who enjoys half marathons is Derek Watson, whose greatest running achievement is his first London Marathon (so maybe we will be safe in asking him what time he did). Derek's biggest running disaster is missing the ferry back after the Isle of

Wight marathon. You have joined the right running club, Derek, although most Serpies seem to miss the ferry going to races rather than coming back. (Ask Bob, Tom, Sarah, Pat & Brenda, amongst others.)

Robert Pritchard joined the Serpies for social running and training. You will find a lot of that, Robert, with the emphasis on the word social. Robert lived in North Wales and Nottingham before moving to Maida Vale, so would probably enjoy the Harrow Hill Race, unlike Monika. His greatest running achievement is 1.36 for the Windsor half-marathon. Look out for Robert on Wednesday nights, Thursday track sessions, and he also hopes to run on Sundays. Robert gives his other interests as climbing, squash and swimming, so if he adds cycling he is a possible for Serpie teams in triathlons.

Patrick Twomey lives in St Johns Wood and was looking for a local club. He said he enjoyed his early runs with the club, which encouraged him to join us. His greatest running achievement is putting one foot in front of the other, as is his biggest running disaster. No comment! Patrick runs at 7 minute mile pace for most of his runs and intends attending most club sessions, but can't manage the Richmond Park runs, so if

## Contributions Sought For The Serpentimes

The Serpentimes is targeted at all club members, but, in particular, those who do not receive the weekly newsletter distributed by John Walker. We want everyone to understand all the ongoing club activities, hence the tutorial character of many articles, and we want to be sure everyone is aware of upcoming activities with enough advance notice to be able to participate if they want to.

Many of the articles published here are also posted on the website. However, unlike the website, we are striving for more of the feel of a magazine, something you can pick up from time to time. This is not intended to be read in one sitting.

Contribute to your club...

**Start writing!**

Here are some ideas for future articles to get you started thinking:

- Question and answer column
- Letters to the committee
- A column of recent Serpie accomplishments
- Descriptions of your favourite runs
- History of the landmarks we pass on regular club running routes through London

(see back page for address for contributions)

*continued on page 25, column 3*

## Be Smart - - Wear Serpentine Kit

We can supply the following:

T Shirts	Club colours	S/M/L/XL	£8
Club Vests	Male or Female	32/34/36/38/40/42/44 inches	£15
Sweatshirts	Black or red, yellow logo	S/M/L/XL	£14
Running Legs	Black, yellow logo	S/M/L/XL	£17

All available from Paul Ingram on 020 7371 1130 or [ingrampaul@hotmail.com](mailto:ingrampaul@hotmail.com)  
Or by post at 36 Ceylon Rd., London W14 0YP



## Tough Guy 2000

by Ruth Jackson

Last year 9 serpies (7 women and 2 men) took part in Tough Guy and won the women's team prize. We won by default - we were the only women's team entered, but in 1998 there had been 5 women's teams. The first woman to finish was Serpie Zelah Lewis-Morrall. It was the fifth time Zelah had taken part and the third time she had won. This year it looks like we may have enough to enter a women's team again (5 women needed to qualify, or 8 for a mixed or men's team).

Tough Guy is a cross country and assault course of 8 'country' miles (i.e. it

has never been accurately measured, and feels a lot further than that). It takes place at Tettenhall Horse Sanctuary, near Wolverhampton, at the end of January, so it's usually pretty cold. Around 4000 people take part. The start is staggered, and you are classified according to when you entered, whether you've done it before and if you're a fundraiser. Your start is given a name e.g. Tough Guys, Wetnecks, Wobblemuckers, Ghoons and Late Buggers. Late Buggers pay up to £150 for entering on the day. Woe betide you should you try to sneak in ahead of your start: the other competitors point at you and shout 'Out, out!', and you are grabbed by some big burly men and

locked in the horse box till everyone has gone.

The first seven miles take you out into the countryside over a very challenging course, including a couple of slaloms, up and down the same hills about 7 times, in and out of streams, sometimes ankle deep, sometimes waist deep, through 'Elephant's Graveyard' a set of 3 six foot slurry pits (which last year were knee deep in horse manure and stinking rotten potatoes!) All this is designed to tire you out and spread out the competitors before you reach the assault course known as 'The Killing Fields'. Each year the organiser, Billy Wilson, adds an extra obstacle. In 1999, the theme was 'The Year of the Tiger' so the obstacle was 2 huge climbing frames made of rope and telegraph poles. There are more obstacles like this to climb over or crawl under, and there is lots of water to wade through.

*continued on page 10, column 3*

## Serpentine 100 Club Explained

by Kathy Crilley

Well it's a bit like the lottery... pick a number (1-100) ... cross your fingers... hold your breath.....

...and wait for the first Saturday of the month, when the **100 Club** draw takes place immediately after the handicap prize giving.

As the name suggests there are 100 numbers in the bag. Every Serpie (and a non-Serpie partner, etc) can belong to the **100 Club**. It is also possible to have more than one number. The odds are

*continued on page 10, column 1*

## Conisto

By Ian Hall

Due to overwhelming interest in my article on the Derwentwater 10 (well my mother called and said, very good and hadn't my spelling improved), I thought I would say a few words on the Coniston 14, which I think is one of the nicest runs in the country and, again, has the advantage of being in the Lake District. It takes place on a Saturday, usually in March, and generally has almost 1000 runners taking part, including a large contingent from the North East. A couple of years ago,

Maureen and Peter Forster appeared from the crowds at the start and it's apparently a fixture on their running itinerary. This year

Sarah, Margaret and I went to run although Sarah ended up spectating because of the Lanzarote bump. It was a clear sunny day with a little snow still on the tops so we sat in the car and soon spotted the obligatory Serpie (wherever you race there's always one there) making his way across the field. It soon became clear that he was also the oblivious Serpie as he made his way to a hedge some hundred yards away and directly in our line of sight proceeded to demonstrate his level of hydration (excellent). Sarah and Margaret went

*continued on page 11, column 1*

## 100 Club

continued from page 9

probably also a bit more favourable than the lottery!

Contributions to the 100 Club are just

## Serpentine 100 Club

YOU TOO CAN BE A WINNER

A round-up of winners of the Serpie 100 club since the last Serpentine newsletter

### Oct 1999

£100.00 Hilary Walker  
 £50.00 Jan farmer  
 £25.00 Pat Green; Ruth Jackson  
 £10.00 Bev Thomas; Mollie Ravenscroft; Chris Stagg, Zahra Shadlou

### Nov 1999

£100.00 Derek & Rita Turner  
 £50.00 Ian Hall  
 £25.00 Maggie Moran; Hilary Walker  
 £10.00 Morris Family; Ken Kwok; Tommy Lawrence; Kathy Crilley (Me! and one round in the Churchill and it had all gone!)

### Dec 1999

£100.00 Spencer Thomas  
 £50.00 Sue McGinlay  
 £25.00 Ros Young; Ken Kwok  
 £10.00 Leighton Grist; Martin Garret; Dave Lipscomb, Monica Mars (not bad - only joined minutes before the draw!!!)

If you want to see your name on the next list :

1. make sure that you are up-to-date with your contributions
2. JOIN! Plenty of spare numbers
3. Contact Kathy Crilley, Flat 11 10 Bramham Gardens, London SW5 0JQ  
 Tel/Fax 020 7373 6200. E-mail [kathy.crilley@virgin.net](mailto:kathy.crilley@virgin.net)

(simple!)

£1.00 per week per number. It's that simple.

The prizes are : £100.00 (x1)  
 £50.00 (x1)  
 £25.00 (x 2)  
 £10.00 (x 4)

But, as with everything in life - there are a few rules to abide by. If you fall behind with your payments into the 100 Club, certain penalties apply:

1. If you are TWO weeks or more behind on the day of the draw, and your number is drawn - you will NOT be eligible to claim the prize.
2. If you are more than TWO months behind on the day of the draw - you will lose your membership and your number will go into the pot to be re-allocated.

However, you can always re-join - and you are very welcome to, as long as there is a vacancy - but even then, you may not be able to pick your favourite or lucky ex-number! So the moral is -

**"always keep up to date"**

Payment can be in (1) cash (before the draw) or (2) cheque - payable to Serpentine 100 Club or (3) **NEW !!!** by **standing order**, payable to Serpentine Running Club. You can

do this in 6 month batches or annually, depending on your financial circumstances. Please ask for a form, either Ian Hall (Hon Treasurer) or myself, or check out our club room at Seymour (where all the race entry forms are kept)

## Tough guy 2000

continued from page 9

Each obstacle has a name, like 'The Behemoth', 'Paradise Climb', 'Stalag Escape', and for many people the most challenging part is the underwater bridge. It's about 10 feet long and just above the surface of the water. To get under it you have to completely submerge yourself in the icy, muddy water, but you can come up for air twice. There are men in wetsuits standing on the bridge ready to pull you out if you get into trouble.

I've done the winter version of 'Tough Guy' twice and the summer version once. In the summer the long cross country section is cut short so you do two 3 mile laps, which is more physically demanding as you do the assault course

continued on page 11, column 1

## Lanzarote 2000

For those of you who have not been to Club La Santa, here is a brief description of what awaits you:

Free access to the following sports facilities: running track, (organised races, duathlon, triathlon, half-marathon, peak run (about 9 miles), plus each day a 3, 4 and 5k run); swimming - olympic pool and free-form leisure pool with loads of sun loungers and a great bar/restaurant overlooking it, tennis, badminton, squash, 5-side footie, huge range of aerobic classes, cycling - mountain, touring and road bikes, windsurfing, fully equipped gym and basketball. I have probably left something out and practically all are free, even for the equipment. Group tuition is free - pay a little extra for one-to-one. Then there are four restaurants, a cinema, a nightclub and several bars if you have any energy left for the evenings. Nearby villages offer bars and restaurants too. Other sports such as golf and scuba diving can be arranged.

Self-catering apartments with twin-bedroom, bathroom, sitting-room and kitchenette and your own private patio with tables and chairs. And if you really want to know - there's a supermarket too.

The club is going for 7 days from March 13 - 20.

We have some places left but the flights are going fast. Contact me for further details and see elsewhere on this page for the activities on a typical day.

Maggie Moran

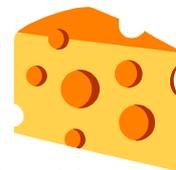
0171 736 9935 - eve

07801 656 818 mobile during the day

or email [margaret\\_moran@homedesign.demon.co.uk](mailto:margaret_moran@homedesign.demon.co.uk)



# Gigondas - June 2000



by Ruth Jackson.

For about 10 years Serpentine has been linked with a running club in the south of France, in the region of Chateauneuf du Pape (nearest cities are Avignon and Marseilles). Every year a group of Serpies have visited there for the 10k and half marathon. I'm not yet sure of the exact dates but it is usually around the end of June. I have never been there myself, but have been sold on the idea of going this year after hearing the accounts from the many Serpies who have, so let me give you a résumé of some of their experiences.

The whole thing was started off by Kathy Crilley, who tells me that the half marathon was originally at Chateauneuf du Pape, but when they decided to discontinue it, the local running club moved it down the road to Gigondas. Guy, who is the main organiser, lives in Gigondas and always extends a hearty welcome to overseas runners, particularly to Serpies. Derek Turner and Rita Clarke went there, and Guy arranged for them to be collected from the station and arranged their accommodation. Bob Davidson tells me that they serve wine at the drinks stations and that it's the slowest half marathon he's ever done (but did he care?) I'm also told that it's a very scenic but hilly course so maybe that was Bob's excuse. The 10k and half marathon are on different days so you have the opportunity to do both.

John Walker, Sue McGinlay, Bev Thomas, Mike Maddison, Peter and Maureen Forster are all Gigondas regulars. Other people I know of that have gone at least once include Sami Mohammed, Tom Blacker, and the Morris family, so ask some of them about their experiences.

Maureen Forster has given me a list of accommodation, including a good campsite that she can recommend, and I have obtained lots of information from the internet about the local area. There is lots to do apart from running: hiking or horse riding in the Dentelles, shopping in the local markets, castles to visit and, of course, the region is most famous for it's wine. Maureen recommends taking a fly-drive to Marseilles, which could work out reasonably inexpensive for 4 people sharing. Taking a bike on the train might also be a good option. The Morris family took their car on the train to Avignon.

I don't yet have a copy of the race entry forms, but I am willing to co-ordinate entries. Your travel and accommodation arrangements are your own, but I can pass on any information and advice I have gleaned. It would be great if we could get a large group going down there, and also it can work out to be a fairly inexpensive trip. ■

## Tough Guy

*continued from page 10*

twice, but you don't have to endure the cold, so it's maybe a good option as a taster if you're unsure about whether or not you want to do it. The first time I took part I was so nervous, worrying about hypothermia, broken legs etc.! But once we got going I loved it. There is a fairly large contingent of overseas entrants (though no big prizes - it's all for charity), and the event has a reputation for being one of the toughest mass endurance events in the world.

The biggest challenge that I find on the course is not the obstacles themselves, but coping with the cold. But the atmosphere, camaraderie and lemming factor are enough to pull you through. It's important to keep moving, and I've found that others are always ready to give you a helping hand. This year the theme is 'Jesus Warriors' and competitors will be given a large cross and need to find a partner to share the load.

This year's Tough Guy is on January 30<sup>th</sup> 2000. If you want to take part or you want more details, give me a ring and I can send you an application form. ■

### The 1999 Team

\* \* \*

Zelah Lewis-Morrall  
Rupert Morrall  
Sepanta Dorri  
Claire Carvello  
Simon Mills  
Zahra Shadlou  
Marianne Morris  
Ruth Jackson  
Corinne Howes

## Coniston

*continued from page 9*

into hysterics. Sorry, Sarah and Margaret went into hysterical laughter - I was forced to defend the male sex. At least it wasn't a lamp post.

Anyway the course follows the road south for the first 6 miles which includes a glorious downhill with waterfalls tumbling beside the road. You then return back on the far side of the lake on a winding road that continually tries to dip its toes in the water before climbing up to Brantwood

*continued on page 12*

## Typical Day at Club La Santa

### 13/12 MONDAY

08.00*	Off-road Rock Duathlon (3K run, 6.2K bike 3K run)	Bike Centre
09.00*	Tennis tournament, children	Court 1
09.00	Aerobic, beg.	Lawn
<b>09.00 - 13.00***</b>	<b>Snorkel tour</b>	<b>Dive Centre</b>
<b>09.30 - 12.45**</b>	<b>Excursion: GoCart</b>	<b>Reception</b>
<b>10.00 - 12.00**</b>	<b>Mountain bike tour 15K, beginners</b>	<b>Stadium</b>
10.00	Football, adults	Stadium
10.10	Body Toning	Lawn
11.00*	Tennis tournament, red	Court 1
11.20	NIA	Lawn
12.00	Football, 5 - 11 years	Stadium
12.30	Football, 12 - 16 years	Stadium
13.00*	Tennis tournament, green	Court 1
12.30	Guest Instructor Class	Lawn
<b>13.00 - 15.30**</b>	<b>Excursion: Camel Safari</b>	<b>Reception</b>
15.00*	25K Roadbike Tour, beg.	Bike Centre
<b>15.00**</b>	<b>Golf Tour to Costa Teguisse, beg.</b>	<b>Bike Centre</b>
15.00*	Tennis tournament, blue	Court 1
15.00*	Aquathlon (200m swim, 3K run)	OL Pool
16.30*	Body bike, beg.	Fitness
17.00*	Bleep Test (running)	Stadium
17.00	Evening Workout - Circuit Training	5-a-side
17.30	Evening Run (4K, 5K)	Stadium
17.30*	Body bike, adv. (interval)	Fitness
18.00 - 19.00	Individual advice on sportsphysiotherapy	Physio
	<b>ENTERTAINMENT:</b>	
<b>20.30</b>	<b>Movie: Payback</b>	<b>Cinema</b>
<b>21.00</b>	<b>Green Team Cabaret Show</b>	<b>Square</b>
<b>23.00</b>	<b>Aerobic Week x-mas Party &amp; Disco Robics</b>	

# So what exactly is this Committee that we hear so much about?

By Sarah Newton

The Club Committee is made up of 12 members comprising a chairman, honorary secretary, honorary treasurer, men's and ladies captains and 6 ordinary members. It is elected annually at the AGM in July, all nominees being proposed and seconded by members. If there is a contested place, a vote takes place. You have to be a club member for a year to stand, so next year it could be YOU!! *Ed. Note: Members of the committee are listed on the back page*

Committee meetings are held approximately every 6 weeks and are invariably well attended – it's the lure of the coffee and biscuits. Agenda items for discussion are sent out prior to the meeting. Any club member who wants to raise something with the Committee simply has to let the Honorary Secretary (Ros) know beforehand to have it included – it's that easy.

Topics discussed are varied – they always include an Hon. Secretary, Treasurer and Captains' report – to update on what is happening on membership, finances, race results etc. This keeps a check that we're still solvent, have a healthy membership and are, of course, doing well and having fun in competitions.

Other items discussed depend on the need – summaries are now available on

the website and in the newsletter. They can include topical issues such as planning the NYD 10K, Welsh Castles, Christmas party, Club Championship races for the coming year etc.; or ongoing issues such as the sale of club kit, search for other premises, how we're dealing with the closure of Battersea track and the planned reopening in the spring. One-off issues that regularly arise include such topics as requests for finance of minibuses to go to track and field events or the Green Belt relay, should the serpent stay as the logo on club leisure gear (not that old chestnut again they groan.....), etc.

Recent subjects discussed at meetings include: Relocation of Tuesday night sessions; writing to the Parks authority to inform them of next year's race dates (and confirming we'll get permission); which races to consider for the Club Champs next year; are there enough volunteers to make the NYD10K viable, what prizes could we manage and could we deal with entries on the day; applying for club London marathon places; how to get the club leaflets updated and who might help with the task; need to change the Handicap dates to avoid new year and Welsh Castles clashes; agreeing the cost of the club gear to be sold; looking at the possibility of standing orders for the 100 club and club membership subscriptions (which would make life a lot

easier administratively) and so on. These are all necessary grassroots actions that keep things going.

The Committee helps oil the wheels of the Club – checks all the machinery, looks ahead to forthcoming events/issues and tries to anticipate and find ways/people to sort them out (who will organise the summer league /cross-country?). We don't, by any means, do all the work; we just try and find a person who can. A club is only as active as its membership and the fact that we seem to be flourishing at the moment is largely thanks to the efforts put in by everyone. A few examples of this are: Dave Hoatson's and Owen Barder's sterling work on the website, Maggie Moran's help with organising Lanzarote and Arthur Garrison's excellent work in producing the Serpentimes, those who help organise Welsh Castles, the cross-country and the starter groups etc. There are numerous other people involved in different aspects of organisation who all help to effect the smooth running of the Club.

So the moral of this is you too can be a very welcome Committee member, but, if that doesn't appeal, perhaps think about helping out in some other way, if you don't already. It'll be much appreciated. ■

## Coniston

*continued from page 11*

(previously Ruskin's home) and further up, all the time with stunning views across Coniston Water to the Coniston fells and the Old Man of Coniston (not Peter Forster but a mountain with a craggy face and a cap of snow on the top – not dissimilar in fact). Then another stomach churning descent back to lake level and a last mile back to the village.

At the finish I met the other Serpie who had finished one place ahead of me, shook hands and congratulated him on a well run race. (Sarah and Margaret declined to shake hands which seemed rather rude until they later explained why.) There's usually a nice bit of slate for a keepsake and you can while away the afternoon in a wide choice of pubs reminiscing about the time you once did Scafell Pike in the afternoon after the race. But hey, the forecast's a bit dodgy today and walking might aggravate the Lanzarote bump and it is a nice log fire and... ■

*Ed. note: See Ian's piece on Derwentwater elsewhere in this newsletter*



Run to the eye...  
...eye the run !!!!

*How about this for a  
(mini) club outing!?*

We can't book a whole cabin (this would require slowing or stopping the wheel to get everyone on, and would cost £600!). BUT group rates are available for up to 10 people (something to do with how many can be herded in at one time, no doubt!)

Adults:	£6.70
Children	£4.45
Senior citizens	£5.35

Initial thoughts are to go after a handicap run on a Saturday, say in March or April. Please let me know if you are interested - or have other ideas.

Phill Harris

# Preparing for the

# Marathon...

## Leaving No Stone Unturned

by Frank Horwill

The period leading up to a marathon should be devoted to the acceptance of certain facts and procedures. First of all, estimate your potential marathon time by multiplying your 10k time by five and subtracting 10 minutes. Another method is to multiply your half-marathon time by two and adding six and half minutes. A long shot is to multiply your 5k time by ten, so that if your best 5k time is 17 minutes, your marathon potential is 170 minutes (2 hours 50 minutes).

Once your potential time has been established it's essential to practise that target time once a week, starting with one third of the marathon distance, i.e. 9 miles rounded off. There is a very good reason for doing this, for if most of your training is either faster than marathon speed and of necessity short distance, or on the other hand slower than marathon pace and of long duration, on the day of the race there is a temptation either to start too fast or to run too slow. In other words, you will be confused and uncertain.

Once the 9 mile runs at target marathon speed feel comfortable, add a mile and keep on adding a mile up to two-thirds of the distance, i.e. 18 miles. Here are some paces to consider: 7 minutes a mile = 3:03:24, 6:40/mile = 2:54:40, 6:20/mile = 2:45:56, 6:00/mile = 2:37:12, 5: 30/mile = 2:24:06.

Perhaps the greatest training aid for the marathon was the introduction of VARIABLE PACE. This is best done on a track and consists of running one lap at your best 5k speed and then going straight into the next lap at marathon pace. Continue in this way, non stop for as long as possible. Usually, first attempts last for about eight laps. Take a lap walk recovery and start again doing as many consecutive laps as

*continued on page 14, column 1*

## Training For Your First Marathon

by Derek Turner

Congratulations on deciding to run your first marathon. The first task is to look at your existing schedule and decide how to modify it to give the base on which to build your training schedule. The important points to be looking for in your existing training are: the total weekly mileage, the number of times you run a week and the longest runs that you undertake. To analyse your existing training you must already have been keeping a log of your training. If you haven't, then you should start now, as it will enable you to keep your training on course. Check the [training log spreadsheet](#) on the club's website.

The schedules below assume that you will be able to run at least 6 days a week, and that you are able to set aside up to about three to four hours one day a week for a long run. The build up to the marathon should be a slow increase in the volume of running. I advocate that runners should neither increase their weekly mileage or their long run by

more than 2-3 miles a week. (This is I know a cautious approach but I would rather that runners stayed injury free and enjoy their running. Some coaches will suggest increasing weekly mileage by up to as much as 5%.)

The most important aspect of your training is the long run and total mileage. Your main aim is to complete your first marathon comfortably. (If you have been running and competing in 10kms, ½ marathons and so on and are determined to do a good marathon time, I suggest that you look also at the improvers schedule). Your training runs should all be done at a jog or slow run. This is aerobic running, with your muscles getting sufficient oxygen completely to burn the fuel contained within them.

As there will be a wide variation in readers' base running level, I have prepared two first time marathon schedules: one for those currently running less than 35 miles a week, and one for those doing more.

*continued on page 14, column 3*

### London Marathon

April 16

*Important information for club  
members...*



If you're running, wear club colours and tell John Walker you're estimated time. He'll publish that so supporters know when to look for you.

If you're not running, there will be club expeditions to watch from various points. Watch the weekly newsletter or contact John Walker as the date approaches.

There will be a post-marathon party for all Serpies, whether running or watching. Venue is likely to be the Paxton's Head, Knightsbridge, as in previous years, but confirm closer to the date.

# Sundays in the Park with Ron

## ...Prepare for London

\* \* \* \* \*

Sunday morning long runs in Richmond Park are a great way to do your weekly Long Slow Distance (LSD) run in preparation for a marathon. The path round the perimeter of the park is a little under 7½ miles and we do one or two laps.

We will do these runs regularly in the run up to the London Marathon in April. We don't always do them every weekend so it is advisable to check with Ron Hagell on 0171 828 4935 or by email: [r.hagell@rhbc.ac.uk](mailto:r.hagell@rhbc.ac.uk) before setting off.

We meet at 9.00 am sharp, in the car park next to Pembroke Lodge, near Richmond Gate. There are toilets and refreshments on site, and water fountains on the route.

Travel by train (from Waterloo) or tube (District Line), or you may be able to get a lift from the centre of London from Ron and Beate or others.

## Unturned

*continued from page 13*

possible on time. The target is to do a total of twenty-five laps(10k). When I coached Wendy Llewellyn to run 2:37 exactly for the marathon in 1996, She was able eventually to run the 10k distance without rest as follows: 80secs/400 (16:40/5k) followed by 90secs/400 (2:37:12/marathon). This session, with its undulating pulse rates which fluctuate between 150 and 180 beats a minute, prepares you for hills, making a break and covering one.

When the world veterans' marathon champion, Tony Duffy from Salford, wrote to me before the start of his build up for the 1999 title, I replied that he was doing too much junk mileage. I pointed out to him that Lisa Hollick whom I was helping at the time, suffered from post-viral malaise (recurring glandular fever symptoms) which occurred if she trained daily. She trained every other day only, and was put on 1000mg of vitamin C and 30mg of zinc daily. Her total weekly mileage was forty miles. She ran 2:54 in her first

London Marathon and was the tenth British female home. She did one long slow run a week, one variable pace session, one marathon pace rehearsal run and a session at 10k pace.

Carbohydrates are vital to successful training and racing over 10 miles. Carbs should be taken before, during and after training. The routine is: a) 100g of carbo-loader three hours before training, b) A 4-8% carb hydration drink sipped during training, c) 225g of carbs immediately after training. At meal times concentrate on LOW GLYCEMIC carbs which are preferentially stored as glycogen. High glycemic carbs gave you surges of insulin which actually retard glycogen storage. Eat the following: fructose, soybeans, kidney beans, lentils, sweet potatoes, apples, oranges, whole wheat spaghetti, oats, brown rice, buckwheat pancakes and whole wheat bread. Contrary to popular belief, bananas and foods containing white flour, are all high glycemic. Invest in a good carb polymer.

Training for the marathon should be a 14 day cycle which avoids boredom. See the panel for how Duffy won his world title. For 48 hours before the race, do no training at all, but a 15 minute jog on both days is O.K. Consume low glycemic carbs, up to 600g daily. For the final 24 hours before the race, increase water intake by 1 pint an hour but stop 30 minutes before the start. Costill found that before the Boston marathon, many marathoners had minuscule muscle cell damage, which was worse after the race. The 35-minute recovery runs will prevent this in your training cycle. During the race, concentrate on reaching the first mile and 10k bang on time. A marathon should be apportioned 51 per cent of the target time for the first half and 49 per cent for the second. For example, if your target is 7mins/mile, reach the 13 miles mark in 1 hour 34 minutes, the next 13 miles will be in 1 hour 29 mins 30 secs. If you reverse this scheduling, be prepare to "die" in the last mile!

After the marathon, take five whole days off from training and increase your vitamin C intake. Research tells us that in the first seven days after a marathon you will be very prone to infections.

There will be know-all's who will not agree with everything stated in this article However, during my six months'

## This is how Duffy won his world title

Day 1	Build up to running for 2.5 hours, speed is irrelevant, time on the feet is the main point of this session.
Day 2	Recovery run of 35 minutes.
Day 3	Variable pace session on the track totalling 10k.
Day 4	Recovery run of 35 minutes.
Day 5	Build up to running 18 miles at target marathon speed.
Day 6	Rest.
Day 7	10k pace session. Either 6 x 1 mile or 3 x 2 miles with 45 and 90 secs recovery, respectively, at best 10k speed or faster.
Day 8	Recovery run of 35 minutes.
Day 9	Repeat Day 1.
Day 10	Recovery run of 35 minutes.
Day 11	Repeat Day 5.
Day 12	Recovery run of 35 minutes.
Day 13	5k pace session. Either 8 x 800 or 6 x 1k at best 5k speed or faster with 45 and 60 secs rest respectively.
Day 14	Rest.

coaching tour in South Africa, the coaching fraternity adopted the blueprint set out above. They haven't done too badly, have they? ■

## First Marathon

*continued from page 13*

### An 18 week schedule from a base of 20 miles a week

This basic training schedule starts at a weekly mileage of 20 miles. It is primarily intended for people who are running anything between 18 and 35 miles a week.

- If you run less than 20 miles a week, gradually increase your mileage by no more than 2-3 miles a week before starting this schedule.
- If you are running more than 20 miles a week, but fewer than 6 times a week, then you should run more often, but shorter distances.

### An 18 week schedule from a base of 20 miles a week

Wk	S	M	T	W	T	F	S	Total
1	4	3	3	4	3	-	3	20
2	5	3	3	4	4	-	3	22
3	6	3	4	4	4	-	3	24
4	7	4	4	4	4	-	3	26
5	8	4	4	4	4	-	4	28
6	9	4	4	5	4	-	4	30
7	10	4	4	5	5	-	4	32
8	11	4	5	5	5	-	4	34
9	12	4	5	5	5	-	5	36
10	13	5	5	5	5	-	5	38
11	14	5	5	6	5	-	5	40
12	16	5	5	5	5	-	5	41
13	17	5	5	6	5	-	5	43
14	19	5	5	6	5	-	5	45
15	20	5	5	6	5	-	5	46
16	13	5	5	5	5	-	8	41
17	5	4	4	-	3	2	1	19
18	M							

## First Marathon

*continued from page 14*

Example: 9 miles, 3 x 3 miles a week

Suppose you go running three times a week on a route of three miles. Your total mileage is 9 miles a week. Your first priority is increasing the number of times that you run a week. Each week introduce a 2 mile run until running 6 days a week. Your training schedule will look something like below

week 1: 3 0 3 2 0 3 0 [11]

week 2: 3 0 3 2 0 3 2 [13]

week 3: 3 0 3 2 2 3 2 [15]

week 4: 3 2 3 3 3 0 3 [17]

week 5: 4 2 3 3 3 0 3 [18]

Of course this adds five weeks so that the full schedule will take 23 weeks instead of 18. If you do not have sufficient time, read the short cut notes later on.

Example: 21 miles a week

Suppose you run 6 miles on Sundays and 4 miles on Mondays, Wednesdays, Thursdays and Fridays. Your total mileage is 21 miles. The first thing, again, is bring the running up to 6 days a week. This can be done by inserting a 2 mile run. And then making it a 4 mile run the week after. The training log should look something like this.

week 1: 6 4 0 4 4 4 0 [22]

week 2: 6 4 2 4 4 4 0 [24]

week 3: 6 4 4 4 4 4 0 [26]

Your weekly total mileage will now be 26 miles, with a long run of 6 miles. You are now ready to enter the schedule at week 5.

### An 18 week schedule from a base of 35 miles a week

As with the schedule for those commencing with a base of 20 miles a week, you will have to modify your training slightly to fit into this schedule. However, as you are already running at least 35 miles, it will be relatively easily for you to identify where to make the

### An 18 week schedule from a base of 35 miles a week

Wk	S	M	T	W	T	F	S	Total
1	6	6	6	6	6	-	5	35
2	7	6	6	6	6	-	6	37
3	8	6	6	7	6	-	6	39
4	9	6	6	7	6	-	6	41
5	10	6	6	8	6	-	7	43
6	11	6	6	8	6	-	8	45
7	13	6	6	8	6	-	8	47
8	15	6	6	8	6	-	8	49
9	17	6	6	8	6	-	8	51
10	19	6	6	8	6	-	8	53
11	20	6	6	8	6	-	8	54
12	18	6	6	8	6	-	8	52
13	13	6	6	8	6	-	8	45
14	20	6	6	8	6	-	8	54
15	20	6	6	8	6	-	8	54
16	13	5	5	4	6	-	10	43
17	6	5	4	3	2	-	1	21
18	M							

changes and the appropriate week in which to enter the schedule.

### Following the schedule

The trick is to try to stick to the mileage indicated in the schedule. Keep a log of the runs you actually do and a weekly total of the miles you run. This will necessitate measuring your routes before you go out running. Use a car, bicycle or measuring wheel. (Do not guesstimate. Do not use time run as an estimate nor rely on the accounts of others.) Incidentally if you live in a hilly area you will do extra distance because of going up and down hill: Ignore this factor unless your runs are **severely hilly** - in which case add 10%. (In my experience it is possible even in hilly areas to avoid many hills, and running downhill gives the body a lot of unwanted pounding.)

As you increase your mileage listen carefully to your body. Proceed with caution. If you are feeling tired then revert to the previous week's level of training before going back to the level you were at. If forced to take some time

## Do You Have Something To Say?

\* \* \*

*Say it in the Spring  
Serpentines*

• • • • •

Deadline for contributions is  
March 1

off because, of injury, illness, problems etc., **do not be tempted to re join the training schedule at the level you would have been at.** Join it at the level you were at - or even below (especially if the break was more than 2 weeks). This may all add a few weeks to the time taken to train up to the marathon, but better safer than sorry.

*continued on page 27*

## Beate & Ron's:

### FOUR STEPS TO A PERFECT DAY

This year we are recommending to all those unfamiliar with marathon training, such as those running for KIDS, that you all look at the training guides published in Runner World and Frank's and Derek's articles on the Serpentine web site - [www.Serpentine.org.uk](http://www.Serpentine.org.uk) and here in the Serpentines - Additionally as a group we thought it might be fun to build-up our endurance together with a few selected events. We are calling this

#### The Four Steps To A Perfect Day

During the week you will need to follow the training guide for the pace you want to run and then join us on Sundays as described here. Also see the race schedule (in Runner World) for all the registration information you will need to get your running numbers for each race. Lets work together to all have a 'Perfect Day'. If you want to run London and don't have a place check-out [marathon@es.entries.co.uk](mailto:marathon@es.entries.co.uk) - or see today's Evening Standard, Sport section. Good Luck!

- Sun 23/01/00 Serpie Richmond Park Long Run (7.25 to 14.5 miles)
- Sun 30/01/00 Serpie Richmond Park Long Run (7.25 to 14.5 or 21.75 miles)
- Sun 06/02/00 Regents Park 10K - MARATHON TRAINING STEP 1
- Sun 13/02/00 Serpie Richmond Park Long Run (7.25 to 14.5 miles)
- Sun 20/02/00 Serpie Richmond Park Long Run (7.25 to 14.5 miles)
- Sun 27/02/00 Bramley 10 mile - MARATHON TRAINING STEP 2
- Sun 05/03/00 Serpie Richmond Park Long Run (7.25 to 14.5 miles)
- Sun 12/03/00 Reading ½ Marathon - MARATHON TRAINING STEP 3 and also Finchley 20 -Serpie Championship
- Sun 19/03/00 Serpie Richmond Park Long Run (7.25 to 14.5 miles) and also Cranleigh 21 mile and Lanzarote Group - 12-15 mile long run
- Sun 26/03/00 Worthing 20 Mile - MARATHON TRAINING STEP 4
- Sun 02/04/00 Docklands ½ Marathon and also Serpie Richmond Park Long Run (7.25 to 14.5 miles)
- Sun 09/04/00 Paris Marathon and also Serpie Richmond Park Long Run (7.25 to 14.5 miles) and Last 10k of London Marathon fun run if not in Paris
- Sun 16/04/00 London Marathon

Hope everyone has a 'Perfect Day'!!



# Serpentine Handicap



**James Wins  
December, but  
it's Pat's Year!**  
*by Ros Young*

The last race of the year was a cracker!

Pat Kearsey, Baiju, Sami and Hilary (all with a good chance of winning the T H trophy) turned up looking lean and mean. In Pat's case, this was due partly to having picked up a bug from Hugo! Once they knew their handicaps, Bob Davidson looked smug ('cos he knew he had got his fast time out of the system), and Owen looked politely aggrieved ('cos he thought his handicap was wrong - it wasn't!)

And what a race! PBs from Keith Morris (age-graded), Phill McCubbins (actual, by 32 seconds), Chris Jordan (actual by 20 seconds), Pat Kearsey, (actual by 25 seconds), Hilary Walker (age-graded), Manuel Moreno (age-graded), and Bev Thomas (also age-graded).

The following, running in their second races also improved on their scratch runs: Gill McCabe (by almost 2 1/2 minutes!), Kevin Whelan, Derek Watson, Monika Mars and Brian Harris.

The December race was actually won by James Stratford, in a time well outside his PB, or even age-graded PB. But it was his fastest since last  
*continued on page 17, column 3*

## *Musings On The Millennium*

*by Ros Young*

As I seem to have some time on my hands at the moment (all offers considered), I decided to look at some of the accumulated handicap statistics of the decade century...millennium ...with acknowledgements to James Godber!

### Course Records

This table isn't exactly new, but now shows the adjustment to correct for the fact that the current handicap course is some 120 metres shorter than the original one, on which most of the records were set.

Female Records	PB	New Course Equivalent	Date	Age Cat.	Pace
Jane Calderbank	28.57	<b>28.57</b>	05/06/99	FU20	7.01
Wendy Sutherland	24.41	<b>24.13</b>	02/01/93	FU30	5.59
Wendy Sutherland	24.41	<b>24.13</b>	02/01/93	FU40	5.59
Barbara Sheldon	25.34	<b>25.05</b>	06/04/96	FV40	6.12
Pauline Rich	25.58	<b>25.28</b>	06/04/91	FV45	6.18
Sue Lambert	28.13	<b>27.41</b>	06/02/93	FV50	6.52
Joyce Goody	30.18	<b>29.43</b>	01/07/89	FV55	7.21
Joyce Smith	31.23	<b>30.47</b>	03/06/89	FV60	7.37
Joyce Goody	32.06	<b>31.29</b>	06/11/93	FV60	7.47
Joyce Smith	32.06	<b>31.29</b>	05/06/93	FV65	7.47
Joyce Goody	34.43	<b>34.43</b>	01/05/99	FV65	8.25
Pearl Mehl	34.51	<b>34.11</b>	01/12/84	FV70	8.28

*continued on page 17, column 1*

## **Hear Ye, Hear Ye....**

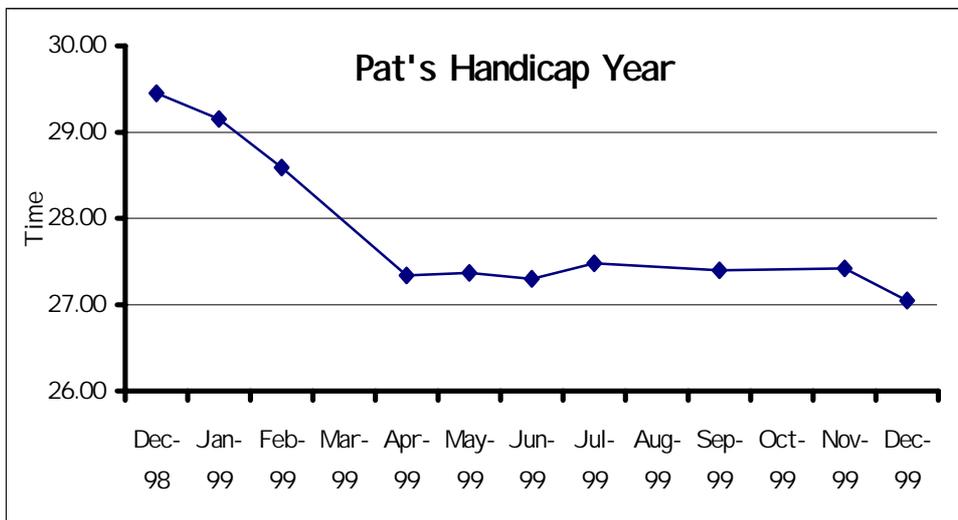


Notice is hereby given that registration for the handicap will henceforth and without exception close at 9 of the clock

And furthermore, runners improperly attired\*, save those making their handicap debut, will be summarily disqualified.

**Miss Bossy**

*\* Ed Note: "you gotta wear club colours, man!"*



Male Records	PB	New Course Equivalent	Date	Age Cat.	Pace
Paul Miller	22.09	<b>21.44</b>	03/06/89	MU20	5.23
Robin Kindersley	20.33	<b>20.10</b>	01/10/88	MU30	4.59
Robin Kindersley	20.33	<b>20.10</b>	01/10/88	MU40	4.59
Alan Rich	21.49	<b>21.24</b>	10/10/92	MV40	5.18
John Walker	22.00	<b>21.35</b>	02/02/85	MV40	5.20
John Walker	22.48	<b>22.22</b>	01/04/89	MV45	5.32
Colin Jones	22.55	<b>22.29</b>	13/05/89	MV50	5.34
Ron Higgs	23.36	<b>23.09</b>	01/08/87	MV50	5.44
Giles Brindley	24.53	<b>24.25</b>	03/01/87	MV55	6.02
Bob Davidson	25.45	<b>25.16</b>	02/08/86	MV55	6.15
Giles Brindley	24.53	<b>24.25</b>	03/01/87	MV60	6.02
Bob Davidson	26.34	<b>26.04</b>	07/09/91	MV60	6.27
Rudi Mahony	28.10	<b>27.38</b>	07/10/89	MV65	6.50
Rudi Mahony	32.14	<b>31.37</b>	07/10/95	MV70	7.45
Jack Heath	43.45	<b>42.55</b>	04/06/88	MV75	10.37

December. In fact, James always seems to run well in December: before that, his fastest time was December, 1997. In second place was Keith Morris, also with his best time since last December, and third was Bob Davidson with his best since May 1998.

In the Tom Hogshead series, Baiju had given Pat a run for her money in the last few months of the year, but sadly injury meant she wasn't quite at her best on the day. She finished in second place overall, and has the consolation of knowing that she would have needed a massive PB on the day to have overtaken Pat. Behind her, in third and fourth places respectively, Sami and Hilary had run consistently all year. Sami had carefully worked out what he needed to do, and ran out of his socks, to get within 10 seconds of his PB on the day.

But this has been Pat's year. She ran her first handicap in April 1990 in a time of 34.52. Over the following 11 months, she reduced this to 30.48. She only ran one more race in the intervening 7 1/2 years, dipping below 30 minutes, before reappearing last December. She

*continued on page 28*

### Most Races Run

Alan Woodward	163
Eamonn Richardson	116
Phill Harris	114
James Stratford	97
Bob Davidson	92
Hilary Walker	89
Joyce Goody	84
Chris Stagg	80
John Hudspith	67
Peter Forster	67

I said that, as a club, we were getting slower, and this appears to be borne out. Only Pete Warren has had an age-graded performance in excess of 80% in the last 3 years, and there have been only 4 such performances in the last 5 years! Surely it can't have anything to do with Wednesday evenings in the Windsor Castle or Thursday evening in the Dog and Duck? My theory is that we're missing the Saturday morning interval sessions: does anyone have any other thoughts? ■

Alan Woodward looks uncatchable in the foreseeable future!

### Relative Quality of Handicap Performances

Age Grading is the most obvious way of looking at this. I calculated notional "world records" for both the old and the new course (1997-onwards), based on a world record pace midway between that for 5000m and that for 8000m (the new course is 6565m):

#### Handicap "World Records"

	Old Course (pre 1997)	New Course
Male	17.36	17.16
Female	19.32	19.10

### Best All-Comers Age-Graded Performances

(For obvious reasons, I particularly like this one!) The Theoretical Optimum Performance, (TOP), is the time which could have been achieved by these runners in their prime. The Age-Graded % column contains a correction for variations in course length, but the TOP is simply calculated against the PB. The table includes performances over 80%, which are regarded as of

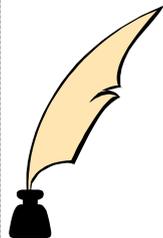
"National" class by the World Association of Veteran Athletes.

Pos	Name	DoB	PB	Date of PB	Age-Graded Perf. %	Theoretical Optimum Perf.
1=	Ron Higgs	08/12/32	<b>23.36</b>	01/08/87	<b>86.35</b>	<b>20.23</b>
1=	Giles Brindley	30/04/26	<b>24.53</b>	03/01/87	<b>86.35</b>	<b>20.23</b>
3	Colin Jones	02/05/39	<b>22.55</b>	13/05/89	<b>85.99</b>	<b>20.28</b>
4	Robin Kindersley	28/10/56	<b>20.33</b>	01/10/88	<b>85.71</b>	<b>20.33</b>
5	Alan Rich	03/11/49	<b>21.49</b>	10/10/92	<b>85.09</b>	<b>20.41</b>
6	Mike Askew	04/07/62	<b>20.43</b>	01/07/89	<b>84.96</b>	<b>20.43</b>
7	Peggy Fletcher	05/09/30	<b>28.24</b>	07/02/87	<b>83.54</b>	<b>23.23</b>
8	Ros Young	15/03/44	<b>26.34</b>	04/09/93	<b>83.48</b>	<b>23.24</b>
9	Pete Warren	12/12/39	<b>24.36</b>	05/07/97	<b>83.41</b>	<b>20.42</b>
10	Eero Keranen	07/11/55	<b>21.29</b>	06/11/93	<b>83.41</b>	<b>21.06</b>
11	Charles Doxat	03/04/42	<b>24.15</b>	04/11/95	<b>83.35</b>	<b>21.07</b>
12	Ian Wright	17/04/63	<b>21.07</b>	06/02/93	<b>83.35</b>	<b>21.07</b>
13	John Walker	01/03/44	<b>22.00</b>	02/02/85	<b>83.15</b>	<b>21.10</b>
14	Bob Sinton	10/02/41	<b>23.22</b>	07/10/89	<b>83.08</b>	<b>21.11</b>
15	Derek Johnson	05/01/33	<b>24.25</b>	07/06/86	<b>82.76</b>	<b>21.16</b>
16	Pauline Rich	10/04/45	<b>25.58</b>	06/04/91	<b>82.42</b>	<b>23.42</b>
17	David Lindsay	15/12/58	<b>21.22</b>	05/05/84	<b>82.37</b>	<b>21.22</b>
18	Alan Souness	12/08/49	<b>22.33</b>	01/02/92	<b>82.31</b>	<b>21.23</b>
19	Graham Taylor	31/03/60	<b>21.42</b>	01/06/96	<b>81.99</b>	<b>21.28</b>
20	John Kennedy	26/04/57	<b>21.29</b>	06/02/88	<b>81.92</b>	<b>21.29</b>
21	Barbara Sheldon	01/02/54	<b>25.34</b>	06/04/96	<b>81.56</b>	<b>23.57</b>
22	Spencer Thomas	07/03/45	<b>23.59</b>	05/11/94	<b>81.54</b>	<b>21.35</b>
23	Rudi Mahony	13/07/24	<b>26.41</b>	05/10/85	<b>81.36</b>	<b>21.38</b>
24	Sue Lambert	05/02/41	<b>28.13</b>	06/02/93	<b>80.83</b>	<b>24.10</b>
25	Francis Cooney	27/07/59	<b>21.47</b>	13/05/89	<b>80.80</b>	<b>21.47</b>
26	Michael Begg	05/11/37	<b>25.42</b>	06/08/94	<b>80.67</b>	<b>21.49</b>
27	Leighton Grist	03/06/58	<b>21.53</b>	01/10/88	<b>80.43</b>	<b>21.53</b>
28	Walton Hornsby	21/04/58	<b>21.53</b>	03/08/85	<b>80.43</b>	<b>21.53</b>
29	Pearl Mehl	03/08/14	<b>34.51</b>	01/12/84	<b>80.38</b>	<b>24.18</b>
30	Derek Paterson	02/03/51	<b>22.30</b>	07/10/89	<b>80.18</b>	<b>21.57</b>
31	Bob Llewellyn	01/10/62	<b>21.59</b>	06/02/93	<b>80.06</b>	<b>21.59</b>

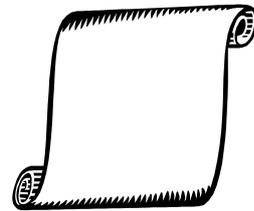
# Current members with Age-Graded Performances over 70% ("Regional" Class)

	DoB	PB	Date of PB	Age-Graded Perf. %	Theoretical Optimum Perf
Gary Hymns	27/05/57	22.06	04/06/88	79.70	22.06
Joyce Goody	12/10/33	27.51	04/06/83	79.62	24.32
John Jarvis	02/10/44	24.47	01/07/95	79.52	22.08
John Ralph	07/01/57	22.16	07/12/91	79.04	22.16
Alan Woodward	04/02/30	25.36	02/07/83	78.92	22.18
Bob Davidson	30/07/31	25.41	06/07/85	78.69	22.22
Charles Ojukwu	30/03/65	22.25	03/02/96	78.51	22.25
Michael Katz	08/05/57	22.49	01/10/94	78.51	22.25
Raija Teinila	08/08/59	25.19	03/02/96	78.50	24.53
Richard Holloway	30/03/63	22.34	05/03/94	77.99	22.34
Hilary Walker	09/11/53	25.55	07/12/91	77.87	25.05
John Hudspith	16/04/60	22.45	06/01/90	77.36	22.45
Rachel Mackenzie	26/02/61	25.34	04/05/96	77.11	25.20
Sarah Newton	01/06/57	26.12	05/07/97	76.82	24.57
Terry Nicholson	10/10/53	24.10	06/07/96	76.80	22.55
Tom Berger	26/03/41	24.43	04/10/86	76.74	22.56
Dave Mackenzie	31/08/49	24.45	03/09/94	76.63	22.58
Richard Long	28/09/51	23.45	06/04/91	76.47	23.01
Martin Payne	06/09/62	23.04	06/08/88	76.30	23.04
Jerome Ponchelle	02/03/69	23.08	06/11/93	76.14	23.08
Derek Turner	26/04/52	23.08	07/02/87	76.14	23.08
Peter Forster	02/08/42	25.33	02/02/91	75.97	23.10
Mike Maddison	18/06/46	24.26	05/09/87	75.43	23.20
Heather Kingston	14/11/56	26.59	06/07/96	75.42	25.54
Tony Chada	28/04/66	23.32	02/05/92	74.79	23.32
Timo Teinila	13/05/59	23.49	03/02/96	74.73	23.33
Richard Smith	06/01/53	23.58	03/11/90	74.73	23.33
Dennis Cox	16/01/24	30.43	07/04/90	74.37	23.40
Phill Harris	12/09/60	23.45	10/10/92	74.11	23.45
Arthur Garrison	10/02/55	25.02	03/07/99	73.79	23.24
Ian Hall	29/10/52	25.08	04/10/97	73.53	23.29
Eamonn Richardson	17/01/59	23.57	02/05/87	73.49	23.57

	DoB	PB	Date of PB	Age-Graded Perf. %	Theoretical Optimum Perf.
Rokea Schiller	21/03/67	26.05	04/09/99	73.48	26.05
Sami Mohammed	06/07/67	23.59	02/04/94	73.38	23.59
Jan Farmer	30/06/51	28.23	02/01/93	72.89	26.48
Ann Nally	03/03/42	31.40	06/01/96	72.70	26.52
Keith Evans	08/06/38	26.44	05/12/86	72.63	24.14
Christine Robilliard	12/12/59	27.09	01/07/95	72.61	26.54
Sue Davison	29/03/61	26.54	01/12/90	72.61	26.54
Jean-Luc Hoesz	03/11/57	24.54	06/06/98	72.09	23.57
Ann Dex	19/03/47	28.14	05/12/86	72.08	27.06
Pat Kearsley	12/12/62	27.05	04/12/99	71.96	26.38
Ron Hagell	05/06/45	27.49	02/11/96	71.45	24.38
Gill McCabe	25/10/42	32.56	04/12/99	71.38	26.51
Maggie Moran	09/05/50	30.14	03/08/96	71.38	27.22
Wendy Wood	16/06/37	30.17	02/06/84	71.29	27.24
Phillip McCubbins	10/10/58	25.24	04/12/99	71.15	24.16
Steve Edwards	30/01/57	25.35	03/04/99	71.15	24.16
Mike Payne	21/02/55	24.45	06/09/86	71.11	24.45
Ken Kwok	25/03/40	29.07	04/07/98	71.11	24.17
Hazel Paterson	05/01/55	27.31	05/10/85	71.03	27.31
Marianne Morris	30/03/50	30.42	03/07/99	70.86	27.03
Michael Carden	05/05/58	24.53	10/10/92	70.73	24.53
Baiju McCubbins	13/01/60	28.16	02/10/99	70.64	27.08
Eddie Brocklesby	24/03/43	32.58	04/12/99	70.60	27.09
Owen Barder	20/02/67	24.29	03/04/99	70.52	24.29
Desmond Hampton	31/08/40	28.41	02/07/94	70.45	24.59
Zahra Shadlou	14/08/46	31.29	03/08/96	70.43	27.44
Nicky Rosewell	13/07/55	27.45	01/10/88	70.39	27.45
Brenda Green	21/01/30	33.42	03/05/86	70.39	27.45
Chris Jordan	12/05/80	24.33	04/12/99	70.38	24.33
Chris Stagg	04/09/45	27.13	07/09/91	70.21	25.04
Rita Mehta	26/11/46	29.28	02/07/88	70.18	27.50
Jane Thompson	31/10/48	29.30	07/04/90	70.10	27.52



# In Olden Times



## 10 years ago.....

What was the club doing? Who was winning what? The biggest event of the year was the Sunday Times Fun Run, now sadly gone. At its peak, this involved 30,000 runners taking over Hyde Park for a whole day. The 1989 race was particularly significant.....

### .....in September 1989 - (a vintage month)

- Paul Miller wins club half marathon championship at Wimbledon (1.16.29), just 30 seconds ahead of Leighton Grist.
- Hilary Walker (1.28.32) holds off Barbara Sheldon to become the womens champion.
- Pauline Baker 5th in AAA Vets half marathon championships (1.30.03): Joyce Goody wins W55 category.
- SERPENTINE WIN GROUP TEAMS CHAMPIONSHIP at Sunday Times National Fun Run, (see separate article).

### .....in October, 1989

- Dennis Cox [Hazel Paterson's father] (V65) is 2nd in the handicap, with 31.17, his 6th successive PB.
- Hilary Walker wins the London-Brighton 50 miles, in 6hrs 43mins! (Ed. Note: Hilary won this same race in 1999)

- John Ralph runs 56.21 at the Cabbage Patch 10 to win the club championship and Pauline Baker wins ladies award.
- Severe weather (90mph winds) during the Seven Sisters doesn't deter John Ralph who runs highly creditable 3.19.

### .....in November 1989

- John Hudspith wins club marathon championship with 2.39.09 at Harrow from John Ralph in 2.42.48 and Hilary Walker in 2:59.
- A Serpie ladies team of Jill Hickman, Nicky Rosewell, Leigh Dron, and Ros Young place 3rd in the London Cross Country Champs.

### .....and in December, 1989

- John Ralph wins the Tom Hogshead handicap series, from Derek Paterson, Steve Ruth, Dennis Cox, and Steve

Brooks. The Serpentine 'egg' award (for the least number of points scored in eight handicaps) was won for the second time by Alan Woodward.

- Francis Cooney (2nd) just shades Rob Johnston (3rd) in the Sunday Cross Country League at Royston, followed by Robin Kindersley, The ladies team was led home by Jill Hickman, followed by Maeve Wynne, Barbara Sheldon, Christine Brixey and Hazel Paterson
- The annual club dinner dance was held at the Winning Post, Whitton, near Twickenhwn where much of the conversation (among the men anyway) was the club's entry to the Southern Mens Track and Field League in 1989



## SUNDAY TIMES FUN RUN TEAM RESULTS

By James Godber

As you may remember, last year our first, team was 3rd and our last team was fifth last. In newsletter 32 of 2/10/88 I wrote:

"So the achievement of first and last team (to demonstrate that as a running club we can cater for ANYBODY) was so nearly realised! And yes, I have worked out that if I'd included Francis Cooney and Mike Askew in the first team we would -actually have come FIRST OVERALL, but I've got to

give you all something to aim for next year, now, haven't I?!!!!!"

### WHAT CAN I SAY NOW?

Thank you Rotten Rowers and Broad Walkers, you were marvellous. I think I can live with second last. Since last Wednesday night when I heard we'd won, I've been on cloud nine and I haven't come down yet! You see, I'd calculated we could come first, but forecasting first and coming first are two completely different things.

*continued on page 26*

Fcast Within Serpentine	Team	Forecast Position	Actual Position
1	Rotten Rowers	1	2
4	Wembley Wonders	27	16
3	Peter Pans	22	23
2	North Riders	19	31
6	Wembley Wizards	76	112
5	Alelandra Lodgers	70	124
8	Magazine Section	243	134
11	Late Comers	n/a	204
	Evergreens	n/a	252
7	Wembley Windbags	128	380
10	Achilles Heels	604	641
	Spring Greens	n/a	1007
9	Sunken Gardeners	565	1144
12	Broad Walkers	8 <sup>th</sup> last	2 <sup>nd</sup> last 1283

Appropriately, the coveted overall National Fun Run title of Group Team champions went for the first time to the Serpentine Running Club's Rotten Rowers, one of 15 teams entered by a club which has grown alongside the

### National Fun Run .

And their organiser, James Godber almost achieved his long-held ambition of his best team the Rotten Rowers, finishing first overall and his slowest team the Broad Walkers, for which he

runs, finishing last. They came 1,283rd of 1,284 teams.

They lost that last place to the St George's Heart Starters, who had all been heart patients at the Tooting hospital. Three of them

were running having received heart transplants. So don't worry Broad Walkers, you weren't that special. But they were.

Cliff Temple

(from the Sunday Times)



# Club Championships



The Serpentine Club Championship is a series of races of 1km, 3km, and 1 mile (together known as the Grand Prix), plus a 5km, 10km, 10 mile, half-marathon, 20 mile and full marathon. The 5km and 20 mile are new for 2000.

## Scoring

For all races, the ladies' and men's champions are those who run the fastest times in the designated championship event. (For 1999, the marathon was not a designated event and performance on any certified course was accepted.) Additionally, the Grand Prix champion is determined by adding together, for each of the three events, each runner's time expressed as a percentage of the winner's time.

Because our older runners can only rarely expect to win these events, we also award an Age Graded Trophy. This uses performance factors to calibrate Club Championship race times to put everyone (male and female, younger and older) on a level playing field. In 1999, this was awarded to the first claim member with the highest age graded score from 5 of the 7 championship races. In 2000, the number of races has been increased to 9 and the best 6 will be used, so you can concentrate on a preferred range of distances. ■

## Club Champions, 1999

<b>1K</b>	<b>Ladies'</b>	Pat Kearsey	3.18
	<b>Men's</b>	Mike Katz	2.51
<b>1M</b>	<b>Ladies'</b>	Natasha Hrstich	5.51
	<b>Men's</b>	Karim Chebouki	4.47
<b>3K</b>	<b>Ladies'</b>	Pat Kearsey	11.32
	<b>Men's</b>	Simon Craig	10.02
<b>Grand Prix</b>	<b>Ladies'</b>	Pat Kearsey	299%
	<b>Men's</b>	Chris Jordan	288%
<b>10K</b>	<b>Ladies'</b>	Zella Lewis-Morrall	40.08
	<b>Men's</b>	Karim Chebouki	34.11
<b>10M</b>	<b>Ladies'</b>	Rokea Schiller	1.06.27
	<b>Men's</b>	Richard Holloway	1.02.13
<b>1/2 Marathon</b>	<b>Ladies'</b>	Rokea Schiller	1.27.50
	<b>Men's</b>	Karim Chebouki	1.15.55
<b>Marathon</b>	<b>Ladies'</b>	Elinor Rest	3.05.51
	<b>Men's</b>	Robin Kindersley	2.40.40
<b>Age-Graded</b>		John Hudspith	73.50%

## Here are the Championship races for 2000

Distance	Selected Race or Location	Date
<b>20 Miles</b>	Finchley 20, Hillingdon	Sun, 12 March, 1.30pm
<b>1 K</b>	Hyde Park	Sat, 20 May, 9.00am
<b>1/2 Marathon</b>	Richmond (Ranelagh)	Sun 21 May
<b>10 K</b>	Battersea Park / Sri Chinmoy	Sat, ?? June, 8.30am
<b>5 K</b>	Battersea Park	Wed, 21 June, 7.30pm
<b>3 K</b>	Battersea Park	Wed, 28 June, 7.30pm
<b>1 Mile</b>	Battersea Track	Wed, 5 July, 7.30pm (tbc)
<b>10 Miles</b>	Cabbage Patch	Sun, 26 September,
<b>Marathon</b>	Kingston	Sun 9 October



# HILL SPRINT CHALLENGE 2000

## A SIMPLE EXPLANATION

by David Lipscomb

With the start of the New Year, Phil Harris and I have volunteered to take over the running of The Hill Sprint Challenge which Nick Slade had organised during the latter part of the last century. (No doubt we will have to call on his expertise at some time during the course of the year, if we haven't already done so by the time you are reading this!!) This Article will explain how the Challenge operates and hopefully will encourage you to come out and join us.

### What is the Hill Sprint Challenge ?

The Hill Sprint Challenge comprises 12 sprints/races which are held over three different distances: 200,400 and 800 metres. Each Distance is run 4 times each year. The dates for this year's series are listed below. The sprints are intended to be Individual time trials and points are awarded accordingly (see **Scoring**, below).

January 4 <sup>th</sup>	800 metres
February 1 <sup>st</sup>	400 metres
March 7 <sup>th</sup>	200 metres

April 4 <sup>th</sup>	800 metres
May 2 <sup>nd</sup>	400 metres
June 6 <sup>TH</sup>	200 metres
July 4 <sup>th</sup>	200 metres
August 1 <sup>st</sup>	400 metres
September 5 <sup>th</sup>	800 metres
October 3 <sup>rd</sup>	200 metres
November 7 <sup>th</sup>	400 metres
December 5 <sup>th</sup>	800 metres

After each event, there is normally a paarluuf, which brings the sessions up to about 30 – 45 minutes in duration. As you will note if you have been putting

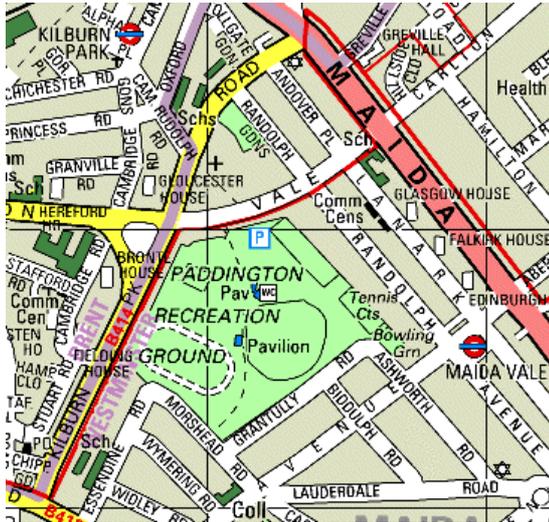
*continued on page 26*

# Thursday Night Interval Training

by Derek Turner

This session is held at the athletics track, Paddington Recreation Ground, Maida Vale (which is also the name of the nearest tube station). Entry fee to the track is £1.00. There are changing rooms, showers and lockers (50p returnable). Sessions are run by Serpentine Running Club coach Derek Turner (coach level 2, marathon and distance running). Prior to 7pm, participants warm up by jogging a minimum of 2 laps (although a few warm up by running/cycling to the session). The mandatory stretch routine starts at 7pm sharp. This is done as a group, prior to the speed work out.

The sessions are designed to be general and will be of benefit for milers through to marathon runners. The age range of participants is from teenagers to over 70s; abilities have ranged from



sub 33 minutes for 10k to 80+ minutes. The group is divided into smaller packs (stars, superstars, megastars, the TBGTBT etc.) and within these groups an individual can be set a slightly different work-out from the rest, to enable their needs to be met. All abilities of distance runners can hopefully be catered for (although some of Serpentine's faster athletes train with Frank Horwill's group). The bulk of the winter training sessions are done at paces at around your pace for a 5k race. However one week in three is run at

## Meal of the Month

\*\*\*

Friday, February 25<sup>th</sup>

Venue to be announced  
(i.e. Ruth hasn't decided yet)

Mark your diaries

\*

Contact Ruth Jackson for details

a slightly faster pace (normally what you would expect to run for a mile race). Most sessions are run at just below VO2 max pace. This type of training utilises both your aerobic and anaerobic systems, and should eventually help you to sustain a faster running pace during most distance races.

The session takes between 30 and 50 minutes depending on the intervals run. It should leave you feeling: "that was all I could have managed!". Despite this people seem to enjoy the sessions and come back week after week for more punishment. It is a type of training which allows you the odd moment's conversation with your fellow runners. It is always followed by a minimum of 2 laps warming down, to remove waste products from muscles, whilst allowing the blood

supply to slowly drain back to normal levels, instead of remaining pooled in the muscles. Participants are encouraged to stretch after the warm down if they have time.

Après Session: some of the Thursday

night group go to the Carlton Pub (at the Carlton Vale entrance to the park) to further recuperate from their efforts and to socialise. This normally is an enjoyable way to round the evening off. Occasionally these gatherings are joined by Serpies who have not done the session, but never the less, don't want to miss any chance to be seen.

There is also now a track session at Parliament Hill on Tuesdays at 7pm, organised by Derek. The session is flexible, depending on who attends and how busy the track is. It is anticipated that when the track at Battersea reopens in spring this year, then one session will move there, and one will be at Paddington Recreation Ground. ■

## There Are No Chairs In Sami's New Flat

### Report on the Bournemouth 10 Mile Race

by David Lipscomb

Whilst it hasn't had as much publicity as the Birmingham Six, the Bournemouth Ten Mile Race held in November attracted over 400 Runners this year.

Sami had chosen this race as the prelude to his flat warming party, and had informed me that there would be a plethora of Serpies in attendance. I didn't ask about chairs.

In the end due to rail works, many Serpies who had intended to come down on the day did not make the journey as they would have arrived after the start (Windsor revisited). Thus only 7 donned the red and yellow colours at the start line.

Keith Evans' younger brother, Albert, whilst not a Serpie, had decided to run the race as well, having recently completed the Seven Sisters Marathon. If you haven't met Keith's brother, he is presently Francophobic (look it up in the dictionary) and wanted to make sure that the Men's Metropolitan Cross Country Organiser, Malcolm French, wasn't running before he started.

The Race itself started at Bournemouth Pier at 11.00 am and, for the first half of the course, hugged the Seawall before, at between 4 and 5 miles, turning on itself and following the higher "coastal" road back to where the race had begun.

*continued on page 28*

## Short Term Training Plans

20/01/00	Mile pace	3/4 sets x 8 x 200m
27/01/00	5k pace	6 sets x 1,000m, recovery 200m slow jog
03/02/00	5k pace	8 sets x 800m, recovery 200m slow jog
10/02/00	Paarlauf relay	Teams of 3 running legs of 300m, recovery 200m forward jog
17/02/00	5k pace	5 sets x 2 x 600m, recovery 100m jog; 200m jog between sets
24/02/00	5k pace	6 sets x 1,000m, recovery 200m slow jog

# These Serpies Have Got To Be Stopped !!

## Christmas Party Serpie Sketch

by Ron Hagell



*Ed. note: Due to popular demand, we are reprinting the script for Ron Hagell's sketch which was performed at the Serpentine Christmas party on December 4<sup>th</sup>.*

[improv opening until audience is aware of the 'Event']

SH My problem is with my wife, it's a private matter and none of your business.

Dr Oh, come now. I'm experienced in these matters.

SH **FOR GOD'S SAKE WOMAN, LEAVE ME BE!**

Dr I only want to help you.

SH Well, I can do without your sort of help. Can't you see I'm in trouble here?

Dr Yes, that is clear. But, I'm a doctor, a psychiatrist. I can help you. **COME OVER HERE AND SIT DOWN.**

SH I'm not so sure...[At this point, if the audience has not gathered, the cast may have to play cat and mouse with the Doctor chasing Sir Henry around the room to get him to sit down – this should get everyone's attention]

### Curtain

**Frau Dr. Helga Fraud:** So now, Sir Henry you seem quite distraught. What is it you said you were having difficulty at home these days... something with the Frau Sloth?

**Sir Henry Sloth:** Exactly 'the Frau Sloth'...my loving wife has taken up with the maddest, motley crew of scallywags you can imagine – they call themselves the Serpentine Running Club, [Pause] 'THE SERPIES', and

such a rag tag bunch you've never seen in your life.

Dr Oh come now Sir Henry really, a running club, I can't see how that could be so terrible – jogging, fitness – keeping her lovely shape and being in tip top condition how can that be so bad?

SH Oh, but it can be taken to extremes. I mean running about the countryside in skimpy costumes nearly every day of the year in all weather. Time was when I could expect a nice home cooked meal at night but now she's always out with the club. And it's not all **running** they do.... They do as much **drinking** as running.

Dr Well there's nothing wrong with a pint now and then why I've ...

SH (overlaps) A PINT MY ARSE... This group's awash with the stuff. [Pause] [Play for laugh] I'm surprised they can get up and walk, much less run races.

Dr This does sound rather odd...Is it a running club or a 'drinking club' [Pause]?

SH You see my point here ... there something very odd about this so called 'running club'... it's like, well, like she's turned into someone else ...it's a cover – I'm convinced ...

Dr Now, Now Sir Henry, she does this with a *group*, doesn't she?

SH Well, yes. But they're all bloody foreigners [Pause] and I tell you if that damn German Woman doesn't stop **calling her** [Pause] – how come **they're** running everything anyway?

Dr Now, SIR HENRY! I don't know...

SH Sorry Madam Doctor. [ASIDE TO AUDIENCE:] 'Touchy' - 'touchy'!

Dr Well, I... Where were we? Oh yes I was going to suggest that these people are runners and they DO run in races don't they?

SH Yes but they're always coming in last or close to it... and what about that bloody Long and Short thing .

Dr How's that?

SH It was a relay or some bloody nonsense. The point is that they whole team was lost in the woods all day – couldn't find the buggers. I say if they're going to be last every time why run? ... and they have to go all the way to BLOODY **NORFOLK** to do it...you can't tell me that normal people will go hundreds of miles to, TO , TOOO UNPRONOUNCABLE places in BLOODY WALES just to run in a DAMN FOOTRACE!

Dr Now Sir Henry, you can't begrudge these folks a nice day out in the country in the fresh air and...

SH Yes I bloody well can when it destroys my life I certainly can. Nice day out my ARSE...It rains in this country my girl or haven't you heard? My house is full of filthy muddy running clothes [Pause] and trainers caked with prehistoric clay from all over Wales and some place called *Ry-slip* (where ever the Hell that is?)... and, and, And what's with these damn safety pins?

Dr How's that? Pins?

SH You know when the shirts come back with all those pins in them. She's at me to SAVE THE PINS!!! " Oh, MY GOD Henry you've thrown out the pins again" It's DRIVING me BALMY!! I want my life...my wife back! How many bloody pins does she need?

*continued on following page*

Have you heard of any important *Serpie* accomplishments?

\*\*\*

Send us a story and we'll publish it

\*\*\*

*See back page for address for contributions*

- Dr [Calmly] I see... the problem is becoming clearer now. Just relax now Sir Henry. No need to get all hot and bothered about this. Just how long have you been having these thoughts about your wife?
- SH Wait a second here you think I'm MAD don't you?
- Dr No, it's just that I do have some experience with these sort of things and your 'story', while interesting, is rather far fetched. You must agree that no one is really going to go 'ballistic' over a few lost safety pins.
- SH [Feigns agreement] Oh, yes I can see your point. BUT IT'S NOT JUST THE PINS, NO, IT'S EVERY BLOODY THING – THE RIGHT SHOES, [Pause] THE RIGHT SHORTS AND SOCKS NO MATTER HOW STAINED. [Pause] You 'Frau' Doctor do not understand I have a very serious problem here which you do not appreciate. Last night I tried to take her away from all this and invited her out to a very nice dinner at Pont De La Tour and do you know what? She got up in the middle of the fish course and propped her foot up on the table to 'stretch her hamstring'...
- Dr Oh, Sir Henry, this is TOO, unbelievable. I'm going to have to put you on medication.
- SH ME? Oh, but you don't understand it gets much worse... I haven't mentioned the multiplying T-shirts and metals ...– what exactly are all these things for? How many T-shirts does one person need?? ...you, you'd think that with all these giveaways she wouldn't need to spend anything on the sport.
- Dr Well no...
- SH Ha! Shorts, shoes, club kit, and ... well, special things...
- Dr Special things...??
- SH You know... for the... Oh, you know ....
- Dr For running?
- SH [cups his hands under his breasts] those holder things for running.
- Dr [amused] Oh, I see 'special things', come now Sir Henry.
- SH Yes, its all true, and what do you suppose are these 'Crop Tops'? All I hear these days is 'getting measured for a 'CROP TOP' and what exactly are the 'crops' that are being 'topped'?
- Dr I'm sure I have no idea.
- SH Well neither do I but here we go again and it all cost good money you know... and now she also wants some super powerful computer.
- Dr For running?
- SH NO! So she can keep up with the new club web site: '**w-w-w DOT serpentine DOT org DOT UK**' and this '**ONELIST**' thing **whatever that is???**
- Dr Yes, I see. [Turns to audience] It does all sound quite expensive and now you will have to add my bills as well.
- SH How's that?
- Dr Oh nothing, [To audience] It's just that you do seem to have lost quite a few pounds? [Laughs with audience]
- SH Oh! You noticed. Yes, there's the food problem...
- Dr Food?
- SH Well yes, but it's the lack of it that's driving me OVER THE EDGE! All my favourites are now off the menu – no Yorkshire Pud, no Sheppard's pie, no chips – it's down right anti-patriotic. I've had nothing but pasta and veggies for weeks. Do 'I' look Italian?
- Dr Well now that you mention it... But, come now, it sounds quite healthy...
- SH Healthy? You tell me exactly what is in these foul tasting Squeezy things. No wonder they're off decent food.
- Dr I've heard of these energy boosting supplements. This it not necessarily a bad thing, is it?
- SH Oh that's rich! Time was we had some excellent weekends, the two of us. Now after her Saturday morning runs, cross-country races, Running with the deer in Richmond Park – she spend more of what is **left** of the weekend with the '**Revitalizing Bath Gel**' than with me.
- Dr How about taking her away from it all – a nice trip to rekindle the loving flames and put her back on your track?
- SH Can't. They've thought of that as well, it's 78 Kilometres up the Alps in the Summer and crawling over God forsaken lava flows on Lanzarote in the Spring. These people have lost their minds. No one ever stands still and just sits on a beach under a palm with a cool drink. It's anti-British! These Serpie have got to be stopped!
- Dr Now Sir Henry! What are you saying?
- SH It's a plot. They're all ALIENS, you see this is why they all say they're from **Canada** and **New Zealand** [Pause] ( no distinctive language or customs – but a good explanation for not knowing **ours**) [Pause] or even just back from a long stint in Pretoria (you know that track coach wears a BLOODY South African Flag on his hat all the time) figure that out, any way – I've really have caught them at this game.
- Dr Game?
- SH Well, not exactly a 'game' as we know it, it's a deadly serious gambit of **Body Snatching!!**
- Dr SIR HENRY!
- SH No [stage whispers] Quite, my girl, we don't know just how many of these Serpies might be listening. You just answer me this – what sort of real person can run for 15 miles out to Richmond Park with a backpack on, as a **warm-up** for a **20 mile run** and then jog back home. I'll tell you – **an alien**, from another planet, that's the Chairman of this so called 'running club'.
- Dr Aliens? You can not be serious?
- SH I've never been more serious in my life. You see they're *stealing* people and putting their own in our places. My wife in no longer my *wife*, you see, she's an alien – a **Serpie!**
- Dr I know something about runners and all these thing you say do not add-up to aliens and Body Snatching...
- SH Oh no? Listen to this: Every month they have a 'Handicap' race...
- Dr Yes?
- SH Right, well they announce a winner only to *re-announce* a *new* winner each week there after [Pause] – it's no race at all, it's a cover for some sinister event happening around the Serpentine Lake. It's why they all have to wear these red shirts...[pulls out a Serpie vest and waves it in the air.]
- SH (Cont'd) – You see I've checked this out – The Serpentine Lake is visable from outer space and one can send signals to distant planets. It's quite clear...
- Dr I'm not sure...
- SH Yes, just answer me this – why carry torches to the top of the Alps in Summer? [Pause] Why wear these embarrassing skin tight Lycra suits, haven't you ever seen *The Man Who Fell to Earth*? [Pause] Why enter a stuffed Donkey in a relay race? [Pause] Why hold a race on New Years Day? Who wouldn't know that everyone has a hangover on that day. [Pause]...and why do they say the club is so much noisier these days. I think they're

*continued on page 28*

# Letters to

# the Committee



Sirs and Madams:

I wish to raise a simple issue of numeracy - the kind they teach in primary schools. How many integers are there when counting from 1 to 3? When I was taught, the answer to that question was 3. (*Ed note: we've checked and it looks like he may be right.*) Of course that was before these "New Maths" techniques were introduced in the schools. Or maybe there's been a new number discovered between 1 and 3 that I haven't yet heard about. I mean, haven't they been discovering new planets between Neptune and Pluto recently? Or maybe I was absent that day in school and have had it wrong ever since.

Here's a little quiz. See how many you can get right:

1. So if ten Serpies run around Hyde Park, how many parks would you say each Serpie has run around? And in total, how many parks have been circumjogged?
2. What if you include Kensington Gardens? Would you say one park and one garden? Two parks, maybe? Actually, does anybody really think Kensington Gardens is a separate park? (other than those people who make the maps in the park which, on the Hyde Park side show all the footpaths in Hyde Park and show Kensington Gardens as terra incognita with no signs of human habitation - and vice versa on the Kensington Gardens side) I mean, does anyone actually run around Hyde Park only?
3. What happens if a Serpie is doing the Saturday morning run around Hyde Park, Kensington Gardens on the way to St. James's park, but gets tired and loops back around Green Park instead, cutting off St. James's. How many parks would you say our tired Serpie has run?
4. On a dark and windy Wednesday evening, the sky is sputtering, but not quite able to get up the courage to pour down on a group of Serpies. Standing in a shivering circle at Speaker's Corner, trying to remember the names of the others standing one or two to either side in the circle (but what if Ros asks us

to name the person three people to our left this time?), six Serpies announce they are "doing three parks". A less ambitious group of eight Serpies set off without a plan. At first, the two groups stay together, battling for the lead around Hyde Park and Kensington Gardens (they're doing the winter route). They fly through Hyde Park Corner and open it up down Constitution Hill, at points attaining breakneck speeds of 10 mph. Having over extended themselves, upon reaching Buckingham Palace, the eight less ambitious runners turn up towards Picadilly, their minds filled with thoughts of Thai food and beer. The others continue on.

Later that evening, at the pub, which group can claim to have collectively run more parks? How many parks did each group run. (same. Both ran 24 parks)

If you answered all the questions correctly, you may have some interest in the proposal I make below. If you didn't get the right answers, it's probably

Your letter to the committee could be published here!




And their answer could be published here!




We are hoping to establish a regular column of letters to the committee. Do you have any thoughts pertaining to the goals, activities or operations of the club? Send them to us and we'll print them with a reply as well. Maybe we can start an open dialogue on issues of importance to members.



because you weren't really concentrating, but you would still be interested in the proposal below.

We need to find a name for the route that includes Hyde Park, Kensington Gardens and Green Park. Given that Hyde Park and Kensington Gardens is known throughout the land as "Two Parks", I would have thought that HP+KG+GP would be known as the "Three Parks", but for reasons known well only to those who know them well, that title is reserved for a route comprising the four park-like entities of Hyde Park, Kensington Gardens, Green Park and St. James's Park.

I would propose that we start by finding out if anyone has ever run "One Park", which, if you apply any logic to the club's parlance, would seem to refer to Hyde Park (of course, as we have seen above, applying logic to this problem is a dangerous undertaking). If the answer is affirmative, then the club's propensity for referring to one park and one garden as "Two Parks" can be tolerated, although with some reservations. At this point, however, the controversy will explode as I humbly demonstrate my mathematical prowess and propose that the addition of one park, namely Green Park, to the aforementioned "Two Parks" should come to be known across the land as the "Three Parks". And for the final blow, the addition of yet another park, namely St. James's Park to the newly named "Three Parks" should come to be known as... (do I dare say this?)... the... the ... "Four Parks".

**Arthur Garrison**

Answers: (1) one park each and ten parks have been circumjogged, (2) I don't know (3) It depends on who you ask (4) both ran the same number of parks, 24.

Dear Committee:

As a relative newcomer, it is with some trepidation that I challenge the long-hallowed customs of the club. But I have never believed in tradition, so here goes.

Would the Committee please consider changing the Saturday morning run?

First, the time. Could we meet at 9am instead of 10am? By the time we have  
*continued on page 25, column 1*

## Letters to the Committee

*continued from page 24*

done the warm up and the social jog, and then run the three parks, the whole of Saturday morning has gone. For me, meeting at 10am breaks up the morning. People seem happy enough to do the handicap at 9am (apart from Voong, for whom any time before about 2pm is too early). Perhaps they might prefer 9am every Saturday.

Second, could we meet at the Lido café instead of Speakers' Corner? That way we could meet somewhere warm, and have a coffee when we have finished. It would not be so good for people who change at the Seymour centre, but lots of people come straight from home on Saturdays. And it is not *that* much further from the Seymour for people who do want to shower there afterwards.

I have no idea if anyone else agrees with this, so I suggest you consult the members. But I for one would welcome a change.

Having sent this letter, I won't go into any dark alleys in case a bunch of Serpentine life members try to do me in for trying to change ancient traditions. If they can catch me, that is.

**Owen Barder**

*Ed Note: The next meeting is on 7 February. Tell a committee member what you think*

## Seven Sisters

*continued from page 3*

of that, James felt it hard to get going after sitting down for 40 minutes.

So far I have not mentioned the geography of the race. In a word, lovely. I often lament that Southern England is so congested that there is no real countryside, at least relatively close to London. When I look at open countryside, I want to see, well.....open countryside, not a town here and a village there with traffic buzzing between the two. There were some lovely views along the way, and also some pretty wildflowers. We also saw a fox and a kestrel, which were added bonuses

It was 5 p.m. by the time we reached the checkpoint at Birling Gap. They were, unsurprisingly, about to shut up shop. It was getting quite dusky. By the time we were on the top of Beachy Head, it had started to rain and the wind was very strong. Luckily it was behind us. We finished at 5.45 when the

heavens opened and it was getting quite difficult to see where we were going. Unfortunately I had no dry clothes in the car and I drove back to London wearing a blanket and a towel.....

No aches or pains the next day. I went for a jog and a swim, something I could never contemplate after a "normal" marathon. Already I am keen to do it again next year. I plan to arrive on time and to make more use of the well stocked (and friendly) checkpoints so that I can finish at a time when I can still see where I'm going. ■

## Ron Hill

*continued from page 3*

Derwentwater and Skiddaw and a following wind. Sarah had by now disappeared down the road in a head to head with a woman from Scarborough AC.

My mission was to stay ahead of Ron Hill but at 8 miles, he cruised past me like a Bentley passing a Morris Minor and, like the Morris, I had no fifth gear.

## Do you know any running jokes?

Send them to the address on the back page...



...and we'll print them.



*(if they're funny, that is)*

Things looked up in the last mile as I overtook two people, yes, they were in the race, and finished in just over 77 minutes, two minutes slower than three years ago. Sarah did 75:09 and outsprinted Miss Scarborough at the end. Afterwards they exchanged pleasantries and congratulated each other. Actually they didn't, Miss Scarborough said, "what age category

## Virtual Running at [www.serpentine.org.uk](http://www.serpentine.org.uk)

Have a look at the revamped Serpentine Running Club website at [www.serpentine.org.uk](http://www.serpentine.org.uk). The website carries loads of information for members and non-members, ranging from results of the club handicap and the Last Friday 5km to a comprehensive race diary for the months ahead. It now has minutes of the Committee meetings. For the anoraks amongst us, it includes useful links to other sites on the internet, and an Excel training log

We want to go on developing the website to make it a resource for everyone. If you have any material that you think would be useful, please give it to Owen Barder, preferably by email ([webmaster@serpentine.org.uk](mailto:webmaster@serpentine.org.uk)) or by fax (0171 839 9044).

### Email discussion forum

We've also set up an email discussion forum. This is for general discussion between club members about anything from social events to forthcoming events, and for information about changes to the website. It is free to use.

To join the discussion forum, send a blank email to: [Serpentine-subscribe@onelist.com](mailto:Serpentine-subscribe@onelist.com). Alternatively, you can join the list using the WWW - follow the link on the Serpentine website. To unsubscribe send a blank email to [Serpentine-unsubscribe@onelist.com](mailto:Serpentine-unsubscribe@onelist.com).

are you in?" They certainly get down to business, these Northern folk.

Back in the school, Ron Hill, who had done a respectable 76 minutes, presented the prizes (£1500 pounds worth!). The ladies were awarded prizes in their order of finishing rather than their age categories. Sarah who was third in her category but 12<sup>th</sup> overall just missed out on meeting her mentor. The more mature members of the club may like to note that everyone over 60 gets a prize.

So a great race in marvellous scenery, with seriously good places to eat and drink afterwards (and before). If you can't wait until next autumn, the Coniston 14 is in Spring and just as good.

*Ed. Note: See Ian's article about the Coniston 14 on page 9*

## Bumper Crop

*continued from page 8*

you are interested in long slow runs from Seymour Leisure Centre on Sundays, have a word with Patrick. As Patrick lists his interests as cricket (in the summer months), TV, cinema, reading, pubs, eating out, travel and cycling, and he also works as a Chef

*continued on page 26*

## Bumper Crop

*continued from page 25*

Manager, we're not quite sure how he is going to fit in a long Sunday run. Andrew Oliver joined the club as it is close to work and people were friendly. His greatest running achievement was competing for Aberdeen AAC in the final of the Scottish track championships. His biggest running disaster was running the Canterbury half-marathon after spending the night before in a nightclub – he didn't give his time, and it might be advisable not to ask! Andrew runs at 6.5 – 7.5 minute mile pace and lives in Surrey Quays. If anyone lives in Southeast London and runs at that pace, Andrew would welcome some company for weekend runs.

Hugh Shields lived in the Middle East before moving to Maida Vale. He won a Cambridge Blue at Cambridge for cross-country, although he says it was some years ago. (Hugh is an elderly 34...) His biggest running disaster was getting totally dehydrated on a charity run. Dare we ask what he was doing the night before? Was he in Andrew's nightclub by any chance? Look out for Hugh on Saturday mornings or Thursday night track sessions. As he has run 3.57 for 1500m, you may only see the back of him.

Pete Noble competes in cycle racing and has won a few races on track and road. His greatest running achievement to date therefore is actually starting running. His running has to fit in with his cycle training and so we will see less

of him in summer. Pete got a bit carried away after he started running again this September and did an eight-mile run. He then couldn't walk down stairs for two days. A bit inconvenient, Pete, or did you cycle down stairs?

Last, but certainly not least, may we introduce Paul Ashworth? Paul was looking around for a club in London, having moved down here from Glasgow, and said Owen's website stood out. But what really decided Paul was the fact that red and gold suits his complexion. We're looking forward to meeting you, Paul, and seeing what sort of complexion goes well with red and gold! However we will avoid you when you are running faster than 6-7 minute mile pace as we gather you tend to throw up or turn red and blue in quick succession. (No doubt that is the time when your complexion goes really well with red and gold.) Sit beside Paul in the pub after he has had a few beers and he will tell you about the time he competed in the Ironman Triathlon. Only don't expect to meet him in the Winking Owl in Aviemore, as he is still barred after he failed to complete the triple 24 challenge on a training weekend with his old university cross-country team. For the uninitiated, that's running 24 miles and drinking 24 pints within 24 hours. Paul thinks it was going fine after 14 hours or so, though if he was barred we doubt it. He had covered 19 miles and the 17<sup>th</sup> pint of the day was in front of him when he hit the wall big time and passed out under the table in the bar. A word of advice, Paul, don't challenge the chairman. We think Hilary might leave you standing! ■

## Sunday Times Fun Run

*continued from page 19*

I'd also forecast that the best (worst?) the Broad Walkers could do was come eighth last, so that's why I was so surprised when I learned we were second last.

But the other results were brilliant as well. The Wembley ladies not only beat the first ladies team, North Riders, they also beat the first men's team, Peter Pans. We've never had 3 teams in the top 23 before, nor 4 teams in the top 31

Pat Green entered three teams, the Evergreens, Spring Greens and Petits Pois. At the time of writing I haven't found the latter in the results, so don't know if they finished a team or not.

Cliff Temple in today's Sunday Times wrote "The coveted overall National Fun Run title of Group Team champions went for the first time to SRC's Rotten Rowers". Doesn't that bring a glow to your heart and a swell to your chest. ■

## Hill Sprint

*continued from page 20*

these dates in your diary, March 7<sup>th</sup> 2000 is Shrove Tuesday and it will be Pancake Paarlaf, so don't forget your frying pan !!

### When and where are they held ?

The Hill Sprints take place on the first Tuesday of each month at Holland Park. We meet, already changed, at 7.00pm at the Brick Arch at the bottom of Holland Walk off Kensington High

## Hill Sprint Challenge - Autumn 1999

Number	Name	Age Group	P.B.	Start Time	Finish Time	Net Time	Time Points	P.B. Points	Bonus Points	Total Points	Position	Comments
Round 10 - 200m (October)												
4	Nick Slade	mv50	0:35	00:00	00:39	00:39	23	14	1	38	4	P.W.
8	Keith Morris	mv60	0:50	00:00	00:51	00:51	19	19	6	44	3	
9	Marianne Morris	fv45	0:52	00:00	00:49	00:49	20	23	6	49	2	P.B.
15	Raija Teinila	fu40	0:48	00:00	00:53	00:53	19	15	4	38	5	STAR
78	David Liscomb	mu40	0:42	00:00	00:38	00:38	24	25	1	50	1	P.B.
Round 11 - 400m (November)												
8	Keith Morris	mv60	1:43	00:00	01:48	01:48	16	18	6	40	4	
9	Marianne Morris	fv45	1:35	00:00	01:39	01:39	18	18	6	42	3	
11	Christian Morris	mu30	1:11	00:00	01:12	01:12	23	19	1	43	1	
15	Raija Teinila	fu40	1:25	00:00	01:45	01:45	17	8	4	29	5	
21	Zou Zou Rabauhi	fv40	1:49	00:00	02:16	02:16	10	8	5	23	6	STAR
78	David Liscomb	mu40	1:22	00:00	01:22	01:22	21	20	1	42	2	=P.B.
Round 12 - 800m (December)												
3	Ken Kwok	mv55	03:10	17:10	20:31	03:21	19	17	5	41	4	
7	Ron Hagell	mv50	03:09	16:20	19:33	03:13	20	19	4	43	3	
8	Keith Morris	mv60	04:20	16:00	20:21	04:21	13	20	6	39	5	
9	Marianne Morris	fv45	03:45	16:40	20:17	03:37	18	22	6	46	2	p.b.
11	Christian Morris	mu30	02:42	17:20	19:57	02:37	24	22	1	47	1	p.b.
15	Raija Teinila	fu40	03:30	16:50	20:41	03:51	16	15	4	35	7	
49	Beate Vogt	fu40	03:31	16:30	20:27	03:57	16	14	4	34	8	star
78	David Liscomb	mu40	03:21	17:30	20:57	03:27	19	19	1	39	6	
79	Carole Wisdom	fv40	-	16:10	19:59	03:49	17	-	5	22	9	
80	Richard Wisdom	mv50	-	17:00	20:55	03:55	16	-	4	20	10	

## Hill Sprint Challenge

continued from page 26

Street. By February we hope to have a place where people can change and leave baggage. (Please contact Phil Harris or me for details)

### How is it scored ?

Scoring is based on a points system which is made up of three component parts:

1. Your time over the respective distance, so the quicker you run the more points you will receive.
2. The time you achieve compared with your current P.B. for the previous 2 years. Therefore, if the time you achieve is a P.B. then you will receive more points. If you are a "Scratch Runner" then until you run your second race over the same distance this component will not apply.
3. An age/sex graded component which tries to make for a "level playing field".

### Awards

There are three awards each year.

1. Overall Winner – Like the Tom Hogshead Trophy for the club monthly handicap, this is given to the individual with the most points from a certain number of runs. The Hill Sprint Challenge only takes the best 6 scores achieved within the year, with the proviso that at least one score from each distance is included.
2. Fastest Athletes– This is an award given to the male and female athletes who achieve the most points having adding up their best 200,400 and 800 metre scores. This award is only based on the time and age-graded components only.

Wooden Spoon – This is given to the

## 1999 Roll of Honour

Overall Winner: Marianne Morris  
Second: Christian Morris  
Third: Nick Slade

Fastest Male: Ron Hagell  
Fastest Female: Jan Farmer

✦ ✦ ✦

athlete who, having completed 6 non-scratch runs, scores the least amount of points. At least one score from each distance is included. ■

Distance		1999 Record		Course Record
		Name	Time	
200m	M	Choi Soon Han / Christian Morris	00:33	00:30
200m	F	Dee Finn	00:42	00:42
400m	M	Chris Jordan	01:06	00:57
400m	F	Dee Finn	01:19	01:17
800m	M	Christian Morris	02:37	02:14
800m	F	Dee Finn	03:13	03:00

## First Marathon

continued from page 15

### The long runs

These are best done in the company of others. The Serpentine Running club often arranges [long runs on Sundays](#), especially in the build up to the [London Marathon](#) and to Autumnal Marathons (October/ November). [Ed. note: see "Sundays in the Park With Ron" elsewhere in this newsletter.] When running long runs it is best to split into packs of runners with similar jogging paces. As the pace is slow, it is a great

if they are on a higher mileage schedule. What should not be allowed to happen is for the group to fragment and leave people alone as this can be discouraging. It can lead to problems if someone is unsure of the way or they suffer physical problems (e.g. cramp or twisted ankle).

Where possible the long runs should be run on soft surface, such as park land or downs, to reduce the stress on the body. Make sure you are appropriately dressed for the weather. Take a lightweight waterproof top with you when running, particularly in winter, because, if you are forced to stop, your sweating body will quickly chill down, especially if there is any breeze. Listen to the weather forecast before setting out on long runs .

### Tapering

This part of your training schedule is just as important as the actual build up. The reduction in mileage in the 2 weeks leading up to the marathon allows you

## Sudbury Court Running Club Is Up And Running

By Chris Stagg

The Club was formed in May 1999. Many of the members also belong to the Serpentine so there are very close links between the clubs. SCRC are a section of Sudbury Court Sports Club and have been made very welcome by the other members of the sports club. We have the luxury of a base with changing/shower facilities and a bar upstairs – at club prices! In this short period we have managed to get ourselves fairly well organised, the total membership is now 25.

We have a website, [www.sudburycourt-rc.org.uk](http://www.sudburycourt-rc.org.uk), a relatively new venture. Mike Maddison is our Website Manager and has done an excellent job in getting it up and running. Comments and suggestions would always be appreciated. Details of the committee are also on the website. Naturally we are on the look-out for new members and in the New Year we will be raising our profile in the area with articles in local resident's' magazines and posters. Anyone wishing to join us will be made most welcome.

Our club colours are royal blue vests and shorts and we hope that they will become readily identifiable during the coming year. We have had entries in a number of events this autumn. At the Luton Marathon Relay we managed to put out three teams, which was most encouraging. We hope to organise a race local to our clubhouse in the summer so watch out for details in The Seymour Sentinel or The Serpentes.

Just for the record we still meet every Tuesday evening at 7.15pm sharp! We all do a social run of just under 2 miles and the split up to do various distances and speeds. There are a few good hills in the area to make us work. From April to September we organise a monthly 3k handicap race (1999 results are on the website), with a trophy for the overall winner.

Sudbury Court Sports Club is on East Lane, North Wembley, about 5 minutes walk from North Wembley Railway Station (Bakerloo and Euston-Watford BR line) or Sudbury Town Station (Piccadilly Line) and there is ample car parking.

opportunity to socialise and chat. It is a pleasure to run alongside one of the club's great raconteurs like Bob Davidson who will take a half an hour telling a good joke. However if it is not possible to run in ability groups, faster runners can go ahead and then wait at pre-arranged spots or can double back

to recover from the training and go into the marathon fresh, with full energy reserves. A marathon should be respected and it should certainly not be treated as a training run. Even ultra runners will taper their running off if they want to compete at their best.

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## First Marathon

*continued from page 27*

### What if I reach week 16 with more than 2 weeks left to the marathon?

This is an ideal position to be in. If this is the case, have long runs on the Sundays of between 18-20 miles. You could either keep at week 16 mileage or carefully increase the mileage by inserting a mile or two in the week. By having these few extra weeks of training you should be all the stronger on the day. Ensure, however, that you follow the last two weeks tapering down as indicated in the schedule.

### Short cut

Runners should not go into any event insufficiently prepared and should not be praying that they will survive. If you have not had enough time to complete the training for your preferred marathon then seek an alternative or do not do it until next year. The London Marathon will permit you to defer your place on grounds of illness.

If you are behind with your training then it is possible to modify the training schedule slightly. Although you will be able to complete the marathon successfully on the reduced schedule it does not leave any margins. You should not think, "OK, I will delay the start of my training."

The short cut is this. From week 8 you increase the long run by 2 miles a week but keeping the rest of the week's mileage constant. (e.g. Mon 4, Tues 5, Weds 5, Thurs 5, Sat 6). Build up to a maximum long run of 18- 20 miles three weeks before the marathon. The crucial factor is to build the long run up to at least 18 miles.

### Stretching

Stretching is just as important for marathon runners as other athletes. Warm up before stretching as a part of the training. It is also good to do a stretch routine after your daily runs. ■

## No Chairs in Sami's Flat

*continued from page 21*

Congratulations should go to Sami (61mins 49secs) on recording a P.B. and also to Cecilia Carroll who completed her first ever 10 Mile Race. Other Serpies who ran were Nick Slade, Elaine Smith, Keith Evans and Ruth Jackson. I personally felt I could have run better, as I felt a bit under the weather and am now almost certain that I was passed by two of the waitresses that served at the Serpentine Christmas Party at about the eight mile point. After the race, we returned to Sami's flat where we stood and enjoyed the food

While we stood, we also met up with Arthur and Carole and Richard Wisdom, who also stood, and who had made the journey down later in the day.

Finally thanks to Sami for his invitation and, should you receive a similar invitation to either the Poole 10k or Bournemouth 10 next year, take Sami up on the offer. From experience, they are both good races and, who knows, you may even get to meet Keith's brother !!. And bring a chair with you. ■

## Pat's Year

*continued from page 17*

started the year well, and her come back after achilles tendon trouble was commendable.

Commiserations to Richard Smith, who has indeed fulfilled his early expectations, and has won the Serpentine Egg, having scored the least points from 8 races!!

My thanks to everyone who has helped with race organisation over the year...and apologies to all who have been "wronged" in some way. ■

## These Serpies Have Got To Be Stopped

*continued from page 23*

overplaying their hand – **over acting** – [To Audience]and we both know how obvious that can be.

*Dr* Oh Sir Henry you will have to tell me much more to convince me of your theory, these are only, I'll admit odd occurrences, but

hardly...

*SH* What about the unearthly language?

*Dr* What?

*SH* I have memorised some of the words. Listen to this, and make no mistake I've done my research – there are no words in any known language such as:

**liotibial Bands, or Planta-facee-itus and Morton's neuroma...**they are all parts of their solar system far from here.

*Dr* [*sceptical*] I see, are there more?

*SH* Yes of course there are, it's a *whole* language, they like to call it 'run-speak', but this is all a part of the cover-up. But they do have language coaches – Glenn, Tom & Maev who masquerade as Physiotherapists, they teach them these words.

*Dr* [Half-hearted to audience] Oh, and I'm sure there is more.

*SH* Well, there is the mathematical problem. They're obviously using codes a great deal.

*Dr* I see.

*SH* They ask for **PBs** all the time but I can't quite figure out what it is, just what's the different between 78 minutes and 25 seconds and 78 minutes and 45 seconds and what's with all these Ks, *what can this mean?*

*Dr* Don't ask me.

*SH* [*Quite mad now*] I think it has something to do with the signals from the Serpentine Lake and the numbers that change the winners times *each week*. I just don't know sometimes I think [*Extends himself and looks into the*

*heavens*] I might have to seek answers from some higher authority.

*Dr* Oh, do tell me more, I have lots of time for a paying client like you, [*To audience*] I mean such an interesting case... [*She stands behind him and begins to massage his head, neck and shoulders*] ...and so sad. A man like you having to endure such hardship.

*Dr* (Cont'd) [*She then whips around so that they are both profile to the audience with his head firmly in her*

*continued on page 29*

**Do you think we should have a special Millennium Club T-shirt?**  
Here is a possible design by Pat Kearsey. The background is midnight blue. What do you think? Tell Ros

## These Serpies Have Got To Be Stopped

*continued from page 28*

*hands*] Come on out with it now! This is all some diabolical plan of yours isn't it? You're trying to justify killing your wife aren't you? Out with it...

SH [Jumping away from her] Frau Doctor, I'm appalled at you...

Dr ...and you want to use me to prove you're MAD. Admit it!

SH You're the last person... What is this? I certainly didn't expect the Spanish Inquisition...

*A DOOR FLIES OPEN WITH A LOUD BANG AT REAR OF THE HALL & OF COURSE, IN BURSTS THE CARDINAL, RED ROBES AND ALL...*

CARDINAL: **No one expects the Spanish Inquisition**, after all we have one deadly weapon: **Surprise!**... NO, Two, yes two deadly weapons: **Surprise and Fear!**... NO three, yes three

deadly weapons: **Surprise, Fear and Intimidation!**...NO, NO, four, yea, Ugh, four, four deadly weapons: Surprise, Fear, Intimidation and a **fantastic pair of running shoes!**

*THROWS BACK HIS ROBE TO REVEAL A SERPIE SHIRT AND HOLDING HIGH A PAIR OF RUNNING SHOES HE RUNS TO THE FRONT OF THE ROOM TO TAKE HIS BOW WITH THE REST OF THE CAST AS THE MUSIC TO CHARIOTS OF FIRE FILLS THE ROOM.*

■

# Serpentine Race Diary

Here is a list of races over the next 3/4 months. Those in **bold type** are either particularly recommended by Phill Harris as being well organised and enjoyable, or will otherwise be well attended by Serpies. Cross country races are listed separately, and a wider list of races appears in the running press, Runners' World and Today's Runner.

We are still looking for someone to edit this page for future issues of this newsletter. It would be nice to start assembling member's comments on their experiences for inclusion in future issues. If you'd like to help, contact the editor.

January				
Date	Distance	Race/ Venue/ Start Time		Contact Address (for Advance Entries)
Sun	23	25km	Mitcham 25km Sutton Arena, Carshalton 10am	Race Sec, 6 Tyers House, Aldrington Road, London, SW16 1TS
Fri	28	5km	Last Friday of the Month 5km Serpentine RC Serpentine Lido, Hyde Park 12.30pm	John Walker, 160 Runnymede, Merton Abbey, SW19 2RG. Tel 0181 543 2633
Sun	30	8 XC	Tough Guy, Tettenhall Horse Sanctuary Old Perton, nr Wolverhampton 11am £38 before 31/12/99; £50 after; £150 on day	Mr Mouse Farm, Jenny Walker Lane, Old Perton, nr Wolverhampton, WV6 7HB. Serpies: contact Ruth Jackson
Sun	30	5m/3m	Nike Bridges Run 5m / 3m Battersea Park Track 8.30am	Human Race Events Tel 0181 399 3579
February				
Sat	5	4.2m	Serpentine Handicap Registration closes 9.00am	Ros Young, 127 Torriano Avenue, London, NW5 2RX. Tel 0171 267 4686
Sun	6	13.1m	Watford Half Marathon Cassiobury Park 10.30am	Watford Half Marathon, 22 Beresford Road, Rickmansworth, Herts, WD3 2QU 22/1
Sun	6	20m	Essex 20 Rochford 11am	H Williams, 84 Tyelands, Billericay, Essex, CM12 9PB. 01277 625294 28/1
Sun	6	10km	26.2 RRC Winter 10km Hook Arena, Surrey 10am	Race Secretary, 19 St Matthew's Avenue, Surbiton, Surrey, KT6 6JJ.
Sun	6	10km	Regents' Park 10km St Mark's Bridge Gate 9.30am 1 <sup>st</sup> Sunday of winter months	J Pratt, Mornington Chasers, 12 Albert Mansions, Crouch Hill, London, N8 9RE. Tel: 020 8341 1366
Wed	9	2.3m	The Bridges Handicap, 2nd Weds of each month	Alan Spencer, SSI-SIEA-LN, Shell Centre, London, SE1 7NA. 0171 934
Sun	13	13.1m	Wokingham Half Marathon, Wokingham 10am	Wokingham Half, PO Box 54, Wokingham, Berks, RG40 2JW. Fax 0118 901 9382 3/2
Sun	13	10km	Ashford and District 10km, Ashford, Kent. 11am.	Race Director, 21 Housefield, Willesborough, Ashford, Kent, TN24 0AF

Date		Distance	Race/ Venue/ Start Time	Contact Address (for Advance Entries)
Sun	20	10km	Goring 10km Cleve Road, Goring on Thames 10.30am	P O Box 100, Goring on Thames, Reading, RG8 9AA. 01491 671633 or 872139
Sun	20	13.1m	Kent AC 10 miles Chislehurst & Sidcup School, Hurst Ave, Sidcup 10.30am	N J Fairbrass, 50 Cliffview Road, London, SE13 7DD. Tel 0181 689 4230
Sun	20	5.5m	<b>Stragglers Bushey Park Trail 5.5m Bushey Park 11.15am</b>	<b>Stragglers, 17 Church Meadow, Long Ditton, Surrey, KT6 3EP.</b>
Sun	20	20km 10km	St Peter's Brewery 10km & 20km Bungay Sports Hall, Bungay, Suffolk	Roger Wing, 73 High Road, Wortwell, Harleston, Norfolk, IP20 0EF. 01986 788 211 13/2
Fri	25	5km	<b>Last Friday of the Month 5km</b>	<b>John Walker, 160 Runnymede, Merton Abbey, SW19 2RG. Tel 0181 543 2633</b>
Sun	27	20/10m	Bramley 20m / 10m Bramley, Hants 10.30am 2x10m laps	P Green, 35 Buccneer Close, Woodley, Reading, Berks, RG5 4XP. 14/2
Sun	27	5m/3m	<b>Nike Bridges Run 5m / 3m Battersea Park Track 8.30am</b>	<b>Human Race Events Tel 0181 399 3579</b>
Sun	27	13.1m	<b>Brighton and Hove Albion Half Marathon</b>	<b>Lucy James, The Sussex Beacon, Bevendene Road, Brighton, BN2 4DE. Tel 01273 694222</b>
Sun	27	13.1m	<b>Camberley Half Marathon Frimley 11am</b>	<b>Camberley and District AC, 1 Melville Ave, Frimley, Camberley, Surrey, GU1 5LX.</b>
Sun	27	10km	Winchester 10km River Park Leisure Centre 11am	Roger Wakeling, Concept Sport, PO Box 16, Romsey, Hants, SO51 6JX. Tel 07971 299349
Sun	27	20m	Taylor Engall Bury 20 Bury St Edmunds Sports Centre 10am	Chris Austin, 16 Fleming Road, Bury St Edmunds, IP33 3UZ. Tel 01284 755082 13/2
Tue	29	3.3m	<b>Hammersmith Riverside 3.3m Furnival Gardens, 12.30pm.</b>	<b>Francis Thomason, 12 Berestrode Road, Hammersmith, W6 9NP. 0181 741 3741</b>
<b>March</b>				
Sat	4	4.2m	<b>Serpentine Handicap Registration closes 9.00am</b>	<b>Ros Young, 127 Torriano Avenue, London, NW5 2RX. Tel 0171 267 4686</b>
Sun	5	5m	<b>Hillingdon 5 Hillingdon AC Club HQ, Bury St, Ruislip</b>	<b>Race organiser, 10 Elmbridge Drive, Ruislip, HA4 7XB, Tel 0181 868 6997 19/2</b>
Sun	5	10km	<b>Herne Hill Harriers Frank Harmer Memorial 10km, Brockwell Park</b>	<b>Andy Lee-Gerrard 142 Emmanuel Road SW12 0HS Tel 0181 671 7888 3/3</b>
Sun	5	20m	Thanet Seaward 20miles Hartsdown Park, Margate 10am	Paul Wood, 62 The Silvers, Broadstairs, CT10 2PF. Tel 01843 603779 / 0468 960462 23/2
Sun	5	13.1m	<b>Roding Valley Half Marathon Ashton Playing Flds Woodford Bridge 9.30am</b>	<b>Roding Half 145 Ley Street, Ilford Essex, IG1 4BL</b>
Sun	5	10km	<b>Greenwich Millennium 10km Greenwich Park 9.30am</b>	<b>P Johnson, 122 Burnt Oak Lane, Sidcup, Kent, DA15 9BN.</b>
Sun	5	5m	<b>Muswell Hill 5m Finsbury Park 11am</b>	<b>Stephen Woolf, 29 Stanhope Gardens, Highgate, London, N6 5TT. 22/2</b>
Sun	5	10km	<b>Regents' Park 10km</b>	<b>J Pratt, Mornington Chasers, 12 Albert Mansions Crouch Hill, London, N8 9RE. Tel: 020 8341 1366</b>
Wed	8	2.3m	<b>The Bridges Handicap, 2nd Weds of each month</b>	<b>Alan Spencer, SSI-SIEA-LN, Shell Centre, London, SE1 7NA. 0171 934</b>
Sun	12	13.1m	<b>Reading Yellow Pages Half Marathon Rivermead Leisure Complex 10am</b>	<b>Yellow Pages Reading Half Marathon PO Box 2126, Reading RG1 7WT Tel 0800 777 450 Fax: 0118 939 0911 Closes 11/2</b>
Sun	12	10m	<b>Hemel 10m Cavendish School, Warners End Road 10am</b>	<b>Mrs D Ratcliffe, 18 Pixies Hill Cres, Hemel Hempstead, Herts, HP1 2BU. 01442 257086</b>
Sun	12	20m	<b>Finchley 20m (CLUB CHAMPIONSHIP RACE) Hillingdon AC Clubhouse, Ruislip 1.30pm</b>	<b>Race Sec, 49 Hide Road, Harrow, Middx, HA1 4SG. 25/2</b>
Sun	12	10m	<b>Woking 10, Sheerwater</b>	<b>1 Robin Hood Close, Woking GU21 1SS 7/3</b>
Sun	19	13.1m	<b>16th Fila Hastings Half Marathon St Leonards 10.30am</b>	<b>Eric Hardwick, 219 Harley Shute Road, St Leonards-on-Sea, East Sussex TN38 9JJ Tel 01424 844608 Fax 01424 437001</b>

Date	Distance	Race/ Venue/ Start Time	Contact Address (for Advance Entries)
Sun	19	13.1m 16th Fila Hastings Half Marathon St Leonards 10.30am	Eric Hardwick, 219 Harley Shute Road, St Leonards-on-Sea, East Sussex TN38 9JJ Tel 01424 844608 Fax 01424 437001
Sun	19	13.1m Fleet Pre London Half Marathon Calthorpe Park 12.15pm	Pauline Powell, Fleet Half Marathon, PO Box 1, Fleet, Hants, GU13 9JU. Tel: 01252 622926 28/2
Sun	19	10km Wimbledon Premier 10km Wimbledon Rugby Club, Barham Rd 10.30am	N Taylor, 11 Mitchell Gardens, Slinfold, W Sussex, RH13 7TY. Tel: 01403 790800, 4/3
Sun	19	13.1m Hillingdon Gazette Half Marathon Uxbridge 9.30am	Entries Sec, 73 The Greenway, Ickenham, Middx, UB10 8LX Tel 01895 634304
Sun	19	15m Banbury 15	Race Secretary, 6 Crouch Stret, Banbury, Oxon OX16 9PP. Tel 01295 245053
Sun	26	8m 16m Kingston Fila Breakfast 8/16m	FILA Breakfast Run, 12 Southcote Ave, Surbiton, Surrey KT5 9JW, England. Tel (020) 8399 3579 or 07885 964664 20/3
Sun	26	13.1m Paddock Wood Half Marathon Eldon Way 11am	16 Bullion Close, Paddock Wood, Kent, TN12 6UP. 01892 835332 16/3
Sun	26	20m Worthing Pre London 20m Worthing Leisure Centre 10am	Race Sec, 15 Southdown Road, Shoreham by Sea, BN43 5AL. 18/3
Sun	26	16m XC Combe Gibbet to Overton 16m XC Inkpen to Overton 2pm	Miss G McClaughlin, 34 Bere Hill, Whitchurch, Hants, RG28 7EL. 01256 892813
Sun	26	13.1 Gatwick Half Marathon, Perrywood Sports and Social Club, Salfords, Redhill	A Read, Rosemead, New House Lane, Salfords, Redhill, Surrey, RH1 5RA 22/3
Sun	26	5m/3m Nike Bridges Run 5m / 3m Battersea Park Track 8.30am	Human Race Events Tel 0181 399 3579
Tue	28	3.3m Hammersmith Riverside 3.3m Furnival Gardens, 12.30pm.	Francis Thomason, 12 Berestrode Road, Hammersmith, W6 9NP. 0181 741 3741
Fri	31	5km Last Friday of the Month 5km	John Walker, 160 Runnymede, Merton Abbey, SW19 2RG. Tel 0181 543 2633
<b>April</b>			
Sat	1	4.2m Serpentine Handicap Registration closes 9.00am	Ros Young, 127 Torriano Avenue, London, NW5 2RX. Tel 0171 267 4686
Sun	2	13.1m Hitchin Hard Half Marathon, Hitchin Girl's School	A Osborne, Aro Sports, 92, Bancroft, Hitchin, SG5 1NQ Tel 01462 420292 28/3
Sun	2	13.1m Docklands Half Marathon, Terance McMillan Stadium, Plaistow	Running Imp, The Gatehouse, 33a High St, Market Deeping, PE6 8ED 26/3
Sun	2	13.1m Last half of London Marathon Training Run Tower Hill 10am	Owen Barder Tel 0778 897 8107
Sun	2	10m Thames Towpath 10m	Anna Solly-Critchlow, Flat 3, 15 Grosvenor Road, Chiswick, London, W4. Tel 0181 747 1761
Sun	9	26.2m Paris Marathon	
Sun	9	7m St Albans Ladies 7, Kinng Harry Lane	J Brooks, 9 Woodlea, Chiswell Green, St Albans, AL2 3EZ Tel 01727 832435 2/4
Sun	9	26.2m 13.1m 17th Bungay Black Dog Marathon and Half Marathon, Norfolk	R Wing, 73 High Road, Wortwell, Harleston, Norfolk, IP20 0EF. Tel 01986 788211
Wed	12	2.3m The Bridges Handicap, 2nd Weds of each month	Alan Spencer, SSI-SIEA-LN, Shell Centre, London, SE1 7NA. 0171 934
Sat	15	10km Harrow 10km, Bannister Stadium, Hatch End	D Orme, 12 Warden Avenue, Harrow, HA2 9LW, 8/4
Sun	16	26.2m Flora London Marathon	
Fri	21	10km Good Friday Maidenhead 10km, Ockwells Park	C&P Ison 47 Littlefield Green, White Waltham, Maidenhead, Berks, SL6 3JL Tel 01189 343556 14/4
Tue	25	3.3m Hammersmith Riverside 3.3m Furnival Gardens, 12.30pm.	Francis Thomason, 12 Berestrode Road, Hammersmith, W6 9NP. 0181 741 3741
Fri	28	5km Last Friday of the Month 5km	John Walker, 160 Runnymede, Merton Abbey, SW19 2RG. Tel 0181 543 2633

## COMMITTEE MEMBERS

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Soft copy strongly recommended. If you must send hard copy (which I will have to scan, correct and reformat), please use 12 point standard font with no italics and simple formatting.

## Important Club Dates

16 April	London Marathon: Watch with the club and party afterwards
13 - 20 March	Club La Santa in Lanzarote
12 March	20 Mile Club Championship (Finchley 20)
25 February	Meal of the Month, location to be announced (contact Ruth Jackson)
Various	Cross Country Fixtures - See table in this newsletter

### And don't forget, regular club events...

**Tuesday night 'Hill Sprint Challenge'** first Tuesday of the month until the end of the year

**Tuesday night runs** Sudbury Court Sports Club, North Wembley (7.15pm)

**Tuesday night track session** Parliament hill (7:00pm)

**Wednesday night runs** Seymour Leisure Centre (7:00pm) & Speaker's Corner

**Wine and Cheese** after run on last Wednesday of month

**Thursday night track session** Paddington Rec (7.00pm) - warm up in advance

**Saturday morning social runs** Seymour Leisure Centre & Speaker's Corner (about 10:15), except on handicap days.

**Handicap** first Saturday of each month at the Serpentine Lido, Hyde Park (9:00)

**Last Friday of the Month 5K** Serpentine Lido, Hyde Park (12:00)