

# SERPENTIMES

The magazine of the Serpentine Running Club

Autumn 2003



## The Serpentimes interview with Ena Urich

Race reports and  
future events



Make the most of  
your running

Profiles of the new  
committee members



Photographs by David Knight

## Change: In the Air and Good as a Rest

The last committee spent much of last year working on the proposed rules changes which the club adopted in July. We now have the organisational structure, which will allow us to meet the challenges of our ever-growing membership. Your new committee, including five brand new members, has many new challenges ahead of it in the coming year, not least of which is the full integration of triathlon into the Serpentine Running Club.

I have heard widely differing views expressed about this. Indeed people often ask "Why should we include triathlon when we are a running club?" Some members believe, no doubt with some justification that the character of our club will change. However, our club has faced change throughout its existence. Collectively burying our heads in the sand and saying that we can carry on as we are is not the way forward.

In reality we have not been purely a running club for some time. There has been greatly increased participation in track and field this summer. These meetings do, of course, include a lot of running; but javelin, long jump and hammer, despite being classic athletics events, cannot be called running. The Serpentine duathlon in September, when we challenge the Serpentine Swimming Club, has been going for at least five years. Beate and Ron's weekend cycle rides are popular with runners and triathletes alike, and many benefited from the cycle clinics run earlier this year.

There are few runners who train for running exclusively by running. As we all know from coaches and physios, cross-training is the key to protecting ourselves from injury. Including other sports in addition to running is especially important as runners get older, as I for one know. I can no longer run the same regular mileage or at the intensity I used to and have found that adding cycling to my training routine has been enjoyable and has helped me overcome injury. I am not the only one – you just need to look at the number of bikes locked up at the Seymour on a Wednesday night to see that a huge number of Serpies are already regular cyclists. It is little wonder that many of these Serpies are interested in combining running and cycling in duathlon, and then it's only one more step to add the swim and give tri a try.

I recently took part in my first triathlon in Hillerod, Denmark and found it a truly amazing experience. It was a relatively gentle initiation into tri. First came a pool swim with a staggered start, so no danger of being swamped in a mass start or drowning in an open water swim. The cycle was almost exclusively on paved cycle tracks and relatively flat, and as a runner I had no anxiety about the run beforehand.

## A message from the Serpentimes Editor

I hope you all find something to inspire or fascinate you in this issue of Serpentimes. With over 900 members we have a wealth of talent in the club, not only running and triathlon talent, but also writing. I would like to thank all the writers and can truthfully say that I have enjoyed reading all of your articles.

Thanks are also due to many others, including those who took part in Jamie's survey on running and commuting; our five new committee members and Ena Urich for talking to Juliet; David Knight for his great photographs; Arthur Garrison for his never-failing editorial skills; Monika Mars for putting together what is possibly the biggest issue of Serpentimes to date; and finally, Malcolm's plumber for arriving late, giving Malcolm the time to write so many articles that we almost had to have a special Malcolm French supplement.

The variety of upcoming events offers something for everyone. There are family days and the Serpie Xmas party, trips abroad to Lanzarote and Davos, early warning of the ever-popular Green Belt and Welsh Castles relays, and of course the club championship 10 mile race, Luton relays and the 2003/4 cross country season.

The enthusiasm of the Serpie triathletes for their sport shines through in the tri section, making our chairman's plea to the club particularly apt. This issue of Serpentimes contains articles on running, cycling and triathlon. Many of you will, of course, choose to read about your own favourite sport first, but I hope you will go on to read the other articles, and who knows what you may be inspired to do in the months to come. ☺

*Sally Hodge*

## Contents of this Issue

*Detailed contents tables can be found at the start of each section*

<b>Things to Do with Serpentine</b>	<b>3</b>
<b>Running Stories</b>	<b>16</b>
<b>Starter Pack</b>	<b>22</b>
<b>Club News</b>	<b>23</b>
<b>Triathlon</b>	<b>35</b>
<b>Ideas and Advice</b>	<b>44</b>
<b>Odds &amp; Ends</b>	<b>53</b>
<b>Contact Details</b>	<b>56</b>

# Things To Do With Serpentine RC

## Nan's Kitchen at No. 10

*How Eddie's grandmother booked our Christmas Party – well, sort of ...*

The eldest of a family of eight, and born in 1882, my grandmother, Georgina Landemare grew up in Tring in Hertfordshire. She went into service at an early age, working downstairs as the lowest of the low - a scullery maid. I'm not sure how Nan managed to work her way into kitchens, but there she met one of the leading French chefs, Paul Landemare, 25 years her senior. He was head chef at the Ritz and the inventor of macaroons, so family lore had it. There are tales that Georgina and his first wife would fight and that knives were brandished in one famous kitchen. Suffice it to say, Georgina and Paul married and wife No. 1 returned to the USA with their children (transatlantic relationships are now fully restored).

Paul died long before I was born, old photos indicating a slightly inebriated appearance. Nan, by now the master of utilitarian English cooking and French cuisine, went on to run all the top pre-war banquets and weekend parties on the London social scene. When in 1939 she offered to go full time as cook for the Churchills, she dropped her salary and did her bit for king and country (actually she used to name the 16 kings for whom she cooked). Throughout the war she was the Churchill's private cook in No. 10 and the War Rooms, doing weekends in Chartwell or Chequers. She said she never got to bed till after Churchill, and was up well before him. So now, when you get those late night emails, you know it's in the genes! (except that she was also a brilliant endurance swimmer)

### **'Sir, the soufflé isn't quite done'!**

Nan was in the kitchen in No. 10 Downing Street in October 1940, just before the bomb fell on No. 11. Churchill describes in his War Memoirs (vol 2 P 346) his premonition, and going to fetch her out of the kitchen and send her down to the shelter. She desisted, 'Sir, the soufflé isn't quite done'!

Nan wrote her book, Recipes From No. 10, in 1958, and I have the final proofs that Lady Churchill had gone through, correcting the French spelling. They remained good friends. I recall Lady C. wanting to come over to my parents' home, to which Nan had retired, to bring one of the first of the colour TV's. Richard Burton had given it to her after he'd made the film about Churchill. Nan put her off - our home was the election HQ for the local Labour Party, and

was plastered with posters imploring everyone to "Vote Labour"!

Nan was a great person, lucid and caring till her death at 96, devoted to my kids and me, and still able to recall all 100 odd ways of cooking potatoes in *Larousse Gastronomique*. Despite her experience of seriously up-market cuisine, she always had good advice on creating suppers for our friends on the cheap. I just wish I had recorded the hours of anecdotes and memories of such an era.

I have relished my contact with the Cabinet War Rooms, [www.iwm.org.uk/cabinet](http://www.iwm.org.uk/cabinet) and the enthusiasm of the Curator, Phil Reid, who is letting the Serpies have the room that in 2004/5 will become the Churchill Museum, at the special "Mrs Landemare's grand-daughter" rate. All the Churchill family and wartime secretaries have welcomed me at social events there and regaled me with their fond memories of my grandmother.

*Continued on page 22*

### In This Section

Nan's Kitchen at No. 10 – <i>the background to the Serpie Christmas Party venue</i>	3
Going out? – <i>Book your tickets for the X-mas party</i>	4
All we need is plenty of Serpies – <i>It's almost time for the cross-country season</i>	5
Family Day – <i>Bring the kids and enjoy a Serpie fixture for all ages</i>	6
Serpie Coaches – <i>Here's a chance for you to pass on your knowledge to others in the Club</i>	7
Cross-country rankings competition – <i>A real incentive to get muddy!</i>	8
Meal of the Month – <i>Fancy a Mongolian barbecue - or some international fare at very reasonable prices?</i>	8
Davos 2004 – <i>You'd rather have mountains than the Atlantic? Here's your chance!</i>	8
Luton Marathon Relay – <i>Marathon too long for you? This is your chance to do it in a team!</i>	9
New Year's Day 10K – <i>The Club needs help to stage its annual flagship race</i>	9
Serpie Yoga – <i>Here's a chance to increase your flexibility</i>	10
Cabbage Patch 10 – <i>Our Club championship 10 miler</i>	10
Serpenezquiz – <i>Captain Malcolm tests your athletics knowledge</i>	11
Lanzarote 2004 – <i>Yes, it's really time to book your places</i>	12
Triathlon Training weekends – <i>Really test your bike skills in the Peak District</i>	13
Serpentine Duathlon – <i>The Serpies take on the Serpentine Swimming Club in this annual fixture</i>	14
Long Runs on Wednesday Nights – <i>Longer alternatives to the Three Parks route</i>	15

# Going out?



**SOUND THE ALARM !  
The Serpie Christmas Party 2003  
At the  
CABINET WAR ROOMS  
29 NOVEMBER  
7:00PM TIL LATE**

**What you get...**

- .Reception
- .Audio guided tour
- .Georgina's Blitz Punch
- .Dinner\* & Dancing

**Forties Attire Preferred**

\*featuring the recipes of Churchill's cook  
Mrs Landemare (Eddie Brocklesby's Grandmom)

**warning –**  
***always carry  
your gas mask***



**Cheques payable to: Serpentine Running Club  
Tickets £30**

(Concessions to anyone born before VE Day)

**Send your order in today to :  
SERPIEXMAS**

**C/O Flat 21, 45 Barkston Gardens, London SW5 0ES**

**ISSUED BY THE MINISTRY OF HOME SECURITY**

## Cross Country All we Need is Plenty of Serpies

*It's nearly the time of year that I most look forward to – time to get muddy!*

The cross country season is just around the corner. We've again arranged a full and varied programme. And this season there's a special addition: an end of season inter-club race against Thames Hare and Hounds, the world's oldest athletic club. All we need is plenty of Serpies to take part.

For those of you who haven't taken part in cross-country before, the races are relatively short. The women's races are usually between 4km and 6km. The men race over an average of 8km or 9km. The courses range from those like Wormwood Scrubs that are entirely flat to those like Hampstead Heath

### Cross Country 2003/4

DATE	EVENT	LOCATION
Sat, 4 October	Horsenden Relays (53 <sup>rd</sup> running of this event)	Horsenden Hill, Perivale
Sat, 11 October	Metropolitan League	Woodford Green
Sun, 19 October	Sunday League	Cheshunt
Sat, 1 November	Metropolitan League	Ruislip
Sat, 8 November	North London Championship	Wormwood Scrubs
Sun, 9 November	Sunday League	Cassiobury Park, Watford
Sun, 16 November	SEAA Veterans Championship	Margate
Sat, 22 November	London Championship	Parliament Hill, Hampstead Heath
Sat, 29 November	Metropolitan League	Horsenden Hill, Perivale
Sat, 6 December	Dysart & Ellis Cups	Richmond Park
Sun, 14 December	Sunday League	Digswell, North Welwyn, Herts
Sat, 20 December	North of the Thames Championship	St Albans
Sat, 10 January	Metropolitan League	Wormwood Scrubs
Sat, 17 January	Middlesex Veterans	Alexandra Palace
Sun, 18 January	Sunday League	t.b.c.
Sat, 24 January	Southern Counties Championship	Parliament Hill, Hampstead Heath
Sat, 31 January	Metropolitan League	Welwyn or St Albans
Sat, 7 February	Middlesex Championship	Cranford Park, Hayes
Sun, 8 February	Sunday League	Royston
Sat, 21 February	<b>English National Championships</b>	Temple Newsam, Leeds
Sat, 28 February	North of the Thames inter-team race	Stubbers, Upminster
Sat, 27 March	Inter-club v Thames Hare and Hounds	Wimbledon Common

that are jolly hilly. Virtually all of the races are within easy travelling distance of Central London.

The races attract runners of all standards. Don't be put off by some races being called "Championships." In most cases, all this means is that the clubs are competing for a trophy rather than on a league basis. Last year we won both the Ellis and Dysart Cups, so you too could be part of a winning team!

Last season nearly 100 Serpies ran in at least one event. There's always a friendly atmosphere at the races and running on softer surfaces makes a pleasant change from pounding the pavements. It's also great strength training and will help you to run faster. And if it's a wet winter, you'll also find out if your washing machine works properly!

As in previous years, there is no need to pre-enter any of the league races. The club even pays the race entry fees for you as one of your membership benefits. All you need do is turn up on the day with your Serpie top. However, named teams do need to be entered in advance for the Championship events. Angie and Malcolm will deal with this.

More information about individual events will appear in the weekly newsletter, on the Serpie Mail E-group and on the notice board in the Seymour Club Room. Or contact Angie Palin or Malcolm French directly. Angie can be reached on angiepalin@hotmail.com or 07967 643976 and Malcolm can be reached on malcolm french@aol.com or 020 8422 3900.

So why not give it a go? Come along to the first Metropolitan League race on 11 October and see what you think. ☺

Malcolm French

### Diary Dates for 2004

Next year may seem ages away, but applications for spring marathons are already going in and the season's cross-country fixtures have been announced, so, in case you like to plan ahead, here are a couple of dates for you:

**Green Belt Relay**  
**8 & 9 May 2004**

**Welsh Castles Relay**  
**12 & 13 June 2004**

Watch the website and e-groups for more details of these events.

# **FAMILY FRIENDLY ACTIVITIES IN THE CLUB**

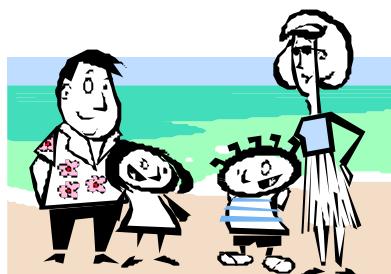
## **Online Feedback form**

**Are you interested in more family-friendly events?**

**Please fill out the online-survey!**

We would like to organise family-friendly events more regularly, offering members the opportunity to run, bring the kids and enjoy a relaxed get-together. We would like to know more about your thoughts, so please tell us what you want by filling out a short online survey – just six questions. Please follow the link on the website. Thanks!

Swenja Surminski



### **Family-friendly day out**

Ruislip Lido, 21<sup>st</sup> September 2003

#### **Activities**

- ?? Multi-Terrain-training run with Nick Slade for the grown-ups
- ?? Mini Race-The-Train for the kids
- ?? Kid-friendly pub
- ?? Playing area / beach

**When:** Sunday, 21 September 2003, 1pm (to be confirmed)

**Where:** Ruislip Lido, nearest tube - Northwood Hills or Ruislip

#### **Contacts**

Nick Slade, nslade@hbgc.co.uk  
Swenja Surminski, 02073707148 or s\_surminski@hotmail.com



## Coaching

### New Coaches - But we still need more!

A number of coach education courses are available to Serpie members over the autumn

**C**ongratulations to Terry Smith, who is the latest Serpie to have achieved his full UK Athletics coaching qualification. Terry joins Gemma Hale, Maggie Moran, Robin Adams and David Lipscomb as qualified coaches and they are supported by a growing band of Assistant Coaches. The club also benefits from the expertise of Frank Horwill, one of the country's most experienced coaches. And to think that only two years ago we had just one coach!

Would you like to get involved and be part of this growing team?

UK Athletics is holding the next introductory Level 1 course for prospective Assistant Coaches at St Mary's College, Twickenham on Saturday, 29 November.

The Level 1 Coach Award is an eight-hour, one-day introduction to coaching. The course is very interactive. It is broken down into four classroom sessions and four practical, normally outdoor sessions.

The courses are led by licensed UK Athletics tutors and will lead you through the fundamentals of athletics coaching. They concentrate on how to coach rather than what to coach. The Level 1 course helps coaches to identify their roles and responsibilities. It also provides an introduction to the

key factors that influence fitness and performance. On successful completion of a course, each Assistant Coach will receive a UKA coach pass and licence that will qualify, and insure, him or her to work under the supervision of other qualified coaches.

Each Level 1 course costs £45 and the club will meet the cost. Earlier this year, UK Athletics awarded us a £500 grant under their Clubs Future programme. The grant is to help pay for coaching course fees. The grant takes the form of vouchers (rather like gift vouchers) that you send off with your course application form.

If you would like information on how to book a course or to obtain course vouchers, please contact Malcolm French on 020 8422 3900, or at [malcolmfrench@aol.com](mailto:malcolmfrench@aol.com). ☺

*Malcolm French*

### Coach Education Courses (London & East Regions)

Date	Code	Description & Fee	Venue
<b>2003 London</b>			
4 & 5 Oct	L205	Level 2 £100 (inc 203m/CiA/FiRW)	Haringey
5 Oct	L203m	L2 module Endurance £20	Sutton
15 & 16 Nov	L206	Level 2 £100 (inc L203m/CiA/FiRW)	Uxbridge
29 Nov	L026	Level 1 £45	Twickenham
30 Nov	LCIA05	Children in Athletics £45	Twickenham
6 Dec	L203m	L2 modules Speed/Throws £20	Twickenham
7 Dec	L203m	L2 modules Jumps/Endurance £20	Twickenham
Contact Chris Bowman	LFIRW01	Fitness in Running/Walking £45	Enfield
Contact Chris Bowman	L027	Level 1 £45	South Bank Uni.
<b>2004 London</b>			
6 Mar		Level 1	Newham
<b>2003 East</b>			
13 Sep	EA030	Level 1 £45	Bedford
21 Sep	EA027	Level 1 £45	Peterborough
18 & 19 Oct	EA207	Level 2 £100 (inc EA205m/CiA/FiRW)	Kings Lynn
25 & 26 Oct	EA208	2 £100 (inc EA205m/CiA/FiRW)	Ipswich
9 Nov	EACiA05	Children in Athletics £45)	Kings Lynn
6 Dec	EA205m	L2 modules Jumps/Endurance £20	Chelmsford
13 Dec	EA205m	L2 modules Speed/Throws £20	Chelmsford

For further details (inc. Level 3 & 4) call Chris Bowman on 07970 544 324

#### Booking

Send your name, address, postcode, tel. no. and course code to:

POST: Chris Bowman 5 Reinden Grove, Downswood, Maidstone, Kent ME15 8TH

ANSWERPHONE: 01622 861 866

FAX: 07092 144 324

EMAIL: [cbowman@ukathletics.org.uk](mailto:cbowman@ukathletics.org.uk)

(First time coaches Level 1, CiA, FiRW need to complete a Coach Data Form, which should be requested at the time of booking.)

Please note: Serpentine RC will reimburse course costs for any members taking a Coaching Course.

# Cross Country Rankings Competition

*Prizes to the woman and man with  
the highest points*

I've been asked to repeat the popular Serpie cross-country rankings competition. For the benefit of newcomers, points are awarded to runners based on their finishing places in a variety of cross-country races. 25 points are awarded to the first Serpie to finish, 24 points to the next Serpie, and so on. An individual's best seven races will count in the competition. This season, double points will be awarded for a number of races:

North London Championships (8 November)  
London Championship (22 November)  
Ellis and Dysart Cups (6 December)  
English National Championship (21 February)

I hope you will enjoy your cross country running and that the rankings competition will help to spice things up.

*Malcolm French*

## **And the small print**

*In the event of a tie for first place, the winner will be decided on the outcome of the eighth race, or such additional races as may be necessary to separate individuals.*

*All of the cross country races are included except any relays, the County Championships and Masters/Veterans races, because entry to these events is not open to all Sperpies.*

## **What is MotM?**

The MotM is back – and due to the great demand and some very tempting suggestions we aim to make it happen more regularly. Ever wondered what MotM stands for?

### **Meal of the Month**

**the first M** = usually a nice dinner somewhere in London with 20-30 Sperpies (guests are welcome!), in a restaurant recommended by club members, offering a variety of options including vegetarian meals.

**the last M** = originally, this was supposed to take place every month. During the last few years it was reduced to a MotY, but we aim to get people together more regularly.

So for this autumn, we can offer two events:

**22nd September: Mongolian Barbeque, Covent Garden (see ad on page 13)**

**24th October: Fish in a Tie, Clapham/Battersea (see ad on page 14)**

For details, please see advertisements in this Serpentimes. And for 2004, we are already planning meals in exotic venues such as Inshoku, Simurgh and Texas Embassy. If you have any suggestions or questions, please get in touch!

**Swenja Surminski, 02073707148 or s\_surminski@hotmail.com**

## **Davos – 31 July 2004**

**An early call for those interested in taking part in the 2004 Swiss Alpine Marathon**

If you've read Kirsten's account of her trip to Davos 2003 and fancy joining in, or would like to find out more before you decide, then contact Kirsten. You can enter at any time before race day, but to get free rail travel (including from Zurich to Davos and back) you must enter before 30 June 2004. Entries are only in Swiss Francs.

Places in the 42km marathon are limited to 1,200. Kirsten will be organising a group booking.

**Email: Kirsten\_Huesch@hotmail.com**

**Phone: 07792 444085**

# Luton Marathon Relay

7 December 2003

This is a great running event to happily conclude the year. The event is a **THREE-STAGE RELAY**, each leg covering approximately 8.7 miles, or one lap of the marathon course. The course itself is mainly flat, starting on the edge of the town and quickly taking you into the surrounding countryside for the majority of its length. It is a particularly pleasant run in the winter season and great fun to support at the changeover area.

The event is intended as a **FUN** end of season race, particularly because it is your chance to make up your own team (and think of a team name!). You can even give your team a theme and have a team mascot if you like.

But don't worry about having to come forward with a pre-arranged team. If you don't have a ready-made team, we can organize a team for you. Also, there are no worries about not being fast enough. **ALL STANDARDS** are welcome to take part. The more the merrier.

Last year we had 14 teams ranging from Beginners to Category Winners. This year we would like to see even more.

Interested? Want to know more? Contact one of the co-organisers:

**Ludovica Bruno**

**Home:** 0207 370 3095

**Mobile:** 07786 527902

**Email:** [Ludovica.Bruno@icr.ac.uk](mailto:Ludovica.Bruno@icr.ac.uk)

**Nick Slade**

**Home:** 0208 621 0482

**Mobile:** 07906 080491

**Work:** 0208 338 2362

**Email:** [nslade@hbgc.co.uk](mailto:nslade@hbgc.co.uk)

## New Year's Day 10K

*The Club needs lots of helpers for its flagship event*

**I**t sounds a long way away, but planning is already well under way for the Serpie 2004 New Year's Day 10k and 3k races. This year's races were the most successful ever, with the 10k selling out weeks in advance. We're hoping that the 2004 races will be just as popular.

In order to stage the races successfully, we need lots of Serpies to help with organisation on the day and in the run up to the event. Most of the jobs don't need any past experience of race organisation – just plenty of enthusiasm!

Some of the race day tasks that have to be done are: assisting with laying out and clearing course; assisting with setting up finishing funnels; course marshals; qualified first aiders; water station; baggage supervision and finish area crew, including: time

caller, time writers, number callers, number recorders, number / time checks, line and funnel stewards and distribute goody bags / medals.

You'll need to be available from 10.00am. The 10k race starts at 11.00am with the 3k starting at noon.

After the races have finished and everything has been cleared up, we'll adjourn to the Paxton's Head in Knightsbridge for some well earned refreshments!

If you'd like to help, and we need at least 50 helpers on the day alone, please can you contact either Grethe or Malcolm.

**Grethe Petersen:**

[grethe@lykou.com](mailto:grethe@lykou.com) 020 7630 0730

**Malcolm French:**

[malcolmfrech@aol.com](mailto:malcolmfrech@aol.com) 020 8422 3900

Thank you in anticipation of your support. ☺

*Malcolm French*

## **Serpie Yoga**

*Every Thursday 8pm after track at Battersea Park.  
Pay £4.50 and get to use the track for FREE!*

**K**undalini yoga - as taught by Yogi Bhajan - is a very complete, powerful and healing style of yoga that is relevant to the city-dwelling Westerner. It is open to all - the emphasis is on experience and focus rather than being able to tuck your right foot behind your left ear. The postures (asanas) are only one aspect - a typical Kundalini yoga class will include working with the breath (pranayama), simple voice work (mantra), dynamic meditations and relaxation. This class in particular is designed for the Serpies and incorporates some great stretches.

The name "Kundalini yoga", which refers to the potential energy, coiled at the base of the spine, can be misleading. This form of yoga does work with the body's subtle energies and the chakras but it is as much about strengthening and balancing key areas of the body as it is about raising energy. This is a transformational form of practice that provides you with the tools to allow you to experience and realise your true self. For more info you can look at the following web site:

[www.karamkriya.co.uk/ky\\_what.htm](http://www.karamkriya.co.uk/ky_what.htm)

I try and go as often as I can to the Thursday class because I really feel the benefit. Being totally inflexible and just getting to grips with balance, I'm grateful that we work with our eyes closed. No one can see me and I can't see anyone either - perfect. I feel that I have improved and it makes me think about my running in a more holistic way.

Kundalini yoga is not a power type of yoga, like Ashtanga yoga. In Kundalini yoga the postures are more holding stretches. Emphasis is always on 'doing the best you can'. Each week my fingers get a little closer to my toes, although my favourite posi-

tion has got to be the corpse pose.

Our teacher, Har nal kaur, is great, good humoured (certainly helps) and if you look up the word serenity in the dictionary, I'm sure you'll find her name there as the definition.

Hope to see you on Thursday. ☺

*Maria Brady*

**Y**oga is a wonderful way to complement your running and prevent injury, and in the long run cheaper than going to a physio or podiatrist to solve your running problems. It makes sense to unwind your body after giving it a pounding during your run, and from a more holistic perspective, Kundalini yoga is a great way to complement our stressful lives, and the other problems that city living can generate. Har nal is a good teacher, and quite cool too! ☺

*Raul Kharbanda*

**I** really enjoy stretching the spine and the rest of my body after a week of pounding it with running. Exercises on stretching the life nerve unquestionably improve my posture and we are promised that it will keep us looking young and living forever - good value for £4.50 a week including use of the track! ☺

*Robert Maslen*

**L**ast week was my first experience of yoga after a track session. Previous experiences with yoga had left me in a little doubt - the yogi who was teaching decided to preach all about how one should refrain from eating meat, doing "excessive" exercise, nada, nada, etc. Har nal, our yoga teacher, pleasantly surprised me. She introduced me to the holistic approach of yoga without being pushy. The session helped so much that I had no problems clocking up another 20 miles to and from work the next day. See you at yoga! ☺

*Melissa Cheung*

*Continued on page 53*

### **Club 10 Mile Championship...**

## **The Cabbage Patch 10**

### **Sunday 19 October**

The Cabbage Patch 10 mile race is one of the flattest and best 10 milers in the country (Richard Nerurkar set an all time British record of 46 mins 2 secs in 1993). Starting and finishing in Twickenham the course follows a loop, crossing the river in Kingston and Richmond and as always race HQ is the Cabbage Patch pub in Twickenham.

This year's race is being held on Sunday 19 October 2003. You can download an entry form from [www.cabbagepatch10.com](http://www.cabbagepatch10.com). Advance entry is strongly advised since this is a very popular race.

1 - London last staged the Olympics in 1948. A record number of nations attended. How many?

- a. 49                  b. 59                  c. 69**

2 - How many gold medals did British track and field athletes win in the 1948 Olympics?

- a. none                  b. 3                  c. 5**

3 - What was the longest women's race at the 1948 Olympics?

- a. 200m                  b. 800m                  c. 3000m**

4 - Roger Bannister became the first man to break the 4-minute mile barrier in 1954. When did Diane Leather (GB) become the first women to run a sub 5-minute mile?

- a. 1954                  b. 1958                  c. 1962**

5 - Which Serpie is the current women's UK 100k champion?

- a. Hilary Walker                  b. Amanda Flowers                  c. Siri Terjesen**

6 - Which Serpie is the current M50 Gloucestershire Half Marathon Champion?

- a. Robin Kindersley                  b. Anthony Stranger-Jones                  c. Charles Doxat**

7 - Which Serpie is a reigning World Masters age group cross-country champion?

- a. Bob Davidson                  b. Rob Sargent                  c. Ena Urich**

8 - Shot putter Charles Myerscough is Great Britain's tallest ever-international athlete. How tall is he?

- a. 6ft 6in                  b. 6ft 10in                  c. 7ft 2in**

9 - By comparison, most top class runners are short. Luke Beevor became Britain's tallest ever-international runner when he competed in the 2002 European Cross Country Championships. How tall is he?

- a. 6ft 3in                  b. 6ft 6in                  c. 6ft 9in**

10 How many millions of pounds were raised for charity by the 2002 Flora London Marathon?

- a. £15m                  b. £23m                  c. £31m**

*Compiled by Malcolm French*

**Answers can be found on page 15**

### Call for Talented and Creative Serpies

Being based in central London, the Serpentine Running Club is unique in the cultural and professional diversity of its members. No doubt, hidden and untapped within our membership lies a reservoir of creative potential fed by a broad range of life experiences and talents.

We are presently seeking authors to contribute columns or occasional articles on topics such as medical/health items, running equipment and favourite running routes. In addition, we always welcome any other contributions of interest to club members: race reports, proposals for club activities, etc. We also eagerly seek help with editing and assembling the newsletter.

**See back page for details for submitting contributions.**



## Lanzarote 2004 - March 11 - 18

### Club La Santa

57 enthusiastic Serpies are already booked up to Lanzarote next year, so not too many places left. Have a look at the Club La Santa recently upgraded website [www.clublasanta.co.uk](http://www.clublasanta.co.uk), or the Lanzarote section on our own website (events). The running and cycling facilities are brilliant, not to mention the heated outdoor Olympic size pool with dedicated Serpie lanes in the early morning (or sunset), plus open water swimming in the lake. The range of optional free classes is impressive and there are free sessions in windsurfing, spinning etc. With 15 budding triathletes already booked on, the tri-section hopes to run another Serpie tri-week. Details of all coaching / massage / nutritional advice (and any other home-spun Serpie offers!) will come later!

### The Cost

Club La Santa does an `all in` package including flight, self-catering accommodation and free use of all their facilities. The cost is the same as this year and based on either one-bedroom apartments that sleep up to three people, or larger five -bedded units. There may be a slight variation according to individual apartment sizes, and flights as we get nearer the date, but at the moment costs are:

	Per person based on two sharing	Per person based on three sharing
Self-catering apartment	£255.00	£171.67
Flights	£160 (approx)	£160 (approx)
Transfer in Lanzarote	£10.00	£10.00
<b>Total</b>	<b>£425</b>	<b>£341.67</b>

**Possible extras** include the hire of a Cannondale R2000 bike for the whole week, (daily hire bikes are free) transporting your own bike, a small contribution to a tri coaching week. Next year we can pre-book bikes onto a choice of two plane times so you won't even have to go to Gatwick before dawn!

### BOOKING

Please visit the Lanzarote section on the website or email, or write (or telephone as a last resort) Eddie for further details and a booking form. Send a cheque for £75 made payable to Club La Santa, as soon as possible. I include an extra £24 (also to CLS) if you want to take out their insurance option that will cover you for last minute problems. That too is on the website for you to check the cover. The balance will be due 10 weeks before we go - i.e. before Christmas. **NO SWAPS AFTER THAT!**

Edwina Brocklesby  
M 07976 547717, email: [edwina@globalnet.co.uk](mailto:edwina@globalnet.co.uk)  
4 St George's Square, London SW1V 2HP

**Reservations  
Required**

by September 12<sup>th</sup>

# MotM

**Reservations  
Required**

by September 12<sup>th</sup>

## Meal of the Month September

**Monday, September 22<sup>nd</sup> at 7:00 pm**

at

† † †    †   **The Mongolian Barbeque**    †   †   †

### Set Menu



**£9.99**

Appetizers, BBQ Buffet, Rice, Noodles or Flatbreads

Return to the buffet as many times as you wish!



A Mongolian Barbeque is a unique eating experience. Eat thin! - eat fat! - meat lover, vegetarian or anywhere in between. It offers you the opportunity to select the finest ingredients from a chilled buffet containing meats, seafood, fresh vegetables, sauces, herbs and spices. Armed with your individual bowls proceed to a large central griddle where a chef stir fries each bowl in full view.'

For reservations or more information, please contact  
Swenja on  
020 7370 7148 or  
[s\\_surminski@hotmail.com](mailto:s_surminski@hotmail.com)

**Covent Garden**  
**2 Maiden Lane, London**  
**WC2E 7NA**

## Triathlon Training Weekends

Once again Eddie has kindly allowed us to have the beautiful Blackclough Farm near Buxton for our autumn/winter training weekends. This year there are three dates:

17th - 19th October 2003  
7th - 9th November 2003  
16th - 18th January 2004

The courses will be the same format as last year. For those of you who arrive early on Friday, there will be a ride. On Saturday morning a run (hills) followed by an afternoon swim, and on Sunday a hard ride.

Cost £60 per weekend or £160 for all three.

There are a limited number of places so your cheque being cashed will signify you have a place. Send cheques to Brian Welsh, 21 Langer Close, Branston, Staffs, DE14 3HW

**Reservations  
Required**  
by October 21<sup>st</sup>

# MotM

**Reservations  
Required**  
by October 21st

## Meal of the Month October

***Friday, 24 October 2003 at 7:00 pm***

### † † Fish in a Tie † †



Set Menu or a la carte

Starters £3

Mains £5-£8

Vegetarian Options  
available!!!

'This restaurant offers exceptional value for money. Presentation is laboured over - an exertion that pays off in the delightful dishes - and service is warm. Very little quality is lost for such fabulous value. Swordfish, monkfish, sole, trout and cod feature in the menu and they are excellent. Pheasant, duck, chicken, lamb and ostrich steak also show up to prove that, despite its name, this place offers a lot more than just fish.'

For reservations or more information, please contact  
Swenja at  
020 7370 7148 or  
[s\\_surminski@hotmail.com](mailto:s_surminski@hotmail.com)

#### **Fish In A Tie**

**105 Falcon Road, London,  
SW11 2PF**

## Serpentine Duathlon

Around and in the Serpentine  
**Saturday 20 September – 8.00am**

The annual challenge between Serpentine Running Club and Serpentine Swimming Club

The event is friendly and low key, so if you've never tried a swim/run event, now's your chance and this is on your doorstep.

Open water swimming is fun, even if you find the ducks swim faster than you do! Do remember though, that the water in the Serpentine is untreated.

The race consists of a 2 mile run around the Serpentine and a 440 yard swim in the lake. They can be done in any order. Strictly no wetsuits!

Enter on the day by 7.45am in time for a start at 8.00am, prompt. Meet at the Lido Cafe. If you're not competing, why not come along to support?

Serpentine Swimming Club was founded in 1864. It is the pioneer of all the year round open-air bathing. It meets every Saturday at the Lido at 8.00am throughout the year. Races in the Lido take place frequently. Race distances vary from 110 yards in winter to 1 mile in summer. New members are welcome.

\* \* \* \* \*

## **Chairman's Message**

*Continued from page 2*

The other competitors, whether new to tri or seasoned campaigners were friendly and supportive. Even "real" Ironmen, sporting the "iM" tattoo, are willing to help a beginner put their bike back together!

Many Serpies are already getting together for regular cycles as well as to run. We have Stephanie's swimming classes available to all

Serpies and I have heard about some smaller, more informal groups getting together to swim regularly. I remember doing exactly this a few years ago with Ann Dex, the then Ladies' captain. You can, of course, swim on your own, but as with running or cycling you are more likely to improve in a group, and let's face it, it's more fun.

I believe that we shouldn't see triathlon as a threat to the club but should both accept and em-

brace the idea of multi-discipline sports, which many of us are already incorporating into our regular training routines. Our club is facing change, but it always has done and always will. We shouldn't see the future as us and them, but us and us....

Ros Young

## **Answers to the Quiz on page 11:**

1. b; 2. a; 3. a; 4. a; 5. c;  
6. b; 7. c; 8. b; 9. c; 10. c

## **LONG RUNS ON WEDNESDAY NIGHTS**

It's the start of the autumn marathon season and for Serpies running in Berlin or Amsterdam, tapering is already here or getting very close, but there are winter marathons still to come - San Diego and Marrakech to name just two. With that year-long merry-go-round that is the marathon season, many of you will have applied for your place in London 2004, or be thinking about another spring marathon. Whatever your race, you may be interested in a few longer training runs with your fellow Serpies.

After overwhelming support, the Wednesday evening long runs have turned into a regular club event. Most of the runs are 12 miles, with the occasional longer run from time to time.

### **HELP NEEDED**

As well as runners we need volunteers to help lead pace groups. Pace groups keep together and run at the pace of their slowest runner. Leaders DO need to be able to read a route map and should also have a reasonable knowledge of London, basically so their group doesn't get lost!

Volunteers are needed to lead 7.5, 8.5 and 10 min per mile groups each week. Please let me know if you are able/want to do this. I'm happy to lead any of the groups but can't be there every week and I can't lead them all!

### **SAFETY**

Please bring drinks as these are long runs, plus travel money or travelcard in case of emergency - you may have a long walk home otherwise. We aim to leave no one behind. Safety and enjoyment are the main aims of the group.

### **ROUTES**

We have several routes along the river, including our standard Tower Bridge and Millennium Bridge routes, but new routes are also in demand. If you have an idea, or better still have a route of approx. 12 miles that you know, please let me know. It would be nice to learn a few new places myself.

**Nick Slade - Home: 020 8621 0482, Work: 0208 338 2362**  
**Email: nslade@hbhc.co.uk**



# Running Stories



## Having Fun in South Africa

*Pam Storey takes part in the “ultimate Ultra” – the Comrades Marathon*

**A**fter months of physical and mental preparation here we were at the start of our epic journey down to Durban. With over 13,000 entries this is the largest ultra distance race in the world. As the cock crowed and the Town Hall clock showed 5.30 a.m., we were off. It was dark and very cold so most runners were wearing extra layers of clothing that could be thrown off once the temperature started to rise. I was wearing a pair of old socks (clean) as mittens, which were thoughtfully left out for me by Gil when I was packing. I wish he was with me but he didn't fancy the long trip over here.

For me personally this is the biggest running challenge I have ever faced and with over £1000 of sponsorship money pledged for charity I was determined to finish within the new 12-hour time limit (it is usually 11 hours).

Those of you who know me will realise that it didn't take long for me to start chatting to other runners and soon we reached the first feed station - there are 51 throughout the route! There was Coke and very cold sachets of water and Powerade. Later, as it got warmer I was glad of the ice cold sachets to keep my hands cool as my fingers swell in the heat!

Before long the first of many hills came into view and, following my race plan, I took a short walk. Reaching 20k in 1.54.39 I was on target so far at the highest point on the route. There were lots of spectators arriving on the roadside now giving a taste of what was to come later. More undulations took us on past Camperdown and Cato Ridge, and then on towards the halfway point at Drummond. As I was taking a steady pace I was able to enjoy some of the fantastic scenery around me. The sun was out now but there was a slight breeze keeping temperatures to a comfortable 23 degrees.

By the time I reached half way in 5.19.36 the downhill stretches were taking their toll and my quads were beginning to suffer. However, as my target for this point was 5.20, I was very pleased. Good pace judgement eh? By now I was beginning to struggle on the downhill sections and in fact I stopped three times in the second half of the race to have my thighs massaged.

*Continued on page 19*

## Running in a Postcard

*Kirsten remembers this year's Serpie excursion to Davos*

**A** small group of Serpies made their way to Davos in Switzerland to take part in the annual Alpine Marathon race extravaganza on 26 July 2003. With a variety of races between 30k and 78k taking place in beautiful scenery, Davos certainly was the place to be. Our small group took part in the stunning 30k race leading through countryside which can only be described as “running in a postcard”.

Following an evening at our hotel's pasta buffet (and yes, I did try and compete with a 78k race guy in eating as much pasta as possible), we retired early in order to be ready for race start at 8am. With walkers, ultra-runners, marathoners and 30k runners all starting around the same time, the stadium was buzzing with early morning activity and lots of excitement.

### **A 10-out-of-10 for effort and style after her spectacular fall in the forest**

What can I remember of the run? Stunning scenery, some tough hills, very well-organised drinks stations, lots of friendly people and Sue's incredible efforts at gravel surfing around mile 25. Had I had my score cards with me, she would definitely have got a 10-out-of-10 for effort and style after her spectacular fall in the forest. But, being a first-class Serpie, she picked herself up and completed the race.

Any downsides? Only the fact that I nearly acquired a second belly button when a walker decided it was a good idea to put his running sticks under his arm and turn around just as I was approaching the drinks station. Some of the paths are also quite narrow and the fact that the walkers started before the runners definitely created some problems.

*Continued on next page*

### In This Section

Having Fun in South Africa – Pam Storey tackles the Comrades Marathon	16
Running in a Postcard – Kirsten remembers a trip to picturesque Davos	16
L'Etape – Maria joins the serious cyclists on a stage of the Tour de France	17
Ena Urich – Juliet tells the fascinating story of Ena, a master of all trades	20

## Davos

*Continued from previous page*

This is something worth mentioning to the organisers who have already taken on board a lot of comments from last year's participants and might improve this for next year's event.

Seriously though, if you are looking for a race in amazing surroundings that is also good value for money with rail tickets etc. included in the race entry, then Davos is the race for you! Certainly not for the faint-hearted, there is still an option for everyone, ranging from running a tough marathon or ultra up to heights of 2700m to the 30k we did and a "flatter" marathon, which was newly introduced this year.

Before our departure, we also had the added bonus of watching part of the Swiss Ironman Triathlon in Zurich, in which a group of Serpies participated – well done, guys!

Davos 2004 will take place on 31 July and I for one will definitely be going again. Fancy joining in? If you do, or just want to find out more before you decide, then contact me. You can enter at any time before race day, but to get free rail travel (including from Zurich to Davos and back) you must enter before 30 June 2004. Entries are only in Swiss Francs. Places in the 42km marathon are limited to 1,200. I will be organising a group booking. ☺

Kirsten Huesch

Contact Kirsten on either 07792 444085 or  
Kirsten\_Huesch@hotmail.com

## Bike Ride

### L'Etape

*Maria joins the peloton in the Pyrenees*

I had heard about riding a stage of the Tour de France from people on cycling holidays or club rides. It always sounded very impressive – cycling up two or three "hors categorie" climbs as part of a 100 mile bike ride through the Pyrenees or the Alps, with tough conditions to contend with, either driving wind and rain or burning sun. All in aid of attaining a medal – gold, silver or bronze, depending on the time band you completed the course in.

I had visualised this event in the same terms as running a marathon – a difficult task, but certainly achievable with the correct training and preparation. The people I met who had "done L'Etape" were certainly fit, but they were still some way off making it into the US Postal Service team, and not just because they were female! Last year as I was beginning to feel like I'd cut my teeth in cycling I decided that this year's challenge would be to ride "L'Etape du Tour".

The route for the Tour de France is announced in November for the following year, and the stage chosen for L'Etape is announced at the same time. I checked the official website, which also showed the profile of the course. Stage 16: start in Pau, a flat section for about 50km, three climbs in rapid succession, none of them rising to more than 1500m in altitude with a gradient of no more than 10.5%. The last climb would finish at 118km, leaving about 80km of downhill/flat to Bayonne. 200km seemed a bit long, but it didn't look like it was going to be that difficult. My thoughts were echoed by the numerous emails on the Velo Magazine forum from cyclists who were disappointed that the chosen stage was too easy, even boring. How wrong they were!

### When I got off the train in Pau, it was like walking into a furnace

By May there were even greater numbers of emails on that very same forum from seasoned cyclists who had done the stage reconnaissance, expecting a pleasant jaunt through the Pyrenees on their usual 39 x 23 gearing, but had exploded half way through the ride, unable to climb up "that

wall" (Col de Bagargui). And the minimum permitted average speed was going to be higher than in previous years, even though many were declaring that this would be the most difficult Etape du Tour in the last six years. I continued my training in earnest, keen to get in as much mileage as possible, and climb as much as I could, motivated principally by fear.

Finally, mid-July came, I packed up my bike and flew to the Basque country to tackle the ordeal. When I got off the train in Pau the day before the race, it was like walking into a furnace. The thermometer read a very humid 35 degrees – a great contrast to the calm and breezy air of Biarritz, where I'd spent the previous few days. Not a good sign for the following day's events. Luckily a storm during the night cleared the air, so that by the following morning everywhere was crisp and fresh and the conditions were very favourable.

There was a real buzz in the air as people milled around, stocking up on caffeine and making their final preparations, while wishing each other good luck. Finally the race was underway at 7am and by 7.30 we were all on the road.

*Continued on next page*

## L'Etape

*Continued from previous page*

The atmosphere was unbelievable. More than 7,000 riders (a truly international crowd) filed through the streets of Pau. As we hit the countryside we began to speed along effortlessly.

### **My cadence was so low that I could very easily have fallen off the bike**

After the first feed station came the first climb, Col du Soudet. It wasn't too bad, more like a typical mountain pass, with a long climb but at a steady gentle gradient with a 10% section near the top. Then followed a technical descent where a lot of care was required before a pleasant section through the St Engrace valley. After about 20km came the main climb and I overheard a fellow rider saying "my husband analysed the course - we've definitely passed the worst bit". In the next 8km stretch, with each kilometre the gradient increased from 5% through 7 then 10 then 11 and on to 13.5%, with some sections that were considerably steeper. Some people with gradient monitors recorded readings of 20% in places! All I remember is that it was a really hard climb - my cadence was so low that I could very easily have fallen off the bike, and at times I was doing barely 5km per hour. Many people found it easier to walk up the hill.

It's amazing how silent a peloton of 7,500 cyclists can be when they have no energy to speak. Every ounce of energy was needed just to get up to the top. The only sounds were cow bells, spectators applauding and the heavy breathing of desperate cyclists. It is interesting to note that when the pros did this stage the following week they had to put on specially big 39 x 25 sprockets, compared with their usual 39 x 21 for the other mountain stages.

Near the top there were crowds of spectators cheering people on, just like in the professional Tour de France. They were particularly thrilled to see women attempting this - there were only 150 of us. My quads were really burning in the final kilometre, and all I wanted to do was get off my bike, but in front of the crowds I felt compelled to keep going. I was wobbling all over, devoid of any strength and couldn't see very well either, my eyes stinging from the sweat pouring down my face. I just wanted the bit of tarmac in front of me to level off. One or two spectators even pushed me along through the sea of Basque flags. Finally, as I rounded the corner, the road levelled off and I began to roll down hill - thank heavens!

At the next feed station a mad throng of cyclists stuffed their faces and talked about the pain they had been through. But no time to hang around, we still had another 80km to do.

The downhill was great with s-shaped bends allowing you to see your line and fly down the hill without using the brakes much. I could actually ride down the "wrong" side of the road without being in any danger! After the final feed station, 60km from the end, the real battle to keep going started. I was feeling tired, the road was by no means flat, just constantly rolling, and there was a headwind to contend with. I had to plug away to make sure I wasn't caught by the broom wagon and eliminated. 30km from the end my morale picked up again; after all, I was less than a triathlon ride away from the finish. I was so glad to see the finish gantry and pick up my bronze medal.

### **I just wanted the bit of tarmac in front of me to level off**

It was a great day, with so many local people out cheering us on, giving us a push, or even sprinkling us with water. The atmosphere in the peloton was second to none, with a great camaraderie and encouragement. L'Etape was extremely organised, with feed stations in the right places, no shortage of food, mechanical assistance, first aid and gendarmes at frequent intervals on the closed roads.

*Continued on next page*

## **"YOUR-NAME-HERE"@serpentine.org.uk**

Did you know that you can have your own free email address from Serpentine?

SerpieMail gives you an address of "your-name"@serpentine.org.uk.

SerpieMail costs nothing, you get lots of storage space (we've never run out!) and you can access it via POP3, IMAP & a web browser so wherever you are, you can get to it!

All incoming mail is virus-checked.

To get your own SerpieMail address, sign up on the form on the website or email [admin@serpentine.org.uk](mailto:admin@serpentine.org.uk)

## Having Fun in South Africa

Continued from page 16

Once past half way I began to take advantage of the food that was on offer - bananas, energy bars, biscuits, etc. Along the route families were having picnics with B-B-Q's, booze, etc., but not once was I ever tempted to 'bail out'. I never thought I would have to walk on downhill sections in a race but now my thighs hurt so much it became necessary. (Come back Jenner Park Stadium, all is forgiven!) I can see now why they say the 'down run' is harder than the 'up run' (Durban to Pietermaritzburg). Meanwhile, I was chatting all the way to runners from all over South Africa and met a few Brits too. One South African chap had a son working in Crawley, just a few miles from where we live. Small world isn't it?

### I can see now why they say the 'down run' is harder than the 'up run'

I reached 80 km in 10.03.57 and, apart from the thighs, I was quite comfortable and knew I could finish before the cut-off time. I jogged/walked the last 10 km to the spectacular finish in the huge Kingsmead cricket stadium with a nice Christian guy that I met en route and crossed the finish line in 11 hrs 13 mins 28 secs, tired but very pleased with myself.

I received my medal and goody bag and met my chums in the international runners' area where there was ample food and drink available. We could watch the race live on TV, but some of the more energetic ones went outside to watch the last runners coming in. There were a few people lying on the floor exhausted but I was my usual 'chirpy' self and I even remembered to do a little stretching whilst chatting to the other Brits.

At exactly 5.30 pm an official stood on the finish line with his back to the incoming runners and fired a gun. No one was allowed over the line after this. I could not watch it as some people were very close to the end and not allowed to finish! The last runner crossed the line in 11.59.59 and at 76 years of age, he was the oldest competitor in the race.

The race was won by Fusi Nhlapho, an unemployed South African runner in 5.28.52 and the first lady was Elena Nurgalieva from Russia, who finished in 6.07.46. She was followed by her identical twin sister who took 2nd place in 6.12.07.

The first British runner was my chum Chris Finill in his Comrades debut, with a very fast time of 6.41.46. Chris took home a silver medal for his efforts, awarded to all runners outside the first 10 but finishing in under 7H30.

I travelled to the race with the charity CoCo on a very well organised trip. If you want to read more or are inspired to have a go, further details of the race and full results can be seen on the excellent website [www.comrades.com](http://www.comrades.com).

I doubt if I will ever take part in this wonderful race again, but I will never forget the experience, especially the 'Comrades shuffle'. ☺

Pam Storey

## L'Etape

Continued from previous page

I definitely want to do L'Etape again, and I would recommend it to any keen cyclist. So I shall be keeping a close eye on the Tour de France website again come November, and hope to be riding through the Alps with 7,000 other cycling aficionados next July. Hopefully, there will be a few Serpie cycling tops with me there too! ☺

Maria David

# Foiled Again!

If you're running the  
**Amsterdam or  
Berlin Marathons**  
--- Please ---

**Save and Donate Your  
Foil Blanket**



Blankets will be used by a home for  
**severely disabled children**

They are used for therapy – children re-  
spond to the rustling sound

Please leave them at Sey- mour Hall and I will send them off in one batch	Or send them to: Mrs J Marriott Wysteria Cottage Ratby Lane Markfield, Leicestershire LE67 9RJ
---	---

*Serpies have made an excellent  
contribution in the past, let's see if we  
can do it again.*

**Thank You**

Phill Harris

[phillharris@serpentine.org.uk](mailto:phillharris@serpentine.org.uk)

# Ena Urich

## A Master of all Trades

### The Serpentimes Interview

*The occasional Serpentimes Interview gets under the skin of a well-known figure in the London running scene. In the sixth Serpentimes Interview, Juliet talks to Ena Urich, current world V65 cross country champion and a woman with many strings to her bow.*

Ena was, at first, reluctant to let me interview her. "Look what happened to that poor Dr Kelly", she said, displaying serious symptoms of alarm, "He opened his mouth; now he's dead!" Oh dear. This was not, I sensed, going to be easy. But she eventually succumbed, and I find myself leaving Paddington station with Ena on a balmy Tuesday evening. She points out, with almost childlike delight, the place where she first started running and the treasured schedule which Derek Turner prepared for her. Minutes later, we are sitting outside at a Thai restaurant in Maida Vale and, after looking askance at my dictaphone, Ena starts to tell me her story.

She was born "Ina Heyn" in 1936 in a small town in East Germany (now in Poland). Her father, whose elder brother had been killed in the First World War, opposed the war, which broke out when Ena was three. Although exempt from conscription, as the only lawyer in the district, he was sent to fight as a punishment for refusing to join the Nazi party. Ena fled with her mother and her younger sister to Dresden; not, with hindsight, the safest place to be, but a friend of her father's ran a bakery there, so they would always have food. They lived just a few kilometres outside the city and Ena watched the infamous bombing from there. The sky was totally red at night, she remembers.

Ena had little formal schooling. Most of the teachers were involved in the war effort. As the situation got more desperate, lessons were only held every few days and, after the Dresden bombing, stopped altogether when her school became a makeshift hospital. When the war ended later the same year, Ena's father was taken prisoner in Russia and her mother had to find work to support the family. A job teaching in a village school didn't last long. She refused to learn Russian and, threatened with expulsion to Russia, fled again in 1948 with Ena and her younger sister. This time they went west, to the Harz mountains, occupied by the British. The spa town where they lived was quite nice, she says. Every Sunday there was a concert in the morning and before the concert, Ena looked at the dresses displayed in a little boutique and dreamt of being a dressmaker. Realising that her mother had no money, she secretly picked mushrooms in the mountains, and sold them to a hotel. Soon she had enough money to buy a doll

and a coffee service for her family, who had been coping with two metal cups. She begged scraps of material from the neighbours to make dresses for the doll.

Following her father's release in 1950, they settled in Kaiserslautern and Ena went back to school. The other children in her class were nine or ten. Ena was 14 and she went on strike. With such a fragmented education, she'd only done basic maths and had never heard of Paris. So she studied day and night and, in little over two months, she'd absorbed three years' schoolwork. Not satisfied with the fact that Ena had just jumped three grades, her mother locked her into a room with her books. But Ena outwitted her, reading romantic novels (borrowed from her father's apprentices), tucked behind a French book, while her mother wondered what was taking her so long.

Having watched her mother struggle during her father's 10-year absence, Ena's primary aim was to make money to pay for the education of her future children and buy her own house. Her father had represented the accused in a particularly gruesome murder case. That put her off law. "I couldn't represent a murderer" she says, with some drama. Medicine? Her mother was a terrible hypochondriac. "If I had three or more of these patients like my mother I would go mad". She roars with laughter. "So, medicine was out". But she hadn't lost her love of fashion, and when Dior rose to prominence in the early 1950s with the "New Look" she decided she wanted to "go to Paris and become as big as Dior". Her mother, however, did not consider that good enough for a lawyer's daughter. Ena continued unwillingly at school for another three months but, at the age of 15, went on strike again. This time she didn't return.

#### I was the best paid woman in Germany then

Then, in 1952, Ena's mother bought herself a fur coat. She mentioned her rebellious daughter to the shop keeper, who suggested that she become a furrier. This was acceptable to her mother; Ena could make her fur coats. "I didn't know what a furrier was and I couldn't care less", she says.

*Continued on next page*

## **Ena Urich**

*Continued from previous page*

But she duly became an apprentice in Kaiserslautern, taking up tennis in her spare time. She was very pretty. All the men liked her (one even crashed his car looking at her) but she wasn't interested. "I was not going to marry, even if it was the emperor of China, before I had my masters exam", she explains. Three years' apprenticeship over, Ena transferred to a large fur firm in Mannheim. After a few years there and then in the Swiss Romande, working hard, learning French and skiing, she returned to Germany and qualified as a master furrier. With her new-found qualification she became a designer in Hamburg. "I was the best paid woman in Germany then", she says.

But Ena got itchy feet again. "I pinched a newspaper from my boss: 'Furs Weekly'" (I pull a face and she laughs) "and put an advert in, asking for a job in an English-speaking country". She arrived in London in spring 1969, staying first in the Cumberland Hotel before moving into a flat above her boss's shop in Marylebone High Street. She worked hard in the shop during the day and cleaned the flats above it in the evenings. Ena dreamed of travelling the world but life took an unexpected turn when, in 1972, her boss died suddenly and left her the shop. She was the only person qualified enough to take it on. The shop was called "Egon Urich". The customers often called her "Mrs Urich" and the business account and deeds were in the name of Urich. So Ena changed her name by deed poll from Ina Heyn to Ena Urich. Impeccable logic.

### **In Safeway on the Edgware Road she met the man who was to become her husband**

In 1980 Ena decided she wanted to study medicine after all. She attended a crammer, where she was a star student, quickly obtaining top grades in maths, biology and physics. But in 1982, she became ill. Her doctors told her she was depressed. She read Freud's work on the subconscious and concluded that her subconscious was homesick. So she locked up in London and went back to Germany. On a return trip to London the following year, in Safeway on the Edgware Road, she met the man who was to become her husband. It was on a visit a few weeks later, waiting for a train in Heidelberg, that he noticed a lump in her cheek. It turned out to be cancerous. "By the time I came out of hospital" she says, "I was finished with medicine. I was sick and tired of it." So she changed tack again. This time, she studied business in Bristol.

Her wedding, in 1986, came as something of a surprise to Ena. Her gentleman friend took her to Marylebone registry office and signed them up to get

married. He hadn't proposed and Ena didn't realise what was happening. "I was scared stiff", she says, opening her eyes wide. He was a clever man, who had been the Sri Lankan High Commissioner in London and was now an immigration solicitor. Life continued happily until the mid 1990s. Anti-fur protests were rife and Ena had moved into sheepskin, travelling with her husband as far afield as Canada and Japan, sourcing materials. Ena ran the shop and they managed a large block of flats in Seymour Place. But in 1996 Ena's husband had a stroke and was paralysed. Although he recovered, his health, sadly, did not last and he died in February this year after a long illness. She feels, she says, lucky to have had her own career and a good husband.

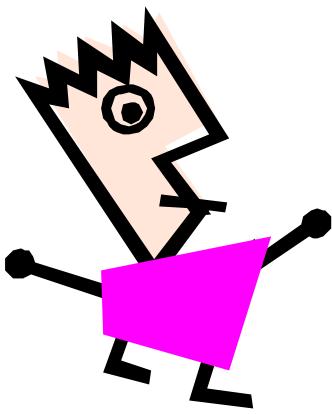
### **I didn't want to walk like an old lady, so I decided to take up jogging**

I'm alarmed to discover that it's 11pm and we haven't got onto running. I've been so engrossed, I've failed to keep track of time. So, what's the story? Well, during her brief time at school she was always top of her class at running. She joined a club and won prizes for running and jumping, featuring in the newspaper. She thinks she inherited her ability from her father; a strong runner and swimmer. "Oh, I'm a good swimmer as well" she adds. That was in the 1950s. Then, in 1999, Ena was exhausted and took a break in Germany. She stayed in bed, reading and sleeping for a few days but, when she got up, was shocked to feel that her legs wouldn't function properly. "I didn't want to walk like an old lady" she says, "so I decided to take up jogging". When she returned to London that Christmas, she discovered the Serpentine Running Club. She didn't, however, run in 2000. Her days were spent renovating her flat single-handed and she looked after her husband in the evenings. She did, though, jog everywhere she went. The flat was finished in July 2001 and she started running laps of the Paddington track, timing herself using the clock on the green tower and working up to the distance of the Club's monthly handicap.

### **Ena came second in the V35 category in a Regent's Park 10k**

It didn't take her long to start breaking records and she has been presented with numerous trophies by the club. She ran the handicap in August 2002 in 29:03, setting a new record for FV55, 60 and 65 in one shot. The same summer, she won gold in the 5k in the European Vets Championships in Potsdam and silver in the 10k (only because, rather infamously, she stopped a lap too soon).

*Continued on page 53*



# the Starter Pack

## Shy, Lazy or Busy?

*Bev and Sue appeal for help with the ever-growing starter group – so go on, why not volunteer to help out?*

We were hoping to receive some of those really interesting articles from new runners telling us what starting running with Serpies had meant to them, but, unfortunately, they are all too shy, lazy or busy to put finger to keyboard for this issue, so I'm afraid you're stuck with me again!

The Starter or Beginners' Group goes from strength to strength. There seem to be so many new people turning up every week. On a Wednesday night especially, it is not unusual to have 20+ new people staying behind in the Seymour Centre, after Ron's introductory spiel.

---

### **They are often modest people who think you have be able to run five-minute miles to belong to a running club**

---

To be strictly honest, not all of these people are real beginners to running. They are often modest, retiring people who think you have to be able run five-minute miles to belong to a running club! This is, of course, far from the truth. As long as you are prepared to have a go and keep at it, a running club is just the place for you. So many new people say to me, after running with us for the first time and completing three to four miles, that if they had been on their own they wouldn't have completed even three to four hundred metres. It is the company and encouragement of the rest of the group that keeps them going.

It is very pleasing that more members are volunteering to help with the Starter Group. It really is essential that we have enough helpers, as the numbers of new runners are so high and the abilities within the group vary so much. It would be impossible to organise the run safely with insufficient support.

This is an appeal to all of you who read this, to consider volunteering, even just once throughout the

year. I think you would be pleasantly surprised what fun it is having time to talk and see the sights of London. It is so rewarding too to know that you've helped people who are new to the Serpies complete that three to four miles and really enjoy their first Serpie run. So if you are recovering from a major race and want to take it easy, or you just feel it is time to put something back into the club, please think about helping out.

If you are able to offer your time on a Wednesday evening or a Saturday morning, even if it is just once a year, please do not hesitate to contact Sue McGinlay or me on [sue-mcginlay@blueyonder.co.uk](mailto:sue-mcginlay@blueyonder.co.uk) or [bev.thomas@virgin.net](mailto:bev.thomas@virgin.net). We and the many new runners will be very grateful. You can choose the date which is most convenient for you. We have a rolling list of helpers which operates up to six weeks ahead. If you know you can help but the date is further ahead than six weeks, please also let us know.

There are also two new areas on the Serpie website where you can volunteer, both to help with the Starter Group and other club events. Firstly, under Club Runs there is a new Volunteers section (see advert on page 32). Also, on SerpieBase, you can volunteer to help with club events in general. It only takes a minute to log on, edit your details and tick the box.

So over to you and thank you in advance! ☺

*Bev Thomas*

---

### **Nan's Kitchen**

*Continued from page 3*

When the new extension to the War Rooms opened in April, incorporating my grandmother's tiny kitchen, I was delighted to donate all the equipment and bits furniture Nan had given me. The new caterers there are keen to develop the theme of Mrs Landemare's menus and have also reduced their rates for us. I am thrilled that the Serpies are going to pilot their menu, but be warned: go easy on the starters and main course and save space for the selection of steamed puddings with custard. ☺

*Eddie Brocklesby*

# Club News

## What happened at the AGM

*Sarah sums up the results of this year's meeting*

The main thrust of the AGM this year was the proposed amendments to the club rules which had been worked on by the committee over the past few months. Because of this, a Special General Meeting was held before the AGM when all proposed amendments were discussed and voted on. These covered the whole range of club rules and responsibilities and made some quite significant changes. A major change is that a proposal to create an Honorary President of the club was agreed. This person will be a member and will be decided on by the committee. Other major changes accepted were the abolition of captains, the bringing in of fixed terms of office for committee members, higher accountability of committee members, particularly in relation to finances and attendance of meetings, changes to the voting procedures, changes to selection of Life and Honorary membership, amongst other items.

Once all resolutions had been agreed, Ros, as Chair, thanked the Rules Task Force of Phil McCubbins, Ian Hodge and Eddie Brocklesby, and declared the SGM closed, and the AGM open!

Reports were presented to the AGM from the Chair, the Captains and the Honorary Treasurer.

One issue arising that members need to be aware of is the SEAA's proposed change to their membership scheme. The club voted against this, as it could mean an increase of £5 per member levy to the club.

The Secretary's Shield was awarded this year to those who have taken on the considerable task of coaching – Maggie Moran, Gemma Hale and Robin Adams. Their contribution is greatly appreciated. Maggie and Gemma reminded members that anyone wanting to take on coaching would be very welcome and the Club would support any requests to do so.

The accounts raised a lively debate as to how club funds have been spent. Issues arising included the cost of swimming coaching and who is eligible to attend; why we spend more on this than coaching; why the increase in membership is not fully reflected by the same increase in subscriptions; whether we should consider charging students (especially in view of the proposed levy by the SEAA); and why race entries have gone up – this was explained by the fact that as the club has grown, so we have entered more events and teams.

Members were also reminded that it is useful to have some reserves and just because we have them, we don't need to spend them all, it is prudent to hold some if needed. Ros also reminded the meeting that without security of tenure on accommodation, we need some reserves in case our situation changes. Ian reminded all members that all requests for funding for running events have been agreed, so if anyone has any requests, please make them, as they will be considered.

On electing the committee, the officers were elected unopposed. A new system of voting, STV, the single transferable vote, was explained and put into operation for electing ordinary committee members. The results were given later on the website.

Amongst other items discussed, Richard Smith queried whether we should specify how long potential new members should come along for before they should be asked to join. Views varied but the overall feeling was that we should not set limits, but be flexible and welcoming to people, as our remit is to promote running, but we could also point out the benefits of joining a club.

Sue McGinlay queried whether proxy voting should be considered for the AGM. Phil McCubbins confirmed the committee had considered this and would look into it for next year.

65 members attended the AGM. 

*Sarah Newton*

### In This Section

What happened at the AGM – Sarah reports from a 'new style' AGM	23
The Committee – Sarah's last - and Tony's first - summary of Committee Meetings	24
New Committee Members – Juliet finds out some interesting facts	25
Handicap – Results for August 2003 and Tom Hogshead Standings	26
100 Club – Recent winners announced	29
Sudbury Court – News from our sister club	29
In Olden Times – Malcolm looks back 10 years to the autumn of 1993	30
Ran, Threw and Jumped – A look back at this year's successful track & field season	31
Club Championships – Results and current standings in this year's competition for the age-graded title	33
LFOTM5K – Record participation and another year of sponsorship from Runner's World	34

## The Committee

### Summary of Committee Meetings Summer 2003

*Sarah Newton has stepped down from the Serpentine committee after attending and writing the minutes of numerous committee meetings. Sarah has kept club members up to date with more hours of committee debate than she may care to remember, often lively, and including such topics as several Christmas parties, the setting up of various task forces to cope with the huge increase in membership and numerous relay events. The 2003 AGM summary and the following summary of the May and June 2003 committee meetings are Sarah's farewell to the post. I know that the club will want to thank Sarah for her hard work and dedication.*

**M**eetings have still been well attended and although getting very long at times, commitment is still high and discussions have been entered into quite heartily!

Much of the committee's attention over the May and June meetings continued to focus on the proposed rule changes, to be presented to a Special General Meeting, prior to the AGM in July. This was the first time the rules had been amended since the club began and as the club has changed and expanded over the years, the rules need to be re-addressed as well. Consideration was given to the suggestion that an Honorary President should be appointed for the club, and also that the traditional roles of captains should be disbanded and roles shared out amongst the general committee. A change to the terms served by committee members was considered, as well as the possibility of a nominations sub-committee so that people standing for the committee can be highlighted to all members before AGMs.

Life members, honorary members, the expectations of the committee and the byelaws were all discussed at length, prior to an SGM being agreed to put the proposals to the club. Plans were agreed on how to notify members about the proposed changes, make proposals available, allow for feedback from members and address comments received.

Normal life also continued, with captains', admin and finance reports all being made available. Membership was up again already on last year and a lot of people are joining online. Finances are still very good, although Ian raised the fact that the cost of Serpentimes has gone up a lot with the increased membership and therefore larger distribution.

Other ongoing issues are the SEAA registration scheme and the advertising and sponsorship policy,

also the difficulties of managing Wednesday night runs at times and some of the problems/headaches this can raise! The SEAA scheme in particular could have repercussions in the future. The club voted against recent proposals for change and Ros will follow this up with the SEAA secretary, explaining our reasons for this.

The 100 Club is still full, with a waiting list. Agreement was given to purchase a laptop computer for the club. This will be used at club races to allow the results to be downloaded very quickly.

Time goes quickly, and the committee was already being asked to start making decisions about Christmas party cost commitments and dates, as well as information being given about the Lanzarote trip next year. Many smaller administrative issues were raised and discussed including the venue for Tony Smith to be given his honorary membership; triathlon kit; agreement to fund the tri club championships; and, use of e-mail/e-groups, to list just a few.

So as you can see, the topics covered by an ever-evolving running club are very varied, never dull and debated with much enthusiasm by the committee. ☺

Sarah Newton

*Following the 2003 AGM the new Serpentine committee have met once so far. New committee member Tony Gould gives a summary of their first meeting.*

**M**y first committee meeting was long, but also had plenty of interest, and delicious refreshments from Grethe. Coffee was required for the long debate over the details of the new byelaws, but later on no stimulants were needed, as we all waited tensely to find out which areas each of us are to help with. These are:

Competition and Team Events (participation in other clubs' events)	Ian Hodge
Race Organisation (Serpentine events)	Grethe Petersen
Membership (liaison with members)	John Walker
Coaching, Training and Fitness (includes regular scheduled runs)	Tony Gould
Social	Eddie Brocklesby
Communications	John Sullivan
Fundraising, Community and Government Relations	Lynne Prestegar
Volunteerism and Officer Development	Swenja Surminski
Facilities and Club Equipment	Raul Kharbanda

*Continued on next page*

## Committee Meetings

*Continued from previous page*

Eddie continues as Welfare Officer and Grethe continues as Handicapper. Ian Hodge is looking after technology too, which means that he picked up more action points than most! Of course, just as in other areas, there's a whole group of club members actually implementing and driving the technology forward.

Technology helps to grow the club, and once again, subscriptions are breaking records. To make it easier to manage, the club intends to implement rolling membership in future, with membership expiring a year after joining. We also felt it would be fairer if students made some contribution, rather than joining for free.

More visibly, Justin Lock and Stig Haldan are investigating running kit, and there should be prototypes

available soon, hopefully rivalling the new tri kit. But can we find a model to rival Quintin? Special mention was made of the splendid job that Paul Ingram, our kitmaster, does.

According to old-timers, a long debate over the Christmas party is a traditional part of any committee meeting at this time of year, and we were not disappointed. What with last year's venue overflowing, the club doubling in size, and London prices making it hard to find a deal like last year's, agreement was not going to be easy. Eddie has managed to negotiate use of the Cabinet War Rooms for a discount price, but still a somewhat higher subsidy is required from the club. However, the venue sounds superb and can take 350 people as opposed to 120 last year, the more the merrier everyone hopes!

For full details of all the goings on at the committee meeting, see the minutes on the website. ↗

*Tony Gould*

## Interviews

### New Committee Members

*Juliet poses a few questions to the newcomers to the Committee*

**I**t will have escaped the attention of few that the committee has just had an injection of exciting new talent. I managed to corner each of these energetic, public-spirited people and asked them five questions:

- When and why did you take up running?
- What's your favourite distance?
- What's your most memorable running experience?
- What do you enjoy doing when you're not running?
- If your fairy godmother granted you one wish for the club, what would it be?

The range of answers was interesting.

**Swenja Surminski**  
**Committee task: "Volunteerism and officer development"**

*When and why* - Swenja started long runs when she was about 12, as complementary training for

tennis, which she used to play competitively. She discovered that she "liked running quite a lot". She must have done: she ran her first marathon (in Hamburg) at 18.

*Favourite distance* - Marathon. Her PB (also in Hamburg) is 3:03.

*Memorable experience* - Running up Mount Washington in New Hampshire. Since reaching the top of the Eastern US, though, she hasn't done any mountain races (other than mountain stages of the Welsh Castles Relay).

*Other interests* - She still plays tennis. She also enjoys reading and spending time with her small daughter, Emily. More unusually, she's interested in Husky dogs. She went sleigh riding with her husband in Canada a few years ago and since then she's been really fond of them. She'd like to own two or three at some point. Currently a journalist, she's about to start work as a risk consultant. Busy times ahead.

*One wish* - A nice club headquarters in central London. It's been discussed for a long time, she says, but has always been out of the question.

### **Tony Gould**

**Committee task: "Coaching, training and fitness (includes regular scheduled runs)"**

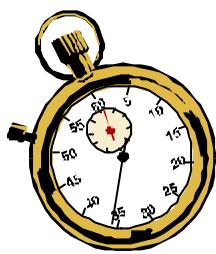
*When and why* - Tony started jogging when he was about 18, but started running in earnest three years ago, when friends talked him into doing the Great North Run.

*Favourite distance* - He still likes half marathons. He used to hate 10ks but, he says, "they're growing on me".

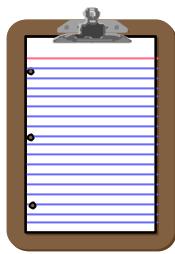
*Memorable experience* - Completing the Criccieth to Maentwrog stage of the Welsh Castles Relay last year. He was running downhill on a beautiful day. It felt like flying and he finished on a real high. It was beautiful countryside and great company.

*Other interests* - Tony's refreshingly candid. "I rather enjoy just lazing around". For example, sitting in a deckchair, watching the handicap on the day we had our chat had been "pretty refreshing". ("Sensible", I think, is another word that springs to mind, given the heat that day...)

*Continued on page 27*



# Serpentine Handicap



In this edition of Serpentimes, we provide a summary of the last three months' worth of Handicap activity.

## June

Race conditions: OK running conditions – slightly clouded but warm.

Frank Markey proved that he was in excellent shape, with bets of losing weight and marathon training contributing to his great form, and won the handicap in June. He ran a pb and finished in front of Charles Lescott, who also had a storming run and improved his pb by 45 seconds. In third place came Keith Evans in his 78th race. Congratulations to all three of you.

There were another 20 personal bests in June. It was great to see so many runners who haven't been running the handicap race for a while coming back again. Everyone was especially happy to see Bob Davidson recovered and running his 114th race after a major accident nine months ago. And looking at the results, most of you ran much better than you said you expected beforehand!

## July:

Race conditions: Great running conditions – sunny without being too hot.

Sid Will and Ashok Jamdagni started together and were still together at the end of the first lap, but in the

### Tom Hogshead Trophy Standings as of August 2003

Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Total
Anthony Stranger-Jones	25	21	25	18	22	27		27	165
Ashok Jamdagni	15	17	14	23	15	26	31	15	156
Sid Wills	7	28	27		23	28	32		145
Steve Edwards	10	10	3	24	24	16	27	29	143
John Hudspith	19	12		27	9	10	26	19	122
Manuel Moreno	26	21	15		22	27	11		122
Brian Harris	9	10	11	11	27	23	29		120
Pete Noble	18	29	21	12	11	25			116
Justin Lock		3	15	15	14	15	26	26	114
Brian Pickles	8	21	31	14	22	10			106
Jemima Johnstone	15	15	29	14	13	12	8	106	
Pete Warren	17	22		17	26	13	11		106
Michael Egbor		32		14	31	11	8	7	103
Hilary Young	12	15	18	13	19		23		100
Charles Lescott	14	10	13	19		31	11		98
Richard Smith	22		6	10	15	15	16	13	97
Terry Smith	13	14	30	24			10		91
Marianne Morris	20	9		8	28	8	11	3	87
Raul Kharbanda	13		25		16	8	3	22	87
Sally Hodge	15		15	15	19	23			87

## About the Club Handicap

The route is a measured 4.08 miles (6,565metres), and the race is held on the first Saturday of every month.

After a first "scratch" run, handicap start times are calculated by subtracting the best of your last 6 runs from 42 minutes - subject to new runner loadings (reducing over your first 6 races), and percentage penalties for 1<sup>st</sup> 2<sup>nd</sup> or 3<sup>rd</sup> place is a race.

The points scored in each race count towards the Tom Hogshead Trophy, awarded each year for the highest score from 8 races. The points are awarded for your position in a race, with a bonus reflecting how close you get to your best time.

Apart from the scratch run, the handicap is only open to members. You must bring your handicap number to every race, and you must wear club colours (red with 2 gold hoops) - to show others you are racing.

final sprint Sid had the extra energy left and won July's handicap, running a pb by 35 seconds. Ashok came second, also with a pb. Paul Ashworth was getting back into shape, earning him a bronze medal.

Altogether there were another 14 personal bests in the race. Congratulations to all of you. The first Saturday in July gave us another reason to celebrate: John Hudspith ran his 100th handicap race and got one of the highly-sought-after celebratory T-shirts. John is using 2003 as a year to set new milestones: at the London Marathon in April he ran his 50th marathon. Well done John and we hope to see you at many more races.

## August:

Race conditions: Sunshine and very hot, close to 30 degrees C.

Andrew McGovern finished three minutes ahead of his predicted finish time and won the August handicap by running a personal best by nearly three and a half minutes. In second place came Steve Edwards, who also turned up last week in vain the whole way from Gatwick, because he wasn't aware of the race having been postponed at the 11th hour. And in third place came the Tom Hogshead guru: Anthony Stranger-Jones. Congratulations.

Despite the heat, there were another six amazing personal bests. Well done to all of you, I am very impressed that anyone can run fast in this heat, let alone a pb.

Last month John Hudspith ran his 100th handicap race.

*Continued on next page*

## **Handicap**

*Continued from previous page*

Out of courtesy to his club he waited a month to bring champagne to celebrate his achievement because July's race was followed by the AGM. Thank you very much John, the bubbles went down very well in the sunshine!

Eamonn Richardson finished his 150th handicap in August. He is the person who has run second most handicap races of all times, only beaten by Alan Woodward, who has run a total of 163 races.

I would like thank all the runners who turned up one week later to run the August race, with very little notice, and apologies to those who had organised their holidays around the usual first Saturday of the month handicap day and therefore could not make it a week later. The Royal Park Authorities had forgotten to tell us about the major event on 2 August which blocked part of our race course and made it necessary to postpone the race by one week. Even on the morning of the race day the organisers had not cleared the course completely, so Tony Gould guided runners and moved the remaining rubbish himself thus making it possible for us to hold our race. Thank you, Tony.

---

## **New Committee members**

*Continued from page 25*

**One wish** - "I wish I could have met Kate [his fiancée and fellow Serpie] 10 years earlier".

Ahhh...sweet! I'm sure you're not the only one, Tony. But for the club? It would be great, he says, to have some way of keeping in touch with all the good people you see for a year or two who then disappear. Perhaps reunions.

### **Raul Kharbanda**

**Committee task: "Facilities and club equipment"**

**When and why** - Raul started running seven years ago, when he was working in a summer camp near Santa Cruz, California. Running developed from hiking. He got himself a running buddy and ran through the redwoods, from the mountains to the beach. He's never stopped since and can't believe it's been seven years already.

**Favourite distance** - Marathon - "because it's epic". You get to

meet people on the way. He likes the whole training ethos and discipline. Surroundings are, however, more important to him than distance. He loves running in forests and mountains and dreams of doing an ultra marathon.

**Memorable experience** - Running the Big Sur marathon a few years ago. He met a 71-year-old man who had run all over the world and done nearly 100 marathons. He inspired Raul and they're still in touch.

**Other interests** - Drinking tea. His ever-present thermos flask has even been run over and survived. He also likes learning. He's currently doing a degree in public policy, which he's juggling with his work at the DTI.

**One wish** - To keep it the most accessible running club, open to all ages and all abilities. And what about something we don't already have? It would have to be a dedicated club premises.

Our monthly handicap would not take place if we didn't have so many helpers every month. There are too many names to mention but it is great that every month we see both new and old helpers ready to do all the tasks involved including setting up the finish funnel, registering runners, taking times and numbers.

## **Tom Hogshead Standings after 8 races:**

In the Tom Hogshead table for 2003, Anthony Stranger-Jones has regained first place after the August handicap, slightly helped by last month's leader, Sid Wills, being on holiday. Anthony is leading with 165 points, with Ashok Jamdagni still second with 156 points and Sid now in third place with 145 points. But don't discount August's second finisher, Steve Edwards, who has sneaked into a strong fourth place with 143 points. It is all still all to play for though. Remember, it's your best eight races of the year that count.

As usual, David Knight has taken some great photos at the handicap races. Take a look at his website for the full set:

<http://www.dwknight.co.uk/2003/handicap/> 

*Grethe Petersen*

## **Lynne Prestegar**

**Committee task: "Fundraising, community and government relations"**

**When and why** - Lynne started running when she was 14 or 15. Her parents were into distance running and she used to get dragged along to races to help. It developed from there.

**Favourite distance** - Marathon (no hesitation).

**Memorable experience** - Taking 30 minutes off her marathon PB in Reykjavik last year. Her mother made chicken suits for Simon (her fiancé and fellow Serpie) (seems to be a lot of it about - ed.) and her to wear in the Edinburgh marathon this year. That would have been memorable, but in the event it was too hot to wear them on the day, so they're lying in wait to entertain us another time.

**Other interests** - She's always busy doing something, but when she comes to think of it, she's not sure quite what.

*Continued on page 54*

# August 2003 Handicap Results

Posn	Name	Start Time	Finish Time	Net Time	Target PB	PB	Bonus Pts	Race Pts	Total Pts	Total Races	1st Lap	2nd Lap	Age Cat
1	Andrew McGovern	15,45	42,15	26,30	29,54	pb	12	20	32	6	14,08	12,22	M29
2	Steve Edwards	19,00	45,19	26,19	25,53		10	19	29	28	13,01	13,18	M46
3	Anthony Stranger-Jones	19,45	45,23	25,38	24,58		9	18	27	35	12,27	13,11	M58
4	Tony Leppard	11,15	45,31	34,16	31,55		5	17	22	44	16,47	17,29	M66
5	Justin Lock	16,00	45,45	29,45	29,19		10	16	26	7	15,26	14,19	M29
6	Andrew Maynard	21,00	45,47	24,47	23,33		7	15	22	16	12,07	12,40	M42
7	Raul Kharbanda	19,00	45,53	26,53	26,02		8	14	22	12	13,05	13,48	M30
8	Chris Stagg	13,15	46,00	32,45	29,13		0	13	13	114	15,58	16,47	M57
9	John Hudspith	21,15	46,02	24,47	23,42		7	12	19	101	12,27	12,20	M43
10	Ros Young	11,15	46,09	34,54	28,46		0	11	11	74	16,54	18,00	F59
11	Richard Smith	18,00	46,11	28,11	25,52		3	10	13	78	13,45	14,26	M50
12	Keith Evans	13,15	46,15	33,00	30,01		2	9	11	80	16,15	16,45	M65
13	Gregor Rapprich	18,45	46,18	27,33	28,25	pb	12	8	20	3	13,35	13,58	M32
14	Ashok Jamdaghi	9,45	46,21	36,36	35,26		8	7	15	12	18,12	18,24	M59
15	Eddie Brocklesby	14,15	46,41	32,26	30,58		7	6	13	20	16,21	16,05	F60
16	Charles Doxat	19,45	46,47	27,02	25,24		5	5	10	42	13,21	13,41	M61
17	Eamon Richardson	17,00	46,48	29,48	25,08		0	4	4	150	14,36	15,12	M44
18	Paula Sadler	15,45	46,54	31,09	29,36		7	3	10	7	15,10	15,59	F28
19	Kate Cartmell	12,30	46,59	34,29	32,24		5	3	8	9	17,12	17,17	F30
20	Hilary Walker	16,45	47,02	30,17	27,55		4	3	7	113	15,00	15,17	F49
21	Carolyn Belton	13,45	47,04	33,19	31,40		7	3	10	7	16,40	16,39	F36
22	Haydn Turner	13,45	47,08	33,23	33,09		11	3	14	4	16,39	16,44	M66
23	James Stratford	15,30	47,10	31,40	26,34		0	3	3	109	15,45	15,55	M43
24	David Anthony	20,45	47,10	26,25	26,52	pb	12	3	15	2	13,05	13,20	M38
25	Jemima Johnstone	12,45	47,11	34,26	32,21		5	3	8	10	17,01	17,25	F31
26	Richard Boulton	17,45	47,13	29,28	29,04		10	3	13	4	14,44	14,44	M29
27	Rachel Brough	13,00	47,17	34,17	33,19		9	3	12	5	17,21	16,56	F24
28	Robert Maslen	17,30	47,20	29,50	29,18		10	3	13	4	14,37	15,13	M52
29	Juliet Allan	13,00	47,50	34,50	32,02		3	3	6	17	17,09	17,41	F36
30	Phil Kelvin	17,15	47,51	30,36	30,42	pb	12	3	15	2	14,53	15,43	F51
31	Sue McGinlay	8,00	47,55	39,55	34,05		0	3	3	64	19,55	20,00	F55
32	Ron Haqell	16,00	47,56	31,56	28,59		2	3	5	32	15,46	16,10	M58
33	Leo Donnelly	16,45	47,57	31,12	31,17	pb	12	3	15	2	14,48	16,24	M40
34	Lizzie Bott	16,45	48,04	31,19	30,47		10	3	13	3	15,05	16,14	F26
35	Nicolas Beale	15,45	48,06	32,21	29,31		3	3	6	9	15,22	16,59	M48
36	Jim Leaviss	12,45	48,09	35,24	35,49	pb	12	3	15	2	17,57	17,27	M32
37	Michael Egbor	9,15	48,30	39,15	36,11		4	3	7	13	18,24	20,51	M50
38	Marianne Morris	13,15	48,34	35,19	31,16		0	3	3	96	17,47	17,32	F53
39	Sharon Lindores	15,00	48,36	33,36	34,15	pb	12	3	15	2	16,28	17,08	F36
40	Elizabeth Whitting	17,30	48,39	31,09	30,38		10	3	13	2	15,01	16,08	F24
41	Ena Urich	16,00	48,41	32,41	29,26		2	3	5	13	16,19	16,22	F67
42	Michael Morris	20,15	48,53	28,38	24,43		0	3	3	18	13,51	14,47	M34
43	Isobel Leaviss	13,30	48,57	35,27	34,56		10	3	13	2	17,11	18,16	F29
44	Stephanie Kermorgant	12,45	49,00	36,15	35,42		10	3	13	2	17,59	18,16	F32
45	Huw Keene	17,45	49,06	31,21	27,50		0	3	3	6	16,17	15,04	M32
46	Justina Lee	17,00	49,13	32,13	31,05		8	3	11	2	15,38	16,35	F32
47	Fariborz Khoushpeyman	11,15	49,19	38,04	34,02		0	3	3	7	17,46	20,18	M39
48	Simone Peakin	11,15	49,22	38,07	35,12		4	3	7	5	19,02	19,05	F26
49	Bev Thomas	6,00	49,35	43,35	37,01		0	3	3	95	21,11	22,24	F58
50	Neil Davies	15,30	49,41	34,11	32,10		6	3	9	3	16,08	18,03	M38
51	Kelli Hughes	12,30	50,17	37,47	34,38		3	3	6	4	18,00	19,47	F31
52	Bob Davidson	12,45	50,18	37,33	30,28		0	3	3	115	17,43	19,50	M72
<b>Scratch Runners:</b>													
901	Mark Pillaway	13,00	43,23	30,23	0,00		0	3	3	1	15,38	14,45	M50
902	Nicholas Langford	18,00	44,34	26,34	0,00		0	3	3	1	13,09	13,25	M38
903	Malcolm Morris	18,00	46,20	28,20	0,00		0	3	3	1	14,04	14,16	M57
904	Jeanne Lesniak	18,00	47,03	29,03	0,00		0	3	3	1	14,33	14,30	F30
905	Jesus Carrasco	18,00	47,44	29,44	0,00		0	3	3	1	14,35	15,09	M30
906	Arnaud Dubois-Denis	18,00	50,02	32,02	0,00		0	3	3	1	15,13	16,49	M32
907	Linzi Deayn	18,00	50,41	32,41	0,00		0	3	3	1	16,05	16,36	F37
908	Robert Cherrie	6,00	55,11	49,11	0,00		0	3	3	1	23,36	25,35	M66
901	Mark Pillaway	13,00	43,23	30,23	0,00		0	3	3	1	15,38	14,45	M50

# Serpentine 100 Club

YOU TOO CAN BE A WINNER

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

	May 2003	June 2003	July 2003	August 2003
£100	Jean-Luc Hoez	Charles Doxat	Ray Smith	Robert Harding
£50	Ena Urich	Leighton Grist	Jan Farmer	Leighton Grist
£25	Leighton Grist Phill Harris	Sid Wills Nelofer Syed	Zahra Shadlou William Bennington	John Walker Margaret Moran
£10	Anthony Stranger-Jones Kathleen Broekhof Juliet Allan Terry Smith	Sue McGinlay & John Walker Eddie Brocklesby Amos Gore John Sextone	Beate Vogt Nelofer Syed David Knight Ron Hagell	Terry Smith Bev Thomas Steve Edwards Jean Luc Hoez

The 100 Club raises funds for club activities. Currently, proceeds go towards the cost of producing the Serpentimes, a quarterly magazine available to all members. Membership is £1 per week (the price of a lottery ticket). This enters you in the monthly draw, which takes place after the monthly handicap on Saturday morning. There are four prizes of £10, two of £25, one of £50 and a star prize of £100. This gives you a 1 in 12 chance of winning something every month (much better than the lottery) and over the long term, you should get 55% of your money back (definitely better than the lottery – Ian Hall worked this out so it must be right)

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! Contact Sarah Newton, Flat 6, 22A Sutton Place, London E9 6EH  
E Mail [sarah@serpentine.org.uk](mailto:sarah@serpentine.org.uk)  
(simple!)

† † †

## Sudbury Court

### News from our Sister Club

*A look back at the summer*

**Y**ikes, time for another article for Serpentimes, and with my somewhat crowded schedule this week (and the impending deadline) I shall have to adopt the literary stream of consciousness style. Trust it's fathomable!

At present, though the immediate financial situation at Sudbury Court has eased slightly, the jury is still out as to whether or not the apparent light at the end of the tunnel is a speeding train coming the other way.

#### **Nine Serpies did forgo the attractions of Coombe Hill**

As for affairs on the sporting side, these have been dominated of late by two events, our own 10K in May and the Summer League campaign. The former saw a slight drop in finishers on the

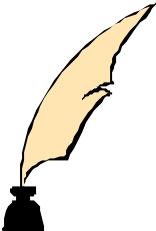
previous year (from 127 to 109), partly due to the clash with the Serpie 5-mile championship race. Nine Serpies did however forgo the attractions of Coombe Hill and the red and gold contingent was led home by Barbara Yff (first lady and fifth overall) whose storming run equalled Danielle Sanderson's course record of 37mins 16secs. Andrew Welshman (London Heathside) meanwhile, took the men's title in 34mins 56secs. Special thanks to Malcolm French and Dave Lipscomb for their assistance at the finish, and to Richard and Jeannette, amongst others, who kept the till ringing in the bar afterwards!

As regards the Summer League, despite my avowed determination (see summer 2003 issue of Serpentimes) that we would contest at least one of the relays this time, a maximum turnout of six (for the first fixture at Harrow) ensured that this proved beyond our means – in 2004 maybe! Sadly, as far as participants are concerned we seem to be on something of a downward spiral.

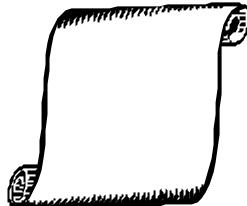
In 2001, 20 members donned their trainers, last year saw that number drop to 14, and this year we were down to nine. However, looking for the silver lining, I like to think we made up in enthusiasm for what we lacked in numbers and it was good to see Chris Stagg completing the full set, and to welcome two Summer League "virgins" to the team (Gerry Stonehouse and Russell Elder). Mustn't forget either that we left Victoria Park trailing in our wake once again.

Attempts to boost our membership are ongoing, with the club's banner resplendent on the railings outside Sudbury Court every Tuesday night (recently vying for attention with a couple advertising Zippos circus!) and any unsuspecting (and not obviously attached runner) who has the misfortune to cross our path having a club business card thrust into their hand in passing. We, I sadly have to report, still await the frenzied rush!

*Continued on page 53*



# In Olden Times



## Jurassic Park and Cabbages

*Looking back 10 years to the autumn of 1993*

**1993** was the year when a UK insurance company put the value of a wife at £349 a week and when the Queen agreed to pay the full rate of income tax. In politics, there was a surprise win for Labour in the Australian General Election but in France the Socialists got a hammering. In the USA, Bill Clinton was inaugurated as the 42nd President. Later in the year he was criticised for bringing Los Angeles Airport to a standstill for 40 minutes after insisting on having a haircut before getting off Air Force One.

### **There were suggestions of cheating - including the track being shorter than 400m**

At the movies, Jurassic Park was the year's biggest film, while Emma Thompson won the Oscar for Best Actress for her role in Howard's End. In sport, the Grand National ended in chaos when many riders failed to stop after a false start. The race was declared void. Eamonn Martin won the 13th London Marathon and there was enormous controversy after Chinese women set new world records at every track distance from 1500m to 10,000m. There were (and still are) suggestions of cheating including one that the track was shorter than 400m!

In Serpie news, Hilary Walker achieved international success as part of the Great Britain team that scooped gold in the European 100k Championship and silver in the World 100k. Hilary also set a new women's 50-mile British record (in 6:10:11). Caroline Tahourdins won silver in the 3000m at the World Transplant Games in Vancouver, Canada with Barrie Laverick taking gold in the 400m at the British equivalent. Charles Doxat was the top-placed Brit in his age group at the World Triathlon Championships and also won the Duathlon against Serpentine Swimming Club.

Serpie teams competed in the Masters track and field league for the first time. The women made it through to the "A" final where they finished seventh and the men achieved an identical place in the "B" final. In the Southern Men's League, our Division 8 team was promoted but our Division 6 team just missed out.

The women finished 22nd, handicapped by the club not having a junior section as required in the Southern Women's League's structure.

### **There was a family theme at the September handicap**

There were several Serpie teams in the Times National Fun Run, held in Hyde Park, one of which was the overall winner. Alan and Pauline Rich were among our age group winners. There was also a family theme at the September handicap where Diana Johnson won, closely followed by husband Graham in third. James Stratford won the October race. In the Tom Hogshead series, David Acherson had a narrow lead over Richard Long.

The Cabbage Patch was our 10-mile club championship, as usual. John Hudspith, Robin Kindersley, Eero Keranen, Richard Holloway and Jerome Ponchelle all finished in under 60 minutes. Richard Nerurkar won the race in a new British record of 46:02. I was interested to note that he had done his pre-race preparation at Font Romeu in the French Pyrenees, the same place that Paula Radcliffe currently uses. ↗

*Malcolm French*

### **Invisible members**

Are you one of our invisible members? One of the many who haven't ticked 'Share this info?' in SerpieBase and are therefore totally invisible to any other Serpies logging into SerpieBase? If you're one of these mysterious people, why not login to <http://www.serpentine.org.uk/serpiebase> and click 'Edit my personal details' to share your mobile number, email address or other contact details?

While you're logged in, why not check that your other details are correct: especially your emergency contact and medical details? The club needs these to be up to date for obvious reasons!



## Ran, Threw and Jumped

*The track and field team give a summary of the 2003 season and look forward to 2004*

We are nearly at the end of a long, hot and hard track and field season which started on Monday 28 April with the first match in the Southern Masters League and will finish on Sunday 7 September with the Middlesex Vets Championships, with the possible exception of some open meetings.

During this long season, around 40 women and over 100 men have competed in, officiated at or simply spectated at the various meetings.

The main events in which we took part consisted of four division 2 Southern Men's League, three division 5W, two joint division 2/5W, seven Rosenheim league matches (six in the division plus the final), four joint masters league and the women's final. This makes a total of 21 fixtures, at all of which we had competitors taking part and officials.

In addition, Serpies competed in masters events in Puerto Rico and San Sebastian with some distinction. Club members also competed in open meetings, British Milers Club meets and various county championships. Congratulations to all those who took part throughout the season.

## Social Events

There are many fun social events planned for Serpentine over the weeks and months ahead, including the Christmas/winter party, Meals of the Month, new members' evenings, post London Marathon celebrations, family days and Lanzarote. Many of you, I'm sure, have your own great ideas about other events we could arrange. Other events that we've had in the past are BBQ's, a quiz, cheese and wine, or an inexpensive summer party.

So if you have any ideas, let me know - and more importantly, if you have the time to contribute to organising wonderful events for such great people, let me know too.

Eddie Brocklesby  
[Edwina@globalnet.co.uk](mailto:Edwina@globalnet.co.uk)

During the season we had various records set and lots of PB's. Towards the end of the season there were also many Season's Bests. These are all on the website, thanks to our statistician, Derek Paterson, who deserves a great vote of thanks from all club members for his hard work. Please take the time to look at these stats - they really do make fascinating reading.

Although it is impossible to cover all our fixtures here, here is a taster of how Serpie teams performed in a couple of the leagues

### **Southern Counties Vet League**

Some 27 Serpie ladies competed in the Mid-London section of the Southern Counties Vets League, which they won in a close fought battle with Richmond. We had lost some of our specialist competitors this season. Sonia Wilson, who had thrown the hammer and the discus had returned to Australia, and Monika Mars, our jumper of recent years, is now based in Amsterdam. However, others have come forward - Amanda Pownall, who joined Serpentine to run this year's London marathon has taken on the hammer and discus, and Ruth Jackson did most of the jumping - although Monika's long legs were most welcome for the last league fixture as well as the final. We had several other very welcome additions to our squad of last year, including Teresa Brady, Grethe Petersen, Christal Beukes, Phil Kelvin and Naomi Stamford. We were also very pleased to welcome back club chair Ros, after a three-year absence following her major injury. And special thanks to Bev for turning out and acting as team manager for us - rain or shine and of course to Kathleen - who's not even a vet!

The men's veteran team also competed in the Mid-London section of the Southern Counties Vets League. The team suffered from indifferent attendance throughout the season, however we still somehow managed to finish the season as runners up to Hillingdon/Ealing AC. Sincere thanks are due to Ron Hagell, Derek Paterson, Sid Wills, Rob Maslen, John Walker, Richard Long and John Tilsley, who were almost all ever-present and willing to do most things (athletic!) to gain a point.

*Continued on next page*

## Track and Field

*Continued from previous page*

Captain Robin Adams is hoping for more consistent support next year, when he hopes the men will be joining the ladies in the final!

If you are a male over 40 or a female of 35 or over, do think about coming along next year. There are four Monday evening meetings between April and July. We can often let you do non-scoring events if there's no vacancy in the scoring squad on the night, and we all have a lot of fun.

*Robin Adams*

### Rosenheim League

The club again competed in the eastern division of the Rosenheim League. These mid-week events give an additional competitive opportunity for Serpentine track and field regulars and encouraged a number of other people to come along for the first time and give it a go. It was especially good to see Serpie 2002 "Athlete of the Year," Keston Thomas, at the fifth match. Keston has been on active service with the British Army in Afghanistan throughout the track season, but a brief period of leave in the UK coincided with this match.

We had one home fixture, at Battersea, where we were able to provide electronic timing and even wind speeds for the track events. I believe this was a first for the Rosenheim League. Thanks go to Don Anderson and Rex Bale of Belgrave Harriers for making the timing equipment available, and operat-

ing it for us. We finished the league in third place and progressed to the inter-division final where we came seventh.

*Malcolm French*

### Looking forward to 2004 and beyond

The major task is to get more graded officials in the club. Next season, in the Men's Southern League, we will require a Graded Official at each field event we have to officiate at. So with two men's teams in the league, we will definitely need more graded officials. To this end I have been in discussion with Surrey AAA to run a course at Battersea Park arena. The course will be over three evenings. Full details will be published on the website and e-group as well in the Seymour Sentinel as soon as possible, so keep your eyes open.

Also, I feel that we need more women in the pre-master stage to compete in the Rosenheim League. This will mean that perhaps in the future we can re-join the Southern Womens' League, when it is re-structured.

The club also needs more male masters competing so that we can challenge the combined Hillingdon AC/Ealing Middlesex AC team, which suddenly appeared this year with no advance notification.

During the coming winter and spring I hope to arrange a regular series of coaching evenings and Sunday morning sessions so that club members can come along, try track and field out and learn more about it.

*Continued on page 53*

## HELP!

**There's a new volunteer area on the website. It's under: Club Runs>Volunteers**

**It would be great if you could go there and sign up to help out**

Wednesday and Saturday club runs are getting more and more popular and to make them go smoothly for everyone, your club needs you. You'll see there are some dates coming up when we need people for most of the jobs. Just select your name and add it to the dates when you can help.

Wednesday night starter group – can you lead a group?

Saturday morning starter group – can you lead a group?

Wednesday night 2/3 parks – can you lead a group? Which distance? At approx what pace?

Other tasks – can you help with being "doorman" on a Wednesday night? Or wash the bibs from time to time?

Please do tell us what you can help with and when you are available. We also need help with other club events. To let us know you're willing and able to help out from time to time, go to the website and choose:

The Club>Membership Database>Login>Edit my personal details

then check the box "Help with Club Events". You can also contact Ron, Bev or Sue to volunteer:

ron@serpentine.org.uk

bev.thomas@virgin.net

sue-mcginnlay@blueyonder.co.uk



# Club Championships



The Club Championships are almost over, with the 10 mile to be contested on 19 October and the marathon championship still open. The current leaders for the marathon championship are David McGregor (2:31:30) and Zoe Gulliver (3:07:39). Dave also leads the age-graded marathon championship with 88.9%.

There are currently 17 Serpies who have completed six or more championship events and with another 14 who have so far completed five races, the overall championship is still up for grabs, though Dave and Anthony, both with an average of over 80%, will take some beating! ☺

*Ros Young*

Individual 2003 Club Championships – Results to date			
Distance	Best Age-graded	Fastest Woman	Fastest Man
20 miles	David McGregor (85.0%)	Zoe Gulliver (02:16:12)	David McGregor (01:58:20)
5 miles	Anthony Stranger-Jones (83.6%)	Sarah Newton (33:13)	Christopher Blackburn (26:50)
1k	Anthony Stranger-Jones (86.8%)	Grethe Petersen (03:22)	Andrew Greenway (02:41)
1 mile	David McGregor (84.9%)	Siri Terjesen (05:44)	Pete Noble (04:50)
3k	Anthony Stranger-Jones (83.6%)	Siri Terjesen (11:02)	Christopher Blackburn (09:19)
Half marathon	David McGregor (83.3%)	Narisa Najurally (01:32:17)	David McGregor (01:17:17)
5k	Anthony Stranger-Jones (86.1%)	Barbara Yff (18:02)	Jon Fairs (16:41)
10k	Anthony Stranger-Jones (84.4%)	Narisa Najurally (40:38)	Pete Noble (34:53)

Overall age graded Championship – Results to date											
Name	20m	FM	5m	1k	1m	3k	HM	5k	10k	Avg of best 6	Avg of all
David McGregor	85.0	88.9	82.6	-	84.9	83.0	83.3	84.6	-	85.0	84.6
Anthony Stranger-Jones	-	80.3	83.6	86.8	84.1	83.6	80.5	86.1	84.4	84.8	83.7
Sarah Newton	76.3	78.0	78.1	78.4	79.1	77.6	-	79.4	77.3	78.4	78.0
Pete Noble	70.4	68.0	-	80.4	78.7	77.4	-	77.1	77.7	77.0	75.7
Andrew Davies	-	68.4	72.8	-	73.1	70.5	67.7	72.3	70.4	71.2	70.7
Charles Lescott	-	58.5	68.5	73.6	72.9	-	65.9	69.9	69.0	70.0	68.3
Morven Reid	-	63.9	71.2	70.6	-	69.9	67.4	69.3	-	68.7	68.7
Ian Hodge	-	-	-	72.0	68.9	69.5	61.5	70.3	69.1	68.6	68.6
Robert Maslen	-	62.8	65.2	69.7	70.3	71.4	60.6	70.2	-	68.3	67.2
Justin Lock	-	-	61.2	69.0	67.4	68.2	-	68.3	66.4	66.8	66.8
Ian Loriggio	63.8	59.5	68.8	70.0	-	-	68.1	-	68.5	66.5	66.5
Ludovica Bruno	59.0	60.3	66.3	-	-	-	63.0	68.7	67.7	64.2	64.2
Huw Keene	-	54.3	61.0	65.6	63.4	63.8	56.9	64.2	62.5	63.4	61.4
David Street	-	-	58.3	-	62.2	63.8	56.8	62.5	60.5	60.7	60.7
Rachel Brough	-	-	56.8	60.9	60.4	61.2	-	60.6	59.3	59.9	59.9
Lars Menken	54.4	48.4	57.2	64.9	60.2	59.9	44.8	58.7	57.7	59.7	56.2
Robin Gray	-	47.2	55.3	58.0	56.7	56.5	-	56.2	56.9	56.6	55.3

## **Record Participation in Last Friday of the Month 5K Series**

*Increasing numbers and Runner's World extends sponsorship for another year*

**G**reat news! Not only does the series go from strength to strength, but Runner's World have just agreed to extend their generous sponsorship of the races until June 2004. Your Committee would like to extend their sincere thanks to Nick Troop and his colleagues at the magazine for their continued support.

This year has seen a record number of runners taking part and a host of excellent performances. Emily Pidgeon, Fiona Kennedy, Andy Thomas, Richard Pit-

cairn-Knowles and Ron Hale have all set age group course records.

We have also been able to develop and launch a comprehensive computer based, age graded results service. See [www.serpentine.org.uk/rdb](http://www.serpentine.org.uk/rdb)

The race starts at 12.30pm. Registration is at the Lido Cafe by the Serpentine in Hyde Park. Advance entry is essential. Race tokens can be bought in advance and then exchanged on the day for your race number. They are everlasting and can be used at any of the 5k races. The best idea is for regular runners to buy a batch. Tokens can be obtained in person from Run and Become, 42 Palmer Street, Victoria (just off Victoria Street) or by post from Ian Hall, 10 Chilton Street, London, E2 6DZ. Please enclose SAE. Cheques payable to Serpentine RC. Thanks to Runners World's support, the cost remains £2 attached and £3 unattached. Further details about how to enter are on the website at [www.serpentine.org.uk](http://www.serpentine.org.uk). ☺

*Malcolm French*

### **This Year's Best Times - to July 2003**

	<b>Age Cat.</b>	<b>Date</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
<b>Female</b>	FU20	28/02/03	E. Pidgeon	Gloucester AC	17:07
	SL	28/02/03	E. Pidgeon	Gloucester AC	17:07
	FV35	27/06/03	C. Diss	Herne Hill	17:47
	FV40	28/02/03	F. Kennedy	Ealing Southall and Middlesex	18:31
	FV45	28/02/03	F. Kennedy	Ealing Southall and Middlesex	18:31
	FV50	25/07/03	J. Georgiou	Farnham Runners	20:14
	FV55	25/07/03	P. Rich	Serpentine Running Cub	21:20
	FV60	28/02/03	E. Urich	Serpentine Running Club	22:15
	FV65	28/02/03	E. Urich	Serpentine Running Club	22:15
<b>Male</b>	MU20	28/02/03	A. Felce	Gloucester AC	15:56
	SM	28/03/03	L. Merrien	Bath University	15:15
	MV40	28/02/03	A. Thomas	Thames Hare & Hounds	15:49
	MV45	25/04/03	A Camp	Unattached	16:21
	MV50	28/03/03	P. Ross-Davies	Invicta East Kent	17:31
	MV55	30/05/03	H. Arnold	Thames Hare & Hounds	17:36
	MV60	30/05/03	D. Gibson	Aldershot Farnham & District AC	18:23
	MV65	25/04/03	E. Simpson	Folkestone AC	19:28
	MV70	25/07/03	R. Pitcairn-Knowles	Sevenoaks AC	21:36
	MV75	27/06/03	R. Hale	Kent AC	25:18

### **SERPENTINE STYLE**

Run or relax in haute couture designed by your Committee

<b>T shirts</b>	<b>Club colours</b>	<b>£9</b>	<b>(S/M/L/XL)</b>
<b>Vests</b>	<b>Club colours</b>	<b>£16</b>	<b>(Male/Female 32"-44")</b>
<b>Sweatshirts</b>	<b>Black or red</b>	<b>£15</b>	<b>(S/M/L/XL)</b>
<b>Legs</b>	<b>Black</b>	<b>£18</b>	<b>(S/M/L/XL)</b>
<b>Caps</b>	<b>Red</b>	<b>£5</b>	

*Enquiries to Paul Ingram on 020 7371 1130 or [ingrampaul@hotmail.com](mailto:ingrampaul@hotmail.com)*

*Orders to 36 Ceylon Road, London W14 0PY, giving requirement, size, colour, your address, cheque plus 50p postage and I will post to you. or catch me at handicap/bv arraangement.*

# Triathlon

## Tri Stopping Us Now!

*Serpentine triathlon captain John Sullivan reflects on the great headway made by our athletes this season and looks forward to a future with enhanced training opportunities for all members.*

**W**hat a year it has been for our very merry band of triathletes, and what a large band we are becoming. This season has produced a number of impressive performances from many members of the Serpentine RC tri club nationwide and overseas, in both individual and team events. For a club as newly formed as ours is, and considering the relative newness to triathlon of many of our athletes, our achievements are all the more outstanding.

It was not always like this. I remember a time not long ago when a couple of Serpie runners sought to test their endurance in a new and challenging way. With a single crop-top between them, a three-man team entered the four-man team national sprint championships in Nottingham and Serpie tri was born. How things have changed. Leap forward two years to August 2003 - our ladies are the current national sprint team relay champions, Serpentine is challenging for top spot in the national league, many of our members are regularly finishing in the top 10 of races, a number of our members have qualified to represent GB in the world championships, and we are now the best kitted athletes on the circuit.

### Move over Generation X, Generation Tri has arrived!

The sport of triathlon is gaining popularity amongst people from all walks of life and is fast becoming the new marathon, presenting as it does a challenge in an increasingly sedentary world. Triathlon is an addictive sport. With its three-discipline format of swim – bike – run, no matter how good a race you have had you always feel you could improve on one area, and the need to prove this keeps you coming back for more. Combine this with the ever-increasing number of new race venues, formats and distances, and you have constantly refreshing experience with a real sense of achievement each time you complete more challenging events all the way up to an Ironman. Move over Generation X, Generation Tri has arrived!

The key to Serpentine's 2003 triathlon successes has been hard toil and lots of determination. The catalysts for this began back in October 2002 when we introduced level three BTA coach Brian Welsh and held a

series of winter triathlon training sessions at the Putney leisure centre. Comprising of tri-specific training, lectures and classes to develop core strength, stability and balance, the session brought together the core of athletes who are now competing so successfully for our club and working hard behind the scenes to further develop triathlon at Serpentine RC.

### Maybe it was the heat, possibly the sangria

The winter training took us through to March 2003 and the sun-drenched island of Lanzarote. Brian was invited to join us as coach to oversee all triathlon training, and fast endeared himself to a new crop of Serpies with his unique style of swim and cycle instruction, not least his final night demonstration of how to swim effortlessly while fully clothed! Maybe it was the heat, possibly the sangria, or maybe there is no one reason for the sudden outbreak of Serpie swim and cycle mania that saw huge swathes of Serpies don bright lycra and lay siege to the roads of Lanzarote. The unexpectedly large numbers joining in on the bike rides was pleasing but caught us all by surprise. We were inadequately prepared for such numbers, a situation we intend to avoid in 2004 by taking individuals to lead bike groups for all abilities. Lanzarote 2003 was a great success and we all eagerly await the next instalment. Much was learnt during the trip and a working party is currently devising further improvements to better serve all participants for 2004.

As interest in triathlon grew throughout the summer, so did the need for organised training, and a new facility in Dulwich was used to stage a beginners' and improvers' course.

*Continued on next page*

### In This Section

Tri stopping us now – <i>John's Tri Captain's Report</i>	35
Tri News – <i>Maria David provides an update on the club's tri activities</i>	36
Tri League explained – <i>Quintin makes it easy</i>	37
Team Sullivan – <i>Ben Parker with a newcomer's view on tri-training</i>	38
My First Olympic Triathlon – <i>Andrea Newton and James Ledger with their respective stories</i>	38
Tri-AI in Milton Keynes – <i>Nick Slade tri's his luck in the Olympic distance Club championships</i>	41
A Long, Hot Day – <i>Bo relates his experiences at the Lanzarote Ironman</i>	42
Bo's Top Ironman Tips – <i>There's always a lesson to be learnt. Bo shares the ones he learnt in Lanzarote.</i>	43

## Tri Stopping Us Now

*Continued from previous page*

The aim was to train individuals to successfully complete an Olympic distance race. This series of intense coached sessions saw the introduction of new coaches from various disciplines including a former Olympic team swimmer and coach who gave new impetus to coaching with a blend of detailed instruction and tough drills to develop skill and stamina from tip to toe. The hard work certainly paid dividends with many “better-than-expected” performances, most notably in this year’s London triathlon. Our coached sessions have proved a great success, allowing individuals to train with like-minded and like-ability people in a structured environment. Many new friendships have been made, always with a sense of satisfaction and fun. (See Ben Parker’s review of the beginners’ coaching sessions on page 38).

And so to the future. We are busy planning the next series of winter coaching which will begin in October and intend to make it wider-ranging than ever before to cater for all abilities. From the complete beginner with no swimming experience to a returning Ironman competitor, we have the coaching for you. In a new development for Serpentine tri we are also looking to arrange regular mid-week coached sessions for all our members to attend and are in the process of contacting a number of qualified coaches to assist with this.

As members of Serpentine RC we are all involved in a unique club with a refreshing attitude that has carried through into our triathlon entity. It has always been my opinion that triathlon is for everyone, and all Serpentine members should feel there is appropriate coaching provision to meet all our triathlon goals. I constantly receive emails from individuals deterred from joining other triathlon clubs because of the elitist attitude projected upon first contact. I, on the other hand, and I am sure many reading this article will have first hand experience of this, play down the notion that triathlon is only for the super fit and that joining a club means 40 hours training a week and sleeping on a bed of nails. When asked about triathlon, I explain that it is a sport for everyone to take part in and that there is no need to worry about being left behind or slowing others down. At Serpentine, our only expectation is that you enjoy your experience as a member and discover that triathlon is a sport offering a new dimension to physical exertion in a fun and friendly environment. Having started as an intimidated novice myself, I can assure you that the satisfaction of completing your first triathlon is one you will remember for a long time to come. I cannot promise you won’t find it tough, but I can assure you that you won’t regret taking the plunge. ☺

*John Sullivan*

*For more information on how to get involved in triathlon see John at one of the Serpentine training session or contact him at: [john@sports-massage.freeserve.co.uk](mailto:john@sports-massage.freeserve.co.uk)*

## Triathlon

### Tri News

*Maria gives a round up of Serpie tri successes at home and abroad*

**A**s the triathlon season progresses we have an ever growing number of Serpies taking to multi-sports. This is highlighted not just by the increasing number of times Serpentine appears on triathlon start lists, but also by the very positive response to our new-look triathlon kit. The first batch sold out quickly and we now hope that the kit can be stocked and distributed via the same channels as the club running kit in the future.

And so to racing - our club championships were held earlier this year. Honours go to Rebecca Stubbs and Steve Hilton at Milton

Keynes (Olympic distance), and to Andrea Newton and Richard Melik at White Oak (sprint distance). Congratulations go to our squad of Emmie Gribble, Melanie Williams, Angela Holt and Rebecca Stubbs who won the women’s team time trial event at the national relay championships in August. That same weekend proved to be a very successful one for the Serpies when we had a record 50 members taking part in the London triathlon the following day.

Serpentine triathletes continue to spread themselves far and wide with a contingent doing Ironman triathlons in Switzerland, Austria and Lanzarote. Four people have already committed to doing Ironman in 2004, and a few will also be doing the ultimate triathlon – Ironman Hawaii. Also, as I write this article, Rebecca Stubbs and Eddie Brocklesby are

preparing to go to the world age group duathlon championships, to be held on 31 August in Switzerland. They will then be planning for the world age group triathlon championships in New Zealand at the end of the year, and will be joined by a few others, including Emmie Gribble.

Back to domestic matters - Serpie tri are riding high in the UK triathlon league, currently in 5th position out of 25 teams. (See Quintin Wright’s explanation of the tri league on page XX). Our performances at endurance races such as Weymouth, Bala and Trentham Half Ironman races have contributed significantly to this. We wait with interest to see how our contingent will fare at Half Ironman UK in Sherborne Castle on 31 August.

*Continued on next page*

## Tri News

*Continued from previous page*

Let's not forget triathlon's younger relation – duathlon.

Congratulations to Eddie Brocklesby who won the national duathlon title in her age group at the Swindon duathlon earlier this year. Interest for the late season duathlons is high, with many signing up for the events at Milton Keynes and Dorking

(Ballbuster). For our own part, Serpie tri plan to hold an internal duathlon in October – keep an eye on the website for more details.

Lastly, I cannot finish this article without mentioning the very successful coaching plans we have had from Brian Welsh, Stephanie Ellis, plus many others who have helped with cycle surgeries (Phil McCubbins and Al Chou), informal beginner sessions

(Sarah Nock), plus co-ordinators (John Sullivan, Eddie Brocklesby and Michael Hanreck). All of this has contributed towards the success of the Serpentine tri group, and plans are underway to build on this through the autumn and winter with a top-class coach for weekly sessions, POSE running clinics, further training weekends, and of course lots of sessions at Lanzarote next year. ☺

Maria David

## Triathlon League

### The Tri League explained

*A round up of the 2003 Tri League results for the Serpies*

To start with, here's a brief explanation of the Tri League for the club runners - not that the triathletes really understand the league either! Actually who does? Essentially we only score points for the club if we have three Serpie entrants, although individuals can score points whenever they race a league event. This is often a problem as people forget to enter themselves as Serpie RC Tri, or sometimes the organisers put the wrong club down against an entrant.

Notwithstanding these difficulties, after the first quarter results were published, we were on a high as we had second place. Then sadness and despair followed with the second quarter results placing us eighth - so below all our feisty competitors. So it was with relief that I saw the third quarter results. We were off the bottom again! Back to fifth in the club table, and Swanage has not been counted yet; and both Milton Keynes and Derby were below us - Yippee!

The table looks like this

1st	Black Country Tri	2285.17
2nd	Leeds & Bradford	2095.90
3rd	NYP	2050.66
4th	Tri London	2049.03
5th	Serpies	2039.25
8th	Derby	1974.05

The ladies table is

1st	Milton Keynes	1369.18
2nd	Derby	1269.20
3rd	Tri London	1250.61
4th	Serpies	1216.35

Whereas no Serpie men have made it into the top 25, the ladies are showing how strong they are with Rebecca Stubbs 4th, with 584.98, Emmie Gribble 7th, with 573.89 and Tanya Perrett 22nd, with 393.10. Brilliant, well done you three!

Thanks to Piet Schram, Mike Hanreck and Neil Melville for competing for the Serpies at Swanage. By the time you read this, we should have had a Serpie team competing at Wolverhampton. And some members have expressed an interest in racing in the duathlons in September. Can I ask you to please LIAISE with each other to be certain all events have THREE Serpie entrants, so we count as a team!

And so, looking to the future, I am hoping that the club will agree to fund the £6 entrance fee that each individual has to give the league in order to qualify for points. This would mean, I am sure, that many more Serpies would be encouraged to put their names forward. Having more Serpies eligible for our teams can only help our chance of doing well in this national league. Also, if we do have a huge team, I think the organiser will be willing to reduce this £6 fee considerably!

I would like to put a call out to all Serpie runners to ask you to think about joining us tri-ers as well. I know that there are many of you out there who are interested in triathlon, but who may not be ready to add the swim just yet. You could help your club by participating in one of the duathlons which qualify for the National Tri league. Many of these races are in April and September and so could be built in usefully as part of your training regime. The only thing is that you need some pre-planning, because you must register for the league before 30 June. Clearly too late for 2003, but in 2004, I hope to be swamped with responses! ☺

Quintin Wright

## Team Sullivan

**E**arly in the season John Sullivan advertised a tri coaching course lasting six weeks and aimed at beginners. As a relative novice, having completed my first sprint tri at London in 2002, I decided to sign up.

For the very reasonable sum of £70, I embarked on a gruelling series of training sessions, starting at the ungodly hour of 8am on Saturday (well I guess as triathletes we should be used to that). The first session was a one-hour hard swim session with a Polish ex-Olympic swimmer who really put us through our paces. Then it was off on the bike for a

couple of hours, finishing up with either a run or a turbo/run session on the track. Afterwards John would get out the snack bars and we'd sit around and chat about our training.

Over the weeks friendships developed and the occasional ride/social meet-up ensued, the culmination of which was a trip to Brighton, on which I characteristically shot off ahead and then got lost!

Most of the group completed the 2003 London tri and thoroughly enjoyed it. From a personal point of view the sessions gave me the chance to meet some good people, improve my swim technique and got practise changing my inner tubes on a far-too-regular basis.

Big thanks to John for making this happen. ↗

*Ben Parker*

## First-Timers

### My First Olympic Triathlon

*Andrea Newton and James Ledger describe their experiences at their first Olympic distance triathlon and include advice for any Serpies thinking of following in their footsteps.*

**T**his season has been my first triathlon season and already I feel like I've made a good friend! I felt like I needed a new challenge after running the London marathon in April. I had always fancied triathlon, as my background is as a competitive swimmer. If my swimming strength wasn't enough to convince me, talking to the triathletes about the great cycling in Lanzarote definitely was.

Training for my first Olympic distance race, Shropshire, was limited compared to some I had spoken to but I was undeterred. Sure I had my running endurance from the marathon, but had not trained for swimming in years and had no cycle training at all before May. In the build up to the race I completed three sprint distance triathlons, all of which were great fun, and very

rewarding as my times improved with each outing.

At the beginning of the season I invested in a good bike, and managed to get a couple of long rides of about 40 miles. The week before the race I was starting to get nervous, especially when I tried the windsurfing wetsuit I had borrowed from a friend at Tooting Lido for the first time. It didn't take me long to realise how important it is to have a wetsuit that both fits and is tri-specific. It would be a very long and hard swim in a windsurfing wetsuit, and would certainly not put me in a good position going into the bike. Luckily for me, I was able to get a new wetsuit at Tri UK, who were exhibiting at the race. I would definitely advise anyone about to do their first open water swim to make sure they have tried their wetsuit well before the race!

#### Once the transition area has closed there's no going back in

Arriving at the race on the Sunday morning I was very nervous. I had cycled the route the day before so wasn't too worried about the bike course, but I was dreading getting into the cold water. The first wave of athletes saw the men off at 11am.

The women were off in wave five – 40 minutes later, the only catch being that transition closed at 10.30am. Once the transition area has closed there's no going back in – all your kit has to be left behind the fence, unless you have someone to leave it with while you race. This is not a problem when the weather is good, but we were unlucky and the girls had to stand around for over an hour in the pouring rain. For the first time I was beginning to question what I was doing.

#### The swim was definitely a huge shock for me

I got into the water and warmed up and positioned myself in the middle of the pack, where I thought I would be safest. I was totally unprepared for the bashing around which started right from the gun. Before reaching the first buoy I had resorted to breast stroke to try and find myself a better position, and more importantly so I could see where I was going. Mentally I had changed my expectations from 'have a strong swim' to 'just get through this'. About half way through the race the groups thinned out and there was less bashing so I found I could swim at my own pace a bit more.

*Continued on next page*

## First Olympic Tri

*Continued from previous page*

The swim was definitely a huge shock for me. I am used to having my own lane to swim in and being able to see where I'm going. Don't underestimate how much it takes out of you having to look out of the water all the time. Since Shropshire I have been training at the Lido club sessions on a Tuesday and Thursday morning and this has helped massively.

Getting onto the bike was a huge relief. I really enjoyed the bike, which ironically is my weakest discipline. Shropshire is an undulating bike course, but not too hilly. I'd set myself the challenge of trying to push the big cog all the way round and it was only in the last 8km I gave up on this. Coming off the bike and into the run, you should make sure you have made a mental note of where you need to leave your bike. I made the mistake of not doing this at a sprint race earlier in the season, and spent far too long in transition.

### **The best bit about the run was sprinting down the hill**

Shropshire is an undulating run course, which I found very hard on the legs. I had just got into my stride out of transition and straight into a big steep hill. For me the run was about keeping a steady pace and getting through the 10km. My legs, arms and stomach were hurting by this point. The best bit about the run was sprinting down the hill I had been faced with at the start of the run. Then a little way on the flat and – hurray, the finish!

I was absolutely exhausted but it was a great experience. By the end of the race the rain had turned to sunshine and all the triathletes and spectators were getting together in the food tent - a fantastic idea, and just what you

need once you have got your breath back.

Milton Keynes was my second Olympic tri and I enjoyed this race much more. The big difference for me was the swim. I positioned myself on the edge of the pack at the start of the race and was able to get into my own pace quickly. My swim time was much quicker and I used up much less energy. I hope for my third race – Cambridge - I will have more confidence to go hard on the swim and bike.

My advice to anyone thinking about taking up triathlon is, get stuck in! Its great fun and you'll improve very quickly. ↗

*Andrea Newton*

**I** had been meaning to get round to doing a triathlon for at least the last eight years and for one reason or another had always kept putting off the inevitable. There were basically two things niggling me. Firstly that it would be too hard and I might fail. Secondly that I might actually enjoy training, meeting new people, developing new skills and finally competing so much I might want to do more and more!

### **The time had come to stop procrastinating and go for it**

It was a chance meeting with Neil Melville at a mutual friend's birthday in November last year that finally pushed me over the edge. We chatted about cycling, then triathlon and then about how he trains, where, who with, etc. I had finally met someone who I could ask all the questions about triathlon that I had been storing up for so long. That evening I went home knowing the time had come to get serious, stop procrastinating and go for it.

So it was that I found myself pouring over the Serpie tri section on the web and once I had read

everything there, I searched the net to read more. The more I found, the more I realised that there is a bottomless pit of information out there - so much that it became daunting. I needed to consolidate all this information and relate it to my own circumstances.

I started by considering my strengths and weaknesses. Strengths: reasonable base fitness, I love cycling, be it mountain biking or road biking. I also like to be challenged. Weaknesses: apart from the odd length here and there as a warm down after gym sessions, I hadn't actually swum any lengths of a pool with good technique since I was about eight or nine years old - a good 21 years ago. I needed swimming lessons and fast!

After hearing about Stephanie Ellis' total immersion, I went to my first one and was instantly taken with them. The method of teaching really made sense to me and my swimming started to improve. After the first set of eight lessons I was actually starting to look forward to going for a swim and testing myself.

My training plan had been fairly sketchy for some time and I realised I had to be more organised and methodical, so I joined John Sullivan's bi-weekly Saturday morning "breakfast club". At my first "breakfast club" I felt terrible after three lengths and wanted to get out of the pool after five, but I knew I had to knuckle down and suffer a little if I was going to think seriously about doing a triathlon. So I survived the swim, cycle and run that day and was amazed with what I had achieved, just through being encouraged and pushed. Thereafter I looked forward to the other sessions, and was actually occasionally disappointed when they were not as tough as I expected!

*Continued on next page*

## **First Olympic Tri**

*Continued from previous page*

Between each session I concentrated on my weaknesses (swimming and running) in a more organised fashion. Most of my running was done on a treadmill and all of my swimming, up until about three weeks before my first Olympic, was done in a pool.

The day after the last “breakfast club” (about three weeks before the London tri – which was to be my first) we were to cycle 60 miles to Southend and then do a sea swim. I was totally unfazed by the cycle ride – I had done the London to Brighton with no stops and no problems as well as many other longish cycle rides both on and off road. I was slightly daunted by the swim since it was to be my first open water experience. But after about 30 miles cycling I lost all energy completely. I felt drained and agitated – normally I love cycling, especially in the countryside looking at the scenery and breathing the fresh air. I was experiencing my first “bonk” - lack of energy brought on due to not eating enough and not drinking enough liquid. It was a hot day and I should have realised that I would need lots more food and drink to sustain me. But I came through it; we arrived in Southend and donned our wetsuits for the swim.

We had decided on a swim out to a buoy about 400m away then back. Easy, I thought! After the first 200m I was battling against a slight swell and was out of breath. I was totally inexperienced in dealing with a swell, getting into a rhythm then maintaining it for any period of time. Back at the beach I realised if I was to complete the London tri in the way I wanted (under three hours and feeling good) I needed more open water experience. So I started swimming in the Serpentine,

doing my first session of 1k without stops and my second was the full race distance. After this I knew I was more or less ready for action, even though the idea of the swim still really scared me.

The weekend prior to the London tri I went to Wales for some tough mountain biking. I figured the cross over would be good and it was a good opportunity to slot in some serious fun with a last long ride. During the week I did one last long swim and then two days before I had a short run followed by an even shorter swim.

On Saturday morning I cleaned and prepared my bike – psychological preparation as much as anything else! Then off to the Excel Centre to have it and my bicycle helmet examined before leaving them both in the transition area. As I wandered around the stands in the centre making a couple of last minute purchases, I could feel the adrenaline starting to pump. I went to the race briefing with some fellow “breakfast club” members and we then watched the start of the first sprint. It looked so exciting. I couldn’t wait ‘til my turn came.

I rose early on Sunday to make sure I would arrive at least two hours before the start to lay out my transition correctly, visualise my entry and exit on each transition and generally get myself mentally prepared. Before I knew it I was treading water and then I heard the gun and I was swimming. It felt unbelievable to be there doing what I had wanted to do for so long, the swim passed much quicker than expected, although I did have the old fear of wanting to get out after 200m, but I pushed through until I hit my rhythm. I wasn’t entirely satisfied, finding it difficult to swim my own race, but I battled through without being kicked, having my goggles pulled or being swum over (some horrible

stories you hear from fellow triathletes). I came out of the water and all I could think of was John Sullivan saying get your goggles, hat and wetsuit off quickly and start thinking about the bike.

## **The first 500m of the run felt awful**

I found my bike quickly, dumped my wetsuit, put on my cycling shoes, sun glasses and helmet and grabbed my bike. I was away – the hardest part (or so I thought) was over. I clipped in and settled into the bike ride. I drank as much energy drink as I could and ate a couple of power bars. Before I knew it I was turning back into transition for the run. Once again I found my spot without any hiccups, dumped bike shoes and helmet and put on my running shoes.

The first 500m of the run felt awful, but because I had trained going from the bike straight to the run many times before I knew it would. It soon passed. The second lap passed as it had during training. I felt strong running and was concentrating on my technique and breathing. By the third lap I was starting to hurt. I kept telling myself ‘one foot in front of the other, keep moving’. Before I knew it I was running into Excel with 200m to go, a little sprint finish and it was over in 2.53.52. I had completed the tri, felt good and had hit my time target. I had also learnt a huge amount.

Over the past six months I have met many good people, learnt so many new things and started to train for something I have found I really enjoy. It definitely beats training in a gym without a goal. I am looking forward to my next tri’s in Seaford then Bala and am aiming for the low 2.40s and then who knows. ☺

*James Ledger*

### Tri-al in Milton Keynes

*The Serpentine Olympic Triathlon Championship as seen by the eyes of a first-timer*

I had been interested in doing a triathlon since watching the excellent Sydney Olympic event in 2000, however, it took me until 2001 before I entered my first sprint tri at Hillingdon. With no wetsuit, a stripped-down mountain bike and very little swimming ability, it was no wonder I finished near the back. However, I found it great fun and have done this race four more times since - each time getting a little better. I would really recommend this race series as a fun, low-key way to get into the sport.

With five sprints under my belt I felt it was time for the full-up olympic distance. Since my first sprint tri I had been slowly improving my swimming, had purchased a decent wetsuit (a Cornish one no less!), and restored a pretty fast racing bike (found rusting away in the back of a junk shop) back to racing condition. I now felt ready for the challenge, so what better than to go for the Serpentine olympic triathlon championship event at Milton Keynes. OK, Milton Keynes is hardly glamorous, but the best bit about the tri is that at its closest it is still five miles away from Milton Keynes itself.

With a few days to go, however, I was having a few pre-race nerves, and I was not as fired up for the event as I thought I ought to be, but come the big day, some lovely words of encouragement from friends and relations made me feel much better. The day started early. A 4am wake-up, the traditional bacon sandwich pre-marathon breakfast and plenty of fluids (no Guinness though Rob!) Then I loaded up the car with the bike and enough other kit to supply an Arctic expedition - no room for passengers, which was fine as it was highly unlikely Andrea and the kids would want to be kicked out of bed at that time anyway.

The drive was made more pleasant by playing some classic acid jazz (including the theme from The New Avengers) and despite the ominous loom of rain I arrived in good spirits. Registration was easy enough, once I had worked out where it was, that is, and I was soon racking up the bike and sorting out my multitude of bits and pieces in the transition area. I saw Francesca, Andrea, Steve and a few other Serpie tri-athletes going about their own business and looking far more professional than me. I had a nice chat with Eddie and wished her well in the event. Eddie had a start time 10 mins before mine, so I would be playing catch up with her whilst also trying to hold off the Serpie males who were in a

starting group behind me - a bit like the handicap really!

The race started for me at 8am. Into the cold water of Emberton Lake, resplendent in black rubber and bottle green swim hat, I couldn't help noticing the lake bed below was rather mushy - yuck! I wanted to start off nice and easily, unlike pretty well every one else in my wave, but I was soon passing those who had gone out too fast. My best in practice for the 1500m swim had been 28:53 in a nice warm pool, so I allowed myself 35 mins just to preserve my energy for the rest of the event. I started to really enjoy it, including the regular collisions with my fellow competitors. I didn't think I was going that fast though, and was pleasantly surprised when I looked at my watch in transition and it said only 30 mins.

---

### Oh no, I've been overtaken by comic relief!

---

First transition for me was not the quickest but I didn't care - suit off, then socks, shoes, helmet and shades on (hey I've got to look the part!) and off I went on my cycle. I passed three rather expensive bikes before we even got to the road and to their great annoyance I had brought my bike horn along too - honk honk as I passed. I heard someone comment "Oh no, I've been overtaken by the comic relief". As many of you already know though, I always like to keep my audience entertained.

The bike ride was undulating, but quite fast in places, though too bumpy for my new tri-bars. I passed quite a few in my class but was in turn passed by many more from the faster waves who had started behind me, though no Serpies. In fact, I never actually saw any other Serpies in the entire race, despite apparently having overtaken Eddie in the water. I must admit to not having recognised her at the time though, since everyone looks the same in the water - perhaps she should wear a very large red swim hat for identification.

As I started to tire I almost rode into a ditch. I also noticed that my rear tyre was suffering too - probably a slow puncture - but I managed the 40 km in 1:18, so 20 mins ahead of the schedule I had allowed myself. There I was 25 mins up going into the run and what I thought was my strongest part. I was in for a shock though!

On dismounting, my legs just refused to work properly. Anyone from a running background should take note, the conversion to triathlon is not straightforward. The amount of running involved is minimal compared with the whole of the event, and you have to run when you are tired which means running in pain and on instinct. Sod the style - it was back to the basics of one foot in front of the other!

*Continued on page 54*

## A Long, Hot Day

*Bo's first tri was the Lanzarote Ironman – what you could really call jumping in at the deep end*

**L**anzarote - an island in the Canaries known for wind, hills and hot sun. This was where I had chosen to make my triathlon debut, by doing the 2003 Ironman Lanzarote.

So why do an Ironman? Many people have asked me this and I usually reply: "why not?" When I lived in Denmark I used to cycle a lot and do long distance bike races. After moving to London, I started to run marathons, so the Ironman distance seemed like the logical next step. I'm by no means a fast person and I prefer distance over speed and having used the last couple of years improving my marathons, I didn't want to have to learn to run fast 10ks.

### **I wasn't even sure that I could float**

Here I was, having decided on an Ironman, preferring hills over long straights on the bike, so choosing Lanzarote, with only one thing keeping me from the event - the swim. In October 2002 when I decided to do Lanzarote, I couldn't swim. In fact, I wasn't even sure that I could float. So, ever confident, Stephanie Ellis took up the challenge of making me a confident 2.4 mile open water swimmer in eight months, and we began the hard work of getting me used to the water.

May came and I flew to Lanzarote with a friend, Allan. We planned to do very little for the week before the race and spend the second week experiencing whatever nightlife Lanzarote had to offer (after all, I had been in training for the past eight months). The first week was spent doing very little.

Over the last couple of months I had spent a lot of time worrying about the swim. Would I survive? Would I be kicked or punched? Would I lose my goggles? But as race day approached I calmed down. I was confident in my ability to swim, and my wetsuit's ability to keep me afloat. I even managed to get a good night's sleep before the race (or at least as good as it gets when you have to get up at 3am).

Some describe Lanzarote is the toughest Ironman in the world, but I hadn't dwelt on this. I thought this "toughest Ironman in the world" was a marketing tagline - a way to differentiate it from the other Ironman races out there. Although I had no other Ironman experiences to compare it to, I quickly realised that this was not the case, and that the race conditions were far worse than I had anticipated. Prior to May 2003, I had been to Lanzarote four times before - twice in March and twice in

November. I knew the wind could be brutal and I soon discovered that the wind in May makes the wind I knew of as Lanzarote wind, seem like a gentle breeze!

### **I settled into my "Duracell" pace and started looking for someone to follow**

The swim was a beach start, with two laps of 1.2 miles each and 20m running on the beach in between. I had positioned myself towards the back and as far to the right as I could get. I didn't want to take any chances and I wasn't the only one! I was soon surrounded by lots of very nervous swimmers. As the gun went off some of them opted to walk into the water, and then immediately swim right (the wrong direction). I guess they really were afraid of getting kicked. I ran into the water and started swimming towards the first buoy, some 170m out. It took maybe 50-100m before I felt comfortable, but after that I had no problems. The buoys were tall and bright yellow, so navigation was easy. Passing the first buoy, I settled into my "Duracell" pace and started looking for someone to follow. Although I ended up swimming most of course on my own, to my surprise and joy, I actually overtook people in the water. In about the last 400m I finally came up to another swimmer with a pace which allowed me to draft. We started working together, and eventually exited the water together, shaking hands and thanking each other for the draft.

My race strategy was to aim to exit the water in 1:40-1:45, and I actually exited in 1:41 and gave the thumbs up to Allan who was cheering and taking pictures. Starting the bike, I quickly started catching people. By the time I had left Puerto del Carmen (the starting area), I must have caught 30 people, so things were looking good. Then it happened - the first of four punctures after I had only been on the bike for about 20 minutes.

### **I quite like the Fire Mountains, in a strange sort of masochistic way**

Once back on the bike again, I could start catching people once more, and despite my setback, I felt good. My plan was to move through the field in the Fire Mountains, where I knew a lot of people would suffer, and then feed at Famara, before the two big climbs, Mirador del Haria and Mirador del Rio. I quite like the Fire Mountains, in a strange sort of masochistic way. There is basically a very long, undulating road (maybe 15 miles) with only lava around you. There is also no hiding from the direct headwind. I stuck to my plan, picked up positions, and things were still looking good. But after feeding in Famara, the real problems began.

*Continued on next page*

## Lanzarote Ironman

*Continued from previous page*

My back was aching so badly that I could hardly sit on the bike, and definitely not in the aero position. Luckily, I had packed some Ibuprofen which helped a little, but I was still in pain and had to slow down. Then climbing the Mirador del Haria I had my second flat of the day, which didn't make for a fun ascent.

### **I'm not sure who had told me that the route was flat, but whoever it was ought to be shot!**

After the two climbs and reaching the most northern point on the island, there is a tailwind for a large part of the return journey. But I was to have another two punctures before rolling into Puerto del Carmen, more than two hours slower than planned, to begin the run.

I had heard that the run was flat, but in fact there are four small climbs. Since it is a 5k out-and-back route, which you complete four times, this equals 32 climbs in 26 miles. I'm not sure who had told me that the route was flat, but whoever it was ought to be shot! At this point, I was completely out of energy and ended up 'running' the marathon in 5:10. Over an hour more than planned, and almost two hours slower than my Rotterdam marathon time, just one month earlier.

It wasn't really the finish I had envisioned. Because I was so far away from the goal I had set myself, I wasn't crying with joy. Still, I was happy, particularly since I could now lie down and have a massage, but as the days went by, I realised that I should be happy. I had managed to complete an Ironman, even the alleged toughest one, only a year after deciding to compete and even less time since learning to swim. So yes, I'm happy, I did it. But I will certainly be back in 2004, aiming to beat that time! ☺

*Bo Engelbrechtsen*

## Bo's Top Ironman Tips

### **DON'T OVERTRAIN**

This was the number one reason for not being able to finish in the time I had set myself. Hint: If you decide to run a marathon four weeks before the Ironman, don't run half of it in the red zone!

### **AVOID PUNCTURES**

This is a little difficult to guarantee. Personally, I went out and bought a new, lightweight bike only a few weeks after the Ironman. Lanzarote has notoriously bad asphalt - an old, heavy bike like mine with heavy rims is probably more likely to have a flat (or four) than a lightweight bike with lightweight rims.

### **TRY EVERYTHING IN TRAINING**

Test your food tolerance during training sessions. I didn't do a lot of long bike rides in preparation for Lanzarote so I didn't know how late on the bike I could eat and still run without problems. Result, I probably stopped eating solid food too soon and relied solely on liquid food. By mile 100, these started tasting really bad.

### **DON'T MISS THE LONG TRAINING RIDES**

As an experienced cyclist, though a new triathlete, I relied too much on what I used to be able to do. I didn't do the long rides in training, and as a result, I wasn't used to being in the aero position for 112 miles. Added to my over-training, this gave me some serious problems halfway through the bike section.

# Ideas and Advice

## All in a Day's Work

*Busy Serpies make time for running*

### To Snooze Or Not To Snooze...

*It's 5:17 am. The alarm's beep-beeping shakes you out of your lovely, deep sleep. "Just 10 more minutes," you reason as you slap the snooze button, "then I'll get up to run." As you nestle back into your duvet cocoon, that pesky voice burns its way through your mental somnolence: "Come on, you. Time to get up. Must be on the road by 5:30. Run for an hour, back home by 6:35; quick stretch and shower; dressed by 7:15. Gulp down breakfast, out the door by 7:45, at the station for the 8:00 train..."*

*The next 10 minutes of snoozing now control the fate of your whole day: stay in bed, and risk scrambling into work late, or worse, not fitting in your run.*

*You throw off the duvet, grapple for your trainers, wondering how your life got to a point where your favourite activity now seems more a chore than a passion, relegated to an hour most people call the middle of the night.*

Let's face it: we all lead insanely demanding lives that make it ever more difficult to find time to run. Yet we depend on running to help us de-stress and relax at the end of a hard day, or get the juices flowing and the mind focused at the beginning of a new one. Most of us are left little choice but to carve our runs around tight working and family schedules, wherever and however we can.

### **The average Serpie spends over an hour commuting to the office**

For those who commute to work, the hours spent finessing London's public transport web in the mornings and evenings are largely to blame for sabotaging otherwise prime running time. The average Serpie spends over an hour (62 minutes, to be exact) commuting to the office, according to a recent survey. For many Serpies, 5:00 am pre-run wake-ups and late-night post-run dinners are just part of the daily grind, essential trade-offs when running is a priority. Indeed, Serpie discipline pays off; on average, those surveyed fit in runs on over 65% of the days they work.

Many Serpies run to work, trading the bus, train or tube for their trainers and a runner's backpack. While the majority opts for running one way only, a few like to pack in the round trip mileage.

If you're struggling to keep up your running as other pressures invade your life, or if you're considering moving to a home that will dramatically change your running lifestyle, take a little advice from some veteran London runners who have trod their way around their daily grinds.

#### **The Running Commuter**

"Of every transport option available, running to work is not only the cheapest - by a sizeable margin - but also the quickest - by a good twenty minutes," says Morven Reid, who regularly runs the 16-mile round-trip to and from her office in south east London.

Most Serpies say they were surprised to find that running to work often saves time compared to using London's overcrowded and overworked public transport system – with the added benefit of getting a workout thrown in. In fact, for those with commutes under five miles that require more than one type of transport (i.e., bus to tube), running almost always proves the faster alternative.

### **Running to work requires a little tri-athlete-style planning**

If you live and work in the Central London area, running to work is an easy way to fit in your training and build mileage. Pinning down a safe, clean route can take a while, but once you know it, the running commute is often the healthiest, fastest and least expensive option available. Local area maps, like those found on website [www.streetmap.co.uk](http://www.streetmap.co.uk), are a good starting point, but they fall short of providing important running details, like which routes are the safest and least congested. Alternatively, check out the London running routes on the Serpentine website, or pick up a book on London walks or cycling paths (available at bookshops and outdoor retailers) and try to carve your commute out of one of these more off-the-beaten-path suggestions.

*Continued on next page*

#### **In This Section**

All in a Day's Work – <i>Fit your running into a busy lifestyle by running to work!</i>	44
Growing Old? Forget It! – <i>Charles Doxat's golden rules</i>	46
10K ... OK – <i>Robin Adams explains the importance for speed training</i>	47
Pre- and post-track stretching – <i>Maggie explains the rationale for the new regime at track sessions</i>	50
Carbohydrate vs. Fat – <i>Have you got the balance right? Test yourself!</i>	51

## All in a Day's Work

*Continued from previous page*

Running to work requires a little tri-athlete-style planning. You have to make sure you have gear for changing, washing, and carrying your stuff for each 'leg' of your daily routine. Get it wrong, and you could find yourself stuck in the office with uncombed hair, no tie, or the common mistake – no clean knickers. Plan ahead – get all your stuff together the night before; you're more likely to remember important items when you're not rushing to get out the door.

A backpack is an essential tool for the commuting runner, and there are several packs specially designed for the purpose. Unlike normal rucksacks, runner packs should have vented backs that filter air and reduce sweating. "A good running pack should hold firmly in place when you run," says Bhas Hini at Run & Become, the cult running shop near Victoria Station, SW1. She suggests the Karrimor Rush Lite 15-litre pack (£48) for its extra side protection panels and durable, water-resistant material – this is London, after all, and you're bound to find yourself caught in the rain at some point.

A good pack will have ample padded chest and waist straps to distribute weight equally and reduce friction when you run. Popular models among Serpies are the Alpine Lowe Whirlwind sack and the Camelbak Blowfish range of packs, which include a built-in water bottle with a straw for drinking on the run. Women may favour bags like the Marmot Highlander, suggests Serpie Margaret Sills: "It's basically a large bum bag. I prefer it because there's

### The Running Commuter's Checklist:

#### Essential Items

(in addition to the obvious change of clothes...)

*Cut this out and keep with your rucksack*

- ☒ Work shoes
  - ☒ Socks/tights
  - ☒ Underwear
  - ☒ Personal hygiene: toothbrush/paste, deodorant, razor, make-up
  - ☒ Hair brush/mousse/gel
  - ☒ Jewellery/cuff links
  - ☒ Belt
  - ☒ Plastic bag (for dirty running kit)
  - ☒ Wallet/money
  - ☒ Work-related items: ID pass, etc.
  - ☒ Bus/tube pass (for ride home)
  - ☒ Mobile Phone
  - ☒ House keys
  - ☒ Other:
- 
- 

no straps across the shoulders and bust," she says.

Kathleen Broekhof runs to work three times a week, and uses a bike on her off days.

Organisation is key, says

Kathleen, who takes extra sets of clothes into work on the biking days, reducing her load on the days when she runs to work.

Commuting runners quickly learn to ignore the strange looks of co-workers when they arrive at their desks red-faced and sweaty. "Get your colleagues used to the fact that you're a runner," advises Sue Chamberlain. Chances are, they're more jealous than offended by your healthy discipline. "You should be prepared for rather unimpressed looks from your colleagues for being so virtuous. Only you have really earned that 11:00 chocolate fix," asserts Morven Reid.

Many runners belong to fitness clubs at or near work, where they can quickly shower and change. It is worth paying for a permanent locker (usually an additional £25-50 per year) to avoid carrying items back and forth on each run.

Don't despair if you're not a member of a club near your office. If your building has a fitness club on-site, or there's one nearby, ask a manager if you can work out an arrangement to just use the changing facilities. You might be able to avoid the full cost of membership. No gym at hand? Most office buildings have bathroom and shower facilities somewhere inside, even if they're not normally open to the public. Ask your building's supervisor if there's somewhere to change.

Most Serpies treat their commuting runs as long, slow distance work. While 75% said the commutes help them maintain their overall mileage, many concede they'd like to have time for more speed work. "The upside is that I run more than I would be able to fit in otherwise," says Hilary Walker, "but the downside is I do more steady runs than speed work." Kathleen Broekhof agrees: "Commuting runs are not as effective as other [harder] runs."

Still, for Serpie commuter runners, the benefits far outweigh the alternatives. "I used to get off a bus at the end of a long, hard day and feel too lethargic to go for a run.

## RUNNING RUCKSACKS

**Run & Become**  
42 Palmer Street, London, SW1  
0207 222 1314

**Evans Cycles**  
various locations throughout London  
0207 430 1985  
[www.evanscycles.com](http://www.evanscycles.com)  
You can get a 10% discount if you print out the voucher from their website

**www.cyclexpress.co.uk**  
known for their good prices

**www.wiggle.co.uk**

# Growing Old? Forget It!

*Charles Doxat tells how to hold back time by following four golden rules*

**B**ack in 1978 I was one of 16 human guinea-pigs for a research project at the Human Performance Lab at St. Mary's College, Twickenham, that demonstrated that regular exercise (in this case competitive swimming) can retard the ageing process.

Those were the early years of competitive age-group swimming (the first-ever such competition in the UK was in 1972). Since then participation in vets (known as "masters") swimming, vets athletics and older age-group events in many sports has grown enormously – many millions world-wide. Indeed there are now even world swimming records for the over-100 year-old category!

I now believe that not only can the ageing process be slowed, it can in fact be halted and even reversed! The old shibboleths about "one per cent per annum drop in aerobic capacity", "1.5 per cent decline in body-strength" or "one half per cent drop in bone density" are nonsense.

The vast majority of people over 40 can still improve their fitness as measured by key criteria (e.g. grip strength, vital capacity, VO<sub>2</sub> max, heart-rate etc.) through their so-called middle-age and into old-age. Through this they will also increase likely longevity.

I'm not saying an Olympic athlete will run as fast at 57 as he did at, say, 27, but he can be healthier in an all-round sense at the older age. To quote Dr Phillip Bell (UK Association of Doctors in Sport): "exercise can reverse many ageing trends including bone strength, muscle size and strength, and cardiovascular function".

So, how to do it?

It's likely that anyone who is in a running club is already predisposed towards regular exercise of some sort, but I believe that to actually reverse the ageing process certain principles need to be observed.

Firstly however, as I have said in previous articles, a "health warning". Not everyone is the same (thank goodness!), so the ideas that follow may be inappropriate for you. Anyone with a medical history will always need to adapt accordingly. I also recognise that many women face particular problems at the menopause which have to be accounted for in any effort to "stay younger, longer".

This article does not concern itself with the other vital ingredients in an anti-ageing life-style, such as dietary balance – maybe another writer will address

this subject in a future issue. Nor have I included detailed training schedules; there is a wealth of information on this subject available from certain publications and websites, and indeed from older club members.

With those caveats, and aware of the potential for controversy, here are the four golden rules:

### **1. Don't Just Run**

Do not, repeat not, rely on running as your only serious exercise. You must not put all the strain on too few joints and muscle groups. You need a balanced, three dimensional approach to deliver the all-round benefit we're seeking. And I promise even you high mileage running vets that it need not damage your running performance.

At least 50% of your total available exercise time should be devoted to one or more of the following: swimming, weight-training, rowing or cycling. That's also the order of preference. The choice of swimming is not my prejudice. The heart, horizontal and immersed in water, will deliver greatly enhanced cardiac volume. Also research shows that veteran swimmers develop greater lung capacity than veteran runners. The low (virtually nil) impact of swimming also means it's a good antidote to running.

A planned programme of weight-training as part of your regime is also highly desirable; significant muscle-strength increases can be achieved in a few months by older (over 50s) people. So the ideal is running/swimming/weights in rotation. But if you can't or won't swim, substitute the rowing or cycling machine – again with a properly organised programme.

### **2. Go Anaerobic**

There is a tendency as you age, to move increasingly towards aerobic-only exercise. Resist this!

Include at least one anaerobic threshold session per week (e.g. interval training).

It need not and should not, be excessive - 20 to 30 minutes at high intensity will suffice. Long, slow distance (LSD) has a useful role, but relying on it exclusively will lead to a gradual reduction in your strength and speed.

Also try always to do at least part of your aerobic work with (younger?) people who are intrinsically somewhat faster than you, otherwise, almost without noticing, your ability will deteriorate.

### **3. Train Smarter**

You may have to train harder as you get older, and you'll certainly have to train smarter than you did in your youth (presuming you even trained when young) to maintain fitness.

*Continued on page 49*

# 10K ... OK!

*The importance of speed training for successful 10k running*

Like many coaches, I subscribe to the view that slow long distance training produces slow long distance runners. Yet build regular speed sessions into your training schedule and you can actually scent the difference. It's called the sweet smell of success!

Speed training is an essential ingredient for all runners. It is equally important for track athletes across all distances and also for 5k and 10k racers. It might surprise you to learn that speed training also aids half marathoners and marathoners. It's just the degree and intensity of the sessions that should differ for the various disciplines, to enable each individual to get as much as possible out of their faster drills.

I could write a book on speed sessions and maybe someday I will, (discounted for Serpies of course!) however, for the basis of this article I'll stick to speed training for the classic all year round distance, the 10k, a race suitable all runners.

A 10k race is almost a quarter of a marathon and is a suitable step on the road to competing over 26 miles in the coming weeks or months. However, 10k is also only 6.2 miles and a very useful race for those track or 5k runners looking for some over-distance work. There is also the bonus of competition, the value of which should never be underestimated, whatever your ability. 10ks won't blunt your core speed either, but run at an optimum pace, they will increase your speed endurance.

Slow, long runs are of course beneficial to those of you wishing to run a 10k, however if your training does not include a variety of tempo runs, fartlek, hill repeats or track repetitions you'll find it practically impossible to improve your 10k times, race on race. It has also been said by many top coaches that to run a decent 10k you must first be able to run a fast 5k. This is very good advice and running some fast 5k races in training for your target 10k will stand you in good stead.

For those of you who've heard of the types of speed training mentioned above, but have yet to try them, here is a brief description of each:

### **Tempo runs**

involve a steady even paced warm up over a pre-scribed distance, rising to a faster threshold run over the same or longer distance, before dropping back to the initial pace and distance to recover. This type of training builds anaerobic fitness, as you will be running the middle section of your workout just below your expected race pace (-5% or -10% at most). It is

arduous, both physically and mentally, but a regular tempo run enables you to withstand the build up of lactic acid for much longer. Maintaining a tough even pace is also crucial to improving your performance.

The distance of your tempo training should be gradually increased until the entire distance you cover in your training run is slightly over the 10k race distance. Therefore an ideal workout for a well-tuned athlete could be: 2k steady pace, 8k tempo pace, 2k steady pace.

### **Fartlek**

is a Swedish word meaning 'speed play' and this is a first rate exercise which can be utilised to build strength, increase aerobic capacity and improve your lactate threshold. It even helps with running economy and is an excellent exercise to build into your 10k schedule. It's simple to do and can be as easy or hard as you want to make it.

To carry out a quality fartlek session, choose a well worn and favourite training route, preferably around a park or field and include a hill or two if you can. A variety of terrain (grass, gravel, pavement etc.) can also be beneficial.

Begin your fartlek by running steady even paced over a given distance and then quicken up significantly to somewhere near 90% effort, before falling back into the easy pace, and then repeat for as many times as your training time allows.

To begin with make the distances of your hard run shorter than the easy part of the fartlek. Build up distance gradually until both hard and easy runs are even in distance, and then take a step further from there and shorten the easy runs. You can use trees, lampposts or other visible signs to help identify the phases of your fartlek training, or you can do it by your watch. How many repeats you do is entirely up to you, however I would recommend that you build up steadily and only use a brief fartlek run in the middle of your normal training session to begin with and then build on that base.

### **Hill repeats**

can be worked in two different manners: long hill repeats on a shallow sloping hill and short hill repeats on a short but steep incline. Both are tough but they ultimately allow you to achieve your objective of increasing your fitness to run at a quicker pace.

For long hill repeats, choose a hill with a moderate incline and between 400m and 800m in length. Any longer and your recovery time when you are running back down will negate, to some degree, the good work you've put in going up. Starting on a flat surface below the hill, begin to run up the hill at your expected 10k pace and try to maintain this all the way to the top.

*Continued on next page*

## 10K ... OK

*Continued from previous page*

Without stopping, turn around and jog back down and then repeat throughout the session.

Short hill repeats are best carried out on a fairly steep hill of between 50m and 200m in length. Your chosen hill should not be too steep or too long as this will affect your running form. Here, you don't want to be running flat out, but find a speed around 75% to 85% of your maximum and try to maintain it throughout the session. Once again it is ideal to start on a flat surface below the hill and to jog back down as a recovery.

Your personal fitness will decree how many repetitions you can do on both long hill and short hill sessions, however if your times start to lag and you begin to feel flat, that's the time to head away from the hills and jog home.

### Track Repetitions

at a speed a great deal quicker than your projected 10k race pace are a tried and trusted method of improving 10k times. Repetitions of 400m and 800m are ideal and even 1k reps can be beneficial if run at the correct pace. Running sessions such as 12 x 800m at around your 10k pace, for example, are very useful for building strength and endurance, but this type of training does little to improve your core speed.

A much better speed-based workout, covering the same distance, would be 4 x 3 x 800m at 3k pace with a limited recovery time of about 45 seconds between reps and a full lap jog between sets. This faster session will benefit your anaerobic threshold whilst also utilising your aerobic fitness. If 3k pace is just a little too quick, 5k pace would also improve your final race speed.

The track is by far the best venue to achieve higher speeds as the distances can be measured accurately. There is the added bonus that at Serpie track sessions you generally have other athletes of similar ability for company.

One track session per week should be your aim, although the very fittest might manage two. Ask your coach for advice on your training and also feel free to request specific sessions that fit in with your personal training plan. We are all there to serve you and will do our best to assist within the constraints made upon us, by coaching up to 40 athletes at a time

All of the above speed sessions accustom your legs to changing gear, an all important weapon to keep in your armoury for race day. Possessing a 'kick' can enable you to quicken up and pass other competitors and also break away from the pack as the finishing line nears.

Whilst speed training can be exhausting it can also be extremely rewarding, however there are a few

guidelines that you must adhere to. These ensure that you don't over train and that you remain injury free:

- It is essential to warm up thoroughly before beginning any speed session. A steady paced run of 10 to 15 minutes, including a range of dynamic warm up exercises is ideal. Lengthen the warm up if the weather is chilly.
- It is equally essential to cool down following your sessions. A slow jog of 10 minutes followed by a programme of static stretching is normally enough to ensure that there are no aches and pains the following day.
- Focus on your session so that you achieve your goals. If you're running with other athletes it is easy to lose form and concentration by chatting to them on the run. Remember, there's plenty of time for socialising after the serious business is out of the way!
- Relax and don't allow shoulders, arms and legs to tighten up. Hang loose and concentrate on good form.
- Try something different each week as variety is the spice of life and it is very easy to become jaded by repeating the same old sessions week after week.
- Take a day off or give yourself a very easy day after a speed session. It is so easy to leave your best runs on the track or in the park. You'll need to be at your very best on race day, so sensible tapering of training is also essential. Remember, rest is vital for re-growth of damaged tissue.

The 10k is a classic distance and one that can be enjoyed by all athletes, no matter what their preferred race distance. There are also plenty of different races to choose from around the UK and abroad. Enjoyment of your 10k race will be enhanced if you can achieve a personal goal or two. You don't need to win the race (nice feeling though that is!), but just improving your pb or beating an old rival will give you a great deal of satisfaction.

Speed training will form a springboard to your improvement, so remember that to enjoy that sweet smell of success, just sprinkle your training with a little speedwork.

Happy running! ☺

Robin Adams

### Sources:

The Competitive Runners Handbook	Bob and Shelly-Lynn Glover
Conditioning of Distance Runners	Tom Ostler
Shaping Up To The 10k Challenge	Frank Horwill

## Growing Old

*Continued from page 46*

I was able to set national 50+ age group records faster than I swam as an elite swimmer aged 18, despite much reduced swim training mileage because I started cross-training and I'd learn to train much smarter.

Don't think about training more than about an hour 5 or 6 days per week. Think efficiency and quality. Rest is now arguably the most important part of your training programme, coupled with the less impulsive and more thoughtful approach to exercise that experience can provide.

You will have an increasing reservoir of knowledge of what works for you and your peers, and how to use this to deny Old Father Time his dues!

### 4. Set Objectives

We all need a challenge. So always set a few objectives for the year, even if they're low-key (e.g. new pb in the handicap in September, swim 1500m in 30 minutes, achieve an age graded 70% in a club event, bench press 200 lbs).

Keep a simple record of every day's activity, including any landmarks on the way to your objectives. Having objectives is essential to proper motivation. And believe me the satisfaction for us oldies in achieving them can be just as great as for a spotty youth getting his Olympic team selection!

With 70-year olds doing the 150 mile Marathon des Sables, and much more besides, we should forget the cliché: 50 is the new 40.... we should now be thinking in terms of 70 as the new 30!

As Dr. Almond of Loughborough University's Sport and Exercise Science department maintains; with the right activity people of almost any age can be as fit as a fit 20-year old. The only time you should give up exercise is when you're dead! ☺

*Charles Doxat*

Charles Doxat is 61. He is the winner of 10 National age group Triathlon titles (at Half-Ironman, Olympic and Sprint distances).

He has also won many National age-group swimming titles and records and is currently 100m and 200m breaststroke and 200m individual medley champion.

## A Day's Work

*Continued from page 45*

"By running to work, I get my workout under my belt," says Alistair Henderson, a round-trip runner. "I get home sooner by running home, and arrive energized and in time to say goodnight to the kids."

Ian Malcolm looks on the bright side: "Just think of the alternative - crushed into someone's armpit on the tube."

### Outside of Work

For those who choose to keep their training separate from their commute, fitting in a run becomes a precisely-timed balancing act with the runner's public transport schedule: when there's a train to catch, be it either to or from the office, he knows that making it is the difference between fitting in a run or not.

Nearly 40% of Serpies are disciples of the morning run (not counting the additional 40% who fit in some of their running then). For them, the hushed streets and cool air are worth the lost hour or so of sleep. Those with families and undefined working hours know the mornings are their only sure chance of running. "I get up at about 5:15 year-round to accommodate my run. I have been doing it for so many years it is now a way of life. I enjoy the peace and quiet of that time of the morning and it helps me to get my thoughts straight for the day ahead," says Lesley Thomas.

The further you live from work, the earlier or later your runs will be. If you can't face the 5:00 wake-up alone, seek out fellow runners to go with you. When you've agreed to meet someone, you're less likely to ignore your commitment - and your alarm. If you don't know anyone in your area, post a message on the Serpentine e-group - you're bound to get responses. Running partners don't have to live in the immediate vicinity - you can always run a mile or so to a common point, carry on together, then split up again at the end. What's more, fellow local runners will often cast light on new local routes - or at least offer novel takes on your standard ones - further motivating you to try something new.

### You're Not Alone

Runners are a breed of their own, and they will always find time for their favourite sport. There's no end to the "crazy" stories of runners who go to all lengths to get their daily fix.

If you're struggling to find the time or motivation to fit in your runs, come along to the next Serpie Wednesday run and meet others - you're bound to find a few just like you. ☺

*Jamie Helene Felix*

# Pre-and post-track session stretching – the latest

*Maggie explains the thinking behind the change in stretching advice at Serpie track sessions*

**T**hose of you who are regulars at Serpentine's Tuesday and Thursday track sessions will know that the pre- and post-training regimes have changed of late. Traditionally stretching concentrated on a range of passive, static stretches and we have introduced dynamic stretches before the session and given different advice on post-session stretching. Because of this change, I have been asked to write an article giving a wider explanation than is possible to supply on a training evening. I would like to say immediately that this is a huge subject, under constant review and like the butter versus margarine debate, advice is likely to change over time. I have also only addressed the issue in terms of its application to our own track sessions.

Current Serpentine coaching advice for stretching at track sessions is:

- for pre-session warm-up:
  - a warm-up jog of about one mile;
  - followed by a short group session incorporating dynamic stretches;
- for post-session cool down:
  - first perform a range of gentle stretches holding each stretch for only six seconds;
  - followed by a gentle one mile jog (four laps) in the opposite direction.

Few of us were dedicated enough to put aside the time required for the static stretches that used to be the norm, but the good news is that the latest techniques are much quicker so there is less excuse. However, why should we stretch? The aims have been to prevent injury, help recovery and to enhance performance. Recent research has looked at the different ways of stretching and asked how appropriate and effective they are in relation to these aims.

### Injury prevention and helping recovery

There are two aspects of injury prevention addressed here. The first relates to the runner minimising injury whilst stretching before a session. The second relates to stretching with a view to increasing flexibility and range of movement and therefore preventing injury.

Passive stretching has been shown to actually increase the risk of injury, mainly because of the over-stretching. This would include stretching for too long and also stretching to the point of pain. Again, without going too deeply into a scientific explanation (and believe me you can plummet depths here-

tofore undreamed of!), when a muscle is stretched very hard and held, it sends a message to the brain letting it know it's having a bit of a hard time and our amazing brains send a message back to the muscle telling it to contract (stretch reflex). This has the rather obvious and very undesirable result of potentially creating small tears to muscle fibres which, over time, can lead to injury.

However, passive stretching carried out at times other than immediately before and after hard training has been shown to be a very important contribution to a runner's overall flexibility and also to help with recovery from injury, preferably under the guidance of a physiotherapist. There isn't space here to go into this topic, but I would personally recommend yoga under the guidance of a qualified, experienced teacher. In fact, whatever stretching you do should be periodically checked by a good teacher to ensure that your technique is correct.

### Enhance performance

Most of you will be familiar with fast twitch and slow twitch fibres in muscles, but, for those for whom this is a new concept, briefly and very simply, we all have both fast and slow twitch fibres and some runners have more of one than the other. Slow twitchers are designed for endurance and are able to produce a large amount of energy using oxygen. They enable us to perform exercise over a long period of time and consequently there is likely to be a high percentage of slow twitch fibres in the legs of marathon runners. Fast twitch muscle fibre is suited to high intensity, power activities involving anaerobic work and contract more than twice as fast as slow twitch fibres. Good sprinters will have more fast twitch fibres than slow ones.

Now in track sessions, we are concentrating on improving speed over distance which means we want the optimum conditions to recruit whatever amount of fast twitch fibres we have. So research has looked at what conditions various stretching methods provide and for those of you who swear by static stretching before an arduous work out, I'm afraid I have some very bad news. The studies show that passive stretching actually helps the slow twitch fibres and inhibits the fast ones; and moreover, this effect lasts between 60-90 minutes. It is for this reason that we discourage static stretching before track sessions.

So what has been found to enhance performance when used before a hard session or an event?

- Static MET stretching techniques (PIR and RI MET techniques) have performed exceptionally well in trials. Its advantages are:
  - specific muscles can be targeted;
  - it doesn't favour either slow or fast twitch fibres;

*Continued on page 52*

## Carbohydrate vs. Fat

Test your eating habits with Malcolm's little quiz

**H**ave you got the balance right? Do you take plenty of carbohydrate or too much fat? Try this quick quiz that takes a look at your eating habits.

Clearly, this quiz is not meant to be an in depth examination of diet but will hopefully provide "food" for thought. An athlete who eats a lot of high fat food is likely to be missing out on the carbohydrate fuel needed to train well.

**1. Do you eat sausages and burgers?**

- |    |                             |   |
|----|-----------------------------|---|
| a) | More than four times a week | 4 |
| b) | Once to four times          | 3 |
| c) | Yes – low fat ones          | 2 |
| d) | Never                       | 1 |

**2. Do you eat fish/chicken/turkey/pulses?**

- |    |                                 |   |
|----|---------------------------------|---|
| a) | Six or more times a week        | 1 |
| b) | Two to six times a week         | 2 |
| c) | Less than twice a week or never | 3 |

**3. What do you spread on your bread?**

- |    |                              |   |
|----|------------------------------|---|
| a) | Butter or ordinary margarine | 3 |
| b) | Polyunsaturated margarine    | 2 |
| c) | Low fat spread or nothing    | 1 |

**4. What type of milk do you use?**

- |    |   |   |
|----|---|---|
| a) | Gold top or extra-creamy milk           | 4 |
| b) | Whole milk – pasteurised or homogenised | 3 |
| c) | Semi-skimmed milk                       | 2 |
| d) | Skimmed milk or none                    | 1 |

**5. How often do you eat chips each week?**

- |    |                       |   |
|----|-----------------------|---|
| a) | Never                 | 1 |
| b) | Less than once a week | 1 |
| c) | Once a week           | 2 |
| d) | More than once a week | 3 |

**6. If you eat chips regularly, which type of chips do you eat?**

- |    |                    |   |
|----|--------------------|---|
| a) | Thin               | 4 |
| b) | Thick and crinkly  | 3 |
| c) | Thick and straight | 2 |
| d) | Oven chips         | 1 |

**7. How often do you eat other fried foods?**

- |    |                       |   |
|----|-----------------------|---|
| a) | Never                 | 1 |
| b) | Less than once a week | 1 |
| c) | Once a week           | 2 |
| d) | More than once a week | 3 |

**8. What kind of cheese do you eat?**

- |    |   |   |
|----|---|---|
| a) | Always full fat hard cheese or cream cheese | 3 |
| b) | Always lower fat cheese e.g. Edam, Gouda    | 2 |
| c) | Always cottage cheese                       | 1 |
| d) | A mixture of lower/high fat cheese          | 2 |
| e) | None  | 1 |

**9. How many chocolate bars do you eat?**

- |    |                              |   |
|----|------------------------------|---|
| a) | None or less than one a week | 1 |
| b) | One or two a week            | 2 |
| c) | Three or four a week         | 3 |
| d) | More than four a week        | 4 |

**10. How many packets of crisps do you eat?**

- |    |  |   |
|----|--|---|
| a) | None or less than one a week                           | 1 |
| b) | One (or two packets of low fat crisps) a week          | 2 |
| c) | More than one or two packets of low fat crisps) a week | 3 |

**11. Which type of yoghurts do you eat?**

- |    |                 |   |
|----|-----------------|---|
| a) | Ordinary        | 2 |
| b) | Low fat or none | 1 |

*Continued on next page*

## Carbohydrate vs. Fat

Continued from previous page

### 12. How often do eat breakfast cereal?

- |                                     |   |
|-------------------------------------|---|
| a) Seven or more times a week       | 6 |
| b) Four to six times a week         | 4 |
| c) Two to three times a week        | 2 |
| d) Once a week, less often or never | 1 |

### 13. How many times do you eat rice/pasta/ potatoes?

- |                                     |   |
|-------------------------------------|---|
| a) Seven or more times a week       | 6 |
| b) Four to six times a week         | 4 |
| c) Two to three times a week        | 2 |
| d) Once a week, less often or never | 1 |

### 14. How many slices of bread/rolls/pitta/ chapati do you eat?

- |                                   |   |
|-----------------------------------|---|
| a) Five or more slices a day      | 3 |
| b) Two to four slices a day       | 2 |
| c) One a day, less often or never | 1 |

### 15. If you eat a snack, what would it be?

- |  |   |
|--|---|
| a) Bread/scone/fruit or other low fat food | 4 |
| b) Chocolate bar                           | 3 |
| c) Crisps/cheese/chips                     | 2 |
| d) I don't eat snacks                      | 1 |

### 16. How many portions of fruit do you eat?

- |                                |   |
|--------------------------------|---|
| a) Three or more a day         | 4 |
| b) One to three a day          | 3 |
| c) One a day                   | 2 |
| d) Less than one a day or none | 1 |

### 17. If you have rice or pasta is it?

- |                                 |   |
|---------------------------------|---|
| a) With a low fat sauce         | 2 |
| b) With a lot of meat and sauce | 1 |

## Scoring

Questions 1-11 relate to fat and questions 12-17 relate to carbohydrate. Add up your score for numbers 1-11. Then add up your score for numbers 12-17, giving two separate scores.

The “best” possible score for the first section (1-11) is 11 and the “worst” (i.e. the highest fat content) is 36.

The “best” possible score for the second section (12-17) is also 11 and the “worst” (i.e. the lowest carbohydrate content) is 36.

If the second score is higher than the first, the balance of your diet is likely to be good. If the first score is higher than the second, your diet is likely to be high in fat. The more the first score exceeds the second by, the worst the proportion!

Note; fruit and vegetables are not directly covered by a quiz on carbohydrate and fat but they are clearly vital, not least for their antioxidant properties that aid recovery and prevent infection – all vital to help us train well. ☺

Malcolm French

## Stretching

Continued from page 50

- inhibits the stretch reflex so that a greater stretch can occur;
  - very good muscle relaxation;
  - better and faster results than static, passive stretching in improving range of movement;
  - safer in preventing injury reoccurrence;
- Dynamic Active-Resistive MET Stretching. Its advantages are:
- inhibits the stretch reflex so that a greater stretch can occur;
  - releases synovial fluid into joint capsules;
  - increases local and global blood flow.

Serpentine coaching has gone a long way toward introducing the most effective and least risky methods of stretching. We have abandoned static, passive stretching and introduced dynamic warm-ups and gentle, short stretching (six seconds) post training. We will look at MET stretching and its application and will review this topic in line with current advice.

Margaret Moran

Margaret Moran is a UK Athletics Coach Level 2 and part of the Serpentine Coaching team.

## Sources:

Muscle Talk, Tanya Hall, The Coach, Issues 15 & 16.  
Physical Education handbook, Rob James, Graham Thompson & Neta Wiggins, Hodder & Stoughton.

## **Yoga**

*Continued from page 10*

I find an hour of this yoga gives a good work out and quality stretching. It seems to be ideal for all levels of flexibility as you're encouraged to do the best YOU can without being singled out if you're hopelessly inflexible like me. By the end I'm even more relaxed and at peace than normal. ☺

*Ian Priddle*

## **Ena Urich**

*Continued from page 21*

And this year, in Puerto Rico, she won gold in the cross-country and silvers in the 10k and 5k. The 5k, which she ran in 21:26, was particularly special, as she equalled the (then) world record. She was only beaten to gold by a few hundredths of a second. Spectacularly, last March, at 66, Ena came second in the V35 category in a Regent's Park 10k. In a funny way, she says, it's the thing she's most proud of. And it's special to her to have a medal associated with Regent's Park, for which she has a particular love. How does she do it? The secret of her success, she thinks, is that she's spent her whole life on her feet. That, she explains, gives you stamina.

Ena's leaving London later this year after 34 years, and returning to Kaiserslautern. She has a house waiting for her. But she'll still be a

Serpie, she insists. She'll come back and see us. It will be a good excuse to indulge her passion for train travel. Her goal now is to get the world record. "In which event?" I ask, a touch naively as it turns out. "All of them", she replies. She doesn't care so much about medals, but world records are not forgotten. Next year she plans to compete in a cross-country championship in Auckland, then there's a competition in Vancouver in 2005. "I can go from the east to the west coast by train. I've always wanted to do that" she says, the look of childlike delight returning. "I want to run marathons on all seven continents and see the world".

They're packing up the restaurant. It's been a fascinating evening. Ena's charming and I'm grateful to her for taking so much time to talk to me. She'll leave quite a hole in the club when she goes and I, for one, will feel sad. Don't forget us, Ena and good luck. We'll all be celebrating with you in spirit when, yes when, you get those world records. ☺

*Juliet Allan*

## **Sudbury Court**

*Continued from page 29*

Anyway, enough of my addled meanderings (think I'm still rehydrating after yesterday's scorcher in Hyde Park. I think an image of Ros holding up the thermometer showing 100 degrees will be part of my night-

mares for some time to come).

Hopefully my report in the next Serpentimes will paint a somewhat more optimistic picture, but for now, I'm off for a beer. ☺

*Martin Garrett*

## **Track & Field**

*Continued from page 32*

There will also be, in the very near future, a New Members' evening where those new to the club can come along to learn what the Serpies are about. There will be people available to talk about track and field in general, coaching, and explain the role of officials. In the meantime, if any of you would like more information about any aspect of track and field, please feel free to contact me on john-walker@blueyonder.co.uk or 020 8543 2633 (home).

Farewell to 2003 here's looking forward to 2004 and beyond. ☺

*John Walker*

## **Club Championships – Marathon Claims**

Congratulations to everyone who has run a marathon in 2003 – over 150 Serpies so far and with the autumn marathon season almost upon us this number is bound to increase.

Don't forget that any marathon run this year will count towards the Club Championships.

All you need to do is add your official marathon time to the Results Database at  
<http://www.serpentine.org.uk/rdb>

If you have problems adding your time or can't access to the Results Database, please contact Grethe Petersen on [grethe@lykou.com](mailto:grethe@lykou.com), or 020 7630 0730

---

## Tri-AI in Milton Keynes

*Continued from page 41*

My knees were killing me. All that cycling had wrecked my quads, so I didn't have the strength left to protect them from a good pounding. I felt remarkably like I had at the end of the London to Brighton.

I had allowed 45 mins for this section , but with 25 mins in hand my target was a formality, even if I walked, which I did in fact have to do twice in order to stretch my rapidly disintegrating knee ligaments. I was only plodding along so I thought I would be on for 50 mins at best but the clock showed under 44 when I finished the 10 km - but how? My finish time of 2:35:39 may not have been a world record, and was only good enough for last place in the Serpie men's team, but I was still very pleased to get round in well under my 3 hour target. Had I been closer to that target ,no doubt Eddie would have been ahead of me. She was on fire , and is now on her way to

## Are you ready for E-Serpentimes?

I hope you are enjoying reading the autumn issue of Serpentimes.

If you received this copy in the post, you may be interested to know that you can choose to download Serpentimes from the website.

If you'd prefer an electronic version of Serpentimes (maybe 2 or more Spires at the same address would like to share a copy), you should log onto SerpieBase, choose "Edit my personal details" then untick the box beside "Serpentimes by post?" This lets the Serpentimes team know not to post any future issues to you.

Don't worry though! If you don't make this change on SerpieBase you will continue to receive your copy of Serpentimes in the post.

Madeira for the world champs as a result. Eddie, we all wish you good luck in this, which will no doubt be reviewed in the next Serpentimes.

So, it was all over, barring the knee pain and then back pain (damned cycling!) but I certainly slept well that night. It was well worth it and I would recommend tri-ing it yourselves. ☺

*Nick Slade*

---

## New Committee members

*Continued from page 27*

She's been spending a lot of time with Simon and she's been changing jobs, buying a house and planning the wedding (enough to keep most people busy, I should think). She also enjoys study and foreign travel. Above all, though, she loves to laugh.

*One wish* - Our own private club room with showers, social facilities and a full-time manager. Also for the club to be world-famous for its enthusiasm and the promotion of fun running.

### John Sullivan

**Committee task: "Communications"**

*When and why* - John, as many people know, is a triathlete first and foremost. He took up running about three years ago when he gave up football (which he used to play semi-professionally) and took some time out to travel. He got the triathlon bug when he was in New Zealand.

*Favourite distance* - Olympic distance triathlon (1.5km swim; 40km bike ride and 10km run).

*Memorable experience* - The recent completion of the Gatorade Half Ironman UK in Sherborne, Dorset. It represented a new challenge for John, with a 2km swim, 90km bike ride and 21km run and involved a new level of commitment to the sport. Does he have any funny

memories, I ask? He admits that he came off his bike into some bushes once but, apart from that, he's afraid it's all been "pretty serious".

*Other interests* - He loves cooking. He never follows recipes, preferring to make things up as he goes along. He says he's developed quite a reputation as a cook among triathletes he's invited round.

*One wish* - He doesn't have to stop to think. He'd like the club to win the UK National Triathlon League, in which it currently holds third place. ☺

*Juliet Allan*

## Serpies online

The award-winning Serpie website at <http://www.serpentine.org.uk> has information for all runners

As well as news, up-to-date results and information about forthcoming events, it contains a wealth of information about running and triathlon, special pages covering many of the regular Serpentine events such as the Green Belt Relay and has loads of advice for new runners, a special section on women's running and articles by coach Frank Horwill.

### New this year – the results database

Results for many of the club races are now online on the results database: <http://www.serpentine.org.uk/rdb>. All the club championships and "last Friday of the month 5km" races are there, as well as many marathons and other open races. You can also add any of your own results to make your own personalised 'results' page. You need never keep your own race log again!

### Serpie Egroups

Our email chat-lines are the best way to keep in touch with other Serpies.

You can sign-up to three email lists to keep in touch with the latest news and events. All members should join the main Serpentine list, which now has around 500 members and is the best way to keep up to date with events and join in with lively debate on running-related subjects. If you are interested in triathlons or swimming, there are specialist lists for those too. To join the email groups, send a blank email to:

<i>Serpentine main list</i>	<a href="mailto:serpentine-subscribe@yahoogroups.com">serpentine-subscribe@yahoogroups.com</a>
<i>Triathlons</i>	<a href="mailto:serpietri-subscribe@yahoogroups.com">serpietri-subscribe@yahoogroups.com</a>
<i>Swimming</i>	<a href="mailto:serpieswimmers-subscribe@yahoogroups.com">serpieswimmers-subscribe@yahoogroups.com</a>

## Committee Members

Name	Responsibilities	Contact details
<u>Ros Young</u>	Chairman	H: 020 7267 4686 M: 078 8915 8211 ros@serpentine.org.uk
<u>Phil McCubbins</u>	Secretary	H: 020 7609 8977 hon.secretary@serpentine.org.uk
<u>Ian Hall</u>	Treasurer	H: 020 7739 8101 W: 020 7251 0781
<u>Eddie Brocklesby</u>	Welfare, Social	M: 079 7654 7717 ian.hall@serpentine.org.uk
<u>Tony Gould</u>	Coaching, Training, Fitness	H: 020 8980 3615 W: 020 7831 7600 tonygould@serpentine.org.uk
<u>Ian Hodge</u>	Competition, Team Events, Technology	M: 077 6876 5670 ihodge@serpentine.org.uk
<u>Raul Kharbanda</u>	Facilities Club Equipment	H: 020 8684 7298 W: 020 7215 5797 M: 07931 143001 raul.kharbanda@dti.gov.uk
<u>Grethe Petersen</u>	Handicap, Race Organisation	H: 020 7630 0730 grethe@lykou.com
<u>Lynne Prestegar</u>	Fundraising, Community and Government Relations	M: 077 8632 7460 lprestegar@serpentine.org.uk
<u>John Sullivan</u>	Communications	M: 079 4455 5223 john@sports - massage.freeserve.co.uk
<u>Swenja Surminski</u>	Volunteerism Officer Development	H: 020 7370 7148 M: 077 1884 7023 s_surminski@hotmail.com
<u>John Walker</u>	Membership	H: 020 8543 2633 W: 020 8649 3077 M: 079 00677 585 F: 020 8649 3190 john-walker@blueyonder.co.uk
<b>Other useful contacts, not on the committee</b>		
<u>Malcolm French</u>	Membership	H: 020 8422 3900 malcolm_french@hotmail.com
<u>Sally Hodge</u>	<u>Serpentimes</u>	M: 077 9852 8210 serpentimes@serpentine.org.uk
<u>Paul Ingram</u>	<u>Club kit</u>	H: 020 7371 1130 ingrampaul@hotmail.com
<u>Robert Maslen</u>	Webmaster	H: 020 7373 0770 M: 079 4132 9319 webmaster@serpentine.org.uk
<u>Hilary Walker</u>	Friends of Hyde Park Liaison	H: 020 7589 5342 W: 020 7972 5122 hilary.walker@virgin.net