

THE Serpentines

The newsletter of the Serpentine Running Club, London. www.serpentine.org.uk



SPRING 2000

Ask not what the Club can do for you, but what you can do for your Club

In her Chairman's Message, Hilary Walker outlines the Club's aims and objectives

In the last issue, I mused on what the club had achieved in the last millennium and what it might lead to in future years. This month, rather than musing further generally along those lines, I thought that it would be useful to consider more specifically the aims and objectives of the club. The committee's views of what we are here for, where we might go and how we might get there (!) are quoted below. They have been circulated before and those of you who access the website will have found them there as well. However, they have now been updated and I hope you all will take time to read these comments.

Please take home the message that it needs ALL of us to make the club go and people are always needed to organise and enjoy the various activities. We are currently in desperate need of more people to take up the rewarding work of coaching - there are numerous basic courses that Derek Turner can tell you about - as well as officials for road, track and field. And, just as important, to organise our numerous social events!

On these lines, you will be receiving with the Serpentines advance notice of the AGM on July 1st (and a reminder that

subs will be due on June 1st). Please think hard about what you can do for the club and it would be great if more of you would stand for the committee. Fresh blood would be appreciated (you didn't know the club was a vampire did you?). Your chairman has been in place for 14 years (as many years as she has run the London Marathon!) and she feels that sometime soon the club probably needs a different face to reflect the changes over the years. She's worried that she will get fossilised in the position!

All food for thought. So read on:

Those of you who take the Club rules to bed will know our objective is "the promotion of amateur athletics and recreational running". That gives us a pretty broad target and though we seem to be hitting it quite well, judging by our membership, good participation in club and open events and our successes, the Committee is keen to know from members whether we can improve our performance.

continued on page 2

What's On - April to July

April			
15	Nick's Family Fun Day	3	Track and Field - Div 2 Harrow, Div 4 Braunton
16	London Marathon and celebrations afterwards	10	Handicap (<i>Note 1 week delay</i>)
ASAP	7 Sisters entries to Derek Turner	10	Meal of the Month (reservations due 4/6)
30	Bournemouth Half Marathon with Sami	17	Club championship 10k -Battersea Pk. band stand
May		17	"Saturday Club Run" poll due
6	Track and Field - Div2 Richmond, Div 4 Hemel	17	Nominations for committee due
6	Handicap	18	Summer League - Harrow
7	Summer League - Dulwich Park	21	Club Championship 5k - Batt. Pk. (reg at track)
13,14	Greenbelt Relay	24	Track and Field - Div 2 Exeter, Div 4 Mile End
20	Shakespeare at The Globe with Robert Bennett	28	Club Championship 3k - Batt. Pk. (reg at track)
20	Club Championship 1k - Hyde Park	July	
21	Sudbury Court 10k	1	Handicap
21	Club Championship Half Marathon - Richmond	1	AGM
June		5	Club Championship 1 mile - Battersea track
1	Deadline for Summer Serpentines	8	Track and Field - Div 2 Brighton, Div 4 Kingston
1	Membership renewals due	16	Summer League - Perivale
3,4	Welsh Castles Relay	22	Track and Field - Div 2&4 Battersea
		29	Davos

Chairman's Message

Continued from front page

In addition to just running the Club according to the rules, we see the role of the Committee as being a support to our members, at all levels of performance, in their enjoyment of athletics and running. We believe this includes support for:

- recreational running for those who aim to keep fit and find it useful, or fun, to belong to the Club
- competitive road and cross-country running, which seems likely to always be a strong part of Club activity
- competitive track and field athletics, which is perhaps more difficult in some respects, for instance the provision of specialist coaching.

We think to provide this support we need to:

- organise training and coaching. There is already a good programme provided by the efforts of individual members, but we may not be meeting everyone's needs
- organise individual and team entries to events. You may have noticed recent improvements in this area with listings in the newsletter and new women's captains who never take no for an answer
- organise club competitions and events. These include the monthly handicap, the hill sprint challenge, the monthly 5K, and the age-graded championship
- provide information to members about all these activities. The newsletter and telephone are our main methods but we are aware we may not be reaching all interested members.

We do not, though, think the Club is only about running, despite what an eavesdropper to Club conversations might think. In addition to this (and jumping and throwing) we have to provide an environment in which members find support in their efforts and enjoyment in being part

of a broader range of activities. This means the social side of the Club is also important, so we wish to:

- keep working to find a good permanent base for the Club. Our sights are set on being around Hyde Park
- improve the supply of information to members. The "Serpentines" has been started to bring the "Good News", four times a year, to all members by post
- encourage new members and their participation in Club activities. Our website and training aimed specifically at new members and new runners are already helping we think
- improve our calendar of social events. These often depend on the enthusiasm of individuals who are prepared to do the work. We will be happy to have volunteers, or pressed men/women for that matter!
- keep up with the changing needs of members
- continue to provide financial benefits where possible, such as discount arrangements. Members also, of course, already have cheaper entries to many non-club events
- add a little excitement to all our lives with the "big" events like Welsh Castles, Green Belt Relay, Norfolk Relay, Gigondas, Lanzarote and Davos.

We need to encourage all members of the club to enjoy our activities to the full and this means that behaviour by members which acts contrary to this (racism, sexism etc.) should not be tolerated by the club. Any incident that arises which could deter someone from club activities should be referred to the Club committee (preferably via the Hon. Secretary). This is particularly important in a case where the matter remains unresolved to the satisfaction of anyone directly concerned. The Committee will consider all the information available and can take appropriate action as allowed by club rules if this is necessary.

Any improvements that further the aims of the club or add to the enjoyment of club membership are always welcome. Ideas can be passed to a Committee member (your elected representatives) for discussion at a future Committee meeting. ■

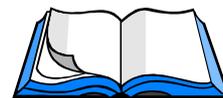
Hilary Walker

Table of Contents

Features	
Ask the Doc	22
How to survive the Marathon	23
Running Routes	33
Running Stories	
Great Greek Island Run	3
Lanzarote	3
Short Running Life	4
Slowly and never more than half an hour	5
View from the Fiesta	7
AWOL in Llangollen	8
Team News	
Captain's Logs	13
Kings of the Country	13
X-Country Statistics	15
Track & Field	
Kings of the Track	19
It's a foul jump	21
Track Etiquette	21
Serpentine Activities	
Green Belt Relay	24
Davos	24
Robert's Conjunction	26
A Tempest in the Serpentine	27
Music of the Serpentine	28
Family Fun Day	29
Seven Sisters	30
Meal of the Month	31
Bournemouth with Sami	31
Regular Goings On	
Handicap	37
Club Championships	41
Summer League	41
Hill Sprint Challenge	42
Sudbury Court	42
Club Championship Stats	43
Thursdays with Derek	44
Regular Columns	
Chairman's Message	1
The Serpentine Interview	11
Starter Pack	17
Letters to the Committee	32
Committee Minutes	32
In Olden Times	39
Odds & Ends	
T-Shirt Poll	40
Committee Members	48
Club Diary	Encl.



Running Stories...



The Great Greek Island Run

What happens when you ask the islanders on Skyros to run a half marathon?

To cut a long argument short and come up with a united front, in the summer of 1997 we *both* decided at *exactly* the same time to “put together” our own marathon.

Pete Webb and I were working together at Atsitsa, a holistic holiday centre on the tourist-shy Greek island of Skyros. During a prolonged, post-run babble we discovered that the solitary, tarmac road linking the white-washed, cliff-clinging village of Skyros to our Centre on the opposite side of the island was almost exactly the distance of a half marathon.

Within minutes it was our goal, not only to attempt the hilly, sun-baked course with whoever wished to run with us, but to raise money simultaneously through our guests and the island’s permanent population for the obscenely spartan health clinic. The endorphine-assisted conversation ended with us picking a date late in the summer that gave us a mild chance of not being cooked alive en route, and more importantly fitted neatly into the international marathon calendar just ahead of New York. Nature’s drugs are the best!

I cannot recall my dreams that night but I woke up with my chest straining towards an imaginary tape, one arm held high above my head, the other with its elbow buried deep into my pillow which I now realize symbolised Pete’s face.

I had new shoes and Pete had laundered his running top

The realities began to ache after a hot shower and feta salad, as the response from the local community ranged from, “Great! How can we help?” to, “Don’t bother, no-one will be interested.” Or most commonly, a blank expression followed by a confused, patronising smile.

continued on page 6

Lanzarote

Aqua-jogging skinny-dipping Matthew’s apartment; Ian reports on this popular Club trip

Starkly beautiful volcanic island off the coast of Africa in the group of islands known as the Canaries. Sunny skies, daytime temperatures of 23 Centigrade or more. Dave arrives at the airport wearing his raincoat just in case.

Club La Santa is on the more remote west coast of the island, far away from the timeshare salesmen and their nylon shirted, Viva España baseball capped, chain smoking, lager quaffing victims. I was spending a week in the company of supremely fit athletes, the bronzed bodies of men and women honed and toned to the peak of physical perfection. No, not Serpentine Running Club – I am talking about the German Triathlon Squad.

So what goes on there? Triathlons, duathlons, aquathlons, plain running - both social and competitive, cycling, wind surfing, aerobics, swimming, tennis, dance classes, if it’s athletic it’s happening. All included in the price as well.

Down to details. Our group this year was about 24 people and a more enthusiastic group you couldn’t wish for. The day after our arrival we turned out for the half marathon, next morning was the triathlon. Later in the week was a 10K, and a run, bike, run and another one but off road instead. Star performer as usual was Terry Nicholson who did just about everything closely followed by Owen, Grethe and Sue Ellen and (modestly) myself who missed out on one or two events. (Grethe and Sue Ellen were excused the 10K as they were running a 20-mile training run at the time, Owen and Terry were excused as they were running 23 miles!). Meanwhile there was still a lot of time for topping up tans around the leisure pool or exploring the island. Results of all the races will have appeared by now in the weekly newsletter.

continued on next page

True Serpie-stories from Bob Davidson

Twenty-five Serpies went to Chateauneuf du Pape one year. One day, Kathy Crilley, Sheila Hartley and Bob went for a walk around the vineyards. At their return, they found the rest of the Serpies relaxing at the cafe bar in the town square. Sheila said, “let’s have a drink. I’ll get them.” So she said to a chap in a black suit, “could I have one glass of wine, an orange and a beer, please?” He turned without a word and disappeared into the cafe. A few minutes later, he returned and said to Sheila, “Madame, I have ordered your drinks, but for your information, I am not the waiter, but the bank manager upstairs.”

Lanzarote

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What other highlights were there?

- Well, there was the much hyped aqua jogging contest between Ron and Dave which was a photo finish (or would have been except someone walked in front of the camera at the crucial moment).
- Film of the week in Matthew's apartment where we watched the rushes (?) of Ron's video of the events of the week, totally hilarious.
- Matthew's apartment!!!
- Hannah's trip to the market at Teguise from whence she returned saying that the real world was not like La Santa but full of (see beginning of second paragraph).
- The bike ride to the next village on the coast which culminated in spontaneous skinny-dipping (how does that man persuade women to take their clothes off at the drop of a hat). You will be relieved to note that this is not on the video recording.
- Huw, who won the 10K and half marathon in brilliant times
- Sarah who was first woman home in the half marathon
- Roy for just coming out with the best one-liners you ever heard

Well you could just go on and on.

Thanks to Maggie for doing the organising in the UK and to Eve for doing the same in Lanzarote. If you have a week spare next March, you are guaranteed a good time whatever you like to do. And it's not all training. Just ask Simon what he was doing until 5am some mornings! ■

Ian Hall

Perspectives

Reflections on a Short Running Life

Why do we run? Ken Kwok tackles this question with insight and sensitivity.

This is not quite an obituary although, after a year of persistent mechanical problems, it has often felt like the end of running as I knew it.

It doesn't seem so long ago that I was the new boy at the Club, 'new' both to the Club and to running – there were three new members that year. I joined for anthropological and psychological reasons. On my first day at the Club, at Alexandra Lodge, I met Barrie Laverick and Caroline Tahourdin. Barrie, awaiting a renal transplant, was on peritoneal dialysis and was standing behind the bar with all the infusion tubes in him and holding up a litre of dialysis fluid, and Caroline had had an even more major transplant (both were later to win many medals at World Transplant Games) – what made them run? One had heard of the loneliness of the long distance runner so what are runners really like? It was intimidating that almost everyone seemed to have run marathons (running 26 miles was quite beyond one's imagination then) but I was reassured that that was not the case. That was a kindness.

Just before that, and I cannot explain it, I was persuaded by Dr. John Stonham to run in a Sri Chinmoy 2 mile race. John had

bored me for years with his running talk and I couldn't understand why anyone would want to fly to Hong Kong, Macao or Bangkok to run a marathon. Surely one went to Hong Kong to shop and to eat and to Bangkok to look at temples, to eat and to have a massage - a therapeutic one, of course. I suppose he wore me down in the end. But 2 miles was like a marathon and I was passed by Kathy Crilley walking. John, who had a lot of professional experience with alcohol and drug addiction, used to talk about the positive addiction of running (and I have adopted this attitude when trying to 'sell' running as a means of stress reduction) and one soon began to enjoy the adrenaline of a track or hill session and to miss the endorphins when not running. Still, it was some years before I ran as far as 10 miles, so new runners take heart. There have been many 'highs'; many races won (not actually coming first mind you, just finishing!) but also the ignominy of being overtaken by a baby jogger in a New Year's Day race in Berkeley, California and by a chicken in my first London Marathon.

Professionally, I have learned a lot about sports medicine, a Cinderella area of medicine, from my own and others' injuries; and now I have some idea about esoteric subjects such as biomechanical imbalance and have a better understanding of the physiological and metabolic effects of exercise. Isn't it curious though that while it is usually not good form to talk about one's health, runners can have polite conversations swapping details of their injuries? As to my original thoughts on anthropology and psychology, my conclusions thus far are quite simple.

continued on next page

Serpentine R. C. AGM 2000

1st July, 11:30 am

Imperial College, Exhibition Road, London SW7

Reflections on a short running life

continued from previous page

Far from the loneliness of the long distance runner, there is in fact much camaraderie, and even romance, to it. And why do runners run? Perhaps, and without recourse to medical research, they know instinctively that running reduces cholesterol and blood pressure, increases bone density, reduces blood viscosity and platelet stickiness,

and protects against coronaries, stroke, diabetes and breast and colon cancers.

Any regrets? Yes – I wish I had joined the Club years earlier; I wish that I had stepped up the pace in the Club Mile race some years ago when Ron Hagell was not fit and thus I blew my one and only chance of ever beating him; I wish that, rather dazed by a PB at the Bath Half Marathon, I had been more alert to the fact that a young runner who had

finished 2 minutes before me and had collapsed was in dire need of help for, despite St. John's ambulancemen and another doctor, she died.

I am still confused when asked if I "enjoyed" a race. "Enjoy" may apply to the adrenaline and endorphins afterwards, or the goodie bag, or the magnificent lunch after Windsor Half Marathon but the race – well, it's there to be run. But then, I suppose I'm not yet a proper runner.



Ken Kwok

Perspectives

Slowly - and never more than half an hour ...

Edward Liddell reminisces about how he came to be a runner.

As I write this, slave as I am to deadlines, today is the 29th February, 2000, a day for taking stock, for thinking about the future (particularly what awaits me in 6 week's time), for being grateful for all that running has given me. Somehow I have a feeling that one should do all those things in a Leap Year. Let's start by thinking about where I am now and how it came about.

Right now, I am sitting at the word processor (obviously) and the proximate cause is that in a moment of lunacy I volunteered to write this piece; but I am also longing to put on my running shoes and continue my training, and deeply frustrated by the physio's orders forbidding running until after the week-end. I look wistfully at my running shoes (New Balance 851's, I love them to bits - strange expression but you know what I mean) but can't put them on (well I could but it would be a bit pointless just for walking around the flat). I long for the buzz that running gives me but all I am allowed to do is to repeat dull stretches for my tight calf muscles. I

think most readers of this will sympathise and understand. But what is this madness that drives us out in all weathers and (often) states of health to run a loop that we know only too well? A loop with which we are so familiar that we could almost (and often do, more or less) run it in our sleep? What bug infected me with the highly contagious running disease? Let's go back a bit and try to recollect.

Fast forward from school sports days (no real memory, too long ago) to a day quite a few years later beside Lake Geneva, down the hill from Lausanne where I was living and working at the time. I was enticed by some friends to go out for a run one weekend - the skiing season was over and there wasn't much else to do.

I stopped working for a tobacco company

I ran wearing tennis shoes for about 20 minutes. I finished gasping and doubled over, but luckily, the inadequate footwear had no lasting ill consequences. I used to smoke at the time - that lasted a little longer but didn't survive my move from Lausanne (I stopped working for a tobacco company). I went out the next day and bought a book on running, one that I still have, as a matter of fact. Remember Jim Fixx? Yes, the runner who rode the popular running boom of the eighties and must have made a fortune from writing about it, and

then dropped dead one day from previously unsuspected heart disease. It was his book, and it encouraged me to get some proper running shoes - well, they wouldn't get much applause these days, but at least they offered a little more cushioning than the wafer -thin tennis shoes. But there is a danger in learning all one's running lore from books.

Nobody told me about running shoes wearing out

Somehow I got the idea that I risked serious damage if I ran for more than 1/2 hour. I think this must have been advice for beginners that I picked up and modified unconsciously to let myself off any obligation to run further. So I just plodded around Lausanne, then Hong Kong, followed by Lausanne again, succeeded by Highbury when I moved back to London, followed by Clapham (God, do I know Clapham Common well!) and Southfields. Always slowly, and never for more than half an hour. Also no-one told me about running shoes wearing out, however good they might be to start with. Nor about the need to compensate for oddities in one's running gait. So every now and then the shoes would wear out and I would start to get pain in my knees - but what could be wrong when I was sticking to the half hour limit and wearing good shoes

continued on page 10

The Great Greek Island Run

continued from page 3

It emerged early on that the concept of sponsorship was far more a part of the British culture than we had realised. There is no Greek word for *sponsor*. Bob-a-Job lost something in translation too, so conversations could be summarised thus:

“We run 20 km across the island and then you give us money for the clinic.”

“Why?”

“Why what? Why do you give us money?”

“No, why do you run across the island? Just take this.”

“No, we can’t do that. First we train for 2 months, then run (with the incentive that donations are resting on it), then you give the money.”

“Whatever.”

“Will you run with us?”

At this point their whole body would recoil as if shot in slow motion by a blunderbuss. After regaining some composure they would point, with remarkable detachment, accusingly at their enlarged stomach, knee brace, packet of Camel, grey hair, beer, or children. In their army days of course they ran that distance daily with a full pack - and they weren’t talking Camel. Just a little bull perhaps.

On a depressingly glorious afternoon in late September we limbered up in the main square of the village. We had done everything possible to be in the best shape, having followed a disciplined campaign involving much discussion of tactics and race plans. The visualisations had been going splendidly, carbo-loading had been strictly enforced, I had new shoes and Pete had laundered his running top. I had gradually built up to three long massages a week.

A throbbing mass of nine others had been granted highly sought after places along side us. Seven foreign staff from Atsitsa - nearly all novice runners in fancy dress - with the local bank manager and a boat skipper. So grateful were we for the two Greek entries that we tactfully restrained from pointing out they were on bicycles. About 50 onlookers yawned with anticipation as Baba Stamatis, the oldest man in the village, proudly signalled the start with an involuntary wave of his shepherd’s crook.

Atsitsa’s staff and guests for that day were exuberant in their support along the long and winding road. Water stations, support vehicles, posters of encouragement all helped push away the mantra in one’s head that says at 40 I’m too old and unfit, and what’s the point anyway?

The halfway point was marked by the tiny stone chapel of St. James, perched overlooking a valley of crumbling stone animal shelters. Affectionately known to us as “F-Off Mountain”. Here Pete ran through the water and sponge station. He stretched blindly towards a neat pile of sponge-backed scourers laid out by Julie, the Head of

Housekeeping, and grabbed one. I made a mental note that next year it would be helpful if she could take the sponges out of their cellophane wrappers and soak them.

The oldest man in the village proudly signalled the start with an involuntary wave of his shepherd’s crook

I have never enjoyed the scenery less. Nausea set in as the parched fields, with volcanic rocks dotted amongst the arid soil, relented to thick gorse shrubs and shrivelled, pasty-green olive trees. I was nearly out of sight of Pete struggling with the sponge wrapper as we dropped sharply from several hundred feet through dramatic pine forests to the jagged coastline, where a desolate taverna had 150 ill-mannered goats as its only custom.

Not far to go now. We’d both come a long way on our personal journeys too and my mind was trotting out a stream of life metaphors. These may be moments of spiritual enlightenment or the effects of chemicals bubbling through our grey matter on a fast spin cycle. Either way it allows you to step out of the pain and jog dusty memories. In 1992 I had unwittingly spiralled downwards with the gravitational pull of alcohol and drugs, bottomed out with a thud and mercifully landed in the comforting arms of AA. Pete had struggled back to his feet after a three-year count at the hands of the lymphoma Hodgkin’s Disease. From receiving the last rites in 1986 he ran his only previous half marathon in Paris 18 months later. So for us these were poignant and privileged moments. Joan Rivers once said she’d take up running when she sees a jogger smiling, but sweating and grimacing is only skin deep.

With tear-jerking synchronicity, however, as the sun melted into the Aegean before us, Pete and I fell across the line hand in hand with Kate, an Australian nurse, to jointly claim the first three places, and a niche in Skyrian folklore. Our egos were bursting with the attention, and the coffers for the appeal bursting with others’ generosity. We were able to present the island’s doctor with the heart defibrillator he had requested - ready for the following year’s race.

The Skyros half-marathon has caught on slowly. We handed over the organisation, as was always our intention, to the local council in the hope it will be a permanent fixture. We were able to persuade Alan Storey, GM of the London marathon, to come out to Skyros the following spring to offer his advice and encouragement. We have raised nearly £30,000 since 1997 and helped bridge a gap between the islanders and its foreign tourists, previously filled predominantly by trade and business.

Last year, its third, there was a walkers’ group, a 10km race, a children’s event and a few brave islanders attempting the whole distance with us.

continued on next page

The Great Greek Island Run

continued from previous page

We all finished in the village's main square to be greeted by several hundred onlookers. To celebrate the day there were medal ceremonies, speeches by local dignitaries and a musical soiree.

Yet the event needs to grow if it is to survive - it is still a very delicate flower. If it does I hope it never loses the informality that allows a troupe of drummers - Band

On The Run - to bang themselves into a frenzy by the water stations, the handyman to stop 4 times for beer and a fag, Mavrikos the farmer to carry his plimsolls and run like Zola Budd, and, most importantly, that homely feel that allows both of us to still dream of winning the bloody thing we started.

If you wish to experience this year's Skyros half marathon on September 30th (and lessen our chances of a medal) please contact me on 020 7486 0133. ■

Kevin Whelan

Greenbelt Relay

A View from the Fiesta

As usual, the 1997 race had its share of adventures. Will this year be any different? Nick Slade is presently forming this year's teams

Saturday

06.45 Nick Slade sitting alone on a bench by the pavilion in a misty Hyde Park waiting for his team.

07.00 More conversation from 15 people than is healthy at this time in the morning.

08.45 Buy Daily Telegraph, read front page, Met Office says it will rain for 30 days.

(Paper thrown away on Sunday night, having got no further).

09.00 Relay starts in front of Hampton Court.

10.20 Hugh Jones wins first stage in impressive style; Richard Holloway comes an excellent fourth.

11.00 Gabrielle discovers Legoland is in Windsor and has to be restrained from leaving the car.

11.45 Minibus 1 has puncture in Slough with Jean Luc on board who is due to run his stage in 20 minutes time. Frantic activity on mobile phones.

12.10 Sarah Newton backtracks route to Slough through heavy traffic, picks up Jean Luc in pitstop worthy of Formula 1 and takes Jean Luc to stage start at Little Marlow.

12.30 Jean Luc starts stage, 22 minutes late.

12.31 Discover Sami is running the stage as Jean Luc's replacement.

12.35 Chase after Jean Luc, pick him up, take him to start of next stage.

13.12 Arrive at Widmer End, driver and navigator stressed out after rally style journey. Jean Luc completely relaxed. See runners disappearing down road. Jean Luc sets off in hot pursuit. Catches up with Nick, grabs his map. Nick says, hold on, this is his stage. Jean Luc returns to start line. Still smiling.

13.17 Sami and Heather finish their stage together after spending some quality time in the woods.

13.20 Richard snacks on smoked salmon canapés (Sainsbury's best). Requests a nice chilled Chardonnay to accompany them. Offered a can of warm lager instead.

14.30 Jean Luc starts stage 6, his third attempt of the day, and manages to complete it without anyone telling him to stop.

15.15 Ruth Jackson and Ian Hall to run stage starting in St Albans. Sarah gives Ian her spare car key in case she has to run the following stage.

15.16 Ian loses Sarah's car key. No one can find it. Ian makes arrangements to find own way back to London.

15.19 Stragglers runner finds car key. Ian retains position as navigator (just).

15.20 Stage starts. Ian personally experiences the Poole Runners approach to the Green Belt: each of their runners has a cyclist with them to route find, making Ian's life much

easier. Ruth has less positive experience with another team's cyclist/map reader who leads several runners off course.

19.30 Tenth and final stage finishes in Blackmore, conveniently next to a pub. Landlady directs runners to another (empty) bar as "people are eating in here".

22.00 Large quantities of pasta, beer and wine being consumed in Brentwood.

00.30 Runners return to hotel. Runners staying in annex do eleventh stage of day (well, it seemed a long way away!)

Sunday

06.30 Runners get up to do it all over again.

10.00 Stunning view of QE2 bridge from start of stage 3. James Lloyd arrives with bicycle having caught train to Dartford from London. As his chain broke at the station, he has just run 3 miles with his bicycle.

10.19 Sue Lambert appears to be starting her stage from the loo.

10.20 Sue decides to start from start line with everyone else.

10.50 Set up water station at 9 miles. Joined by cars from other teams - we soon have three water stations in 100 yards.

11:10 James flags down passing cyclist to borrow chain link remover to repair chain. Sarah and Ian gobsmacked by this ingenuity.

continued on next page

A view from the Fiesta
continued from previous page

11:32 Sue runs by, locked in titanic battle with two other runners.

11:40 Margaret arrives in minibus to say she can't find Jean Luc at Shoreham station. (He is coming from London by train). Thinks his arrival has been delayed by engineering work on line. Classic example of Chinese whispers occurs as we are later informed by David Street that Jean Luc couldn't run today because he was called out to do some engineering work. Theory collapses when told Jean Luc is a chef.

12:40 Team car passes Sami nearing the end of his stage. As they pull alongside, the path disappears behind a hedge. When Heather is later told this story, she turns and asks Sami what he was doing behind the hedge.

13:00 Everyone relaxing on village green at Tatsfield in afternoon sunshine. Sudden panic when we all realise we should be marshalling, handing out water, getting runners to next stage. Everyone scatters.

13:30 and several other times during the weekend.

Ian: "Could you turn right here, Sarah?"

Ian (a few minutes later): "Could you turn round, we should have gone left."

Sarah: "OK."

(As young children may be reading this, some of the language may have been modified.)

continued on next page

15:20 Hugh Jones wins his second stage of the weekend, at Gomshall.

15:30 Meredith runs up what appears to be part of the Himalayas transplanted to Kent, apparently glued to the Poole Ladies runner in front of her.

16:40 Meredith comes home in front of Poole Ladies runner despite most of Poole being on the course to cheer on her rival.

17:15 Final stage from Chertsey back to Hampton Court. End of

term atmosphere as everyone is on the roadside supporting their runners. Nick completes stage on James' bike. Prospects for further additions to family severely reduced. James does not blow up after 3 miles and runs a great race to come third.

Green Belt Oscars

Hilary for doing two(!) stages on the second day.

Beate, Margaret, Sarah, Nick and Ron for getting the show on the road and keeping it there for the whole weekend.

Ken, Ron and David for piloting the minibuses with skill and panache through a maze of country lanes, the motoring equivalent of quarts into pint pots.

Everyone who ran their hearts out and contributed by just being there. In Battersea Park they say "runners are smilers". There certainly seemed a lot of smiling faces at Hampton Court on Sunday night.

Jean Luc who had more starts on Saturday than most people did the whole weekend and then discovered on Sunday that there are several Shorehams beside the one in Kent including one 50 miles away on the South Coast. He has put his name down to run next year. See you there!

Unanswered question: we would like to know how Darren managed to find time to eat chicken and chips for lunch in a pub on Sunday.

Where did we go wrong? ■

Ian Hall

Welsh Castles

AWOL in Llangollen

(Reprinted from 1991 newsletter – Arthur and Beate are presently forming this year's teams)

George Wilson has a drink the night before the race and next morning..

The following is a report on "my" weekend at the 1991 Welsh Castles Relay which as it transpired was not quite the same as everybody else's. Having occasionally submitted articles to the newsletter before, this event seemed a natural to report on, but I would probably have chosen not to make public the full details of my weekend had John Walker and others on our minibus not insisted that this was my "forfeit" for going AWOL. Any gaps, which appear in my story of the weekend, are because *I wasn't there* and will, I'm sure, be filled in by other participants.

Friday lunchtime saw our lone minibus set off from Wimbledon whilst everyone else was making their way independently to North Wales by car. It could have been pure chance, though I doubt it, but it soon became evident by the chinking of cans and bottles in the vehicle that the more thirsty members of Serpentine RC had been thrown together on this minibus. The journey passed quickly with one brief stop, with Bob Llewellyn, Bev Westwood and Peter Maughan driving us smoothly whilst John Walker, Alan Souness and myself shared catering duties. Pat Flanagan contributed by non-stop talking and Julian Hebir, who joined us along the way, seemed bemused at the early festivities but decided to join in. We arrived in Llangollen dangerously early at 5:45pm, dropped our bags at the B&Bs (all close together, up the hill from the village) and then heard management tactics being announced by John Walker,

continued on next page

**Do You Have
Something To
Say?**

* * *

Say it in the Summer Serpentines

.....

Deadline for contributions is
June 1

AWOL

continued from previous page

“meet in The Grapes at 6:30.” What about the 45 minutes? Then... here the nightmare begins!

Other club members had joined us by now, and we subsequently spent a pleasant evening in a few pubs in the village, splitting into groups to dine, then reforming for a club social before retiring for the night. I felt safe at this point in any overindulgence, as I wasn't due to run until 9:00 am on Sunday, some 36 hours away. The evening passed and suddenly at closing time it seemed as though the Martians had landed, whisked everyone away, and left only me to tell the tale. One minute Mark Manners, Bob Llewellyn and myself were in the pub making a hash of chatting up two rather suspect looking Welsh females (well I think they were females), next minute I was trudging up the hill, nobody else in sight. To use a Peter Forsterism, I made my way towards the Bates Motel on the hill, realised Peter Maughan, with whom I was sharing a room and a key, had long since departed. I sheepishly rang the bell to get in. The man who came to the door in his dressing gown screamed something at me in a mixture of Welsh, and another language, which I recognised, but would not like to admit knowledge of. It wasn't our or even a bed and breakfast. I roamed around for ages in the dark becoming more and more agitated. Then eventually, about 1:00 am, I knocked up the Grapes pub where we had been earlier and was thankful to be given a room for the night.

They were still serving drinks to the remaining staff in the bar and by now I was so upset, not only did I accept a night cap, but I instinctively accepted and smoked a cigarette, despite having given up a while ago. Next thing I knew it was 12:00 noon on Saturday and I'd woken fully clothed in this strange room. Two things dawned on me. Firstly I

should have been many miles away at the race start in Caernarfon and, secondly, though I only realised the extent of this later on, everyone else would have been up at 7:00 wondering where the hell I was.

Playing dominoes and sharing ale with Dai, Hywel, Cyfil and Ivor, average age 74

I just couldn't believe I'd managed to get lost. I found our B&B easily in the light of day (two doors from where I had knocked), and the landlady said the others had searched high and low for me, but had long gone, paid my bill and taken my baggage with them. What now? I wandered in a daze through Llangollen, stood on the bridge over the river and thought, “what a lovely place - if only I weren't in such a mess.” I made enquiries around town and found I could get a bus to Ruabon or Wrexham. Big deal! And a few other alternatives were long and painful. I briefly considered going back to London, but decided that somehow I must meet up with the others, and at least be able to run my leg on Sunday. The local cab office obliged by charging me £50 including tip (don't come to Llangollen) to drive me to Newtown, the overnight half way point. Considering my “foreign” London accent and scruffy appearance I'm surprised they took me, although it's the colour of your money that matters, not the colour of your face. I didn't care by now. I was just glad to get to Newtown, but the next problem was it was only 5:00 pm and the last leg of the relay - remember that? - didn't finish until about 9:00 pm. The library, thank God, was shut, so I spent the next four hours in Newtown playing dominoes and sharing ale with Dai, Hywel, Cyfil and Ivor, average age 74, who not only cheated at dominoes, but gladly let me buy the ale all night, despite looking comfortably off themselves.

At about 9:00pm, the runners started coming in on leg eleven (bingo) from Welshpool to Newtown, and the look of astonishment was there to be seen on the faces of all the Serpies, who wondered how I got there, or even thought I was in the river. John Walker looked as though he'd seen a ghost, this time at a Welsh Castle, not the usual Scottish. Certain expletives were uttered, but I think overall people were glad I was safe. Later that night (another bar and restaurant), Bob Llewellyn told me they'd searched Llangollen for me and eventually had to report me missing to the police. I feel embarrassed even as I write now. So thank you to Bob who made painstaking inquiries to locate me. The police eventually found out I was all right.

So Sunday dawned. Up at 5:00 am (four hours sleep), I would have paid any amount of money to be struck down by lightning and not have had to run. Bob Llewellyn was also suffering badly with a stomach bug and latterly spent most of Sunday “sitting down” in various parts of Wales. I knew I had to run even if I died along the way. At least it would be a glorious death (between Crossgates and Builth Wells?). In fact, I nearly did die! I felt dreadful all the way, got cramps straight away in the calves, and just prayed for a time warp to take me to the finish without delay. I was so slow I didn't even check my finish time. All I know is that I only beat a couple of people home and it took me at least 11 minutes longer than it should have for 10.6 miles (at least I beat the cut-off). I was just glad that I managed to get there and complete my leg. Never again will I have such a preparation for a race. Thankfully everybody else seemed to perform quite well in our team, so my effort didn't really affect our final placing. The day, after that, seemed long, but gradually I got into the atmosphere of the event and it was great to cheer our other

continued on next page

Someone Is After Your Money

His name is Ian Hall

Don't forget membership renewals are due on June 1st

AWOL

continued from previous page

runners on from the minibus through the latter stages of the race including John Walker, Hilary Walker, Julian Hebir, Bev Thomas, Derek Paterson, Nicky Rosewell, Peter Maughan, Jean Gale, Mike Maddison, Caroline Yarnell, Bob Davidson, Sue Ball, Jacqui Bristow and finally Bob Llewellyn, who gallantly ran a fast leg to Cardiff Castle despite his sickness. They all saved my bacon.

With all members of all teams meeting up, the spirit of the event was wonderful

It was a heart tugging finale at Cardiff Castle, with all members of all teams meeting up and the spirit throughout the event was wonderful (in more ways that one). I apologise if I've dwelt too long on my own experiences, but what I've written is what I saw and I'm sure others will fill in the gaps about the race.

And so, after a brief stop in the Civil Service bar, we made our way home on the minibus at 6:30pm, minus a few of Friday's trippers, but bolstered by one or two replacements including Caroline Yarnell. If ever you see a three-legged donkey, that will be the one that Caroline talked the hind leg off of. Actually I found her very amusing and good company. I could also relate to the dry wit of Alan Souness. All in all, we had a good

busload of people and I enjoyed it tremendously. I was no longer drinking on the way back, but everyone else was so we stopped at every service station on the M4 for relief, particularly after stopping over water on the Severn Bridge.

Just glancing through John Walkers "Advance Notes To Friday Travellers", I noticed he showed amazing foresight with such warnings as "the pace of the two days will be very hectic!", "You will be reunited with your transport as soon as is viable", "plan for all eventualities" and, finally, "an early start will enable you to enjoy the sights and sounds of Llangollen."

Without going through all the names I'd like to thank everyone who organised and contributed towards the running of the trip. It was hard enough to plan everything in such detail and co-ordinate everything over the two days without having to

Do you know any running jokes?

Send them to the address on the page 46



...and we'll print them.



(if they're funny, that is)

cope with additional "problems". Still in a group of fifty people, as they say, "there's always one" - so it was me! So apologies for any unnecessary anguish I might have caused and I promise I won't go on any more club trips! (until the Seven Sisters - look out John Ralph). ■

George Wilson

Ed. note: George has not been around for nearly two years. He has had various illnesses and injuries, the latest of which was a fractured wrist. However, he has assured us that he will rejoin the club shortly.

Never more than half an hour

continued from page 5

I missed a lot from that self-imposed limitation - around Lausanne alone there were wonderful running possibilities and while Hong Kong was rather hot and hilly there were amazing views from the Peak. Too far for me of course. But there were moments of enlightenment when I managed to see what running would one day mean to me. I found myself thinking, after a run in Highbury, that any day on which I ran, what ever else I did or left undone, couldn't be a day wasted. This thought surprised me and I wasn't sure I approved. It sounded a bit obsessive, potentially dangerous, almost Messianic in its focus. I quickly put it aside and forgot about it. No, half an hour twice a week was quite enough. All the books (well, one book that I thought I remembered) said so and more might damage me. Anyway, most of my friends thought that I was mad to do as much as that. I didn't want to become a running junkie, did I? And I never even thought of the companionship that would become available to me if I joined a running club. (next month: joining the Serpentes) ■

Edward Liddell

Fast Walker

The Serpentines Interview

The Serpentines Interview is a new regular feature. In each edition, we will be finding out more about personalities who run in London. We kick off the series with our own club Chairman, Hilary Walker.

Hilary Walker is Chairman of the Serpentine Running Club, and has held five world records. Owen Barder caught up with her at her house near Hyde Park.

When Hilary Walker started jogging aged 28, she could not run the half mile from Rutland Gate to the Serpentine in Hyde Park. Four months later she completed her first marathon - in 3hr 55min. Five years later she broke her first world record. Today, at 46, she still holds the world record for 200miles.

It was 1982 when Hilary returned from a holiday trekking in the Himalayas determined to maintain her fitness. She started jogging in Hyde Park. She would see the newly formed Serpentine Running Club on their regular Saturday morning runs, but it took her three weeks to summon the courage to run with them. "It was a major achievement the first time I ran round the Serpentine".

"I have always considered myself a fun runner", she says. Being only a "fun runner", Hilary now runs about 90 miles a week. She sets her alarm for 5am and runs 8-12 miles in the morning, usually round Hyde Park and along the river to her office. She is at her desk shortly after 8am. Her working day ends at around 7pm, when she might run 6-10 miles home.



it is the reason she stays in London, when she would much prefer to live in the country.

Hilary started running ultra distances to raise money for charity: "Running marathons was not much of a challenge, so I thought I'd try something longer". In 1985, Hilary entered a 100km race from Grantham to Lincoln and back. She was the first British woman, and so became the Great Britain champion. Two years later she broke her first world record. It was just five years since she started jogging in Hyde Park.

Hilary's record for 48 hours stood for 10 years, and her 200-mile record still stands, twelve years later. Was she upset when other runners began to beat her records? "When I lost my first one, I was miserable - but now I'm glad to see other people coming along and doing it."

Hilary has no coach. "I am a difficult and obstinate lady. No-one would be able to tell me what to do."

She has taught herself to run very efficiently - "my economy drive". If you have seen her run, you will know that she appears to float along the ground. She says it comes with practice, particularly from running when tired.

"After a hard day at work, just having the peace and quiet of running home in the dark is great."

Hilary is a civil servant with a demanding job heading up the Radiation Unit in the Department of Health. Her team is in charge of policy on the public health aspects of radiation, covering everything from Sellafield to skin cancer. She has been working long hours in recent weeks because of concerns about the safety of mobile phones.

Because Hilary is such an accomplished runner, it is easy to assume that everything else in her life must come second. Not so. Hilary enjoys her job and works long hours. In fact,

Hilary Walker's World Records

- 50 miles (6 hrs 12 minutes)
- 100 miles (under 15 hours)
- 200 miles (39 hrs 9 minutes)
- 24 hours (146 miles)
- 48 hours (228 miles)

Her easy running style disguises the speed at which she is moving. Over 50 miles and 100km she runs faster than 7½ minutes a mile.

continued on next page

Fast Walker

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So why does a world class runner like Hilary stay involved in a club which does not focus on elite athletes? “It switches off my competitive side. The runners I have come across are far too serious.” Hilary’s eyes light up with missionary zeal. “There’s another thing. I like to see new people coming into running. It is both a personal thing and a work thing. I don’t like seeing people who are totally out of shape and not doing anything about it.” And running in club colours is a big motivation: “When I run for a team, I run harder than I run for myself.”

“I am a difficult and obstinate lady.”

Hilary readily admits that the job of Club Chairman is not too onerous: her main task is to chair the monthly Committee meetings. But she sees the club officers as the conscience of the club. And she says she would be happy to stand aside if the club wanted someone more dynamic.

She has seen the club change over the years. The loss of Alexandra Lodge, and the end of free parking, led to an exodus of many of the original members. “There was a time, four or five years ago, when people were not coming along to club runs like the Handicap. I did wonder if the club had a future.” She is reassured by a new generation of young people in the club, though “there is a lot more coming and going”. She thinks the club is now healthy: “It is great to see the new members helping to organise events. It is very important to get people involved and interested.”

“I am a lone runner: I do like running on my own”

She is keen for the club to remain cohesive. “The Serpentines is sent out to all members, which helps to keep in touch with those who don’t have access to the Internet, and those who don’t come regularly.”

As well as running for her country, Hilary also gives a lot of time to committees such as the Road Runners Club Council, the UK Athletics road running PST (policy committee), the UK Ultra Distance Management Panel, and the Friends of Hyde Park and Kensington Gardens. Work, running, and her committee activities do not leave much time for other hobbies. Hilary reads and plays the piano. She has never liked big crowds or noisy places. Her idea of a perfect social occasion is a quiet dinner party with four or five people, or visiting friends at the weekend.

Hilary admits to being a loner, and has not been in a relationship in recent years. “I have learned to be happy and content with myself.” She would not rule out a relationship if the right person came along, but: “I wouldn’t throw away the opportunity but I would be very, very cautious ... if I was having to share my life with somebody else it would mean making compromises.”

Hilary believes her running has given her an inner strength. “Running has given me an incredible amount of confidence. Running has made me more self-sufficient. It is yourself you have got to be true to. You can’t deceive yourself.”

Hilary is conscious that she is getting older, and it seems to be on her mind. At 46, she can no longer sustain a mileage of 120 miles per week that she was doing as recently as last year. She remains mercifully injury-free, but finds she can no longer push herself as hard as she did. She intends to go on running for many years to come. But she is philosophical: “Whatever happens to me now, I feel I have proved myself to myself.”

As I left Hilary in her mews house near Hyde Park, I contemplated the complex, contradictory character of the long distance runner. A world record holding athlete who sees herself as a fun runner. An instinctive loner who values a running club because of its social life. A shy, reserved person with deep-seated confidence about herself and what she has achieved. She is an inspiration. ■

Owen Barber

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 would like to engage some of these talents in writing for this newsletter! To help get you started, each quarter we will propose a topic. Within space limitations, we’ll publish what we receive. If you are motivated but want help or just want to check your ideas out, by all means contact us. If you want to write about something else, then by all means do that. For some examples of what you might want to do, see, in this issue, Ken Kwok’s “Reflections” piece, or Owen’s new quarterly interview column, Kevin Whelan’s “Greek Island” piece, or Sarah and Hilary’s “Ask The Doc” column, just to name a few. So for the next issue of the Serpentines, we are seeking contributions on the following topic:

*A running event that made a permanent change in your outlook.
A PB, a disappointment or an injury, perhaps?*

In addition, we always welcome any other contributions of interest to club members: race reports, proposals for club activities, ideas for regular columns, etc. We also eagerly seek help with editing and assembling the newsletter.

See page 48 for details for submitting contributions.

Team News



Captain's Log

The Women

We now have 120 women members out of a total club membership of 289. This high proportion is quite unusual for a running club. As a whole, some of us are very keen to compete in a wide range of events; some in the occasional road race and others simply enjoy having company to train with. And for many of us, the social side of the club is very important.

That said, here's a brief run down of the cross-country season, which is now over. We took part in the five fixtures of the Metropolitan league, our A team finishing 12th and our B team 16th out of 22. We also ran in six championship events, doing particularly well in the veterans ones, as we came 3rd in the Middlesex Vets and won the South of England Vets FV45 Championships. We also placed 3rd in one of the open championships, the North of the Thames. Leaving aside where we finished and who scored for us on any given day, perhaps the most important thing is that those who took part seemed to enjoy the challenge of racing off-road - and trying to stay upright on some of the tricky mid-winter courses!

Winter is now behind us and there are other ways to have fun. Traditionally this is the track and field season. We are in a veteran's league, which involves four Monday evening fixtures. However, as we are not in an open league, we are thinking about organising trips to some of the many open athletics meetings, which will be held throughout the summer. This would give some of you younger and more sprightly ladies a chance to try out track races and field events if this appeals to you. Of course, if you are 35 or over, we would really appreciate you coming to the veterans' meetings.

continued on next page

Captain's Log

The Men

Cross Country

All the mud and glory is over for this year culminating in a 76th place out of 122 teams who completed teams in the National Cross Country at Stowe.

Well done to all those athletes who turned out during this season and to Richard Long and Malcolm French for all their efforts throughout. I have decided to award the Cross Country Trophy for 1999-2000 to Malcolm French for all his unstinting efforts and hard work both on and off the field.

Road Running

Not much to say on this front as not a lot has been happening, but look forward to the Welsh Castles Relay taking place on 3rd and 4th June. (This is always presuming that we are accepted.) This has the potential of being one of the busiest week-ends in the club calendar with Southern Men's Track & Field at Braunton (North Devon) and Harrow that week-end.

Club Championships Dates are published elsewhere in the Serpentines. Remember Serpie colours are required to compete in the Championships, and for any races we organise as a Championship, you required to wear your Handicap Number. You have been warned !!!!!

Track & Field 2000

Full details have been prepared in great detail by Derek Paterson and are published elsewhere so I will not step on his toes and detract from his effort. All I will emphasise is that we need as many people as possible to turn out to compete, officiate and just help out.

Have a good season and good luck to all those who compete for the club in the coming months. ■

John Walker

Cross Country 2000

Kings of the Country

Men's Cross Country Team Report by Malcolm French – January to March 2000

The second half of the Cross Country season saw a high concentration of fixtures during January and February with consequent demands on the club's members. Nevertheless we saw very good support for the

men's team at all of the events.

The year opened with the Middlesex Championships, run over 7.5 miles at Copse Woods, Ruislip. 19 clubs participated and we finished in a good 9th place with John Shaw our first finisher in 38th place. The support of Owen Barder and Terry Nicholson was especially noteworthy as both had run in the Club's Handicap earlier in the day.

continued on next page

Captain's Log - Women

continued from previous page

By the time you read this the Paris Marathon and probably London will be history. We have a number of Serpie Ladies on the championship start in London and many more in the main body of the field. There is also a predominantly women's group running Paris and we hope you all have great runs.

Looking ahead to May, there will be women's teams in both the Greenbelt and the Welsh Castles relays. In July, a good number of us will be found doing all sorts of things in Davos. Later in the year there will be a mixed team in the Round Norfolk Relay. Look for information about this in the next issue of the Serpentes. Serpie Ladies will also be running in a lot of the road races in the London area throughout the summer, and we will endeavour to organise strong group participation as we have a good record of winning team prizes - always a nice fillip to complete the day out!

A good spring and summer's running to you all. ■

Beate and Jan

Cross Country 2000

continued from previous page

Terry also had an excellent race in the following fixture, the Metropolitan League meeting at Claybury. Steve Hilton continued his good vein of form, finishing in 38th place. In fact, Steve placed 38th in both of his Met league starts. Pat Twomey's first start ended with him lying flat on his face in the mud in front of Ros Young: what power our Hon. Secretary has!

We then had a couple of Championship events. The first was the Southern Counties Championship on 29th January. There's no doubt that this is the toughest event of the season, run over 9 miles of hills and mud at Parliament Hill, Hampstead. The men's team finished 43rd out of 82 clubs. Steve Hilton, in 183rd place, was our first finisher (out of 966 overall) and was well supported by John Shaw, Pat Twomey, Phil McCubbins, Derek Paterson, John Jarvis, John Ralph and Phil Harris.

The following Saturday saw the Middlesex Veterans Championship at Mad Bess Woods, Ruislip. Leighton Grist headed the team in a splendid 6th place in his age category.

There were also two Sunday League events, at Welwyn and Royston. Both are excellent "traditional" scenic courses, Welwyn including several stiles and a water splash. We even enjoyed spring-like weather for both of them. It will be a while before Richard Long forgets the Welwyn event. It wasn't until he was on the train that he discovered that it didn't stop at Welwyn but went on to Stevenage, miles away. He left Stevenage Station to see the hourly bus disappear and decided to run to Welwyn, arriving literally seconds before the race started. The extra warm up obviously worked as Richard reckoned he had his best race of the year!

The Committee Needs New Members

Don't wait to be invited; ask to be nominated

★ ★ ★

Elections will be held at the AGM

Nominations must be received by June 17th. See the nomination form enclosed separately with this newsletter

The final Metropolitan League event was at Ruislip where we welcomed two debutants, Graeme Steddon and Bernard Petit. We also saw the welcome return of Francis Cooney, who was our first finisher in 20th place and won the Vets section of the race. Three runners competed in all five Metropolitan League fixtures, Leighton Grist, David Lipscomb and Richard Long, with John Ralph running in four events. Richard also ran in all five Sunday League events. In the final Metropolitan League standings, the men's team finished a creditable 13th out of 21 teams (up from 15 teams in 1999) with the Vets team finishing 7th out of 17 teams.

The last fixture for the "over 40s" was the Southern Veterans Championship held on 4th March over a three lap, 10km course at RAF Halton, near Wendover. We fielded a team of six with John Shaw and Leighton Grist enjoying an excellent tussle throughout the race, John coming out just on top in 46th place to Leighton's 49th. They were followed home by Terry Nicholson (114th), Derek Paterson (124th), John Ralph (150th) and Malcolm French (167th).

The final senior event of the season, and its highlight, was the English National Championship in the spectacular setting of Stowe Park, near Buckingham. This was a new venue and it proved to be a first class. It also proved that you don't need ankle deep mud to make a course challenging. There were hardly any flat sections but it was very runnable with firm conditions underfoot. We fielded a strong team and were rewarded with an improvement to our 1999 finishing position. We placed 76th out of the 122 clubs that were able to close a team in the "six-to-score" competition (1999 - 81st team). Leighton was our first finisher in 434th place (out of 1,418) and was well supported by Pat Twomey, Paul Ashworth, Phil McCubbins, Hugh Shields, Malcolm French and the three Johns, Messrs. Jarvis, Ralph and Shaw. In the "nine-to-score" competition we finished 39th out of 51 clubs.

It's hard to believe that the cross-country season is already over: it seems no time at all since we were starting out at the Perivale Relay. In conclusion, I would like to thank everyone who has competed for the club during the past six months. I hope you enjoyed your running. Thanks also to Richard Long for his hard work in respect of the Sunday League. And a special "thank you" to all the ladies who stayed on after their own races to support us: we all really appreciated you cheering us on! ■

Malcolm French

History

Cross Country Statistics

Derek Paterson scrabbles through his archive of old newsletters

The good individual and team results recorded at this year's National Cross Country Championships set me to wondering how these compared with earlier Serpentine results in the event.

Having scrabbled through my copies of past Newsletters and back copies of Athletics Weekly I came up with the following which others might find of interest:

Notes:

1. If anyone has details of team and individual results to fill in the gaps please let me know. Also please advise if you know of different names competing from those recorded below (e.g. I am not sure I believe that it was Rob Llewellyn who ran in 1992 or Rupert Morrell in 1998).
2. Women's National XC includes a team award for women vets (the men's race doesn't)

Individual Results

1983 Men (Luton)

1073 Bernie Tuck, 1316 Alec Randall, 1339 Colin Soens, 1391 Steve Murphy, 1442 John Walker, 1450 Paul Coady, 1586 Nick Gray.

1984 Women (Knebworth)

265 Julie Wilmot, 267 Jill Hickman, 318 Hilary Walker, 333 Joyce Goody, 365 Christine Brixey, 367 Wendy Wood.

1986 Men (Newcastle upon Tyne)

1025 John Walker, 1083 Derek Paterson, 1425 Derek Turner, 1434 John Ralph.

1988 Men (Newark)

333 Francis Cooney, 396 Robin Kindersley, 565 Rob Johnston, 773 Mike Askew, 1042 John Kennedy, 1116 Bill Laws, 1229 Derek Paterson, 1483 John Hudspith, 2115 Keith Rogers

Paul Miller also ran in the Junior race.

1989 Men (Epsom)

338 Gareth Coomber, 507 Francis Cooney, 539 Robin Kindersley, 647 Rob Johnston, 963 John Ralph, 1230 Derek Paterson, 1252 Ron Higgs, 1417 Mark Manners, 1509 John Walker.

1989 Women

(Birmingham)

261 Pauline Baker, 332 Barbara Sheldon, 356 Nick Rosewell, 380 Ros Young, 398 Maeve Wynne, 402 Christine Brixey, 442 Jan Farmer, 475 Joyce Goody, 502 Jane Thompson.

TEAM RESULTS IN NATIONAL CROSS COUNTRY CHAMPIONSHIPS

	Senior Men	Senior Women	Women Vets*
1983 - 1987	(team results unknown)		
1988	86 (4225)	(unknown)	
1989	90 (4224)	54 (pts ?)	
1990	92 (pts ?)		35 (966)
1991	(unknown)	(29) (865)	2nd (128)
1992	152 (6765)	44 (1123)	7th (252)
1993	disqualified	38 (1065)	3rd (279)
1994	138 (6095)	19 (620)	3rd (771)
1995	140 (6579)	22 (779)	1st (893)
1996	82 (4755)	15 (528)	3rd
1997	49 (3065)	21 (662)	
1998	68 (3859)	25 (724)	
1999	81 (4456)	26 (751)	
2000	76 (4341)	not entered	

TOP THIRTY INDIVIDUAL 'NATIONAL' POSITIONS:

Senior Men				Senior Women		
1.	190	E Keranen	(98)	102	M Blake	(96)
2.	193	R Kindersley	(93)	107	R Teinila	(96)
3.	193	R Kindersley	(97)	109	H Ward	(94)
4.	216	S Watterson	(97)	121	S Dorri	(99)
5.	246	S Watterson	(99)	128	R Teinila	(97)
6.	251	R Johnston	(90)	134	L Craig	(95)
7.	257	R Kindersley	(96)	134	L Craig	(98)
8.	315	R Kindersley	(92)	145	H Kingston	(96)
9.	333	F Cooney	(88)	148	H Kingston	(98)
10.	334	F Cooney	(90)	152	L Craig	(94)
11.	338	G Coomber	(89)	159	P Rich	(94)
12.	396	R Kindersley	(88)	162	P Rich	(99)
13.	432	L Grist	(98)	167	H Kingston	(97)
14.	434	L Grist	(00)	174	M Wynne	(91)
15.	440	G Taylor	(98)	181	B Sheldon	(96)
16.	458	L Grist	(97)	183	M Johnston	(97)
17.	471	G Taylor	(97)	184	B Sheldon	(97)
18.	474	J Shaw	(00)	197	P Rich	(97)
19.	487	L Grist	(99)	203	H Paterson	(94)
20.	502	G Taylor	(96)	206	H Walker	(95)
21.	507	F Cooney	(89)	209	J Farmer	(94)
22.	539	R Kindersley	(89)	211	J Hickman	(94)
23.	565	R Johnston	(88)	211	S Lambert	(95)
24.	647	R Johnston	(89)	214	B Sheldon	(94)
25.	650	J Hudspith	(99)	219	P Rich	(91)
26.	701	R Morrall?	(98)	219	B Sheldon	(98)
27.	707	P Twomey	(00)	225	H Walker	(99)
28.	756	J Hudspith	(96)	227	B Sheldon	(91)
29.	772	J Hudspith	(94)	227	S Lambert	(98)
30.	773	M Askew	(88)	228	P Rich	(95)

1990 Men (Leeds)

251 Rob Johnston, 334 Francis Cooney, 828 John Hudspith, 858 John Ralph, 1226 Derek Paterson, 1295 Steve Brooks, 1684 Mark Manners, 1930 Andy Cooper.

Paul Miller was 117 in the Junior race.

continued on next page

Cross Country Stats

continued from previous page

1990 Women (Rickmansworth)

211 Jill Hickman, 237 Julie Haworth, 258 Maeve Wynne, 260 Pauline Baker, 290 Ros Young, 297 Barbara Sheldon, 312 Nicky Rosewell, 342 Christine Brixey, 344 Jan Farmer, 390 Hazel Paterson, 429 Joyce Goody, 434 Bev Westwood, 447 Jane Thompson, 459 Jackie Bristow, 490 Shirley Watkins, 492 Rita Clark, 500 Kathy Crilley, 507 Elaine Mackie, 515 Rosemary Cox, 516 Bev Thomas.

1991 Women (Wirral)

174 Maeve Wynne, 219 Pauline Rich, 227 Barbara Sheldon, 245 Brenda Cullen, 323 Ros Young, 348 Bev Westwood, 356 Nicky Rosewell, 394 Hazel Paterson, 432 Bev Thomas, 435 Jane Thompson, 448 Pat Flanagan.

1992 Men (Newark)

315 Robin Kindersley, 954 John Hudspith, 1151 John Ralph, 1393 Richard Long, 1395 Derek Paterson, 1557 Bob Llewellyn (?), 1611 Mark Manners.

1992 Women (Cheltenham)

264 Anne Coulet, 271 Pauline Rich, 286 Barbara Sheldon, 302 Brenda Cullen, 303 Maeve Wynne, 318 Jan Farmer, 320 Ros Young, 356 Jill Hickman, 400 Nicky Rosewell, 420 Pat Niland, 441 Carol Finn, 462 Leigh Dron, 470 Eve Wilson, 522 Hazel Paterson, 550 Rosemary Cox, 552 Bev Thomas, 566 Brenda Green.

1993 Men (Parliament Hill)

Whole team disqualified from results because one runner did not run in club colours!

1993 Women (Luton)

246 Barbara Sheldon, 253 Pauline Rich, 278 Hilary Walker, 288 Helen Ward, 327 Maeve Johnston, 371 Jan Farmer, 411 Ros Young, 447 H White, 448 J Archbold, 454 Nicky Rosewell, 491 Joyce Goody, 570 Kathy Crilley.

1994 Men (North Shields)

722 John Hudspith, 898 Douglas Millar, 906 Richard Holloway, 1108 John Walker, 1214 Derek Paterson, 1247 Richard Long.

1994 Women (Blackburn)

109 Helen Ward, 152 Liz Craig, 159 Pauline Rich, 203 Hazel Paterson, 209 Jan Farmer, 214 Barbara Sheldon.

1995 Men (Luton)

193 Robin Kindersley, 977 Richard Holloway, 1013 Derek Paterson, 1261 Richard Long, 1437 Barry Lumsden, 1698 Mark Manners.

1995 Women (Luton)

143 Liz Craig, 206 Hilary Walker, 211 Sue Lambert, 228 Pauline Rich, 248 Brenda Cullen, 254 Barbara Sheldon, 258 Jan Farmer, 275 Jill Hickman, 431 Hazel Paterson.

1996 Men (Newark)

257 Robin Kindersley, 502 Graham Taylor, 756 John Hudspith, 1030 Derek Paterson, 1209 Richard Long, 1344 Malcolm French, 1574 Phil Harris.

1996 Women (Newark)

102 Meredith Blake, 107 Raija Teinila, 145 Heather Kingston, 174 Pauline Rich, 181 Barbara Sheldon, 226 Liz Craig, 320 Sue Davison.

Also, Sarah Butchart was 183 in the U17 race.

1997 Men (Havant)

193 Robin Kindersley, 216 Steve Watterson, 458 Leighton Grist, 471 Graham Taylor, 872 Derek Paterson, 899 John Jarvis, 1006 John Lloyd, 1078 Richard Long, 1394 Malcolm French.

1997 Women (Havant)

128 Raija Teinila, 167 Heather Kingston, 183 Maeve Johnston, 184 Barbara Sheldon, 197 Pauline Rich, 255 Sue Lambert, 274 Jan Farmer, 282 Hazel Paterson, 304 Ros Young, 339 Marianne Morris, 369 Elizabeth Knowles, 396 Jackie Drake

1998 Men (Leeds)

190 Eero Keranen, 432 Leighton Grist, 440 Graham Taylor, 701 Rupert Morrell (?), 1016 Richard Holloway, 1110 Richard Long, 1173 John Ralph, 1263 John Jarvis

1998 Women (Leeds)

134 Liz Craig, 148 Heather Kingston, 219 Barbara Sheldon, 227 Sue Lambert, 299 Jill Hickman, 300 Hazel Paterson

1999 Men (Newark)

246 Steve Watterson, 487 Leighton Grist, 650 John Hudspith, 997 Richard Long, 1051 John Jarvis, 1064 Soon?, 1103 Derek Paterson, 1276 John Ralph, 1323 Malcolm French.

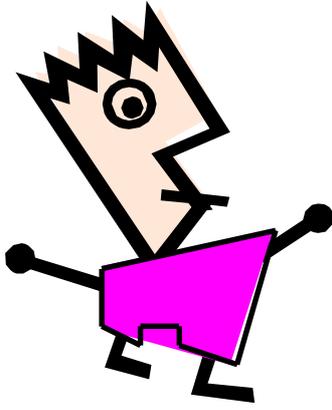
2000 Men (Stowe)

434 Leighton Grist, 474 John Shaw, 707 Pat Twomey, 865 Paul Ashworth, 911 Phil McCubbins, 968 Hugh Shields, 981 John Jarvis, 1054 John Ralph, 1094 Malcolm French.

2000 Women (Stowe)

No team entered. ■

Derek Paterson



the Starter Pack

Targets

We all need something to focus our efforts on and, with running, there are several approaches.

When you start, building up to running the two parks (Hyde Park and Kensington Gardens) is a good and achievable target. The first objective is to run it, however slowly, without stopping to walk. It may take you some time to achieve this, particularly if you haven't run before. Thereafter, you can gradually increase your speed and achieve new PBs for these runs. Think about setting two targets; one that is achievable if you follow a reasonable training plan and a slightly tougher target that you might aim for if your training is going particularly well.

Another target, and one you should think seriously about when you can at least run two parks (4-5 miles), is running a race. Think about what distance is feasible. Although 5k is obviously shorter than 10k and perhaps more tempting, they can be very fast races and, with the exception of those of you with loads of natural talent, a bit off-putting to find yourself at the back of the field. I would suggest that you pick one of the 10k's recommended on this page, which are known to be well organised. Even better, enter a race together with other new runners you have met at Serpentine and organise lunch at a pub afterwards. And thus find the really best part of running – doing it in good company, dissecting the race afterwards and washing it down with a pint.

...a canny way to win a prize?

Organise the Lanzarote holiday, pack most of the fast runners off on the holiday, enter a local race and pick up the team prize! The essential trick is to ensure that at least one fast runner from your club has entered.

Races for new runners

I usually display races that are very well organised, local and recommended for new runners. However, the running calendar mainly caters for those running spring marathons at this time of year. There are no major 5 miles or 10k races in the south east in the next couple of months, but the following are worth considering

10K

30 April Wimbledon 10K
7 May Concorde 10K
21 May Sudbury Court 10K

**Look in Runner's World –
 Race Diary for full details.**

Maggie Moran

New Members

Pork Pies and Swindon Town

*Sue McGinley and David Lipscomb
 introduce you to a bunch of new Serpies (and
 the reason for the header will be revealed!)*

Welcome to 'the dirty dozen', also known as this quarter's new members of Serpentine Running Club:

David Unwin

David has been running for about 15 years and his favourite distance is 20km at 4 minutes per km (that's about 12 miles at just under 7 minutes per mile for those of you more used to imperial measures – ed.) His other interests are skiing and sailing and he works as a consultant in Knowledge Management.

Warren Hammond

Warren only started running on the treadmill at the gym last November, therefore, he doesn't have a favourite

distance yet. He is training for the London Marathon and ran the Reading half-marathon, which was his first real sporting achievement in 10 years. His other interests are watching all sports but especially football (Manchester United, Fulham and Swindon – it's a long story apparently) and rugby as well as heavy socialising. As he's house hunting, DIY and carpets may be added to the list in future. He is a business analyst, drawing up strategies for companies wishing to do e-commerce.

continued on next page

New Members

continued from previous page

Geoff Clegg

Geoff has been running for 6 months and is currently training for the London Marathon, but then expects to stick to half-marathons. His current pace is around 8 minutes per mile. His other interests include T'ai Chi (Yang Lu Chan old style). Geoff is a Food Buyer at Marks and Spencer – if you want a Pork Pie, he's your man! (Cheese and red wine is more my style, but thanks anyway, Geoff. Sue)

Gemma Hale

She hasn't got a favourite distance yet, as she has only been running for about 7 months, but is training for the Paris marathon and really looking forward to it. Gemma has her Black Belt in Tae Kwon Do, a Korean martial art, and became an assistant instructor. Her other interests include skiing, swimming and rollerblading (She volunteered to do the rollerblading stage at the Davos marathon this summer – ed.). Gemma graduated from Kings College London last July with a BSc in Nursing, and will be returning to the ward in September.

Robert Bennett

Robert has been running for forty-four years. His favourite distances are 800M and 1500M and his current times are 2.30 and 5.20. His training runs are five to ten miles at 7 to 7.30 minutes per mile pace. Robert teaches English Literature, mainly Shakespeare and 20th century drama at the University

of Delaware, and is director of the University's London Semester. He previously visited us in 1986.

Susan Chamberlain

Susan started running competitively when she was 13, but due to running and horse riding injuries has been out of it since 1994. She started running again in December 99. Her favourite distance is currently 5 miles, but it used to be between 10km and 42km. Other interests include the theatre, hiking, horse-riding and reading. She is a Business Analyst, and implements banking systems.

Chris Lee

Chris has been running very infrequently for about 20 years. He doesn't have a favourite distance and pace at the moment, saying they all seem hard. We hope that will change now you have joined the Serpies, Chris! His other interests are mountain biking and cricket. Chris is the Finance Director of a Contract Publishing and Interactive Solutions business.

Irene Turner

Irene's favourite distance is 5-8 miles, and she runs at 8 minutes per mile pace. She has been running for 2 - 3 years. Her other interests are triathlons, scuba diving and travel. Irene is a Physiotherapy student.

Wendover Gouly

Wendover hasn't got a favourite distance yet, as she only started running again in January of this year. She collects junk (her words!), enjoys

playing PlayStation Games and also the Bass. Wendover is an MA student studying Medieval History and also works in computer security at a bank.

Robin Fryer

Robin started running in 1974. He used to run lots of marathons and even ultras, and has run at least one marathon every year since starting to run. He now runs mostly 10Ks and half-marathons, although he is going to run the Paris Marathon. A week later he plans to support the Serpies running the London Marathon. Robin works for a large firm of Chartered Accountants.

Wanda Callahan

Wanda started running in February 1997 and enjoys all distances from 5K to half-marathons. Her favourite pace is usually between 8.45 for short to 9.30 minutes per mile for long distances. She enjoys all outdoor activities, including hiking, cycling, canoeing, skiing etc. Wanda is interested in doing Triathlons and works as a strategist and planner PO/UC for Shell.

Diane Lee

Diane has been running for three years and her favourite distance is 10 Miles at 8 ¾ minutes per mile pace. Her other interests include mountain biking and Munro bagging in Scotland and the Lakes. Diane is a merchandise manager for Laura Ashley. ■

Sue McGinley and David Lipscomb

Be Smart - - Wear Serpentine Kit

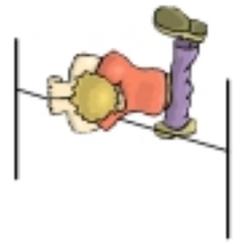
We can supply the following:

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

*All available from Paul Ingram on 020 7371 1130 or ingrampaul@hotmail.com
Or by post at 36 Ceylon Rd., London W14 0YP*



Track & Field



Kings of the Track

Serpentine Track & Field 2000 Season

Recently joined Serpentine? Wondering what to do once the marathon has been run? Any experience, knowledge or interest in track and field athletics? Read on - we might well have something for you (or your relatives, neighbours, work colleagues) over the summer. The 2000 track and field season is fast approaching and there are lots of opportunities for YOU to participate in or be of assistance to your club.

For a non-specialist athletic club, Serpentine has been very successful in track and field competition over the past ten years, with both men's teams winning promotion and rising through the Southern area league and our veteran teams (especially the women's team) reaching every final since the league's inception. Serpentine can also boast several record holders in the veteran age groups.

Why is Serpentine a good club to join for track and field competition? Because we are not elitist and because we aim to have an enjoyable time. Although we do take our athletics seriously and do try to put out our strongest teams, there is no undue pressure to compete. And because we run a second team, the level of competition is not desperate - with a modicum of fitness YOU could be scoring points for the club!

YOU can help, as a COMPETITOR:

- Serpentine run two teams in the South of England men's league
- Serpentine enter a men's and women's team in the Southern Veterans league
- by entering open events organised by various athletic clubs during the season
- by entering specific championship events (e.g. schools, county, veteran)

YOU can help, as an OFFICIAL (e.g. starter, timekeeper, track/field judge):

- at any of the track and field fixtures, and
- especially at fixtures where Serpentine are host team

YOU can help, as a TEAM OFFICIAL (e.g. team manager, recorder) or spectator, at any of the above

YOU can help, as an event COACH (please advise if you are interested in this area)

Southern Men's League

Athletics in the UK is organised along similar lines as football. There are a premier league (the British Athletics League) which comprises four divisions of eight teams and a

number of area leagues (e.g. Northern, Southern, Midlands, Eastern). The Southern area league stretches from Peterborough to Cornwall and is by far the biggest. It also includes many of the strongest athletics teams in the country.

The Southern men's league comprises seven divisions of twenty-five teams each. Each team competes in six fixtures a season and against four other clubs over the season, which runs from early May to early August. Serpentine have teams in division two and division four and competition dates and venues are as follows:

Date	Division 2	Division 4
6 May	Richmond	Hemel Hempstead
3 June	Harrow	Braunton, N Devon
24 June	Exeter	Mile End
8 July	Brighton	Kingston
22 July	Battersea	Battersea
5 August	Erith, Kent	St Albans

(For more details, including opposition clubs, officials' responsibilities, timetable of events, contact team managers)

Each fixture comprises a full track and field programme (100m, 200m, 400m, 800m, 1500m, 5000m, 110m hurdles, 400m hurdles, 3000m steeplechase, high jump, long jump, triple jump, pole vault, shot, discus, javelin, hammer, and 4 x 100m and 4 x 400m relay). Each team has two competitors ('A' and 'B' string) and there are separate ('A' and 'B') races for each track event -with the exception of the 5,000 metres and steeplechase events where all competitors run together. There are therefore 36 events to cover in an afternoon - which is why we need a good-sized squad for each of our teams!

SOUTHERN LEAGUE TRACK AND FIELD PROGRESSION *Men's First Team*

1990	(first venture into track and field) Division 7	21st (out of 30 teams)	
1991	Division 7	unsure of final position	
1992	Division 7	3rd (out of 25)	PROMOTED
1993	Division 6	6th (out of 25)	Miss promotion by 2.5 event points
1994	Division 6	1st (out of 25)	PROMOTED
1995	Division 5	3rd (out of 25)	PROMOTED
1996	Division 4	3rd (out of 25)	PROMOTED
1997	Division 3	2nd (out of 25)	PROMOTED
1998	Division 2	10th (out of 25)	
1999	Division 2	14th (out of 25)	

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Kings of the Track

continued from previous page

Points' scoring is a simple 5 for first, down to 1 for fifth for each event with the team with the most points winning the fixture. Aggregate points for all six fixtures determine the league position and the top five teams are promoted and the bottom five teams are relegated at the end of the season.

Every point is valuable and it is therefore important that Serpentine enters competitors in every event. If you, or someone you know, might be interested contact us now!

Veterans League

Serpentine operates teams in the Southern Veterans League, which comprises four fixtures on Monday nights during the Spring/Summer. The Vets league is also split into various divisions (Serpentine are in the London division) and men's and women's teams compete against each other over most of the track and field event programme (excluding hurdles but including race walk). There are separate events for different age groups (Men 40-49 and over 50 and women 35-44 and over 45) and competitors over 60 score additional weighting points. Aggregate points earned from the Monday fixtures determine the league position. Leading teams from each division also meet for a 'final' fixture at the end of the season (early September).

Dates for Veterans' league (London division): 17 April; 22 May; 19 June; 24 July (venues to be confirmed - please contact Veterans Team managers)

TRAINING

Track training takes place on Thursday evenings (currently at Paddington recreation ground) under club coach Derek Turner. Faster runners are steered towards the sessions organised by BAAF coach (and founder of the British Milers Club) Frank Horwill. Given the dispersed nature of our membership, however, a number of our athletes train locally (e.g. Winchester, Oxford, and St. Albans). The club does not currently provide specific training for field events, although we do try to put those interested in touch with any known training groups. If you have an interest in this area (coaching

or competing) please contact us.

WOMEN'S TRACK AND FIELD

Apart from the Veterans league (above) Serpentine women are not in a track and field league for 2000. The club has previously competed in the Southern Women's league but found the level of interest and commitment insufficient to maintain a team and withdrew in 1998. Unlike the men's league there were fewer competing clubs and the venues were more often away from London. The women's league includes events for girls and junior women with scores from these counting towards the overall club league position. Although the club scored highly in senior women's events we were always struggling in terms of league position due to the absence of juniors.

Female club members wishing to have a go at track and field events are encouraged to consider attending the many frequent open fixtures (see below). Those wishing to compete more seriously and regularly (please let

us know) might wish to consider second-claim membership of a local club with stronger track and field opportunities.

The club does regularly reconsider its decision about track and field membership so do please let us know if you would be interested in this aspect.

OFFICIALS

Each competing club has to provide a certain number of officials at each fixture. These range from those with formal qualifications (e.g. starter, timekeeper, track/field Chief judge) to assistants for field events (e.g. distance/ height recorder). We are generally asked to provide sufficient officials to manage two field events and a timekeeper. Each 'host club' is expected to arrange for the presence of qualified officials and announcer/ recorder. The tasks are not onerous and the basic rules for judging are easily learnt. Please advise one of the team captains or officials contacts if you can help at one or more fixtures this year. The events cannot take place without officials!

continued on next page

MEN'S TRACK AND FIELD BEST PERFORMANCES (as at 1 March 2000)

100m	10.5	Maclean Okotie	15.5.94	Middlesex Championships
200m	21.58	Akinola Lashore	18.8.96	London Championships
400m	49.8	Joe Eggeling	16.5.98	SL2 Newham
800m	1.56.9	Elliott Igor	2.5.98	SL2 Wimbledon
1500m	4.06.1	Francis Cooney	2.7.94	SL6 Bromley
5000m	15.28.8	Robin Kindersley	2.5.98	SL2 Wimbledon
3000m s/chase	9.39.9	Robin Kindersley	13.9.94	SL6 Tooting Bec
110m hurdles	15.7	William Morris	13.7.96	SL4 Tooting Bec
400m hurdles	57.1	William Morris	13.7.96	SL4 Tooting Bec
Long Jump	6.65m	Harold Ogunfemi	5.7.97	SL3 Crawley
Triple Jump	13.69m	William Morris	17.8.96	SL7 Hammersmith
High Jump	1.85m	Harold Ogunfemi	3.8.96	SL4 Ipswich
Pole Vault	3.20m	Donnecha Carroll	1.9.96	Open meeting, Harrow
Shot	12.21m	Danny McIntosh	5.8.95	SL5 Crawley
Discus	33.92m	Nathan Palmer	16.8.97	SL6 Dartford
Javelin	46.52m	Nathan Palmer	16.8.97	SL6 Dartford
Hammer	42.90m	Karl Lowry	31.5.97	SL3 Salisbury
4x100m	44.7	(Warris/Ogunfemi/Lashore/Okotie)	31.7.93	SL6 Sutcliffe Park
4x400m	3.27.2	(Mitchen/R Morris/Eggeling/Igor)	5.7.97	SL3 Crawley

Note: to include only performances by a Serpentine club member, competing either for the club, or at a representative event (i.e. AAAs, County, National fixtures)
Please advise any changes to Derek Paterson

CONTACTS

Men's Southern League:*Team Captains/managers:*

Division 2: Robin Kindersley tel/fax. 01725 552553

Division 4: John Walker tel. 020 8543 2633

Officials:

Division 2: Barrie Laverick tel. 020 8842 8253

Division 4: Derek Paterson tel. 020 8422 8129

Southern Veterans League:*Team Captains/managers:*

Men: John Walker tel. 020 8543 2633

Women: Beate Vogt tel. 020 7828 4935

Jan Farmer tel. 020 7371 1130

Officials

Bev Thomas - tel. 020 8868 7552

Open track and field meetings

There are often several to choose from (midweek and weekends) between April to September. These are advertised in the fixtures section of *Athletics Weekly*. ■

Derek Paterson

Officiating**It's a foul jump!**

Ever thought about being the person to show the red flag? How would you like to become a track & field official?

Arthur has asked me to write a few lines about the other branch of Serpie running, namely Track & Field Athletics.

I think it must be about ten years ago that the then Men's Captain, the indefatigable Barrie Laverick, decided that he didn't have enough to keep him occupied and thought it would be a good idea to drag the road-running men - young, old and even older - into the Southern League for Track & Field.

I can remember going to a battered old track in Watford to see our men compete for the first time. Some were obviously dredging up skills honed on the playing fields of schools all around the world! Others were performing by the light of nature to the encouraging instructions of teammates! I cannot remember the result of the Division 8 (I think) match, but it was decided by all concerned, afterwards in a nearby pub (nothing changes!) that this new activity could take off.

Take off it did! Serpentine, in Summer 2000, has two Men's teams in the Southern League, one in division 2 and the other in division 4, both a far cry from those heady days in Div 8!

For those of you who are new to the Club, I should explain that the

Southern League is obviously run on a League basis with all the clubs competing between the months of May to September, usually about once a month, in various venues all over the South of England. Southern England unfortunately includes the South West Peninsula, namely Devon & Cornwall, beautiful areas, but a tortuous journey at the best of times, let alone as a day return journey on a Saturday, competing as well.

However, being a London Club, we do get quite a few fixtures in the Home Counties and the Greater London area. One of these is always a home fixture, which we try to run at Battersea Track.

This year our home fixture is on Saturday 22nd July 2000, at the newly refurbished Battersea, (should be worth a visit if just to see how your Lottery investments have been spent!)

We also have a commitment to a joint fixture with Kingston AC, on Saturday 8th July 2000, at a track in Kingston.

I am asking all of you out there to consider whether you could set aside a few hours of a Saturday afternoon - more precisely Saturday afternoon 22nd July - in order to help out with officiating at Serpentine's Double Home Fixture. Both Div 2 & Div 4 will be together on that day.

What we need are **willing volunteers** to come along and help out where necessary, particularly with field events, - throws and jumps.

continued on page 45

Track & Field**Track Etiquette**

... or how not to get shouted at or a javelin in the ear

Serpentine running club has been moving in track and field circles for some time now and it has become apparent that a code of conduct exists that is not actually documented in the BAF (British Athletics Federation, ed.) rule book. The tips that follow are the distillation of the received wisdom of seasoned officials.

1. The in-field is out of bounds unless you are a competitor or official in an event in session. This means that if you are late for the 200m or reporting for the triple jump, you have to walk round the outside. Tedious but potentially life-saving. (Remember '999?'). This applies especially to children!
2. Any shouting from the in-field can be construed as 'coaching'. This risks disqualification.

Serious athletes like peace and quiet to gather their concentration. The start of a race is usually obvious, as a deathly hush descends on the arena, however, be aware that jumpers and throwers can be disturbed if you invade their territory in an ebullient manner! (This means partying on the high-jump bed or singing to your walkman behind the hammer cage)

continued on page 45

Ask the Doc



Sarah Newton asks Hilary some interesting questions and gets some even more interesting answers

We have many experienced runners in our club with a wealth of knowledge on the subject and it would be good to tap that knowledge to the full. So who better to start with than our illustrious chairperson – Dr. Hilary Walker, who must have run more miles than most of us put together. This, coupled with her professional background in health makes her, we hope, a mine of information on all sorts of exciting running subjects.

In a rash moment back on the Welsh Castles weekend, Dr. Hilary agreed to try and answer questions put to her within her knowledge of running. So I posed a few initial ones myself for the Doc and she was pleased to have a go at them. So if you have any burning queries, questions or curiosities, feel free to write in to put your question to her. I will run this column occasionally in future editions of the Serpentines with additional questions as I think of them.

“Doc” Hilary responds: Episode 1.

Well it's a long time since the Welsh Castles and I thought that Sarah had forgotten my rash words but it would appear that Serpie memories are like elephants! First, may I point out that “Doc” Hilary's doctorate is radiobiology which means that I am more likely to zap you with x-rays or u-v but my job has meant that I have had to keep my physiology and nutrition interests up to scratch as well as my own interest and experience in sports physiology, so I will try to answer where I can and admit defeat or ask colleagues where I can't. So to some of Sarah's initial questions.

SN: On a hot day is it better to use sun block to stop burning when running or will this stop sweating and cause overheating?

Well, if I were doing my job properly for the Department of Health (Lead on Radiation Protection Policy), I would tell you not to stay in the sun for too long, cover up and slap it all on. Obviously as enthusiastic runners you are not going to follow that rather impractical advice. It is difficult to avoid the sun in a race (but run on the shady side when you can), there is a limit to how much you can cover up without over-heating and similarly there is a limit to how much you can slap on!

Stretch after you have warmed up

However, there are a number of sports sun blocks that are available now which are water based and you can sweat through. However my experience is that you still cannot sweat as freely so basically apply them liberally mainly in the sun “hot spots” – nose, ears (for those with short hair), shoulders, chest and back. Thighs and the backs of the calf can also catch it. Umm, those of you who are showing shining scalps should definitely cover up – preferably with a cap rather than lotion. Obviously it is less important for shorter faster events like 10km – but if you are going to be out for an hour or so on a very sunny day – do what the Aussies do, “slip, slap and slop”!!

O.K., what do I do when I am out for hours? Well I am not very good. When I am training not racing, I wear a t-shirt and, and if I wear a racing vest, I put lotion on my shoulders. One interesting observation is that I never seem to burn even when out for 8-9 hours when running but if (heaven forbid) I should sit in the sun for half an hour - my skin can redden! Well, it might have something to do with the sweat layer. I took my observation to

some colleagues expert in u-v radiation physics who suggested that although water lets the sun rays through (as those of you who have got sunburnt swimming and snorkelling have found), those rays do get “diffracted” and the slight degree of salinity in sweat will increase this and it might – just slightly – act as a sun filter. However DO NOT rely on this. Don't overdo the exposure and put the lotion on those vulnerable bits!

Well, that was slightly long for the first question. Now for the second one. I will store up some of the others for the next newsletter!

SN: In what circumstances would you wear a hat, and can it cause overheating on a hot day?

Well, I think I know where this arose from! I'm not known for wearing a hat (its difficult finding one big enough!), but I was to be seen wearing one for both the Dartmouth Discovery and the Welsh Castles Leg I did this year. This had nothing to do with heat! A cap with a brim is great in the rain as it can keep the rain off your face and gives you the impression that you are out of the elements. I recommend it. Now to the question. As I stated above, hats are almost a must for those with gleaming pates. Hats will insulate you from both the heating effect (infra-red) and u-v radiation from that globe in the sky. Even for those of you more hirsute on top a hat will keep the sun's glare out of your eyes (if you don't wear sunspecs) and for everybody the best tip is, of course, to keep it damp and so it will help to keep you cool. When hot, even if I don't wear a hat on my thick thatch I do keep the thatch wet if possible.

continued on next page

Doc Hilary

continued from previous page

SN: What is your opinion on the pros/ cons of stretching before/after a run. Does it make a difference? Should you stretch at other times of the day?

Well a severe health warning on my answer here as I am not known for doing a great deal of stretching and therefore I am not very flexible. There are also a great many different, but well experienced opinions on this advocating stretching so this is just a personal opinion. Having said that, the only significant injuries I have had which have stopped me running have been accidental (like falling off stiles, step-ladders, etc) rather than caused by running per se.

I think the optimum time to stretch is after you have warmed up but before you jump into race pace. After a run is also useful as part of a warm down. Personally I do little and primarily do it after I have run. However, I NEVER start running by running fast, my first couple of miles in the morning is VERY SLOW and only as my legs (and lungs!) get loose do I increase the speed. The only exercises I do early in the morning are intermittent bouts of abdominal crunches to keep the upper

body a similar strength to the lower one – something a lot of runners ignore to their cost when they get back ache on their longer runs. There are some advantages to having to carry a rucksack 5 days a week!

If you do stretch at other times of the day, make certain that you are warm at least before you do so.

SN: Is it true that when you sold your car to Bob Davidson after 3 years that you had run more miles than you had driven? Would you advocate this as an ergonomic method of travel?

Well I had better correct you on the statistics here. My average mileage in a car each year is about 2,000 miles and my average running mileage each year is about 5,000! So you can see it is over double by foot and Bob got a better deal! Is it ergonomic? Not sure. Is it “green”? Well yes. I am not cluttering up the roads and emitting (the wrong sort

I would need to eat 12 tins of beans to cover 40 miles

of) pollutants. Mind you, I am not sure it is economic – even if I only eat cheap food like baked beans to get the calories! One gallon of petrol which is now over £2 gets my car up to 40 miles. For me, 1 mile uses about 90

calories so I have to use about 3,600 calories to cover those 40 miles. (Please note, these calculations are very, very approximate and simplistic and ignore a great many other factors!) Now take baked beans, for instance. One 415g tin of Heinz Baked Beans costs 27p currently in Sainsbury's and holds 310 calories. So I would need to eat 12 tins to cover 40 miles or £3.24. Mind you the wind factor might affect my performance and increase the level of pollutants. My usual diet is a bit more (can be a lot more!) expensive than that, so maybe a car does win. It's food for thought until the next issue!

Further questions for the Doc for future issues:

1. For what race distances is it beneficial to carbo load?
2. What is your view on alcohol (in moderation, of course!) in a serious training schedule?
3. How many days a week do you run? Is at least one rest day necessary or beneficial?
4. What do you eat? Do you have a post-race treat? ■

Sarah Newton

Health

How to Survive the Marathon and Beyond

Advice from Maev Johnston, Remedial and Sports Massage Therapist

Now that you are into the closing stages of your marathon training, it might be worth glancing at a few words of advice to get you through the big day and for recovery afterwards.

Shoes

It is always a good idea to have several pairs of training shoes 'on the go'. Your old favourites might feel comfortable but worn trainers can trigger overuse injuries and all sorts of leg and spinal problems, so invest a bit in your sport and your body.

Fluids

Ensure you are well hydrated several days before the marathon. I am always amazed by runners who turn up at races without a water bottle and then proceed to ask you for a swig of your own precious supply. Yet, 75% of muscle tissue is water. Even our bones contain water. It is a vital part of every working mechanism in the body so you are going to need extra fluids before, during and after the race.

Be responsive

Although it is too late now, as many of you will have picked up both niggling and more serious injuries during your marathon training, it is important to take time out and obtain advice if you develop an injury in the future. Taking painkillers to mask the problem is

inadvisable and dangerous. Listen to your body. Take regular rest days or use non-running days for a bit of cross-training.

Warm-up and warm down

Your warm-up of gentle aerobic activity will reduce muscular stiffness whilst your warm-down will ensure that metabolic waste products formed during exercise, such as lactic acid, will be removed quickly from the tissues, thereby reducing the delayed onset of muscular fatigue (DOMF).

Stretching

If you want to be running several years from now then stretching will have to become part of your lifestyle. As we get older, our muscle attachments shorten and become more fibrous.

continued on page 45

Serpentine Activities



Team Event

Greenbelt Relay 2000

Nick Slade is entering two teams of ten runners in this year's round-London relay

The Green Belt Relay is a 210 mile race for teams of 10 runners. It takes place over a weekend each May and is open to runners and clubs of all standards. The race starts from Hampton Court and then circumnavigates London by a route primarily on tow-paths, foot-paths and quiet country lanes before returning to Kingston. The course is renowned for the spectacular scenery and the interesting sites that it passes. The stages vary in distance from 7 to 14 miles and each runner is required to run a leg on each day. The course is marked throughout and each stage is accurately timed with prizes given for the individual and team winners.

This is one of the most popular club team activities. The club hires minibuses to shuttle runners to drop off and pick up points. The logistics of getting the right runner to the right place at the right time, all the while providing support to

This is one of the most popular club team activities

those who are running, makes for an exciting weekend. This is an excellent

way to get to know other members of the club. See the accompanying article from Ian Hall describing the

adventures of the 1997 race.

continued on next page

Davos

CALLING ALL RUNNERS, CYCLISTS AND IN-LINE SKATERS!!!!

How would you like to run, cycle or skate through the tremendous Swiss Alps?

Well, the Davos Swiss Alpine Post Marathon on July 29th will allow you to do just that! It is an annual event taking place in the Swiss Alps. The Serpentine Running Club has been taking part for many years as it is well run and offers a chance for a different type of running. As well, the scenery along the route is spectacular - not to mention the lovely reception by the residents of Davos each year.

There are 4 main events to choose from:

- K78 - 78km run starting and ending in Davos taking you through the mountains
- K42 - Europe's highest lying marathon that begins in Bergün and ends in Davos going through the mountains as well on the same route as the 78km
- K30 - a pleasant run starting in Davos and ending in Filisur that coincides with the first 30km of the 78km course
- TEAM - somewhat changed from previous years, this offers something for everyone. The first 28.8km are done by bike, the next 8.4km are for an in-line skater done entirely on the mail road from Bergün to Filisur. The last three sections are for runners with the distances being 13.9km, 11.9km and 14.5km

For more information on the course including the profile, check out the website (it has a separate English section) at www.swissalpine.ch.

We are in the process of establishing teams at the moment and all are welcome. For information on the race as well as how to get there and where to stay, please contact Kathleen Broekhof by email (broekk@tdsec.co.uk) or telephone (work - 020 7282 8227, mobile - 0788 754 5446).



continued from previous page

When is it happening?

This year the Green Belt Relay will take place on the weekend of 13th/14th May 2000. It starts at 9:00am on the Saturday morning and finishes at approximately 18:00 on the Sunday evening.

What type of runner would want to do it?

Basically you have to be a strong half marathon type of runner. As the race comprises effectively two half marathons in two days for all those taking part, it is not for the faint hearted. This, combined with the hectic and often unpredictable routine of the race, means that a very big challenge awaits those who want to take part. Keenness is VERY important, and a willingness to muck in with supporting, marshalling, driving and even changing mini-bus tyres is essential – even more so than basic ability. A minimum of, say, 9 minute mile-ing is required to complete the courses in the required times, but other than this there are no other physical requirements.

How many runners are needed by Serpentine?

2 teams of 10 have been entered – a ladies team and a mixed team. The run is quite popular so places are snapped up quite quickly. Priority places go to those willing to drive minibuses or cars and to those willing to organise essential duties such as accommodation or the meal at half way. Secondary priority goes to those willing to stay with the race from start to end, marshalling, supporting the runners etc. Speed is NOT a priority as long as the basic requirements above are met. Reserve runners travelling with the group (maybe one or two) are useful too – the criteria may be relaxed still further for these.

Enjoyment and finishing are the main priorities

Accommodation? The meal? What's all this?

Yes, at the half-way point we finish in Essex. From experience we have found that by the time we finish it is better to stay in the local area than go back into London. Accommodation has been found in the past, and although not always of the best quality it is certainly better than having to get up at 6 in the morning. (unless you are on fist leg on the second day when this cannot be avoided!). We normally go out for a meal together, too, on the Saturday evening. The cost of the accommodation will be between £20 and £30 per person depending on what we can find. I will keep you posted on this as and when we have more details.

Other Costs?

Other than basic food/drinks, the only other incurred cost is for Minibus Travel – normally about £10-£15 per person payable by all except those who bring their own cars. If bringing your own car, make sure there is someone else who can legally drive it while you are running!

Helpers?

We need helpers especially as drivers. Please contact me if you are willing to help out. Remember, there are guaranteed places available to all those who do drive the team around the course.

Green Belt Relay 2000 - Leg Details

The table below shows the details of each leg of the Green Belt Relay. Note: each year the course is reviewed and sometimes changes are made in the interests of improving the race. The details in the table below are those for the year 2000 race and differ slightly from those of previous races.

Key: r=road; c=cross-country; t=towpath; p=parkland; u=undulating; h=hilly; f=fast; cp=cycle path

Leg	Start	Start Time	Distance (miles)	Terrain	Cut-off time (mins)
1	Hampton Court	09:00	13.3	r/t/f	122
2	Staines	10:14	8.1	r/t/c/p/u	74
3	Eton	11:00	12.6	r/t	110
4	Little Marlow	12:15	11.0	r/c/h	109
5	Widmer End	13:20	13.8	r/c/h	132
6	Chipperfield	14:38	8.55	r/c	81
7	St.Albans	15:28	13.4	r/cp/f	125
8	Little Berkhamsted	16.47	10.3	r/t/f	97
9	Waltham Abbey	17.47	11.5	r/c/u	100
10	Passingford Mill	18.54	8.15	r/c	76
Finish Day One 19:40. Miles: 110.7					
11	Blackmore	08:00	10.9	r/c/p	100
12	Thorndon Park	09:04	11.0	r/p/f	102
13	O.E.2. Bridge	10:20	11.6	r/t/u	108
14	Shoreham	11:28	10.3	r/u	95
15	Tatsfield	12:31	10.5	r/c/h	98
16	Merstham	13.32	8.9	r/c/u	82
17	Box Hill	14.23	10.3	r/c/h/f	95
18	Gomshall	15.21	10.8	r/t/c/u	100
19	Pyrford Lock	16.24	6.9	r/t	64
20	Walton Bridge	17.06	9.5	r/t/f	94
Finish Hawker Centre 18:00. Miles day two: 100.7					
Overall Total: 211.4 miles					

Team Priorities?

This is a TOUGH event, so enjoyment and finishing are the main priorities. Our record in the event is not great, but our team spirit has been noted by the organisers, and by the runners who have taken part. I want you to have fun out there and enjoy the scenery, and if we pick up any prizes along the way – all the better!

Contact Details

Nick Slade
 (h) 020 8621 0482
 (w) 020 8575 4744
 E-mail :
 nicholas.slade@taywood.co.uk

Robert's Conjunction

In anticipation of our Evening of Shakespeare, we asked Robert Bennett to tell us how he came to research and teach Shakespeare... and to run with the Serpies

I was a twelve-year-old at summer camp, practising the high jump one afternoon when I heard the news that Roger Bannister had broken the four-minute mile. Running and racing had been primal drives in me since birth, and now I had my idol. When John Landy improved on Bannister's time, I was not happy - too soon after the miracle - and when Bannister beat Landy in their head-to-head duel, I felt God was back in his place and all was right with the world.

There is little in Shakespeare's works to suggest that the great man engaged in athletics

For eight years (B-Form to Sixth Form) I attended the choir school of the Washington National Cathedral, modelled on the English tradition. The curriculum was rich in language arts: grammar, vocabulary, composition, Latin, French, and

much good literature. I went to the University (of North Carolina) intent upon a college career in cross-country and track with a reliance upon a good background in language to get me through the academics. The years weaned in the shadow and spirit of Washington's great gothic cathedral probably had imprinted the world of Shakespeare on me and determined the focus of my literary interests; and so through graduate school and a thirty year career, Shakespeare and running have been my life, although there is little in Shakespeare's works to suggest that the great man engaged in athletics.

At the national meeting of the Shakespeare Association of America in Minneapolis, Minnesota in 1988, "Dr. Tom" Berger attempted to wed the two worlds of Shakespeare and running by putting together a conference 5K race - the "Shakespeare Strut" or some title like that. I was the first finisher from about the five Shakespearians who showed up. In subsequent years Dr. Tom, realist that he is, has sponsored in conjunction with the conference a dance, featuring the "Hey Nonny-Nonnies," with great success.

Tom and I happened both to be in London for the spring of 1986 and he introduced me to the Serpentine. My effort to return

this year was due in no small part to my fond memory of that past association. Now fourteen years later and my third and probably last extended stay in London, there seems to be a higher design at work in all this, as on May 20 - literally hours before my flight home - I will see my two worlds brought briefly into conjunction as Serpies will gather at the restored Globe Theatre to see Vanessa Redgrave, who is in my pantheon along with Roger Bannister, play the title role in Shakespeare's last play. Now if we can get Roger Bannister to join us for the evening ...

Robert Bennett

Greenbelt Relay 13,14 May

The club is entering two teams of 10 runners in this round London relay. Each runner must complete one leg, varying in length from 7 to 14 miles, on each of the two days.

One of the most popular club events

The club will hire minibuses to drop off and pick up runners.

See Nick Slade's article in the *Club Activities* section of this newsletter for further details. See also Ian Hall's related article in the *Running Stories* section.

Welsh Castles Relay 2000

3,4 June

Teams forming now

Teams of 20 runners cover 210 miles from Caernarfon Castle to Cardiff in 20 stages ranging in length from 7 to 13 miles

If you're new to the club, don't miss this opportunity to run through the beautiful Welsh countryside in one of the most popular club races. It's a great way to get to know other club members and, if previous years are any indication, there should be plenty of excitement and adventure (see article in *Running Stories* section of this newsletter)

Serpentine is entering two teams. The club will hire minibuses and arrange overnight accommodation at the half way point (Newtown). Expenses will be approximately £15 for minibus hire and £20-30 for hotel each night.

Minibuses will depart London at various times on Friday, June 2 and early morning Saturday. Some cars may go at other times during the weekend if necessary and John Walker is developing a cunning plan to accommodate those doing track and field on Saturday. All return to London the evening of the 4th.

For the women's team, contact Beate Vogt.

For the Men's team, contact Arthur Garrison.

(cut-off pace for men's team is 8min./mile)

See committee details towards end of the newsletter for telephone numbers and email.

A Tempest in the Serpentine

Shakespeare's Globe, May 20

Join us for an evening of Shakespeare with Prof. Robert Bennett, a member of Serpentine and professor of English Literature with a special interest in Shakespeare

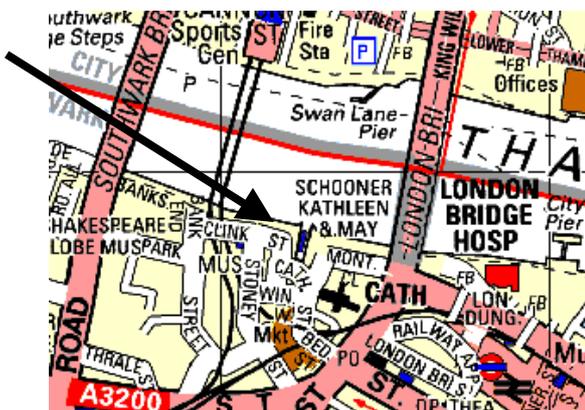


Lecture/Discussion - Dinner - Theatre - Drinks

We will meet at 5:45 at The Old Thameside Inn where, over drinks, Robert will lead a pre-theatre discussion about the play. A buffet dinner will be served before we walk to The Globe to see The Tempest. After the show, we will adjourn to The Anchor for drinks and further discussion if the mood suits us.

We have reserved 40 tickets. Every indication is that there may be strong demand so act quickly if you want to be assured of a place. Please note that we'd like to give club members every opportunity to participate; therefore, please limit the number of non-member guests to one per member. (If there are tickets remaining, of course, we'll make these available to additional guests)

The Old Thameside Inn is at St. Mary Overie Dock (The Golden Hinde) at the East end of Clink Street. Nearest Underground stations are London Bridge and Monument.



American university professor Robert Bennett first became a Serpie in 1986 when he came to London to teach students in a "study abroad" program with the University of Delaware. His primary field of research and teaching is Shakespeare and English Renaissance Drama. He has returned this year to run with the club and to teach again. He returns to the USA the day after our Evening of Shakespeare.

Price £18.00 includes theatre ticket and buffet dinner

Now the important bit.... Instructions:

Please send £18.00 for each ticket you require to:

Arthur Garrison
Flat 19, Royal Avenue House 020 7730 3362
1 Royal Avenue 07976 522 947
London SW3 4QD

Please enclose your telephone number. Cheques payable to Serpentine Running Club Tickets will be distributed on the night at The OldThameside Inn

Note: to avoid misunderstandings, tickets will not be held without payment. It is advisable to check with me for availability before you send money.

When I receive your payment, I will telephone you to confirm that your tickets are reserved. If you do not hear from me within one week, please call me. (Do not appear on the night expecting to have a reservation if you have not received confirmation from me first!)

Important: You must enclose your telephone number with payment

A Night Out

Music of the Serpentine

Opportunities to hear music performed by members of Serpentine RC

Did you know that many members of Serpentine are musicians involved in musical performances that are open to the public? These events are often free or have only a small charge. They make for a great evening out with the club, and you may not ever get around to talking about running!. So far, Serpies who have attended these events have had a great time.

Jane Calderbank is studying clarinet at The Guildhall. About 14 Serpies recently attended a free concert by the student orchestra in which Jane played first clarinet (oh all right, there are only two clarinets in an orchestra). Performance standards were very high and we were sitting so close we were almost in the orchestra. Jane joined the group for a meal afterwards. We will hear her again on May 5th when the Guildhall Wind Ensemble will play Mozart and Debussy (see below)

Arthur Garrison (editor of this newsletter) is the drummer for The Checkmates, a rock and roll group that plays popular hits from the 60's onwards. The band played for the Serpentine Christmas dinner dance last year and a group of loyal Serpies can be found whenever the band plays at the Windmill on Clapham Common. The Checkmates will be at The Windmill again on May 8th and July 3rd. They will also be appearing at David Lloyds Health Club, Carterhatch Lane, Enfield, on Friday, April 28th from 8:00pm and at The Red Rose Comedy Club, 129 Seven Sisters Rd., N7 on Saturday, June 24th from 8:00pm. Advance tickets required for the latter two.

Marianne Morris sings with the London Oratory Choral Society which performs classical choral music two or three times each year to a very high standard. Venues vary throughout the central London area. Their most recent concert was on April 8th. Future concerts are not yet scheduled, but watch this space.

The Checkmates

The Windmill On The Common

8:30pm, Monday May 1 (£5 cover charge)

Pub food served so come early to eat.

(The Windmill is half way between Clapham Common and Clapham South underground stations on Clapham Common South Side)

Guildhall Wind Ensemble

Friday, May 5th 7:15

The Guildhall School of Music and Drama

(Meet at 6:30 at The King's Head, corner of Beech St.

and Silk St. Nearest underground: Barbican)

Attention: Confirm attendance, see below

Contact Arthur Garrison (arthur.garrison@bt.com, 07976 522 947) for further details on any of the above events. ■

London Marathon

April 16

Important information for club members

◆ ◆ ◆ ◆

Come watch with Serpentine...

As in previous years, John Walker is organising a group to watch the race.

Meet at Shadwell DLR station between 9:30 and 10:00.

From there we will walk down to The Highway where we will be able to see the race come past at just over the halfway point. By crossing over to the other side we'll see the race again at just past the 20 mile point

There are cafes and pubs in the vicinity (with toilets)

so you can eat and drink when you want. Afterwards, it's only a short walk to Tower Hill underground to catch the tube back to the Paxton's Head in Knightsbridge

For those who are running...

Tell John your number, t-shirt details if not wearing club colours and estimated time at half way and 20 miles.

After the race...

Meet at **The Paxton's Head**, Knightsbridge for lunch and to exchange tales of woe and tales of success.

See list of committee members for John's contact details

Sudbury Court Running Club

East Lane, Wembley
Presents

The Sudbury Court 10K

Sunday 21st May 2000 at 11am

*In memory of
Jenny-Rose Lotter for
Children with Leukaemia*

Prizes to 1st 2nd 3rd Male and Female

1st Vet, Male and Female

Medals to all finishers + Spot Prizes

Under BAF Rules - Permit applied for

Changing and shower facilities. Limited Parking. Nearest Station: North Wembley. Nearest Underground: Sudbury Town (Piccadilly Line). Refreshments and bar facilities will be available in the club lounge after the race.

Closing date for entries: 15th May 2000

Fee £5 Affiliated, £6 Non Affiliated.

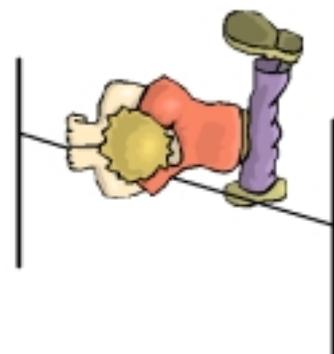
Entries on the day subject to 250 limit, £7

Send cheque made payable to "Sudbury Court Running Club", plus 9" x 6" SAE to: Sudbury Court Running Club, The Pavilion, East Lane, Wembley, Middlesex HA0 3LE

www.sudburycourt-rc.org

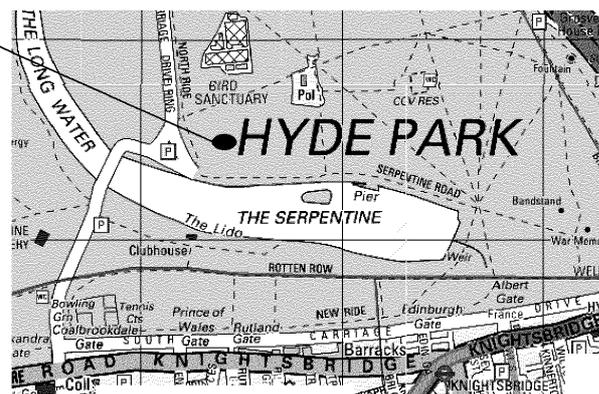


the FAMILY FUN DAY



date: Saturday 15th April
time: 10:30am
place: Hyde Park (see map)
the event: A specially adapted fun pentathlon designed for both children and adults (see attached details)
contact: Nick Slade
 Tel :0181 621 0482 (h)
 0181 575 4744 (w)
 E-mail : nicholas.slade@taywood.co.uk
 or buzz.lightyear@rocketship.com

FUN DAY
ARENA



Saturday, 15 April 2000

GENERAL AGENDA: (TIMES MAY VARY)

10:30 – ENDURANCE RUN:

There will be 2 races run simultaneously:

1. a longer race for the over 10's and adults. This will be 2 laps of the arena boundary – approx. 800m.
2. a shorter race for the under 10's. This will be 1 lap of the arena boundary – approx. 400m.

Competitors will be scored according to their time – not their position.

10:45 – STANDING JUMP

Each competitor will have a maximum of 3 attempts at jumping as far as they can from a two-footed standing jump. Competitors are to be scored on the basis of their furthest jump.

11:00 – SPRINT

A short 30m sprint – not timed. The runners will be divided into groups of 5 or so from equal age groups or similar. Position in age group heats will be used as the basis for scoring. A simple staggered/handicapped start will be used for mixed groups when needed – i.e. if a 4 year old and a 10 year old are in the same heat the younger runner will have a starting position in front of the older runner.

11:15 – WELLY THROW

Simple enough – a maximum of 3 attempts to throw a welly as far as you can – a small welly will be available to the younger competitors.

11:30 – OBSTACLE COURSE

For those still standing – a timed run (one at a time) through the special Serpie-style obstacle course – the course will include jumps, crawls, slaloms – and anything else that is available. (Please contact me if you have anything suitable to add that you can bring along).

12:00 – AWARDS CEREMONY

When you have all got your breath back – I will hopefully have worked out the final result. All the individual events' scores will have been calculated using a special handicapping system which takes into account the age of the competitor. The winner will be the competitor who has accumulated the most points from all 5 events.

Note: the handicapping system may not be perfect, but the emphasis will be on fun anyway.

HAPPY TRAINING

Nick Slade

Seven Sisters

A Personal Challenge, Not A Race

Derek will soon be accepting entries for this popular off road marathon in October

The course, which starts and finishes in Eastbourne, covers 26 miles off road, has 3000 feet of ascent, contains numerous stiles and gates and two flights of steps on woodland paths. The views on most years are outstanding and in the autumn you usually see some lovely colours in the woods along the route. The last six miles along the coast are particularly spectacular.

The event is a personal challenge, not a race. (Serpie John Hudspith won the event in 1994 in under three hours. His prize? A bottle of champagne!) It is open to walkers, joggers, runners (limited to 500 in each category). A runner is someone who is capable of completing the course in less than 5 hours (this means capable of running

a flat street marathon in less than 4:15). A jogger takes over 5 hours.

October may seem a long way off, but it is time to put your name down for this event. What happens is that towards the end of June the organiser will send me the entry forms, which I have to return by the next post. Priority is given to teams turned down last year and after that the first entries back to the organiser will be the successful ones. The event is always oversubscribed!

Some veterans of this event have already contacted me to express their intentions to participate this year. Unfortunately, I am unable to do what I have done in past years which is to pay for the entries and then ask for the entry fee if we get in.

The first entries back to the organisers will be the successful ones

Here's the plan for this year: If you want to enter, send me a cheque for £9 (made payable to Derek Turner) and two stamped addressed envelopes. I will enter the first 15

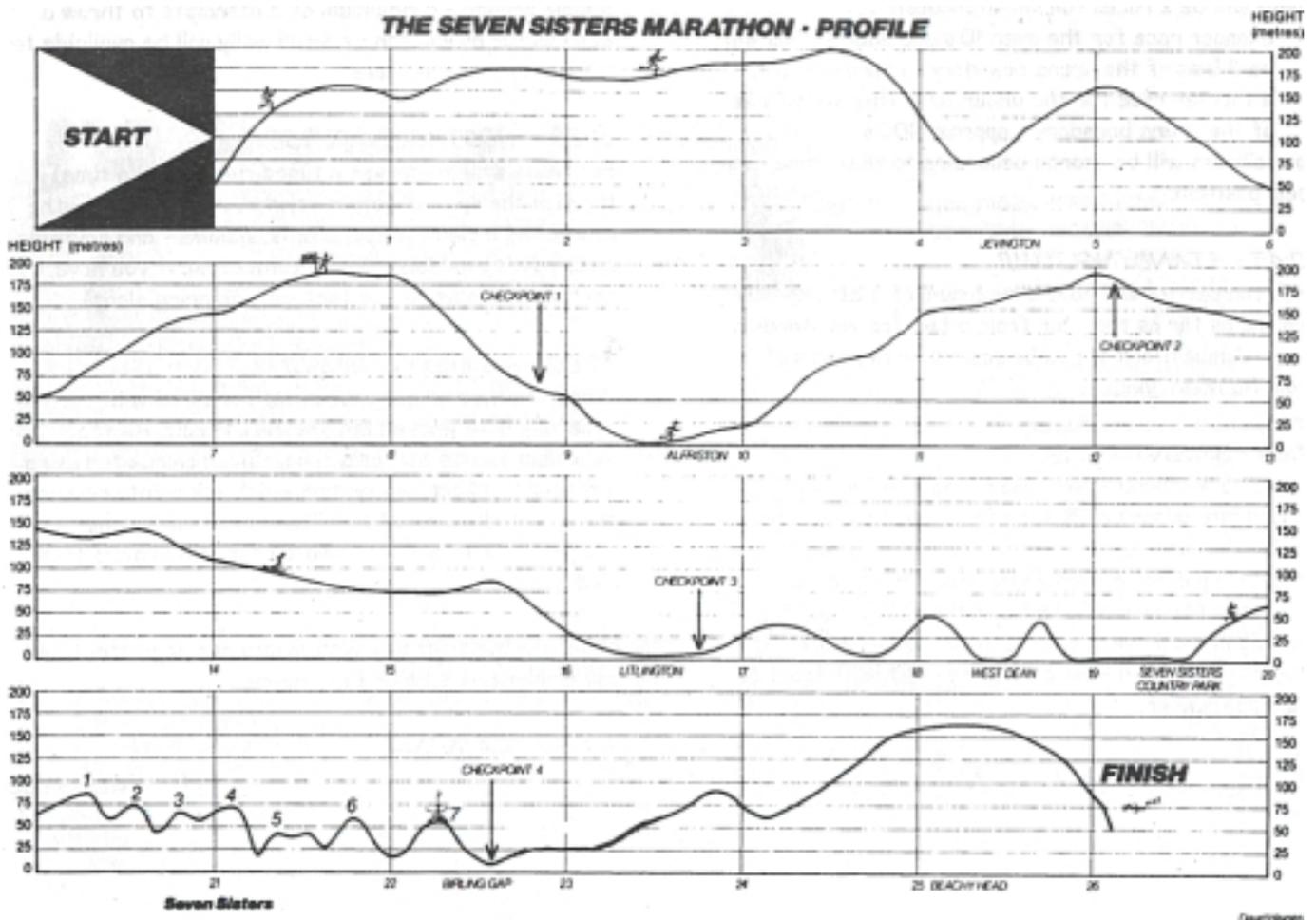
entries that I receive in each of the three categories. Entries received later will have their money returned and will form the reserve list. I will let everyone know when I receive the confirmation that our entries have been accepted and I will distribute numbers when I receive them at the beginning of October.

Derek Turner
19 Queenswood Ave.
London E17 4EH

As this is a club entry, I would ask that if, after paying your money, you find that you cannot compete, tell me so that I can offer your place to the next Serpie on the list. In this way we try to make the system fair for all (your money is, of course, refunded).

Should you like accommodation, please let me know. If there's sufficient interest, I will arrange a medium priced hotel. Otherwise I will pass on an accommodation list. Getting to Eastbourne via trains on the morning of the race, in sufficient time for the start, is extremely difficult and the start is two miles from the station. ■

Derek Turner



Reservations Required

MotM

Reservations Required

You may have seen previous adverts for 'Meal of the Month': This tradition originated quite a few years ago with a small group of Serpies who used to take turns to organise a meal in a restaurant somewhere. After a while this died off but was later resurrected by John Walker and Sue McGinlay. MotMs tend to be have been less frequent lately, certainly not monthly and more like twice a year, but the name has remained. I have organised a few of these, such as the one in February when 25 people went to the lively 'Cubana', but I hope other people will volunteer to organise one, too: I suggest checking first to see that the chosen date doesn't clash with any other club event. For example, the night before a major race would probably not be popular. Although weekends are preferable, meals have been well attended on week nighrs. Then book the restaurant provisionally for the number you anticipate, say 30, and advertise it via the one-list, newsletters etc. For the future we are hoping to have a Meal of the Month at least every quarter so that the next one can be advertised in the 'Serpentines'. With that introduction...

Meal of the Month

Saturday, June 10th at 7:30pm
at

* * * Luba's Place * * *

Russian menu featuring traditional and vegetarian dishes such as Siberian Pelmeni, deep-fried cheesecake and 70 vodkas (Russian, Latvian, Ukrainian, Polish, Estonian)

Meals average £10
Bottle of house wine is £7

Luba's

is located at 164 Essex Rd., N1
Nearest underground is
Highbury and Islington

Musicians (Russian guitar and violin) enliven this casual local. Luba's two-tone colour scheme (purple below the dado, orange above) could be groovy except for the patterned carpet, calor gas heater and other homely or ethnic accessories such as the mandolin on the wall and a vast painting of a religious procession in the steps and a few repro Edwardian lights.

Time Out

Reservations and deposit required by June 4th. Contact Ruth Jackson on 07931 266 240



Bournemouth Half Marathon and P.R.E with Sami

10:00 am Sunday, April 30th

Flat, traffic-free, mostly along the sea front.

(I recommend you enter in advance as places may be limited)

P. R. E. (Post Race Event) at my flat

Flat 65, Viewpoint, Sandbourne Rd., Alum chine,
Bournemouth, BH4 8JR
RSVP 0870 904 5460 or sami.mohamed@capgemini.co.uk

Accommodation the night before

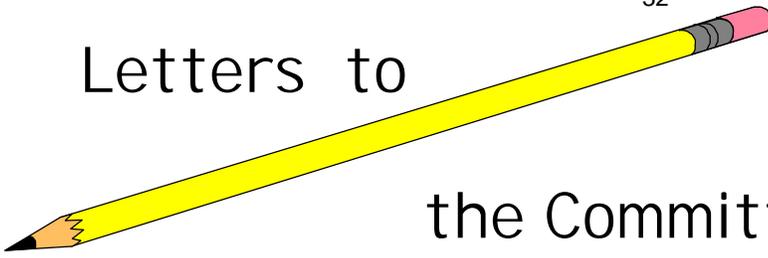
- Reserve some floor at my flat if you have a sleeping
- I can help find a B&B (they are plentiful)

Postal entries: £6 (attached) payable to "Bournemouth Borough Council" with SAE to Phil Hoyle, Leisure Development, Leisure and Tourism Directorate, Town Hall, Bournemouth, BH2 6DY, 01202 451 195

There are chairs!

Letters to

the Committee



Well, how many parks do we run?

Arthur Garrison asked this question in a letter to the Committee in the previous issue of the Serpentine. Here is the answer from our Chairman

This seems to be a question that's been asked a number of times and being the club that we are, we have given some pretty inconsistent answers. As we stand at the edge of Speakers Corner, there are shouts of "three parks", "one park", occasionally "two parks" - the last usually from the same group that is shouting "one park". What does it all mean?

If you look at the map of the parks in the region, you will see that Hyde Park and Kensington Gardens are contiguous along one side (only separated by the road through the Park (notice the general usage of "Park" in this context not "between the Parks"). Then moving south-east

there is Green Park, which is separated from St James Park by the Mall. Now the Mall definitely runs between Green Park and St James Park, it does not run "through the Park".

Do you see the beginning of the problem?

Right then: the 7.5 mile run (call it A) on a Saturday morning and Wednesday evening starts at Speakers Corner, then runs within the perimeter of Hyde Park, Kensington Gardens, Hyde Park, then crosses into Green Park. It goes round St James, back round Green Park, then up Hyde Park to Speakers Corner. Thus it covers 4 parks. So it should be the 4-park run. I don't remember that number being called at the start.

The other usual run is the 4.5 mile run (call it B) which covers the perimeter of Hyde Park and Kensington Gardens. Two Parks one thinks, however, this is often called "one park" at the start.

So, if we define our runs by the numbers of separately named Parks

be 4 and B should be 2. Using the definition in common usage that Hyde Park and Kensington Gardens are considered together but Green Park and St James are separate, A is 3 and B is 1.

However, for management purposes the Royal Parks Agency deems that Hyde Park and Kensington Gardens are separate Parks whereas St James Park and Green Park are managed together. This means that A is 3 and B is 2.

If we want to make the park runs proportionate to their lengths then as A is 7.5 miles and B is 4.5 miles, A should be 5 and B should be 3. And finally, for those running after cover of dark before midnight, A is 4 and B is 3 BUT after midnight A is 2 and B is 0!

So? Park numbers vary with time, management and transport boundaries. So What? Well, somebody did ask! The rest of us just run! ■

Hilary Walker

Committee

Meeting Minutes

The Committee has 12 members, including a Chairperson, Honorary Secretary, Honorary Treasurer and men's and ladies' Captains. It meets at approximately 6 weekly intervals and discusses regular items (Captains', Treasurer's and Secretary's reports) and any other items which affect the running of the Club.

The Committee is elected annually at the AGM in July. Anyone can raise an

issue by contacting the Secretary prior to a Committee meeting.

Recent Committee discussions and decisions have been:

- The New Year's Day 10K was a great success thanks to the tremendous Club support, especially considering that the NPFA pulled out. A small profit was also made. The Club will continue to host this annual event. Thanks to all from the Chairperson.
- The Club is now being charged by the Parks for the Last Friday of the Month 10K, so the charge to runners will have to go up to £2.

continued on page 46

Your letter to the committee could be published here!



And their answer could be published here!



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

Running Routes: The Three Parks and Two Parks

How far is the three parks route? How much longer is the daylight route through the park than the evening route round the outside? What buildings do we pass every Wednesday and Saturday? The Serpentine Website now has details of running routes in London, including the 3 parks and 2 parks routes. Each route has been *measured*.

The daylight three parks route is 7.2 miles (measured from the underpass to the lamppost in Speaker's Corner.). You may be surprised to hear that the evening route is almost exactly the same distance (within 50 yards). The reason is that the various kinks on the inside of the park on the daylight route – including the sunken garden – make up for the extra distance of going round the outside in winter. The two parks route is 4.3 miles.

Route	Distance
Three parks daylight	7.22
Three parks evening	7.19
Two parks	4.30
Two parks evening	4.27

Sights & history

Hyde Park was enclosed by Henry VIII in 1536 to be used as a deer chase. In 1637, it was opened as a public park, and the crowds came to watch horse-racing and other sports. Deer were still hunted here during the 18th century, and finally disappeared in about 1840. The Great Exhibition took place here in 1851, between Rotten Row and Knightsbridge, and the profit was used to establish the museums in South Kensington.

Hyde Park has an area of 361 acres, and Kensington Gardens around 274 acres.

Marble Arch was designed by John Nash in 1827. Made of white Italian marble, it was intended to stand in front of Buckingham Palace to celebrate the end of the Napoleonic Wars. But the arch was too narrow for the Gold Stage Coach, and in 1837, the arch was dismantled and moved to its present position, which is the site of the Tyburn gallows.

Speakers' Corner was established in 1872. Contrary to the urban legend, there is no particular right of free speech at Speakers' Corner: there is, however, a right of assembly.

At **Victoria Gate**, where you cross the road leading out of the park, is the famous pet cemetery established in 1880. The gravestones can be seen from the Bayswater Road.

Across the road is **Kensington Gardens**. These were once the private gardens of Kensington Palace. Their design is due to Queen Caroline, wife of George II. They are closed at night, which is why this route goes on to the road.

Kensington Palace Gardens - often known as "millionaires' row" - is guarded at either end. This private avenue is almost

exclusively for embassies and ambassadorial residences. The original houses were planned in 1843 when the palace kitchen gardens were sold for development. At the top, on the left, is the remarkable modern building which used to be the Czechoslovakia Embassy. Further down, No.8 was the primary interrogation centre for German prisoners during the Battle of Britain.

Kensington Palace was built in 1605, and bought in 1689 by William III (of whom there is a statue behind the front gates). From then until the death of George II in 1760 it was a residence of the reigning sovereign. The old house was altered and extended by Sir Christopher Wren. In recent years it has been used as a high class apartment block for the minor royals, most notably Princess Diana.

The **Albert Memorial** (1864-1872) is a mid-Victorian monument to Albert, consort of Queen Victoria. Designed by Sir Gilbert Scott, the centrepiece is a 14ft statue of the Prince Consort made of gun metal, surrounded by statues.

continued on page 35

Wanted: running routes

The current membership of the Serpentine Running Club is estimated to have clocked up around 500 million miles of running between us. So we have a wealth of knowledge about running routes in London.

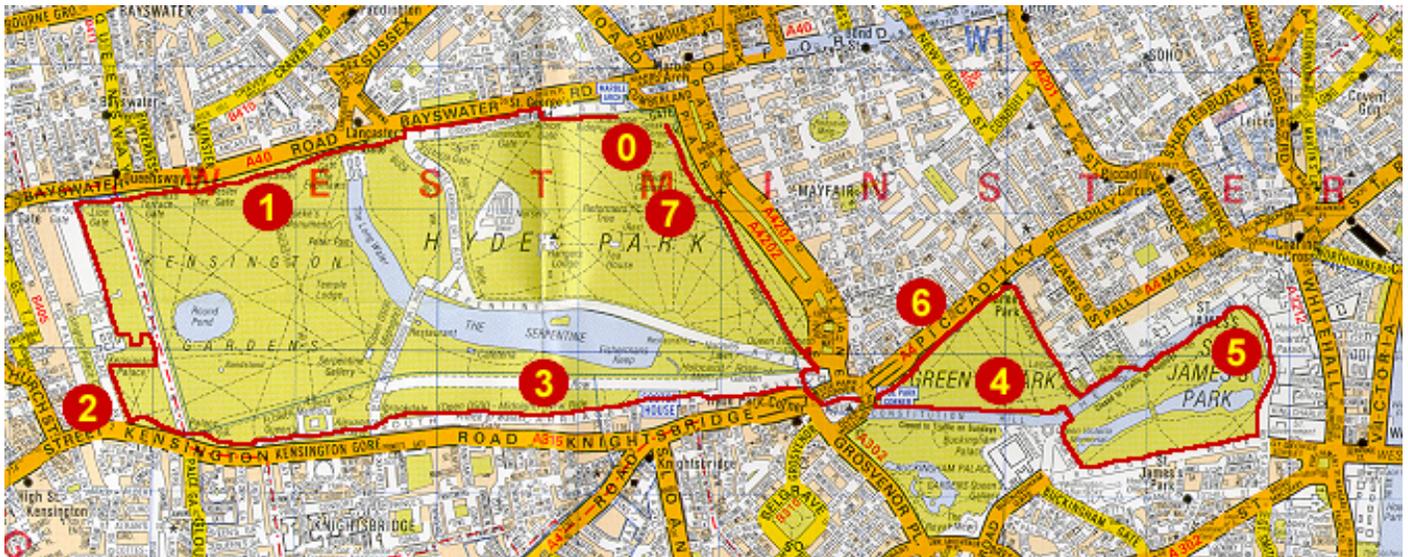
To share that knowledge within the club, and with other London runners, the Serpentine website now has a Running routes section (which is at <http://www.serpentine.org.uk/routes/>).

Each route on the website is carefully measured, and comes with a map showing the route and the mile markers, a detailed route guide, and a description of the sights and buildings of historic interest. The routes are given marks out of ten for traffic, safety, hills and overall enjoyability. This article is based on the description of the Three Parks route.

If you have a favourite route that you would like to share, please write down as much information as you can about it (the route, distances, points of interest etc) so that it can be added to the site.

Please send your route details by email (webmaster@serpentine.org.uk) or by fax (020 7261 0593).

Two and 3 parks map and route description



Miles 3 pks	Miles 2 pks	Instructions
0	0	Start at lampost number 8, next to Cumberland Gate. Head west, away from Marble Arch, along the cycle path. Follow the cycle path to the right, and cross North Carriage Drive.
0.1	0.1	Turn left left just before you reach Bayswater Road, along the path inside the park. Follow the footpath, with North Carriage drive to the left and Bayswater Road to the right.
0.5	0.5	Cross the road. During daylight hours, bear left and keep Victoria Lodge to your right. Keep the green railings on your right, and pass Buckhill Lodge to your right.
1.0	1.0	One mile is reached as you pass a pedestrian gate to your right, leading to the Thistle Kensington Gardens Hotel.
1.2	1.2	Cross the Broadwalk (a footpath). The Princess Diana Memorial Gardens are to the left, Black Lion Lodge is to the right.
1.3	1.3	At the end of the path, as you reach the wall of the coach park, turn left towards Kensington Palace. The Silver Limes along this path were presented by the people of Berlin.
1.6	1.6	Go through the pedestrian gate at the end, and past the Orangery on the left. Turn left just before the State Apartments. 30m later, turn right into the Sunken Garden, and run round the three sides of the sunken garden. Turn right out of the garden, and right again on to the Broad Walk.
1.8	1.8	Turn right just past the statue of Victoria and pass in front of Kensington Palace. At the end of the path, turn left, and follow the path along the brick wall.
2.0	2.0	2 miles is at a bricked up gateway in the wall on your right, visible because of two white stone blocks in the wall buttresses.
2.1	2.1	Follow the path to the left, keeping as close to the edge of the park as you can, and turn first right.
2.2	2.2	Turn left, signposted to the Albert Memorial, along the path just inside the perimeter of the park.
2.4	2.4	With gates to the right, the footpath widens into a roadway.
2.5	2.5	Pass between the Albert Memorial and the Royal Albert Hall.
2.6	2.6	Cross the road. Follow the footpath ahead, on the left hand side of the road alongside the horse riding track.
3.0	3.0	The three mile mark is the tower block on the right hand side of the road, housing the troops at Hyde Park barracks
3.3	3.3	Follow the path to the right and turn left onto the footpath. For the 2 parks, keep ahead on the footpath to Queen Elizabeth gates (see below). For the 3 parks, cross the road when it is safe.
3.6		For the 3 parks, turn right down the second set of steps out of Hyde Park down on to the road. Turn left on the pavement, and go down the ramp (Exit 1) into Hyde Park Corner tube station. Keep left all the way through the subway, coming up a ramp (Exit 2) into the traffic island in the centre of Hyde Park Corner.
3.7		Go past the war memorial on your left, and down the steps to the subway. At the end of the subway, turn right and go up the ramp. Go straight ahead at the top of the ramp, and follow the cycle path down

Miles 3 pks	Miles 2 pks	Instructions
		Constitution Hill. To the right, hidden behind the wall, are the gardens of Buckingham Palace.
4.0		The four mile mark is a gate in the metal barrier to the right. Keep straight ahead to the end of the cycle track.
4.1		At the traffic lights, keep left, staying just inside Green Park, and follow the curved stone wall to your right.
4.2		Emerge at the foot of The Mall, and cross at the lights. Go straight ahead, and up 5 steps onto a curved path.
4.3		Go down 6 steps, and turn left on to the pavement.
4.4		Turn left on to Birdcage Walk.
4.8		Turn left into Horse Guards Road just past the small, yellow brick police station.
5.0		The 5 mile mark is the war memorial to the left.
5.1		Turn left on to the Mall towards Buckingham Palace.
5.2		The Duke of York Steps to the right mark 2 miles to go. Cross the Mall whenever it is safe to do so, and keep along the pavement. Cross Marlborough Road and Stable Yard.
5.6		Turn right up the footpath which runs along the side of Green Park, with Lancaster House to the right. Go up the hill.
5.9		Turn left just before you reach Piccadilly at the top of hill, staying on the footpath just inside the park.
6.0		The six mile mark is the pedestrian gate to your right, just past the disused gates out of the park onto Piccadilly. Don't go through the gate, but keep straight ahead.
6.2		There is one mile to go when you reach the street sign to your right for the Ring Road (S) and Ring Road (N). Follow the footpath as it bends to the left.
6.3		Turn right, and go down the steps into back into the subway. Go through the subway and up the steps into the traffic island in Hyde Park corner. With the statue of Wellington on your left, go down the ramp into the subway, and go back through the way you came, keeping right all the way through. Leave up the ramp at Exit 1. Turn right at the top of the ramp, and do a hairpin bend up the steps. Turn right along the pavement. Cross the road (South Carriage Drive) and keep along the pavement.
6.5	3.6	Go out of the Queen Elizabeth gates, and turn left up Park Lane for 30m.
6.6	3.7	Pass the statue of Achilles on the left, and turn back into the park through the second gate. This path is called "Lovers' Walk".
6.7	3.8	The lamppost in the middle of the path marks the point where you have half a mile to go.
6.9	4.0	At the Joy of Life Fountain, keep right, and go round the statue anticlockwise. Take the first path to the right.
7.0	4.1	Turn right on the cycle path. Keep straight ahead when the cycle path bends to the left, and go into Speakers' Corner.
7.2	4.3	Finish at the solitary lamppost in the middle of Speakers' Corner.

Sights & History

continued from page 33

The Royal Albert Hall was built in 1867-1871. The round hall was designed by Captain Fowke, a Royal Engineer. It is almost a quarter of a mile in circumference. The Royal Albert Hall is the site of the annual Proms concerts, including the Last Night of the Proms.

At three miles, you pass the **Knightsbridge Barracks** and stables on your right. These were built in 1970. 270 horses are stabled in the East Wing. In 1984, the IRA planted a bomb which killed several guardsmen and horses, not far from the Cavalry Memorial near the bandstand.

At Edinburgh Gate on the right, admire the **Pan sculpture** by Jacob Epstein, finished in 1959. This was his last work.

The **Triumphal Arch** at Hyde Park Corner was built in 1828, designed by Decimus Burton. The **Wellington Monument** (the statue of Wellington on the back of his favourite horse, Copenhagen) is by Boehm.

Green Park was added to St James's Park in 1667 by Charles II, who would walk up a path to what is now Hyde Park Corner (hence the name **Constitution Hill**). On a quiet day, if you stand in the middle of Green Park, you can hear the river Tyburn flowing underneath to its outflow in the Thames near Lambeth Bridge. Three attempts were made on the life of Queen Victoria on Constitution Hill (1840, 1842, 1849) and Sir Robert Peel was fatally injured here by a fall from his horse.

Buckingham Palace was originally built as a house by John Sheffield, newly created Duke of Buckingham, in the early 1700s. George III bought the property in 1762 for £28,000. In 1825, John Nash, fresh from completing the Brighton Pavilion for George IV, was commissioned to turn the house into a palace. It was Queen Victoria in 1847 who added the east wing, to enclose the courtyard. This wing is the front of the palace, and includes the famous balcony used by the Royal Family on big occasions.

St James Park is London's oldest, and is known for its birds. The first pelican was given to Charles II by a Russian ambassador. It promptly flew off, and was shot over Norfolk. Charles II set up aviaries down one side of the park (now known as Birdcage Walk).

35 **The Wellington Barracks** were built in 1833 by Sir Francis Smith and Philip Hardwick. The **Guards Museum** displays the history of the Guards from their origins in the Civil War to the present day.

Big Ben is not the name of the clock tower, but the name of the bell which hangs there and which chimes on the hour. The tower in which it hangs is more properly called **St Stephen's Tower**. The tower was built in 1858, replacing a tower which had stood there since 1288. The Houses of Parliament were designed by Charles Barry and Augustus Pugin in the 1830s.

Turning left into Horse Guards Road takes you past the **Cabinet War Rooms** on the right. This was the nerve centre of the second world war, including the Transatlantic Telephone Room and the Map Room.

Also on the right are the back of the **Treasury, the Foreign Office and Downing Street**, where No.10 is the official residence of the Prime Minister since 1732, and No.11 the residence of the Chancellor of the Exchequer since 1805. (In fact, the current Prime Minister and his family live in the No.11 flat, which extends over No.12, because it is larger than the flat over No.10).

The Parade Ground on the right is the **Horse Guards Parade**, which acts as the official entrance to Buckingham Palace. The buildings around the parade ground were designed in the 18th Century by William Kent. The Guards Memorial on the left, which marks 5 miles, dates back to 1926.

The Mall dates back to the 17th Century. It was turned into a venue for state occasions in

1910, when the Queen Victoria Memorial by Sir Aston Webb was put outside Buckingham Palace. George V was the first monarch to ride along the Mall to his coronation.

As you turn left in to the Mall, **Carlton House Terrace** is to your right. The original Carlton House (which was home to George IV before he inherited the throne) was demolished in 1829. The terrace you see now, which includes the official residence of the Foreign Secretary, was built by Nash in the 1830s. The **Institute of Contemporary Arts**, built into the basement of Nash House just before the steps, is home to an excellent cafe and bar.

Serpentine Dot Com

The Serpentine website is going from strength to strength. If you haven't visited it recently, have a look at <http://www.serpentine.org.uk>

The website has lots of interesting stuff:

- details of all club runs and club championships
- results of the handicap and the Last Friday 5km
- an advice section, including articles by coach Frank Horwill, advice from physios on running problems such as shin splints and Achilles tendonitis, articles by Serpie nutritionist Chris Robilliard, and training guides
- a new track and field section, with fixtures and information about Serpentine involvement in the local leagues
- a planner for coming events, and a race diary with contact names and addresses for race organisers
- a dedicated London Marathon section
- running routes in London, from which this article is taken
- back copies of Serpentine Magazine
- all about the club, including club kit, the committee, minutes of committee meetings
- links to other running websites
- and lots more besides.

continued on next page

Sights & History

continued from previous page

At the six mile mark, the **Duke of York Steps** to the right is topped by a pink granite column with a statue of the Duke of York at the top.

At the end of Carlton House Terrace there is a double flight of steps up to a 1955 statue of **George VI** by W. McMillan. The red brick house on the right is **Marlborough House**, built by Sir Christopher Wren for the Duchess of Marlborough in 1711. The third story was added in 1770. The building is now used as offices by the Commonwealth Secretariat.

St James's Palace, the irregular red brick building on the right after you cross the road, was established by Henry VIII in 1532. Much of the buildings were destroyed by fire in 1809. Charles I, most of whose children were born in the palace, spent his last night in the guardroom, before walking across St James's Park to his execution on Whitehall in 1649. Charles II had Wren provide state apartments overlooking the park. In 1698 St James's Palace became the formal royal residence, and the sovereign is proclaimed from the balcony in Friary Court (which is the open courtyard you can see from Marlborough Road). St James's Palace is now the official residence of the Prince of Wales, the Duke and Duchess of Kent and Princess Alexandra.

Next to St James's Palace is **Clarence House**. This distinctive white stucco home was built in 1825 by John Nash for the Duke of Clarence (the future William IV). It is currently home to Queen Elizabeth, the Queen Mother.

On the corner just before you turn right is **Lancaster House**. This stone mansion was built in 1825 for the Duke of York, who died in 1827. It became the town house of the Marquesses of Stafford and the Dukes of Sutherland. During the 19th century it was the scene of many balls. Today, it is the official Government hospitality centre. Queen Victoria, visiting it, remarked to the hostess "I have come from my house to your palace."

When **Diana, Princess of Wales** died in a car crash in 1997, her funeral procession began at her apartments at Kensington Palace. It passed through Hyde Park, down Constitution Hill, The Mall, Horse Guards, Whitehall then to Westminster Abbey for a funeral service.

As you run along the top side of Green Park, **Picadilly** is to your right. The name derives from Pickadill Hall in the early 1600s, which was an imposing manison built here by a Somerset tailor who made a fortune making frilled lace borders known as "pickadills" which fashionable Elizabethans attached to their ruffs and cuffs.

In Hyde Park Corner, glance to your right at **Apsley House** on the other side of the road, the London home of the "Iron" Duke of Wellington, victor at Waterloo and later Prime Minister. This was the site of a pub, and then the old lodge of Hyde Park. The house was built in the 1780s, and bought by Wellington in 1817. In 1947, the 7th Duke of Wellington presented the house to the nation. The museum contains mainly

artefacts associated with the Duke of Wellington including his death mask and his and Napoleon's swords from Waterloo.

As you leave Hyde Park on to Park Lane, you pass through the over-ornate **Queen Elizabeth Gate**, erected in 1993 to celebrate the Queen Mother's 93rd birthday, and paid for by public subscription. The stainless steel and bronze gates were designed by Giuseppe Lund, and the lion and unicorn panels were sculpted by David Wynne.

Then to your left is the **Achilles Statue** by Richard Westmacott, cast from captured cannon, in honour of the Duke of Wellington. It was the first nude statue in England, and said to have embarrassed the women who presented it to Wellington. Opposite, in the centre of the road, is a bust of the poet **Byron** and his dog, Bo'sun, by Belt.

As you return to Speakers' Corner, spare a thought for the victims of the **Tyburn Gallows**, commemorated by a stone in the railings in Bayswater Road. The gallows here were first a tree, then a gibbet and finally an iron triangle for multiple executions. 72,000 people died here during the reign of Henry VIII alone. The condemned were drawn through the streets from the Tower or from Newgate, and then hanged (and often drawn and quartered too) before the huge crowds which gathered to hear the last words, and to enjoy the side shows. Popular victims were toasted in gin or beer as they passed.

Get the message!

If you have email, then why not join the Serpentine email discussion list?

This list, which now has over 80 members, is a good way to communicate with other members of the club. It is used to arrange transport for coming races, seek advice, share thoughts about running, organise social events, and much more.

The list is free, and it is easy to unsubscribe any time you want.

Remember! If you reply to a message, it goes to everyone else on the list, and not just the person who sent the original message.

How to join

To join the email list, send an email to: serpentine-subscribe@egroups.com

Daily summary

If you are worried about having too many emails, you can have a daily summary which sends all the day's emails in a single email. To get this, first join the list as normal, then send an email to: serpentine-digest@egroups.com



Serpentine Handicap

37



Keith Morris wins April handicap, carries on for a further lap and finishes again in 37th place ...?!?

Well, I couldn't see what was happening. And, yes, the steward (me!) has held an enquiry, and 3rd place was won fair and square!

But it had to be the Morris's! Last year, whilst leading the race, (and having run it more than 50 times), Marianne attempted to lead everyone on an alternative - doubtless more scenic - route, nearer the lake! On that occasion, she was "fined" half her bonus points, but the result was allowed to stand, as the distance was at least as far as the regular route. Last Saturday, she just confused the handicapper by using a spare number, apparently being hoarded by Keith!! My immediate reaction, and that of my fellow referee, was that the same penalty should be exacted again. But, that wouldn't give due recognition to an excellent performance, just 2 days after her 50th birthday.

Marianne's previous best, last July, was 30.42. Her target PB relaxed by 16 seconds on her birthday, to 30.58, but she shattered both of them, with a time equivalent to 30.24. And just look at those splits! I started 30 seconds behind her, caught her halfway round the first lap, and then forgot her - until I felt her foot in the small of my back, halfway round the second lap! Well done, Marianne: a shining example proving that runners can continue to improve much longer than is generally thought.

In second place, also grinding my nose into the dirt, was Christian Morris, and also with a PB. This, too, was remarkable, because with Christian, the age-grading tables work the other way. His PB was actually the time he did as a 15 year old in 1997, 25.05. He is expected to improve until he reaches 20, and his target at 17 adjusts to 24.25. He beat that by 5 seconds on Saturday. Congratulations, Christian!

I've decided that the fairest "penalty" for Marianne in the circumstances (by the sound of it, a great party on Thursday, which took some recovering from!) is a black mark, which will be used against her in the event she ties for 1st, 2nd or 3rd place in the series. BUT, please note: this is a one-off! A fine of half the bonus points scored will be the norm for this and similar offences in future.

The complete handicap results for the April race can be found in the table on the next page.

In the Tom Hogshead Trophy, Steve Edwards has pressed further ahead, and now has a 21-point lead over Keith Morris, with Caroline Yarnell in 3rd place.

So far this year, 102 runners have run in one or more handicaps. This is a 65% increase on the numbers taking part up to April 1999!

My thanks to the helpers, John Walker, Beate Vogt, Ron Hagell, Kathleen Broekhof, Gemma Hale, David Lipscomb, Kathy Crilley and Phil Long.

The John Stonham Trophy

After the race, the John Stonham Trophy was presented to David Lipscomb. This rewards endeavour, rather than performance, and was thoroughly deserved. Congratulations, Dave!! ■

Ros Young

Tom Hogshead Series

The 2000 Tom Hogshead trophy has so far attracted 65% more runners than had taken part by April last year, 102 as opposed to 62. And this in spite of the fact that the February, March and April races have been held over a course 412 meters longer than the basis of 6,565 meters.

The reason for the diversion was the closure of the path beside the Peter Pan statue, as part of the works to lay out a "Princess Diana Walk". For the May race, it looks as though we will be back to our regular course (which was, in fact, being re-opened as we were having coffee after the April race).

After four races, Steve Edwards is leading the table by a comfortable 21 points. In second place is Keith Morris with Caroline Yarnell in third.

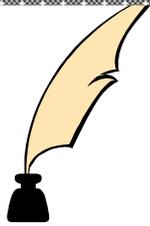
The following table contains the leading 30 positions in the series' standings as of April 2000. ■

Ros Young

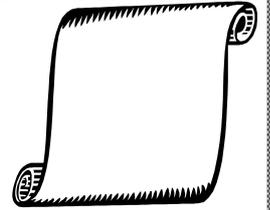
Name	Jan	Feb	Mar	Apr	Total
Steve Edwards	26	26	31	27	110
Keith Morris	22	28	27	12	89
Caroline Yarnell	30	31	12	14	87
David Street	29	30		26	85
Derek Watson	13	25	18	29	85
Tony Leppard	29	17	10	15	71
Owen Barder	13	20	32		65
Christian Morris	3	29		31	63
David Lipscomb	18	25	18		61
Hilary Walker	22	20		15	57
Bob Davidson	19	18		19	56
Marianne Morris		16	8	32	56
Jean-Luc Hoes	13	9	20	10	52
Eamonn Richardson	11		18	20	49
Jane Calderbank		14	23	12	49
Grethe Petersen		14	11	22	47
Phill Harris	4	10	14	16	44
Pete Noble		14	15	15	44
Manuel Moreno		12	30		42
Charles Doxat	12	14		15	41
Robin Fryer		3	15	22	40
Rachel Lomax		15	9	12	36
Arthur Garrison		11	14	9	34
Pete Warren			16	17	33
Graeme Staddon		3	15	15	33
Antonia Okwu		32			32
Brian Harris		15		15	30
Gill McCabe	15	11			26
Richard Smith	19		3	3	25
Ganesh Ramachandran		13	12		25

Handicap Results, 1 April 2000

Posn	Name	Start Time	Finish Time	Net Time	Adj Net Time	Target PB	Bonus Points	Race Points	Total Points	Total Races	1st Lap Time	2nd Lap Time	
1	Marianne Morris	9.15	41.34	32.19	30.24	30.58	pb	12	20	32	63	16.33	15.46
2	Christian Morris	15.45	41.37	25.52	24.20	24.25	pb	12	19	31	20	12.44	13.08
3	Ros Young	9.45	41.48	32.03	30.09	27.53		4	18	22	61	15.51	16.12
4	Derek Watson	14.00	41.50	27.50	26.11	26.51	pb	12	17	29	6	14.02	13.48
5	Eamonn Richardson	13.45	41.53	28.08	26.28	24.35		4	16	20	119	14.09	13.59
6	Steve Edwards	15.00	41.57	26.57	25.21	25.46	pb	12	15	27	11	13.19	13.38
7	David Street	10.45	42.04	31.19	29.28	29.31	pb	12	14	26	18	15.39	15.40
8	Phill Harris	15.15	42.12	26.57	25.21	23.18		3	13	16	118	13.05	13.52
9	Bob Davidson	9.45	42.13	32.28	30.33	29.08		7	12	19	95	16.10	16.18
10	Grethe Petersen	11.15	42.17	31.02	29.12	29.08		11	11	22	7	15.29	15.33
11	Robin Fryer	15.15	42.20	27.05	25.29	27.26	pb	12	10	22	3	13.31	13.34
12	Charles Doxat	14.45	42.26	27.41	26.03	24.38		6	9	15	27	13.51	13.50
13	Pete Warren	15.00	42.32	27.32	25.54	25.16		9	8	17	14	13.40	13.52
14	Hilary Walker	12.45	42.37	29.52	28.06	27.11		8	7	15	92	14.52	15.00
15	Tony Leppard	9.00	42.40	33.40	31.40	31.01		9	6	15	19	16.31	17.09
16	Anthony Stranger-Jones	13.45	42.43	28.58	27.15	29.26	pb	12	5	17	2	14.24	14.34
17	Jean-Luc Huez	14.30	42.48	28.18	26.37	25.15		6	4	10	20	14.05	14.13
18	Caroline Yarnell	12.30	42.52	30.22	28.34	28.19		11	3	14	22	15.04	15.18
19	Derek Paterson	16.15	43.05	26.50	25.15	23.56		6	3	9	67	13.12	13.38
20	John Jarvis	15.15	43.06	27.51	26.12	25.20		8	3	11	16	13.54	13.57
21	Bev Thomas	4.00	43.07	39.07	36.48	35.32		8	3	11	65		
22	Keith Morris	3.15	43.08	39.53	37.31	36.38		9	3	12	50		
23	Leighton Grist	18.00	43.09	25.09	23.40	22.27		6	3	9	55	12.27	12.42
24	Pete Noble	16.15	43.18	27.03	25.27	25.42	pb	12	3	15	4	13.06	13.57
25	John Sextone	7.00	43.19	36.19	34.10	32.10		6	3	9	67		
26	Jane Calderbank	12.45	43.27	30.42	28.53	28.10		9	3	12	6	15.15	15.27
27	Brian Harris	10.45	43.31	32.46	30.49	31.13	pb	12	3	15	4	15.58	16.48
28	Arthur Garrison	15.30	43.47	28.17	26.36	25.13		6	3	9	8	14.15	14.02
29	Joyce Goody	5.00	43.51	38.51	36.33	32.45		0	3	3	87		
30	Richard Smith	13.30	43.51	30.21	28.33	25.16		0	3	3	50	14.51	15.30
31	Graeme Staddon	15.45	43.55	28.10	26.30	26.50	pb	12	3	15	3	13.51	14.19
32	John Hudspith	16.15	43.58	27.43	26.04	22.20		0	3	3	69	14.05	13.38
33	Gabrielle Street	10.15	44.03	33.48	31.48	29.13		3	3	6	19	16.41	17.07
34	Sami Mohammed	16.15	44.11	27.56	26.17	23.32		0	3	3	36	13.57	13.59
35	Robert Bennett	15.00	44.17	29.17	27.33	28.18	pb	12	3	15	2	14.28	14.49
36	Oliver Gallay	11.00	44.44	33.44	31.44	29.11		3	3	6	8	16.10	17.34
37	Keith Evans	9.45	44.48	35.03	32.58	29.19		0	3	3	61	17.21	17.42
38	Rachel Lomax	3.45	45.15	41.30	39.02	38.11		9	3	12	4		
39	Ian Hall	14.00	45.25	31.25	29.33	25.42		0	3	3	37	14.49	16.36
40	Chris McNeill	9.15	45.43	36.28	34.18	30.48		0	3	3	8	17.53	18.35
41	Michael Egbor	3.30	45.53	42.23	39.52	40.08	pb	12	3	15	2		
42	Susan Chamberlain	11.45	46.05	34.20	32.18	31.39		9	3	12	2	16.33	17.47
43	Ruth Jackson	9.00	46.14	37.14	35.02	29.54		0	3	3	17	18.20	18.54
	Scratch Runners												
	Gary Hymns	11.00	40.51	29.51	28.05	22.51		0	3	3	46	14.45	15.06
	Tom Hymns	10.00	41.41	31.41	29.48				3	3	1	15.34	16.07
	Bill Stedman	10.00	42.34	32.34	30.38				3	3	1	16.40	15.54
	Sarah Nixon	10.00	47.27	37.27	35.14				3	3	1	19.06	18.21
	Yoshiko Hatanaka	10.00	47.35	37.35	35.21				3	3	1	18.58	18.37
	Hedy Theed	10.00	47.58	37.58	35.43				3	3	1	19.15	18.43



In Olden Times



Fifteen Years Ago...

March 1985 saw the emergence of a monthly Newsletter (we already had a quarterly club magazine) to provide more up to date information about forthcoming fixtures and events. Items in the first Newsletter included the kitchen rota for the clubhouse at Alexandra Lodge; a reminder that the post London Marathon event for Serpentine runners and supporters was being held at the Macauley Arms in Kensington Church Street; and revised entry rules for the club handicap because of the increasing number of runners taking part. From April 1985, only first time runners would be able to run scratch, and enter on the day. Anyone who had run the handicap before, or who had run scratch, had to pre-enter by at least the Thursday before handicap day!

John Walker won the January handicap (in 22.08) and Ian Smart (Serpentine's first Life Member in 1986) won the March handicap. Mike Williams, of Shaftesbury Harriers, and fresh from winning that year's Southern cross-country championships ran the handicap as a guest and recorded 19.41 to set the all-comers record - which still stands!

Ten years ago...

The club performed well in the National XC Championships, receiving recognition in *London Runner* (see the adjoining article). It is interesting to see how many names are still featuring in Serpie teams today (see 1990 XC results below)! *London Runner* also noted the club's philosophy of appealing to all levels in its reporting of the LRRC 20k race which was won by Serpentine's Dominic Moran (65.53) with Serpie

Shirley Watkins in last place. In April the club organised the annual London Marathon Breakfast Run, where overseas entrants for the London Marathon were encouraged to come and join us for runs around the central royal parks. Serpie members provided post-run refreshments. Quite a bit of fun, but took a lot of organising.

1990 Men's National Cross Country Championship, Roundhay Pk., Leeds.

The race started in ideal conditions but by the third and final lap, we encountered heavy rain and driving winds which made things most uncomfortable.

John Ralph

Place	Name	Time
251	Rob Johnston	51:00
334	Francis Cooney	51:45
	John Hudspith	55:13
	Robin Kindersley	55:20
	John Ralph	56:27
	Derek Paterson	57:58
	Steve Brooks	
	Mark Manners	
	Andy Cooper	64:00

A big item during this period was the build up for the Serpie men's team entry to track and field competition. Training sessions had been held throughout the previous winter under the expert guidance of club member Derek Johnson (himself a double silver medallist at the 1956 Melbourne Olympic Games), and practice at more technical events took place in the Spring. See James Godber's report on the track and field "come and try it night".

There was an excellent Dinner Dance at the Winning Post, near Twickenham on Friday, 16 February, with a bar extension, disco, and James' club secretary's speech - which someone timed at 23 minutes!

Rob Johnston was 5th in the club New Years Day race (32.51), with Mike Askew 7th (33.12) and Rob had another fast run in the Bedford 10miles (52.18). 29 Serpies completed the Watford half marathon and nine ran in the Harrow 10k. John Ralph took a small group to run in the Tadcaster 10 whilst Derek Paterson and a few others sampled the delights of the Dursley Dozen off-road race (which includes a bank so steep (called the "precipice") there is a rope to hang onto!).

23 serpies ran in the Hillingdon half marathon and the mens team (headed by Rob Johnston with his fine 69.29 for 4th place) finished 4th overall.

continued on next page

1990 Ladies National Cross Country Championship, Rickmansworth

Our ladies lived up to all expectations, with Jill leading the team home. Both Julie and Maeve had superb runs with Pauline completing the scoring team with her usual consistent running.

Nicky Rosewell

Place	Name	Place	Name
211	Jill Hickman	429	Joyce Goody
237	Julie Haworth	434	Beverley Westwood
258	Maeve Wynne (Johnston)	447	Jane Thompson
260	Pauline Baker (Rich)	459	Jacqui Bristow
290	Ros Young	490	Shirley Watkins
297	Barbara Sheldon (Ralph)	492	Rita Clark
312	Nicky Rosewell	500	Kathy Crilley
342	Chris Brixley	507	Elaine Mackie
344	Jan Farmer	515	Rosemary Cox
390	Hazel Paterson	516	Bev Thomas

Ten years ago

continued from previous page

Lots of club members were running 20milers in preparation for "The London", from John Ralph at Finchley (2.10.01) where the team placed 3rd, to ten Serpies at Verlea (where Liam Hargadon ran 2.05.04), and the Worthing 20 miler which Richard Smith completed in 2.19.50.

Serpie teams, and individuals, did well in the Sunday cross-country league with Rob Johnston and Francis Cooney 1st and 2nd overall (5 races) and the men's team placing 2nd behind Trent Park. The women's team also did well, finishing 3rd with the women's vet team winning and Jill Hickman placing 2nd in the individual competition. ■

Derek Paterson

Serpentine Cruise Upstream

From "London Runner" - 1990

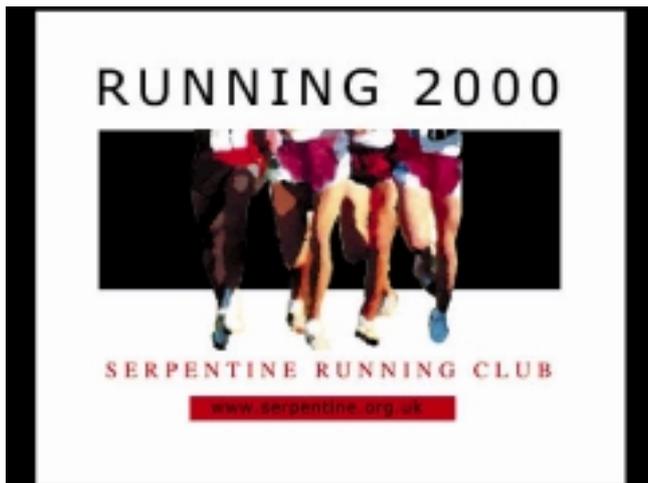
Serpentine are no longer the joggers they were as they eclipsed such established clubs as Herne Hill, Enfield, Epsom & Ewell and Ranelagh in the Women's National XC Championship at Rickmansworth.

The London club made their presence felt with their four counters all finishing within 49 places of each other - a combined total of 966, good enough for 35th team overall out of 65 complete entries. Last year Serpentine finished 54th out of 79 complete teams which means that the 1990 race represents a 20% improvement...

In the men's national, Serpentine RC emulated their female counterparts with a fine 92nd overall in the biggest men's national ever, which saw more than 335 teams entered. Trent Park Trotters finished 154th, East London Runners 203rd and Stragglers 243rd.

Serpentine appear to be consolidating themselves in the first 100 teams of the club runner's most prestigious XC race. Last year they were 89th in a smaller race when a mere 203 teams finished.

Improvement, though, was startling for Rob Johnston this year. Last year in the mud of Cheam, he finished 647th for fourth counter. This year he moved up almost 400 places to be first runner home for the London club in an excellent 251st.



Club Millennium

T-Shirt Poll

Vote to select a single design

Five designs under consideration:

- Figure top left on white
- Figure top left on blue
- Figure bottom left on mid blue
- Figure bottom left on grey
- Figure bottom right on midnight blue

Vote on the website



or tell Ros Young your preferences





Club Championships



The Serpentine Club Championship is a series of nine races from 1km to a full marathon. Six of these races will occur within the next three months.

Champions for each race are simply those running the fastest. Additionally, the Grand Prix champion is determined by adding together, for each of the 1k, 1mile and 3k events, each runner's time expressed as a percentage of the winner's time. There is also an Age Graded Trophy, which is scored on the six best age/sex graded times (out of the nine races) for each runner.

Details for the eight remaining Club Championship races this year are below. Remember that you must wear club colours to participate (contact the kitmaster, Paul Ingram if in need). There will be a nominal charge (less than £2) for the 1k, 1m, 3k and 5k events.



Distance	Race & Location	Date & Time
1 K	Hyde Park, (reg. at Lido Café)	Sat, 20 May, 9.00am
1/2 Marathon	Richmond (Ranelagh)	Sun 21 May, 10.30am
10 K	Sri Chinmoy, Battersea Park	Sat, 17 June, 8.30am
5 K	Battersea Park (reg. at track)	Wed, 21 June, 7.30pm (TBC)
3 K	Battersea Park (reg. at track)	Wed, 28 June, 7.30pm (TBC)
1 Mile	Battersea Track	Wed, 5 July, 7.30pm (TBC)
10 Miles	Cabbage Patch	Sun, 24 September (TBC)
Marathon	Kingston	Sun, 15 October (TBC)



For further information, contact Phil Harris (020 7370 3034)

Summer Is Here!

Summer League

Yes, those long dark dreary days of winter are over and the Summer League is here again. Warm Sunday mornings spent in the park, a fast 10k, a relay race for a bit of fun and a buffet lunch to round it off, all for £1!

The Summer League is an inter-club competition of five races between May and September at various venues around London. The races are 5 miles or 10k, cover all standards, start at 10.30am, and are based at a local park. The events are family oriented and many participants bring their children. After the 10k there is a tenderfoot race (about 2k) for children and a series of 400m relays. Scoring in the relays is age graded so five year old girls in ponytails can beat accomplished adults. Lunch is provided in the form of sandwiches and cakes. Arthur tells me they are his favourite races so there's a recommendation!

We also have a new scorer this year, which should mean a more efficient results service. (In the last couple of seasons, the scorer has not always provided the results after each race). Trophies are awarded at the end of the year for individuals in their age categories based on their best four performances in the five races.

These are the venues and dates – more details will be given 2 or 3 weeks nearer each event. I look forward to seeing you there.

Ian Hall

Venue	Club	Date
Dulwich Park	Dulwich Park Runners	May 7
Harrow	Metros	June 18
Perivale Track	Ealing & Southall AC	July 16
Battersea Park (to be confirmed)	Serpentine RC	August 20
Victoria Park (to be confirmed)	Mornington Chasers	September 17

HILL SPRINT CHALLENGE

The Hill Sprint Challenge is run on the first Tuesday evening of each month in Holland Park (south end of Holland Walk) at 7:00. Distances rotate between 200, 400 and 800 metres each month. Scoring is based on absolute time, time with respect to your PB and a sex/age weighting component. After each event, there is a paarlauf, which brings the sessions up to 30-45 minutes in duration.

The March Hill Sprint fell on Shrove Tuesday, so it was followed by the Pancake Paarlauf, much to the amusement of a group of American tourists who asked whether this was "a strange English tradition." Strange it certainly was, with the Team Paarlauf being followed by "The Individual Pancake Race" comprising three heats and a grand final. The Club Pancake Champion is Patrick Twomey. It was good to see Ramona Teinila wearing club colours while participating in the pancake race with her mum (won't say who was running fastest!)

The next Hill Sprint is May 2nd over 400 metres. Please come along and join us.

David Lipscomb

Hill Sprint Challenge – Winter 2000												
Number	Name	Age Group	P.B.	Start Time	Finish Time	Net Time	Time Points	P.B. Points	Bonus Points	Total Points	Position	Comments
Round 1 – 800m (January)												
1	Marianne Morris	Fv45	3.37	00.00	3.41	3.41	17	19	6	42	3	
2	Christian Morris	Mu40	2.37	00.00	2.46	2.46	23	17	1	41	6	
3	Nick Slade	Mu40	2.46	00.00	2.52	2.52	22	18	1	41	5	
4	Keith Morris	Mv60	4.20	00.00	4.26	4.26	13	19	6	38	7	STAR
6	David Lipscomb	Mu40	3.21	00.00	3.16	3.16	20	21	1	42	4	P.B.
29	Grethe Petersen	Fu40	3.34	00.00	3.29	3.29	19	21	4	44	1	P.B.
61	Hilary Walker	Fv45	3.19	00.00	3.25	3.25	19	18	6	43	2	
64	Patrick Twomey	Mu40	-	00.00	2.38	2.38	24	-	1	25	8	Scratch
65	Pete Noble	Mu40	-	00.00	2.44	2.44	23	-	1	24	9	Scratch
Round 2 – 400m (February)												
1	Marianne Morris	Fv45	1.35	00.00	1.42	1.42	17	16	6	39	6	
3	Nick Slade	Mu40	1.13	00.00	1.15	1.15	23	19	1	43	3	
4	Keith Morris	Mv60	1.43	00.00	1.53	1.53	15	15	6	36	7	
6	David Lipscomb	Mu40	1.22	00.00	1.22	1.22	21	20	1	42	4	P.B.
9	Raija Teinila	Fv40	1.42	00:00	1.40	1.40	18	21	5	44	1	P.B.
16	Phill Harris	Mu40	1.21	00:00	1.23	1.23	21	19	1	41	5	
29	Grethe Petersen	Fu40	-	00:00	1.29	1.29	20	-	4	24	9	Scratch
61	Hilary Walker	Fv45	1.26	00:00	1.30	1.30	20	18	6	44	2	
64	Patrick Twomey	Mu40	-	00:00	1.11	1.11	23	-	1	24	8	Scratch
65	Pete Noble	Mu40	-	00:00	1.16	1.16	22	-	1	23	10	Scratch
Round 3 – 200m (March)												
2	Christian Morris	Mu40	0.33	00.00	0.32	0.32	26	22	1	49	2	P.B.
3	Nick Slade	Mu40	0.35	00.00	0.37	0.37	24	17	1	42	7	=Star
4	Keith Morris	Mv60	0.50	00.00	0.52	0.52	19	18	6	43	5	
5	Ken Kwok	Mv55	0.40	00.00	0.41	0.41	23	19	5	47	3	
7	Jan Farmer	Fv45	0.47	00.00	0.48	0.48	20	19	6	45	4	
16	Phill Harris	Mu40	0.42	00.00	0.43	0.43	22	19	1	42	6	
21	Rachel Broster	Fv40	0.46	00.00	0.49	0.49	20	17	5	42	7	=Star
61	Hilary Walker	Fv45	0.48	00.00	0.46	0.46	21	22	6	49	1	P.B.
62	Ros Young	Fv55	-	00.00	0.55	0.55	18	-	8	26	=9	Scratch
64	Patrick Twomey	Mu40	-	00.00	0.35	0.35	25	-	1	26	10	Scratch
65	Pete Noble	Mu40	-	00.00	0.34	0.34	25	-	1	26	=9	Scratch
66	Cecilia Caroll	Fu40	-	00.00	1.01	1.01	16	-	4	20	13	Scratch
67	Laurent Locke	Mu40	-	00.00	0.39	0.39	23	-	1	24	12	Scratch

Sudbury Court

News from Sudbury Court

The Sudbury Court Running Club was recently established by runners using the Sudbury Court Sports Club. Many were early members of

Serpentine and remain as second claim members. (See "Sudbury Court Running Club is up and running" in the winter issue of the Serpentes.)

Sudbury Court 10k

This will be the new club's inaugural race. It is being held at 11:00 on Sunday, 21 May to raise funds for Leukaemia research and

treatment, in memory of Jenny-Rose Lotter, an 11 year old girl who died last year from Leukaemia. She was a pupil at Grange Middle School where Serpie and Sudbury Court member, Nicky Rosewell is Head Teacher. Please support this worthy cause by your participation.

continued on next page

Sudbury Court

continued from previous page

If you are unable to raise sponsorship, why not give a donation (make your cheques payable to Sudbury Court RC)? If you can't run but would still like to help, your assistance with marshalling or administration would be greatly appreciated. Call Chris Stagg on 020 8868 7766 if you think you can help.

Sudbury Court has shower and changing facilities, and a licensed bar which will be open after the race. See advertisement on page 28 for more details.

Monthly Handicap

This race, similar in concept to the Serpentine handicap, is run over a 3km course on the Tuesday evening closest to the 15th of every month between April and September.

Registration is at the Sudbury Court Sports Club, East Lane, North Wembley, and closes at

19:15 sharp. Cost is 50p (a bargain!) and showers for non members are £1. You need not be a member of the club to participate so Serpies are welcome to come along.

Because the race is smaller than the Serpentine handicap, you have a better chance of winning (of course you also have a better chance of coming in last)! ■

Ruth Jackson

Want a Lie-In on Saturdays?

Please return the poll of members' views enclosed with this newsletter

**Your vote is
important**

Due Saturday, June 17th



Club Championships - Previous Winners

We have gone back into the Serpentine archives to uncover previous Club Champions. Bev Thomas has been keeping Club records back to 1987

Men

Event	1 K	1 mile	3 K	Grand Prix	10 K	10 mile	½ Marathon	Marathon
1987	Francis Cooney 2.40.49	Robin Kindersley 4.37.01	Mike Askew 8.51.22	Bob Johnson	Mike Askew 32.46.40	Bob Johnson 53.19	Bob Laws 1.13.42	John Hudspith 2.48.18
1988	Karim Allam 2.40.83	Robin Kindersley 4.28.71	Karim Allam 9.01.95	Karim Allam	Karim Allam 32.20	Robin Kindersley 51.24	Bob Johnston 1.13.29	Mike Lucy
1989	Dominic Moran 2.38.70	Dominic Moran 4.28.08	Dominic Moran 8.46.87	Dominic Moran	Bob Johnston 32.24	John Ralph 56.21	Paul Miller 1.16.29	John Hudspith 2.39.09
1990	Dominic Moran	Robin Kindersley 4.29.91	Dominic Moran 8.46.20	Francis Cooney	John Ralph 35.40	Bill Laws 55.43	Bill Laws 1.17.09	John Hudspith 2.42.02
1991	Robin Kindersley 2.42	Mike Askew 4.27	Robin Kindersley 9.24	Robin Kindersley	John Ralph 35.05	John Ralph	John Ralph	John Hudspith
1992	Tony Chada 2.37	Robin Kindersley 4.32	Robin Kindersley/ Mike Askew 9.02	Mike Askew	Bob Llewellyn 34.51	Bob Llewellyn	John Ralph 1.16.00	John Hudspith
1993	Eero Keranen 2.49	Robin Kindersley 4.46	Eero Keranen 9.12	Eero Keranen	Eero Keranen 33.36	Eero Keranen	Robin Kindersley 1.14.24	John Hudspith 2.47.44
1994	Francis Cooney 2.37	Robin Kindersley 4.32	Robin Kindersley 8.55	Francis Cooney	Bob Llewellyn 33.08	Robin Kindersley 53.53	Robin Kindersley 1.14.24	John Hudspith 2.44.54
1995	Mike Askew 2.41	Mike Askew 4.39	Mike Katz	Mike Katz	Derek Paterson 38.37	Conor O'Driscoll 57.15	Robin Kindersley 1.13.30	Phil Harris
1996	Robin Kindersley 2.46	Robin Kindersley 4.35	Robin Kindersley	Robin Kindersley	No Award	G. Taylor 56.54	Robin Kindersley 1.10.32	Phil Harris 3.27.37
1997	Tony Chada 2.53	Simon Craig 4.48	Leighton Grist 10.05	Tony Chada	J. Galvan 33.19	B. Johnston	G. Taylor 1.16.07	No Award
1998	?	Karim Chebouki 4.46	Phil Harris 10.39	Phil Harris	Soon Han Choi 38.06	Soon Han Choi 1.02.38	Karim Chebouki 1.15.57	John Hudspith
1999	M. Katz 2.51	Karim Chebouki 4.47	Simon Craig 10.02	Chris Jordan	Karim Chebouki 34.11	John Hudspith 1.02.03	Karim Chebouki 1.15.55	Robin Kindersley 2.40.40

Women

Event	1 K	1 mile	3 K	Grand Prix	10 K	10 mile	½ Marathon	Marathon
1987	Renata Dodge 3.17.12	R. Dodge 5.42.12	R. Dodge 11.4.04	Renata Dodge	Pauline Baker 41.34	P. Baker 65.40	Jill Hickman 1.32.29	Hilary Walker 3.04.40
1988	Renata Dodge 3.18.22	R. Dodge 5.38.07	Vicki Bray 10.57.87	Renata Dodge	Pauline Baker 40.40	Barbara Sheldon 65.22	P. Baker 1.31.24	Hilary Walker
1989	Barbara Sheldon 3.21.62	B. Sheldon 5.37.56	B. Sheldon 11.14.12	B. Sheldon	B. Sheldon 39.31	Pauline Baker 65.53	Hilary Walker 1.128.32	Hilary Walker 2.59.08
1990	Jacqui Bristow 3.17.66	Barbara Sheldon 5.38.04	B. Sheldon 11.18.35	B. Sheldon	B. Sheldon 40.18	B. Sheldon 65.09	Paulline Rich (nee Baker) 1.30.13	Hilary Walker 2.59.20
1991	Barbara Sheldon 3.17	B. Sheldon 5.43	B. Sheldon 11.14	B. Sheldon	Hilary Walker 41.32	Hilary Walker	B. Sheldon	Hilary Walker
1992	Pat Niland 3.18	Pat Niland 5.39	B. Sheldon 11.13	Pat Niland	Hilary Walker 41.08	B. Sheldon	B. Sheldon 1.30.04	Hilary Walker
1993	Pat Niland 3.03	Helen Ward 5.27	Helen Ward 11.00	Pat Niland	Liz Craig 41.06	B. Sheldon	Wendy Sutherland 1.21.13	Hilary Walker 3.04.12
1994	Wendy Sutherland 3.00	Wendy Sutherland 5.11	Wendy Sutherland 9.59	Wendy Sutherland	Liz Craig 37.54	Wendy Sutherland 57.30	Wendy Sutherland 1.21.13	Hilary Walker 3.07.08
1995	Liz Craig 3.23	Liz Craig 5.38	Liz Craig 11.06	Liz Craig	B. Sheldon 42.24	B. Sheldon 70.33	Hilary Walker 1.28.37	Marianne Blake
1996	Liz Craig 3.16	B. Sheldon 5.36	Liz Craig	Liz Craig	No Award	Liz Craig 67.57	Liz Craig 1.25.36	Raija Teinila 3.04.39
1997	Rachel Broster 3.43	Liz Craig 5.42	Sarah Newton 11.27	Rachel Broster	Liz Craig 39.20	Liz Craig	Marianne Blake 1.24.15	No Award
1998	?	H. Cayzer 5.27	H. Cayzer 11.06	H. Cayzer	Sarah Newton 43.34	A. Kane 1.06.42	Rokea Schiller	A. Kane
1999	Pat Kearsey (nee Niland) 3.18	Natasha Hrstich 5.51	Pat Kearsey 11.32	Pat Kearsey	Z. Lewis 40.08	Rokea Schiller 1.06.27	Rokea Schiller 1.27.50	Elinor Rest 3.05.51

Track Training

Thursdays With Derek

Coach Turner tells us his plans, seeks our opinions and requests coaching help.

Unfortunately, Tuesday night track training did not get off the ground, and has now temporarily ceased. Perhaps Parliament Hill was just a little bit off the beaten track for most people.

Thursday night, however, remains extremely popular, with roughly 40 Serpies in the main session. At least half of these members are doing a marathon this spring. This has influenced the design of the current training schedule. Normally at this time of year, we would be changing the emphasis to shorter distances, and we would now be going through a transition phase. This schedule

keeps longer intervals in it than in the past.

The schedule is only drafted up until the end of April, as I don't know exactly when Battersea Park track will be re-opening, or if the work is on schedule. I also feel that participants of the track sessions should decide which track, and on what night they will train. My preference would be to train at Paddington Rec on Tuesdays and Battersea on Thursdays. This gives a

Date	Session
6 th April	6x1000m at 10k pace; recovery: 200m jog
13 th April	3x3x500m at mile pace; recovery: 400m jog
20 th April	5/6x400 at 95% effort; recovery: 400m jog
27 th April	3x8x200m at mile pace; recovery: 30secs, 400m jog between sets.

session to those south of the river, especially those who have not been able to get to Paddington. At Battersea, I see Thursday as preferable than Tuesday, as it is likely to be less congested.

No doubt some of you will wish to participate at both sessions, and also go for a *slow* recovery run with the club on Wednesday. The two sessions will be constructed so that you will benefit from attending either, but designed as part of an integral training schedule.

To help decide which track we will be using on which night, I will, in the weekly newsletter, include a questionnaire. You may, however, not want to wait, so you can post

your preferences to me at 19, Queenswood Avenue E17 4EH. As stated, I have a preference, but will make the decision based on the number of votes cast (and publish the result!)

The success of the Thursday night session is extremely gratifying. The problem, though is how to use

continued on page 46

Foul Jump

continued from page 21

Do not worry if you do not have any experience of these things, the event will be under the overall control of an official who is qualified and experienced. All that will be required of you will be an intelligent, enthusiastic response to instructions! I'm positive you are **all** capable of that, aren't you?

Maybe, if you really feel you have flair and would like to become the person issuing the instructions to other intelligent, enthusiastic people, you could become qualified during the boring, dark winter months when most athletes are in hibernation. This would require you to attend a few lectures in your local area on Athletics Officialdom, before sitting a straightforward written test. It can be very rewarding and is certainly very interesting.

Several Serpies have, over the years, gained qualifications and enjoy lovely sunny days standing on tracks all over Southern England. Hey, you visitors to England, what a brilliant way to get free trips round Britain!

Some of the members who have gained qualifications during the past ten years are still very active in the club and would be only too grateful to share their experiences with you. They are Ros Young, Hilary Walker, Richard Wisdom, Hazel Paterson and myself.

There are plenty of people who have regularly helped out at Meetings and keep volunteering year after year, so probably must enjoy it!

They are Phil Harris, Rachel Broster, Mollie Ravenscroft, Wendy/James, John Walker, Sue Mc Ginlay, Ron Hagell, Beate Vogt, Cathy Gerarty, Richard Smith, Nicky Rosewell, Mike Maddison and Pat Green, to quote quite a few.

If you would like any more information, or better still, volunteer your services, please contact me, at any time.

I look forward to hearing from you.

Bev Thomas

Tel/Fax Home 020 8868 7552
Mobile 07976 882989
E-mail bev.thomas@virgin.net ■

Track Etiquette

continued from page 21

3. Cross the track at your peril and only if you need to compete or officiate. The 200m finish can make the Pamplona bull run seem tame.
4. The steeplechase water jump does not moonlight as a swimming pool. However hot the day, do not be tempted to splash about. It is deep enough to drown in (especially if you are vertically challenged). Some runners may

5. also think you are a stepping stone.
6. Responsibility is the order of the day. If you miss the start because they went off early it's your fault! The officials do not psychically divine all those who wish to compete.
7. A good athlete thinks of others before themselves and does a good turn every day.
8. Always be nice to the officials and adopt a suitably 'umble demeanour. However, bribery and flattery may not always work. If aggrieved, consult your team manager.

On a serious note, the 'rules' here are based on accepted practice. We have had one or two close shaves last year both in terms of complaints about lack of courtesy and potentially hazardous incidents. Children are particularly at risk in this environment. See you at the track! ■

Derek Paterson

Surviving the Marathon

continued from page 23

Running has the effect of continually contracting muscle tissue as it attaches to the joints. Muscles work in groups, therefore tightening and shortening of one group (i.e. hamstrings) is a result of a lack of flexibility in the hip extensor group. The hip joint will be pulled out of alignment with a consequent tightening of low back muscles on that same side of the spine.

As a remedial therapist, I usually go through a range of flexibility tests as one injury often has multiple causes. I also provide a range of corrective muscular re-balancing exercises including strength and flexibility work.

Massage

I would recommend treatment before the marathon and a more gentle massage in the few days following the

Do Saturday Morning Runs Cut Too Much Into Your Day?

See the separately enclosed questionnaire or go to
www.serpentine.org.uk/survey

Vote before Saturday, 17th June

Your vote is important

race. It will most definitely assist recovery.

Post marathon

In the weeks after the marathon it might be necessary to re-charge your batteries and what better way than to cross-train. Get to the local swimming pool (if you don't already do so), get on your mountain-bike if you enjoy cycling or do more gym work to build up strength for those shorter summer races ahead. But in any case, you deserve a rest (for a few days anyway!).

Enjoy it and take care. ■

Maev Johnston L.C.S.P.

Ed. note: Maev, a member of Serpentine, is a Remedial and Sports Massage Therapist. She can be reached at:

020 8813 1897 and 07958 987081

Committee Meetings

continued from page 32

- The route may also have to be changed due to the building of the Diana Memorial Walkway. The exact route of this is not yet known, so the Committee will keep any necessary changes to the Race route under review.
- The Committee has agreed Club Championship runs for this year – these are published in the Serpentines (see page * of this issue) and on the website/newsletter.
- The Committee has agreed to fund 2 teams (one women, one mixed) for the Green Belt Relay on May 13/14th. We will also fund two teams (one women, one men) for the Welsh Castles Relay on June 3/4th.
- Club membership remains buoyant; we currently have approximately 270 members. Many are coming through the website, which is working very well.
- The Last Wednesday of the Month Wine and Cheese will no longer take place. This is due to the success of the local pub after the Wednesday run and all are encouraged to go there to eat or to drink instead.
- Questions have been raised regarding changing the time and meeting place of the Saturday

morning run. As this is such a big issue, a separate ballot of all members' views will be held.

- Subscriptions to the 100 Club have started to be paid by standing order and this is working well. We still need more members to take part in the scheme though.
- John and Beate will not be standing as Captains again. Replacements need to be proposed for election at the AGM. See page XX of this issue.

The next Committee meeting is on 25th April. ■

Sarah Newton

Track Training

Continued from page 44

it to maximum benefit for people. Currently, I organise the session, and spend time flitting from group to group.

These days many old hands, who do a great job, assist (by keeping the group together and moving, making sure no-one gets left behind, etc.). In an ideal world, each ability group would have their own coach - it would be nice to see a few more Serpies becoming coaches. The most important factor in being a coach is the ability to attend the sessions week-in, week-out, despite the weather! (everything else can be learnt). ■

Derek Turner

Membership Renewals

£

are due by June 1

PAY UP!

See separately enclosed renewal form

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Contributions Sought For The Serpentimes

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

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

Contribute to your club - Start writing!

Also consider this quarter's writing challenge:

A running event that made a permanent change in your outlook.
A PB, a disappointment, or an injury, perhaps?

Please send contributions for the Serpentimes to the editors:

Arthur Garrison, arthur.garrison@bt.com, 19 Royal Ave. Hse., 1 Royal Ave., London SW3 4QD
H: 020 7730 3362, W: 020 7932 7472 or:

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