

# THE Serpentines

The newsletter of the Serpentine Running Club, London. [www.serpentine.org.uk](http://www.serpentine.org.uk)



SPRING 2003

## What's On With the Serpentine Running Club

Things To Do  
Running

### Welsh Castles Relay

14 & 15 June

(p. 7)

### Summer & Assembly Leagues June to September

(p. 3)

### Club Championships 2003

May to October

(p. 8)

### Round Norfolk Relay 13 & 14 September

(p. 4)

### Swiss Alpine Marathon Davos 26 July

(p. 3)

### *Meal of the Month*

6 June

(p. 9)

### Track & Field Events May to September

(p. 11)

### *Club Championship Triathlons*

(p. 9)

### *Triathlon in Denmark*

(p. 5)

### *Serpie Trip to Lanzarote March 2004*

(p. 12)

The Award-winning Serpentines is edited by Sally Hodge, Arthur Garrison and Monika Mars. If your activity is not listed here, it's because you didn't tell us! Please send contributions or suggestions to addresses on back page.

**serpentine**  
**100club** funding Serpentine

The Serpentine is funded by the 100 Club. By being a member of the 100 Club, you are helping pay for the Serpentine. If you are not a member and have enjoyed reading this issue, please think about joining, and also give yourself the chance of winning one of eight monthly prizes in the handicap draw.

## Chairman's Message

### A Serpie President - Or What?

*Ros outlines some important changes for the Club*

**B**y the time you read this you will (I hope) be aware of proposed changes to the club rules and of the details for adopting these.

We are developing a new section on the website, which will have all the details of the proposed changes. For those without e-mail addresses, a pack of information will be sent to you in the mail. I'd hazard a guess, however, that most, if they register this at all, will dismiss it as "dull", and move on.

Please don't. There is going to be a Special General Meeting immediately prior to the AGM at which important decisions about the future governance of your club will be taken. Both the SGM and AGM will be on 5 July at the Victory Club (Alamein Suite) at 63-79 Seymour St. You owe it to yourself to have understood the issues, and aired your views.

So, what are these changes and why are they necessary?

Well, the present rules were drafted about 16 years ago (curiously, by three 1986 committee "rookies", including yours truly). Back then, there were perhaps 100-200 members, mainly concerned with road-running and a spot of socialising. The 12 committee members could easily handle the work themselves.

But in the last few years, the club has grown exponentially, and, fundamentally, so has the variety of activities undertaken by its members. It has become sufficiently large and complex to need a structure that is more in line with that of a business, with a "board" to manage and co-ordinate activities, rather than to try to do everything themselves.

"But everything seems to be well organised", you may say. True, but that's because Serpies have always risen to the occasion. What we now have to do is to formalise this, and widen the net of those involved.

History has repeated itself: the current review of the rules has again been led by the rookies, this time Phil McCubbins, Ian Hodge and Eddie Brocklesby, and we are very grateful to them.

There are two principal changes you are being asked to consider:

- the election of an outward-looking President to be the external face of the club, help to steer us in exploiting opportunities and minimising risk; and
- the re-structuring of committee roles as function co-ordinators, absorbing the former captains' duties and with the responsibility for recruiting "implementers" to carry out specific activities.

Your committee considers these changes to be very important for the future of the club. Please check out the detail on the website, or in papers which will be sent to you shortly. Make your comments, either directly to Phil or myself, or via the website. And please come to the Special General Meeting and AGM on July 5 to make your views known and cast your vote for the future of your club.

Although not everyone in the club wants to be a committee member, it's important that those who are have the tools and the framework within which to do the job effectively. *RS*

*Ros Young*

### Membership Renewal

£ £ £

Membership renewals are due at the end of  
May

Don't forget that you won't be eligible to run  
the June Handicap if you haven't paid your  
membership fee!

The quickest and easiest way to renew is on  
**SerpieBase**

Alternatively you can send a cheque, made  
payable to Serpentine Running Club, to the  
Membership Secretary at:

**35 Merton Road  
Harrow, Middlesex, HA2 0AA**

The fee is £20 for full membership, £10 for  
age +60 or unwaged, free for under 16 or  
full time student

### Contents of this Issue

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

<b>Things to Do with Serpentine</b>	<b>3</b>
<b>Running Stories</b>	<b>13</b>
<b>Starter Pack</b>	<b>17</b>
<b>Club News</b>	<b>19</b>
<b>Ideas and Advice</b>	<b>28</b>
<b>Odds &amp; Ends</b>	<b>30</b>
<b>Contact Details</b>	<b>32</b>

# Things To Do With **Serpentine RC**

## Summer & Assembly Leagues

*Summer's here with a double helping of friendly - yet competitive - races*

This year we can offer you a double helping of road racing over the coming months. The Summer League is an inter-club competition involving four races, each on a Sunday morning, between May and August. This year the races will all be 10km. They start at 10.30am and are based at a local park. The events are family orientated. After the 10km there is a short race (about 3km) for youngsters and then a series of 400m relays. All this for just £1! The races are very friendly and it's traditional for the host club to provide a buffet lunch after the races: some Serpies have been known to go just for the lunch!

Trophies are awarded in various age groups based on your best results from three of the four races.

No need to enter in advance, just come along and enjoy a run. More details about these races will appear in the weekly Sentinel newsletter or you can contact Ian Hall (see back cover).

Venue	Date
Dulwich Park	1 June
Victoria Park, Hackney	6 July
Hyde Park (provisional)	10 August

## Davos

### The Swiss Alpine Marathon

*Fancy a run in the mountains? Kirsten explains what this race is all about*

Many of you, like me, will have been concentrating on getting London or other spring marathons out of the way, so thinking further ahead further to the summer may have been proving difficult. But what better way to fill the gap in your post-marathon lives than to look forward to the next event?

Davos 2003 is definitely one event that comes highly recommended by those who have taken part in it in the past. It promises to be a fun-filled weekend and offers a variety of races to take part in. Whether you want to do a marathon walk, a 30k run, a full marathon or even ultra-marathon, there should be something for everyone.

*Continued on page 6*

New for 2003 is the Assembly League. This is a mid-week competition involving clubs, schools and businesses, mainly in central, south and east London. There are six races, each on a Thursday evening starting at 7.15pm. There were about 120 runners in the opening race and the standard was similar to that of our own Last Friday of the Month 5km (in other words the races are suitable for runners of all abilities).

Like the Summer League, there's no advance entry. The races are free to enter. Just come along on the night with your Serpie top, collect your race number and have a competitive workout.

Venue	Distance	Date
Victoria Park, Hackney	3.5 miles	5 June
The Dome, Greenwich	5km	3 July
Victoria Park, Hackney	3.5 miles	7 August
Beckenham Tennis Club	2.9 miles	4 September

Here again, more information will appear in our weekly newsletter or you can contact Malcolm French (see back cover). ✉

*Malcolm French*

### In This Section

Summer & Assembly Leagues – <i>Some friendly competition over the summer</i>	3
Davos – <i>Kirsten is inviting you to come to Switzerland</i>	3
Round Norfolk Relay – <i>Sign up now for this 24-hour race around the perimeter of Norfolk</i>	4
Serpentine receives coaching grant – <i>The Club needs more qualified coaches</i>	5
Triathlon in Denmark – <i>Bo and Grethe invite you to their homeland</i>	5
Long Runs on Wednesday Nights – <i>Longer alternatives to the Three Parks route</i>	6
Welsh Castles Relay – <i>Run through the Welsh countryside</i>	7
Club Championships – <i>Fixtures for the season</i>	8
Meal of the Month – <i>Come with out to taste some Cuban delicacies</i>	9
Tri Championship – <i>Three chances to win medals</i>	9
Serpenquiz – <i>Captain Malcolm tests your athletics knowledge</i>	10
Track & Field – <i>The new season has just begun</i>	11
Lanzarote 2004 – <i>Yes, it's really time to book your places</i>	12

Fancy a great team challenge?

Then enter the 17th

# ROUND NORFOLK RELAY

13th/14th September 2003

189.1 miles in 17 separate, unequal, multi terrain stages

We have entered a men's and a women's team

Unique in concept and character, the race presents a tough and enjoyable club challenge. Run over 24 hours, the event is much more than just a normal relay for it requires special preparation, planning and support.

The course follows the county boundary over a distance of 189.1 miles. After leaving King's Lynn, the route follows the ruggedly beautiful Norfolk coastline, alternating between road and coastal path, to Great Yarmouth. Turning southwest, it then passes through the special features of Breckland, including a stretch of Thetford Forest, before swinging northeast, over the Fens and back to race headquarters in King's Lynn.

Mostly run on roads, the course is gently undulating, has one stretch of light sandy track through the forest and about 12 miles of coastal path. Each runner runs one stage which vary from about 5 to 20 miles in length.

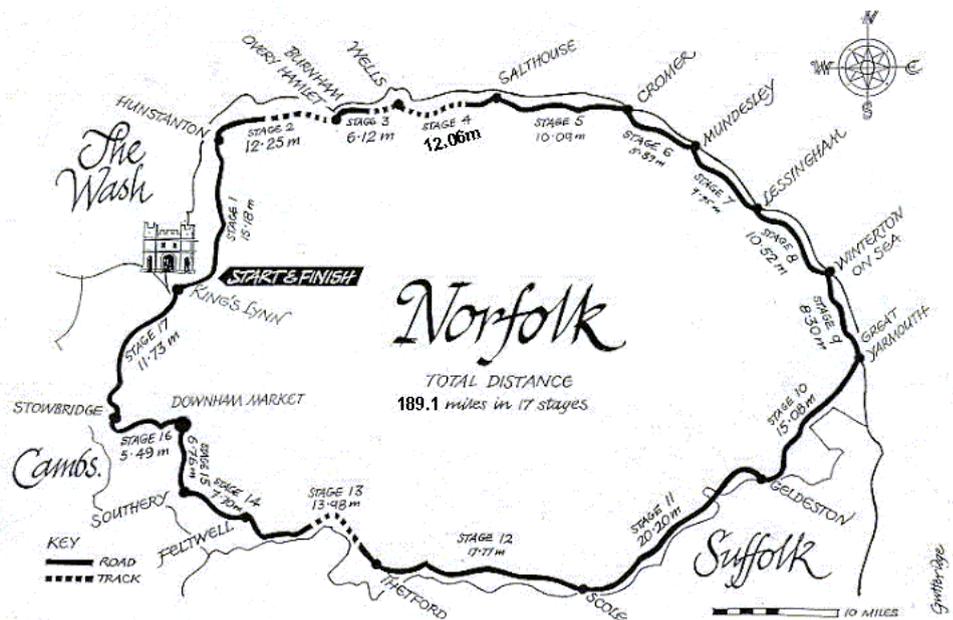
Want more information?

Visit the race website: [www.roundnorfolkrelay.com](http://www.roundnorfolkrelay.com)

If you would like to run and/or help, please contact Ian Hodge:

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

077 6876 5670



## Coaching

### Serpentine Receives £500 Coaching Grant!

*Coaches wanted to help us take advantage of this opportunity*

**G**reat news. The club has been awarded a £500 grant by UK Athletics under their Clubs' Future programme. The grant is to help pay for coaching course fees. Our application was put together with assistance from London's AAA Regional Development Co-ordinator, David Reader. The grant takes the form of vouchers (rather like gift vouchers) that you send off with your course application form. We're keen to spend our grant!

Our huge growth in membership means we need to increase the number of qualified coaches associated with the club. We are very fortunate to benefit from the great expertise of Frank Horwill. Frank is a level 4 UK athletics coach. Additionally, since UK Athletics introduced their new coach education programme about two

There is a new option in Serpie-Base for members to choose if they don't want to receive Serpentine times by post. If 2 or more members at the same address would just like one copy to share, or if you would prefer to download the PDF file from the website, please read on.

If you DON'T want a copy of Serpentine times to be mailed to you, you need to choose "Edit my personal details" then untick the box beside "Serpentine times by post?"

By default, all members will receive a copy of Serpentine times in the post unless they choose not to on SerpieBase.

## Fancy doing a triathlon in Denmark this year?

If so, Grethe and Bo (the Danes) have found the perfect one!

### Hillerød Triathlon Saturday 16 August 2003

**Distances: A - 1000m swim, 77km bike, 22.3km run or: B - 500m swim, 38km bike, 11.5km run**

The swim is a staggered start in a 50m indoor pool, the bike route is expected to be typically Danish (i.e. mostly flat) and the run will be flat  
There are medals to all finishers

Hillerød is within easy reach of Copenhagen Airport, which is served by SAS, BA and EasyJet. We have prebooked a number of slots in the tri, but have yet to find hotels. At the moment, we are looking for a show of hands, so please let us know if you are interested. A rough cost estimate would be £200-£250 for the weekend

#### Please contact

**Bo Engelbrechtsen  
Grethe Petersen**

**boengel1@yahoo.com  
grethe@lykou.com  
020 7630 0730**

years ago, a number of Serpies have achieved coaching awards or updated their existing qualifications. Gemma Hale, Robin Adams, Maggie Moran and David Lipscomb are all qualified level 2 coaches and Sid Wills, Terry Smith and David Drury are among those who have qualified as level 1, assistant coaches.

The coaching team is keen to see more Serpies qualify as coaches. Would you like to be involved?

Level 1 courses for prospective assistant coaches are planned for:

Saturday, 19 July	Sutton
Sunday, 14 September	Haringey
Saturday, 29 November	St Mary's College, Twickenham

There is also a course on Sunday, 20 July, in Sutton, covering "Fitness in Running/Walking".

The level 1 coach award is an eight-hour, one-day introduction to coaching. The course is very

interactive. It is broken down into four classroom sessions and four practical, normally outdoor sessions.

The courses are lead by licensed UK Athletics tutors, who will lead you through the fundamentals of athletics coaching. The level 1 course helps coaches to identify their roles and responsibilities. It also provides an introduction to the key factors that influence fitness and performance.

On successful completion of a course, each coach (known at level 1 as assistant coaches) will receive a UKA coach pass and licence that will qualify, and insure, him or her to work under the supervision of other qualified coaches.

If you would like information on how to book a course and to obtain course vouchers, please contact Malcolm French (contact details on back cover). ✉

*Malcolm French*

## Summer Long Runs on Wednesday Nights

After the dust has settled on yet another London marathon, and indeed another Paris, Rotterdam or Boston, it's time to think about what's next. For many of you a summer or autumn marathon is something to aim for. Maybe Prague, New York, Berlin, Beachy Head, or dare I say, Luton? Others may be aiming to scale further heights - London to Brighton maybe. Whatever your race, you may be interested in a few longer training runs with your fellow Serpies.

After overwhelming support, it seems a great idea to keep the Wednesday evening long runs going throughout the summer. I intend most of the runs to be a standard 12 mile length, with the occasional longer run from time to time. The routes too can be standardised, though one of the many plus points of the winter sessions has been the fact that we covered new ground. It would be a shame to waste the opportunity to explore even more of London now that it's light enough to try new routes along the Grand Union Canal, or perhaps up to Hampstead.

### HELP NEEDED

Yes, as well as runners we need a few volunteers to help lead pace groups, as on the winter runs. Leaders don't need to set the pace as such. The group as a whole has a collective responsibility to run at the pace of their slowest runner so they stay together. Leaders DO need to be able to read a route map and should also have a reasonable knowledge of London, basically so the group doesn't get lost.

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

### SAFETY

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

### ROUTES

As well as our standard Tower Bridge and Millennium Bridge routes, we intend to do runs along the Grand Union Canal (east to Regents Park etc., and west to Alperton) and hopefully up to Kenwood House in Hampstead. New routes are also in demand. If you have an idea or better still have a route of approx. 12 miles that you know, please let me know. It would be nice to learn a few new places myself.

**Nick Slade - Home: 020 8621 0482, Work: 0208 338 2362**

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

### Davos

*Continued from page 3*

A few of us are already keen on going to this year's races and it would be great to get more people involved. So, here are a few more details.

**Date:** Saturday, 26 July 2003.

**Registration:** Easy and can be done online on the following website: [www.swissalpine.ch](http://www.swissalpine.ch). Costs vary according to which event you want to take part in.

**Travel Arrangements:** Also

straightforward. Flights are to Zurich and are followed by a train journey to Davos (tickets for which will be included in your registration and will come with your race packs if you register early enough). It will take around three hours to get from Zurich to Davos (including one change). You should take this into account if you book a late flight, which might leave you stranded in the middle of nowhere. I have had a look around the web and have found flights from Heathrow on BA from £85.70 return. Cheaper

options are available on Easyjet if you have more flexibility on flight times. Here is a list of websites which might also be useful:

- [www.thomascook.co.uk](http://www.thomascook.co.uk)
- [www.ebookers.com](http://www.ebookers.com)
- [www.expedia.co.uk](http://www.expedia.co.uk)
- [www.opodo.co.uk](http://www.opodo.co.uk)
- [www.easyjet.com](http://www.easyjet.com)
- [www.britishairways.com](http://www.britishairways.com)

**Accommodation:** I have found what seems to be a nice, centrally located hotel, which is not too expensive.

*Continued on page 8*

# Welsh Castles Relay 2003

14 and 15 June

**20 Stages, 20 Runners, 210 Miles**

Teams of 20 runners cover 210 miles from Caernavon Castle in North Wales to Cardiff Castle in the South over Saturday and Sunday. There are 20 stages ranging in length from 7 miles to 13 miles. Included are competitions for Kings, Queens and even Monarchs of the Mountains over the six hilly stages.

## Beautiful Welsh Countryside and a Few Hills

This is one of the most popular club races in the UK - how often do we as London-dwellers get the chance to run through the beautiful Welsh countryside (and up a few hills!). It's also a great way to get to know other club members and there should be plenty of excitement and adventure.

## The Teams

We have three Serpie teams this year – Ladies, Men and Vets

## How much will it cost?

The club will hire minibuses and arrange overnight accommodation around the halfway point (Newtown). Costs last year were £10 per person for travel and £25-£35 per person for accommodation. We hope to keep them close to this for 2003.

## Interested?

## Please contact either of the following people

Jan Farmer	janet.farmer@dfait-maeci.gc.ca	w: 020 7258 6665
Kathleen Broekhof	kathleen@serpentine.org.uk	m: 078 87545446
Ian Hodge	ihodge@serpentine.org.uk	m: 077 6876 5670

If you can help with driving a minibus drivers or can help to organise, **please** volunteer. Reserve runners, car drivers and non-running support will also be very welcome.

More information about the event on <http://www.lescroupiersrunningclub.org.uk/castles>

### **SERPENTINE STYLE**

Run or relax in haute couture designed by your Committee

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

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

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



# Club Championships



**D**on't be scared off by the title - the club championships are not just for fast people. We stage them to encourage as many of you as possible to have a go. And the more of you who do, the more fun they will be! They are a series of 10 races during the course of the year and you can do any number, from just one to all 10. What's more there's a distance to suit everyone - from a 1k to the marathon. And what if you've never run a race before? It's the perfect opportunity to start - there are bound to be lots of other Serpies in all our championship events, so you can try a little racing while pacing yourself by your regular training partners.

There are prizes for each distance, for the group of four shorter races we call the summer grand prix, and an overall prize towards which your best six out of the possible 10 count. There are age-graded prizes too. With the exception of the marathon, all the races are specific designated events - either put on by the club, or existing road races. For the marathon you may choose any officially recorded and timed event, but it is then up to you to claim your time by submitting it to Ros Young.

Full details are on the website but some key points to remember are:

- only first claim Serpies are eligible to win a prize, although second claimers can take part for the fun of it;

## What is Age-Grading?

Age-grading places every performance, regardless of age and sex, on a level playing field, and allows meaningful comparisons to be made between any two runners. Age grading is the basis for scoring the age graded club championship.

Age-grading uses tables drawn up by the World Association of Veteran Athletes for each event, identifying a real (or notional) world record for each event by male and female athletes, aged from 8 to 100 (you see where the "notional" bit creeps in!).

From this standard, each individual can calculate how close, in percentage terms, his or her performance is to the world record. This is the "age-graded percentage". 100% would be the world record, 90% would be roughly international championship standard, 80% national standard and 70% regional standard.

Age graded results are posted in the Serpentine and on the club website throughout the year

- you must be a fully paid-up member on race day;
- club colours must be worn - with the exception of the marathon, when we would ask you to do so if you possibly can.

As we go to press, we have dates for all events except the 10K. We will let you have details of that as soon as we can. It's possible that some details may change nearer the time, so check the website or contact one of the club captains to confirm. Get together with your training partners and give some of them a go! ✍

Jan Farmer

Distance	Race & Location	Day	Date & Time
1k (Grand Prix)	Hyde Park, Serpentine Lido Cafe	Saturday	24 May, 9am
1 mile (Grand Prix)	Paddington Track, Maida Vale	Wednesday	4 June, 7.30pm
3k (Grand Prix)	Battersea Park, Millennium Arena	Tuesday	17 June, 7.30pm
Half marathon	Borehamwood	Sunday	22 June
5k (Grand Prix)	Battersea Park, Millennium Arena	Wednesday	2 July, 7.30pm
10 miles	Cabbage Patch (Twickenham)	Sunday	19 October
10k	TBC	TBC	TBC

## Davos

*Continued from page 6*

If you are interested I'll be happy to send the details to you. At present I am trying to get an idea of numbers. There is also a long list of hotels on the Davos Tourism website: [www.davos.ch](http://www.davos.ch). If you go to this site, the link to information in English is on the top right, next to the picture.

I hope that this information will be useful to those of you who are interested in taking part. Please make sure that you register and make your own travel ar-

rangements as I will not be able to guarantee flights and places with my credit card (for obvious reasons). Once numbers are more certain, I am happy to try and organise our own Serpie pasta party for the evening of Friday, 25 July, if people are interested.

Please feel free to contact me on e-mail ([Kirsten\\_huesch@westlb.co.uk](mailto:Kirsten_huesch@westlb.co.uk)) or by phone (07779 340 736) if you are interested in coming along. It would be great to get a group of Serpies together for these events.

Happy running! ✍

Kirsten Huesch

**Reservations  
Required**  
by May 31<sup>st</sup>

# MotM

**Reservations  
Required**  
by May 31<sup>st</sup>



## Meal of the Month

**Friday, 6 June 2003 at 7:30 pm**

### Set Menu

† † **Cuba** † †  
on Kensington High Street

#### Mixed Starters incl.:

- Nachos, Calamares, Focaccio Bread, Potato Wedges, Chilli Chicken, Pitta Bread, other Tapas

Cost:  
£ 19.95 p.p.  
excl. service

#### Choice of Main Courses:

- Fajitas
- Chicken Fillet
- Stuffed Peppers (V)
- Tuna Steak
- Sirloin Steak

*Price includes entry to downstairs club – Salsa!!!*

#### Choice of Desserts:

- Chocolate & Pecan Cheesecake
- Jersey Ice Cream
- Cinnamon Waffle
- Chocolate Torte

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

*The Restaurant is located on 11-12 Kensington High Street, Tube: Kensington High Street*

## Three new club championship races to collect in tri disciplines!

Sprint, Olympic & Half Ironman

<b>Sprint</b>	<b>White Oak Leisure Centre, Swanley</b>	<b>13 July</b>
<b>Olympic</b>	<b>Emberton Country Park, Milton Keynes</b>	<b>27 July</b>
<b>Half Ironman</b>	<b>Sherborne Castle, Dorset</b>	<b>31 August</b>

The details are

Sprint: swim 400m (pool), bike 24k, run 8k; Entry fee £18 BTA, £21 non BTA, Entries close on 30 June. Entry forms and full details on [www.whiteoaktri.co.uk](http://www.whiteoaktri.co.uk)

Olympic: swim 1500m (lake), bike 40k, run 10k; Entry fee £38 BTA, £43 non BTA, Entries close on 16 June. Entry forms and full details on [www.teammk.com](http://www.teammk.com)

Half ironman: swim 1.2 miles (lake), bike 56 miles, run 13.1 miles; Entries are closed BUT there is a waiting list in operation. Full details on [www.ironmanuk.com](http://www.ironmanuk.com)

Full details of the club championship events and a complete list of Tri fixtures can be found on the Tri section of the club website

- 1 - What year was the first London Marathon?  
a. 1979            b. 1980            c. 1981
- 2 - Who sponsored the first race?  
a. Gillette            b. Mars            c. Flora
- 3 - Where did the first race finish?  
a. The Mall            b. Jubilee Gardens            c. Westminster Bridge
- 4 - Hugh Jones was the first British winner of the men’s race in 1982. Who was the second British winner, 12 months later?  
a. Mike Gratton    b. Paul Evans    c. Charlie Spedding
- 5 - Which country does the 2002 men’s race winner, Khalid Khannouchi, represent?  
a. Morocco            b. USA            c. Algeria
- 6 - Ingrid Kristiansen set a new women’s world record in the 1985 London Marathon. What was her time?  
a. 2:25:15            b. 2:21:06            c. 2:20:58
- 7 - What was Paula Radcliffe’s winning time in the 2003 race?  
a. 2:18:56            b. 2:17:18            c. 2:15:24
- 8 - The closest finish in the women’s race came in 1997 when Joyce Chepchumba won by one second. Who did she beat?  
a. Lidia Simon            b. Liz McColgan            c. Derartu Tulu
- 9 - In the 2002 race, how much quicker than Haile Gebrselassie did Paula Radcliffe run the final 2.2 miles?  
a. 3 secs            b. 9 secs            c. 18 secs
- 10 - How many times has the women’s marathon been included in the Olympic Games?  
a. 5            b. 7            c. 10

*Compiled by Malcolm French*

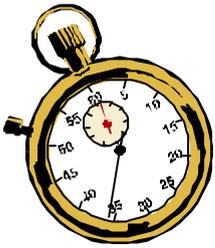
**Answers can be found on page 30**

### Call for Talented and Creative Serpies

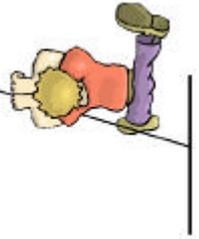
Being based in central London, the Serpentine Running Club is unique in the cultural and professional diversity of its members. No doubt, hidden and untapped within our membership lies a reservoir of creative potential fed by a broad range of life experiences and talents.

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

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



# Track & Field



## Run, Jump and Throw

*Looking forward to the 2003 track & field season*

The new Track and Field season is under way! By the time you read this we will already have competed in our opening matches. The club has plenty of competitions lined up: all we need are athletes to fill the events!

In addition to our continuing involvement in the Southern Men's League, we will again be competing in the mid-week Rosenheim League and the (re-named) Mid-London Masters League.

Forthcoming meetings are as follows:

DATE	EVENT	LOCATION
Wed, 28 May	Rosenheim	Battersea <i>Serpie home fixture</i>
Sat, 31 May	Division 2	Mile End
Sat, 31 May	Division 5	Parliament Hill
Mon, 2 June	Masters	Battersea
Wed, 11 June	Rosenheim	Wimbledon Park
Wed, 25 June	Rosenheim	<i>Sutton Arena</i>
Sat, 28 June	Divisions 2 and 5	Tooting Bec <i>Serpie home fixture</i>
Sat, 12 July	Division 2	Dartford
Sat, 12 July	Division 5	Portsmouth

The Southern Men's League will remain our main competitive focus. We will again have two teams, this year in divisions 2 and 5. Some additional restructuring of the league also means that less travelling will be involved for away matches. As usual, the meetings will involve a full programme of events both in the field and on the track.

Robin Kindersley will continue to manage the division 2 team and John Walker will take responsibility for the division 5 team. If any Serpie man would like to take part in any of the Southern League matches, please can you contact Robin (01258 880238) or John (020 8543 2633) as soon as possible.

The Rosenheim League meetings are on Wednesday evenings. They are open to both women and men. They will last for about two hours, starting at 6.45pm and consequently, the range of events is more limited. Nevertheless, each meeting includes 100m, 200m, 400m, 800m, 1500m, 3000m and a relay. There are also two jumps and two throws at each meeting. We can have as many competitors as we like in each event, meaning that there is no need to enter in advance - just show up on the evening. There will be an end of season "Final" between the leading teams in the Eastern and Western divisions. Malcolm French (020 8422 3900) will be looking after the Rosenheim League matches.

The Masters League fixtures are all on Monday evenings, starting at 6.30pm. Each match has a range of events in M40 (M35 for women), M50 and M60 age groups.

The events change with each fixture. There is an inter-league final involving the top team from each area across the South. If you would like to take part in this competition, please contact Robin Adams (01273 303 464) or Jan Farmer (020 7371 1130).

So c'mon you Serpies, let's get out on to the track and into the field and get the season off to a great start! ☺

*Malcolm French*

### New Nutrition Column in Serpentines

The next issue of Serpentines will include the first of a regular series of columns on nutrition, written by a qualified nutritionist.

This column will be your opportunity to get your questions on nutrition answered.

If you have any questions on nutrition you would like answered, please email them to [nutrition@serpentine.org.uk](mailto:nutrition@serpentine.org.uk) or send by post to Sally Hodge (Serpentine editor), 29 Spring Hill, London E5 9BE.



Lanzarote 2004 - March 11 - 18

## Club La Santa

Check out with any one of the 84 Serpies who came this year what a boring, sedentary and sober time was had by all! But, booking time is here again; Baiju and Eddie have 32-40 rooms reserved - and will be limited to 100. If you don't know about this boring resort, have a look at [www.clublasanta.co.uk](http://www.clublasanta.co.uk). Running and cycling facilities aren't bad, and for insomniacs there is a heated outdoor Olympic size, and dedicated Serpie lanes in the early morning (or sunset), plus open water swimming in the lake. The range of optional free classes is far too wide to make informed choices; there are free sessions in windsurfing, spinning etc. Doubtless our tri-section will be running another Serpie tri-week. Details of all coaching / massage / nutritional advice (and any other home-spun Serpie offers) will come later! Fortunately there is enough space to chill out in the cold, wet, windy climate or drink and disco till morning - but whatever you select you will arrive home exhausted and needing a holiday!

## The Cost

Club la Santa does an `all in` package including flight, self-catering accommodation and free use of all their facilities. The cost is the same as this year and based on either one-bedroom apartments that sleep up to three people, or larger five-bedded units. There may be a slight variation according to individual apartment sizes, and flights as we get nearer the date and we don't have as many larger rooms so more of you will be in three-share rooms!

	Per person based on two sharing	Per person based on three sharing	Per person based on five sharing
Self-catering apartment	£255.00	£171.67	£128.67
Flights	£160 (approx)	£160 (approx)	£160 (approx)
Transfer in Lanzarote	£10.00	£10.00	£10.00
<b>Total</b>	<b>£425</b>	<b>£341.67</b>	<b>£303.67</b>

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

## BOOKING

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

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



# Running Stories



## Running the South Downs Way

*All one hundred and six miles of it!*

**E**nvisage running four all terrain marathons non-stop, end to end, over the downs. From my thumbnail calculations of distances and speed I thought I could run the 106 miles in a day, a night and the following day easily, i.e. at most 40 hours. In reality, on my second attempt, I did it in 28 hours 41 mins 11 secs!

So why do it at all? Well, I wanted to mark my 20th birthday and the plan was to finish on my birthday, 10th September 2002. I roped my girlfriend, Hannah Benzie, into being my support crew. I could not have done it without food and fluid top-ups every 60 to 90 minutes, and towards the end, emotional support. Hannah had to endure sitting in a car for the best part of 35 hours with very little sleep, which constitutes a feat in its own right, and she did complain of having a numb bum!

### **Nobody actually thought I would do it**

There was not much in the way of special training. I went out for increasingly longer runs and bike rides over the local downs every two or three weeks. I ran my first marathon, the Chichester all-terrain, in July 2002 as part of my training. My time of 3 hours 18 mins 11 secs surprised even me. At this point I had only mentioned the idea of running the South Downs Way in passing, but nobody actually thought I would do it.

Hannah and I photocopied ordinance survey maps and stuck the pages together to make two complete maps of the route. We marked loads of check points where it would be possible for her to meet me in the car. She was to have a tough time finding her way around the country lanes, getting from check point to check point in time. Also in preparation we bought lots of food and drink: 16 litres of coke (made flat), 21 litres of water, 8 cans of Red Bull (to keep me awake), 2 loaves of bread, 4 bunches of bananas, 45 snack bars, 8 packets of biscuits and 4 apples. If this sounds too much then you have a better idea than I did. I just figured that I would need to eat loads!

On the morning of September 9th we set out very early and I started running from Winchester at 7am.

*Continued on page 16*

## Polar Bears in the Canaries?

*Not strictly a "Running" story, but since there were lots of runners in the pool ...*

**I**magine the scene: the end of yet another gloriously hot day in Lanzarote. The sun is almost setting, with the sky's former cloudless blueness turning to fantastic shades of orange. I am standing by an enormous 50-metre pool. It's quiet because most people have gone off to get changed for the night's partying, but in each lane there are a couple of swimmers diligently doing the drills I have set them. It is very peaceful, with the only sounds being a few gentle splashes and groans.

### **Tranquillity is broken by one swimmer's immortal words**

A moment later this tranquillity is broken by one swimmer's immortal words: "bollocks!" ringing through the air. Yes, I am running another successful training session.

It was an excellent reflection of the hard work he was putting in to getting his stroke right and the difficulty we all have trying to stop old habits kicking in. I teach a style of swimming that emphasises gliding through the water reducing drag, and finding ways to make each stroke easier, but many find it difficult to let go of their old ways of swimming.

Another scene. I am helping another swimmer. He has been training hard. "Now let's try swimming the next couple of lengths breathing every 11 strokes". The look of disbelief that drops across his face is a joy for sadistic trainers like me. The swimmer shakes his head with the resigned air of one who can see failure coming all too quickly. A few minutes later he returns and his expression is replaced by one of happy, exhausted surprise.

*Continued on next page*

### **In This Section**

Running the South Downs Way – <i>Rob Rieder has a story to tell</i>	13
Polar Bears in the Canaries? – <i>Stephanie describes curious goings on in the pool in Lanzarote</i>	13
Wednesday Night Long Runs – <i>Reflections on the longer alternative to three parks</i>	14
Club La Santa 2003 – <i>Dave's memories from the Club's annual outing to Lanzarote</i>	15
Tales from Ditchling Beacon – <i>Sarah recounts the adventures of the beginners' tri bike ride</i>	16

## Polar Bears in the Canaries

*Continued from previous page*

Yes, he could do it, and no it was not quite as bad as he had feared. It's the same every time I set something that people think is impossible. A few minutes later they have succeeded and without any intervening near-death experience.

---

### **The look of disbelief that drops across his face is a joy for sadistic trainers like me**

---

A third scene: The Sports Bar at Club La Santa where we gather each evening. "And then I was a curious polar bear!" says one swimmer to a runner who has absolutely no intention of getting in the water, but who, later in the week, came for a lesson to see what all the fuss was about. Quite why the conversation in Lanzarote should have so often turned to the subject of polar bears, I will leave you to find out by reading other articles in this edition of *Serpentines*, or by coming to my lessons, but suffice it to say that quite a few tentative swimmers began to discover that swimming was easier and more pleasant than they had thought.

---

## Club Runs

---

### **Wednesday Night Long Runs**

*Some of the Wednesday night long run regulars tell of snow, ice, Michael Jackson and Yorkshire pudding*

I will never forget the 10-mile run with Dave, James and Jacqui in the snow and ice! It was a skating rink from start to finish and unlike Nick (ha ha) none of us fell over. London was seen in a new light. It seemed strangely peaceful. It felt as though we had achieved something when we returned; instead of staying in on the couch, we braved the ice. Apart from that, we now have a great group that seems to enjoy running together - supporting each other, having a laugh and sharing all those miles together.

*Candice McDonald*

---

### **Jacqui found a new way to admire the sights of London**

I was so grateful to be able to prepare for the marathon by doing my long runs with a group. I doubt that it would have been possible (or safe) for me to have done these essential runs on my own. Nick and Rob were excellent guides and made it possible for a slowcoach like me to run. I'll never forget those freezing nights running along the embankment, passing all the sights - St Paul's, the London Eye, Big Ben, the Tower of London - and how

Twice each day we took over part of the pool for ourselves. There is something wonderful about having a lane to yourself in such a pool. I imagine several swimmers found the pools back in England to be awfully short when they came back after our week in March.

Most people come for the running, some for the cycling and a smaller but increasing number are finding that the week in Lanzarote is an ideal opportunity to do some serious work sorting out their stroke. We helped all levels: triathletes, runners who occasionally swim, and runners who prefer to run, thank you very much. All came and most came away pleased with the progress they made.

---

### **Next year I want do that polar bear stuff!**

---

A final scene: The plane on the way back. Two Serpies chatting away. "Next year I want do that polar bear stuff". I not only heard this conversation but also saw the stewardesses' already high brows shoot up as she tried to work out what mad things we had been up to in Lanzarote. She rightly guessed we had all had a great time. ✍

*Stephanie Ellis*

beautiful it all looked. I'll definitely never forget running in the snow, amazed that I hadn't fallen over! After every long run I would come home frozen and exhausted but totally exhilarated - I felt strong and alive and tea and biscuits never tasted so good.

*Jacqui Porjes*

---

### **Melissa wonders about the ingredients it takes to make up a great running group**

What exactly goes into that curious glue that sticks runners together? A dash of humour, some quirky personalities, a foundation of grit, a lot of generosity and a good deal of sheer craziness!

Well, that's pretty much the "ingredients" that make up the long haul runners, efficiently organised and led by Nick Slade. Since the beginning of the year a number of us have stuck it through to become Wednesday night regulars, weaving along the banks of the Thames through London's nightscape. If you were with us, you would hear Jacqui ask "who knows how old that church is?", then beleaguer us all for not knowing our history. Zoe would be recounting the strange rituals of OTC training, while Robin would probably tell you, if you asked him nicely, exactly how to make Yorkshire pudding.

*Continued on next page*

## Wednesday Night Long Runs

*Continued from previous page*

Somewhere amongst this all is Nick, muttering strange references to Michael Jackson and moonwalking, while the majority of us watch Candice run like a gazelle into the distance.

As a pretty new Serpie (I joined last October or so) and a foreigner in London, my Wednesday long haul runs have become my mid-week haven of sanity. On my Wednesday runs, I don't have to deal with London transport (15 miles on foot? No problem), no

one cares what I look like (shorts and T-shirts are the norm), and the conversation is always good. And all of a sudden before I even realised it, 20 miles became a breeze to run! Now all we have to do is keep running!

*Melissa Cheung*

---

### Sue is surprised at how far she can actually run

When I started the Wednesday night runs, I used to think "12 miles, oh my word, that is a REALLY long way". Now I find

myself thinking "it's only 14 miles this week, a walk in the park!" It's been a terrific way to get to know some other club members, very social and loads of great new routes. I don't want to see it end!

*Sue Hammer*

---

### And Karen has thanks for the organisers

I thought the long Wednesday runs were superbly organised, great fun and they made even the bleakest winter evening run bearable. ☺

*Karen Parsons*

---

## Lanzarote

### "You're only supposed to blow the bloody doors off!"

*Spanish omelette, burnt toast and Michael Caine – the Serpie Secretary's picks from this year's trip*

I was standing in front of one of the London marathon exhibition stands the day before the London marathon, when I noticed a distinctive photo of the Serpies, clad in red and two gold hoops just after the Lanzarote ridge run. It brought back memories of the week when around 80 Serpies hit Club La Santa in March 2003.

---

### Toni Lepore's 10k run will not rank alongside Paula Radcliffe's performance

---

The week in Lanzarote is very much whatever you make it to be. So, although many Serpies are training for spring marathons, it is, as Del Boy would say, the "he who dares Rodders" attitude which is very much to the forefront. For runners, the 10k, half marathon and 13k ridge run are organised by the "Green Team" (E.N.: the – largely Danish – con-

tingent of instructors / organisers at La Santa). Other events which are organised are an aquathlon (200m swim and 3k run), a duathlon (2.5k run, 15k bike and 2.5k run), a mini-triathlon (400m swim, 15k bike and 4k run), horse riding, wind surfing, kayaking and stretch and relaxation classes, where it has been known in the past for some individuals to fall asleep. So, what are my main memories of the week?

In the annals of athletic feats, Toni Lepore's 10k run in Lanzarote will not rank alongside the performance Paula Radcliffe produced at the 2003 London marathon. However, it will be remembered by those sitting at the pool bar where food is served, as he had got completely lost and was asking the Serpie clientele for directions to get back to the track so that he could rejoin the 10k course. Toni won our apartment's "Burnt Toast" award for the week - awarded to the guy who does not use his loaf appropriately!

Anthony Stranger-Jones' job description of babes and tall men for his beach volleyball team was debated, and we questioned which category he came into. Being a founder member, he advised us this was immaterial!

Sam Allpass, at the eleventh hour, (and only after I had ordered a Spanish omelette at 1.25pm) volunteered to do the swimming element of the aquathlon for me. I had assumed the start time to be 3.00pm rather than 2.00pm. We decided to call our team "Allpass Lipscomb on the run" and with Sam coming out of the water fourth, we had the ideal opportunity to achieve this. However, I ran quicker than expected and scotched our plans.

Nia Parry and Sarah Newton getting on the podium for the ridge run (in 2<sup>nd</sup> and 3<sup>rd</sup> place respectively) was another highlight of the week. (E.N.: Huw Lobb, a second claim Serpie, won the men's race).

---

### I ran quicker than expected and scotched our plans

---

You may wonder why I borrowed a Michael Caine quote from "The Italian Job" for the title of this article. Well, for things to go smoothly and for plans to go according to plan without any glitches, a lot of preparation work is required. On behalf of the club I would like to thank Eddie Brocklesby and Baiju McCubbins for all their hard work. All in all, I had a really great week. ☺

*David Lipscomb*

## South Downs Way

*Continued from page 13*

Gradually the weather worsened. When nightfall came I was half-way and had to make the upsetting decision not to go on. I was soaked through and the weather could only be described as a storm. I was especially gutted, as I now believed that I could run it in under 30 hours.

I had to return to London to sort out accommodation for my second year at university. I managed to do this much faster than anticipated, so I had time for a second attempt on the South Downs

Way. The purpose this time was to raise money for charity. On my first attempt I didn't feel that I could have done this, mainly because I was unsure of being able to finish. In the space of four days Hannah and I raised £775 for St Richard's MRI Appeal.

---

### **Youths in their boy racer cars chased me for a mile**

---

On 24th September 2002 I started out at 7am from Winchester. The first two-thirds were easy going. I covered the first marathon in about 4hrs 20mins. I was not running constantly, but walking the steep inclines and descents to

save energy. Both night animals and youths in their boy racer cars, who chased me for a mile, were exciting in their own way. And when it came to midnight I found that I had to walk until 5am as running made me feel too light headed. From then on in, I went in fits of running and walking, coping with a blister on the ball of each foot. After my 5 minute breaks in the car, I would have to stretch and then make exaggerated strides to get rid of cramp.

But finally, at the finish, I felt such a great sense of achievement, even despite my complaining feet! ✍

*Rob Rieder*

---

## Triathlon

---

### **Tales from Ditchling Beacon**

*The inaugural long ride for the beginners' tri-group*

**A**fter picking up the stragglers and heading for East Croydon, we were off - a merry band of six riders, with bikes ranging from state of the art race bikes with tri bars, to me on my 'rescued and renovated' Raleigh Winner, a sprightly, retro, steel-framed number weighing in at about 50 pounds (without me on it!)

---

### **The scenic route translates into 'less cars, more pain'**

---

We had marked out a direct route, but Ivan the Terrible (map reader) 'knew' a more scenic route and we trustingly followed him over hill and dale. I have learnt the essential first lesson of cycling that 'the scenic route' translates in cycling terms as less cars, more pain. Oh how we laughed as we free-wheeled past fields of bluebells and wild garlic, the sun on our back and fly carcasses slapping wetly against our thighs.

The first 15 miles passed with ease, but then we hit a few large hills, spent 10 minutes debating the right way at a roundabout, and I fell into the road in the first of two freak SPD incidents (the classic manoeuvre - unclip left foot, lean right...splat). The group began to question Ivan's scenic route with increasing irritability, lamenting the passing of time and our relative distance from Brighton, and worrying about the energy lost on these unscheduled hills, which we had intended to conserve for the mother of all hills at the end.

The troops were in danger of mutiny. Ivan adeptly assessed the situation and steered us towards a quaint tea house in the village of Balcombe. The curtains twitched in the village square as we approached in all our lycra-clad splendour. The waitress giggled nervously as we ordered banana and honey sandwiches and a slice of every cake on the menu.

With date and walnut loaf in our stomachs, we returned to the roads in rapturous praise of Ivan's scenic route, and continued merrily until the dark presence of Ditchling Beacon loomed menacingly in front of us. At the foot of the hill we stripped off to the bare essentials for the climb ahead. The hill is steep, the road is narrow. We were 45 minutes from the kick-off of the Brighton match, and as we crawled up the hill at just under 5 mph we were trailed by cars full of blue and white clad Brighton supporters, unsympathetic to our pain, and impatient to pass.

Ivan and Tony climbed the banks of the hill to cheer on the last rider. (OK, OK, it was me) and the bulk of the ride was over.

---

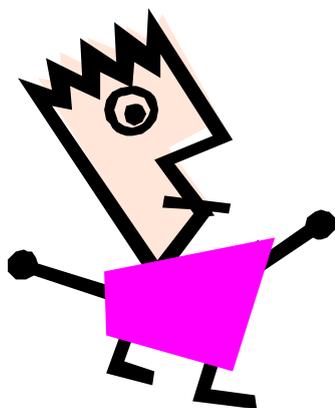
### **The waitress giggled nervously**

---

At the top of the hill we paused to admire the view, before setting off on the long downhill sprint to the fish and chips and blue skies of Brighton. Ivan, Tony and David had brought wetsuits and bravely hit the surf, while I inspected my bruises and scratches and Sue and Ben went in search of beer/tea/fish and chips/sandwiches/more cake!

What a fantastic day out. 55 miles (ish), and we won't mention how long it took. Thanks to Tony for the idea, Ivan for the scenery and Ben and Sue for the food run.

*Continued on page 31*



# the Starter Pack

## A Serpie Bridget Jones

*One of the members of the Starter Group provides a very individual take on her start with the Serpies!*

### Sat/Sun 1st/2nd March

Weight	**kg
Alcohol units	**!!
Snickers bars	2 (whoops!)
Well known weight loss company's calorie controlled bars	5

Enjoying a 'well deserved' couch potato session in front of tv with tv dinner. A precious night off, why should I cook? Husband is out with the lads, why shouldn't I just flop in front of tv? Never mind about diet, can start again tomorrow!

Couch potato session interrupted by phone call from mother-in-law. Could she put my name down for the Great North Run in September? Their charity needs to enter lots of runners into the Newcastle Herald's draw, in order to hopefully get a few successful entries. Sure, I say, I've always wanted to run, and this could be just the incentive I need, I could get some semblance of running fitness by then, even if I can't run the whole way!

Now I'm excited - but where now? I can't just go out and run, just like that! I mean, I can do that, I have done on a few occasions. I've put on my trainers and just run, for an hour or so sometimes, ignoring pain in my legs and pretending that I'm as fit as I was 10 or more years ago. And then I've wondered why I can't walk for the rest of the month. No, I've got to work up to it slowly. But how?

### Mon 3rd March

Healthy breakfast	(wow, I must mean business!)
Healthy(ish) lunch	(well nobody's perfect)

Have brought trainers to work with intention of going for a short run at lunchtime (that way I can't get carried away). However, when crunch time arrives, I chicken out. Can't have colleagues seeing me in running kit. Wouldn't mind if I was lithe and

fit, and serious runner looking. Decide to spend lunch half-hour on internet looking for running advice for beginners. I will run in the morning before work instead.

(Cue uplifting music played by large symphony orchestra)

One of my searches brings up, "From couch potato to distance runner" by Derek Turner on the Serpentine web site. And from there, the beginners' guide to running and much, much more. I am completely overwhelmed by the wealth of information spread before my eyes. Too much to take in all at once, so I print off the two beginner running schedules and make a mental note to log on again the same time tomorrow.

### Tues 4th March

Early morning run	10 minutes
Healthy breakfast	

Spend lunch half-hour on the internet again, soaking up some more Serpentine info. I read with interest not only the advice for beginners, but also about the beginner group. Wow, maybe I could join. Scary thought, joining a running club. I'd be bound to get laughed at. Mmmmm..... I'll just study the web pages and maybe I'll pluck up the courage to go along to a club run.

### Wed 5th March

Another healthy breakfast	
Weight	**kg (Never mind!)

Did something big today. I went for a four mile run round Hyde Park!!

I can't quite remember how I got from "maybe I'll pluck up the courage" to actually sending the e-mail to Bev. I had brought running kit with me to work, but hadn't really believed that I would make the move today. I had left it quite late in the day to send the e-mail and hadn't even expected a response today. But 5 mins later the reply came.

*Continued on next page*

## Serpie Bridget Jones

*Continued from previous page*

Yes of course I should come along this evening, and not to worry, the beginners were a very friendly group. So that was it, all arranged, and Bev was even going to look out for me at the Seymour Centre.

I arrived at the centre, nice and early too I thought. There were runner types all over the place and I thought to myself, "people must be looking at me and thinking - what's she doing here?" Nonetheless I was here now and was going to go through with it. I just followed what other people were doing and went out into the hall and milled around with everyone else. Pretty soon I had met up with another beginner, Michelle, and I soon realised that I was not alone in feeling apprehensive. Soon enough, announcements were made and we were told exactly what to do. We went over to Bev and she introduced us to other members of her group and before we knew it we were out the door and jogging down to Speakers Corner.

### Beginners

## First Impressions

*Starter Pack members and former members have gone from strength to strength*

**I**n the last edition of Serpentine, we asked the (ex-)members of the Starter Group to contribute some of their stories, in order to encourage others to give the Starter Group a try – either as a runner or a volunteer to help with organising the group. These are their stories:

After my first run with the Serpentine Running Club's Starter Group, I think I was technically in shock. It wasn't like jumping in at the deep end of a swimming pool; it was more like being dropped by helicopter into the North Sea.

### **I thought that the club would have to re-define the meaning of beginner**

I went back the following Wednesday. I think Bev was pleased that I came back that second week. Bev had been encouraging and supportive, looking after me as I "ran" and walked the course. Was I in danger of being the club joke, the female who turned up without ever having run before? At that point I didn't even have proper running shoes, and I thought that the club would have to re-define the meaning of beginner.

Two months on, I have joined the club, become a Serpie and "run" on a Saturday and a Wednesday. I'm enjoying myself and I look forward to the runs. Running isn't easy, it's hard work, and at times I

It was there that we discovered that we were going to run the full four miles! We were alarmed at first, but Bev soon allayed any fears we might have had. We didn't have to run all the way, we could stop and walk or stretch or whatever, when we needed to and she made it quite clear that no one would get left behind.

So that was it, we were off! We talked and ran, we talked and stretched, we talked and walked. I hadn't appreciated just how social running is. It felt fantastic to be running and feeling no pain, just an amazing sense of liberation, which, strangely enough, was heightened by the steadily increasing drizzle. I was out in the rain in just a t-shirt and jogging pants and enjoying every minute of it!

### Thurs 6th March

Weight	Who cares? I'm a runner! ☺
--------	----------------------------

*Ruth McElroy*

think this is too extreme and I am in over my head. However, this is something just for me and it is great to push oneself and to see improvement. Bev, Sue and John are already talking to the Starter Group about running in the Club Handicap. The other club members are very friendly and encouraging, and I'm looking forward to discovering the social side to running, when I get to know everybody better in the pub on Wednesday nights.

Thank you Serpies. I feel as if I have discovered a wonderful big secret. In fact I have - it's called running.

*Amanda Clark*

The first time I attended the Serpentine Running Club at the beginning of February, was the first time I had ever run (apart from the two times I had attempted and failed the bleep test!) The following day it was a struggle for me to walk, go down stairs, basically do anything lady-like without looking like I had done myself some serious damage. I even staggered onto the tube only to have some kind gentleman offer me his seat....embarrassing or what?

A month on and my running has improved ever so slightly, but still the same dedicated people that had left an hour earlier than me sprint past me back to the Seymour Leisure Centre. Whilst limping back I turned to Bev and asked "will I ever get to that stage?" Bev assured me that I will and also said that running is a bit like a drug - you can't help but get addicted to it. I can't wait till I am addicted!

*Elaine Crew*

*Continued on page 30*

# Club News

## Captain's Log

### The Women

As the cross country season and spring marathons are wrapped up, Jan and I would like to extend our congratulations to the Serpentine Ladies. We have seen some incredible performances which we are certain will be up there with some of the best the Serpentine Running Club has seen since its inception. We look forward to this continuing into next year. So, having said that, what better way to prepare for this than with some speed work over the summer? Aside from the twice-weekly track sessions tailored for the shorter distances, we have many events on offer.

The club championship series continues on Sunday, 18 May with the 5-mile race. The group of four shorter races is called the summer grand prix and features a 1k race, 1-mile race, 3k race and 5k race. The grand prix series, together with the club championship half-marathon, are all before the end of July. These races give you a chance to run against other club members and sharpen your racing skills. But there is still more.... We have the Assembly League races that are short and low-key races on Thursday evenings around London. Finally, there is the Summer League, which happens on Sundays throughout the summer months and features a 5 or 6 mile race and then relays and a picnic. Specific details on race lengths as well as locations are on page 3 and also on the website.

From the end of April until August, we have the Vets Track and Field fixtures happening at Battersea Park. Last year we won the league and easily advanced to the finals. We would like to better that showing this year! We are also invited to participate in the Rosenheim Track and Field League as non-scorers. These fixtures are on various Wednesdays throughout the summer and feature many events (please see page 11).

While everyone is still in good racing form from their marathon training, we would like to highlight an important club relay that is coming up. This is the Welsh Castles Relay on June 14 and 15. The club has three teams entered in this event altogether, two of which ladies can to participate in - our Ladies team and the Mixed Vets team as well. The Ladies team is geared up to perform well this year, to avenge our second place tie last year, so please contact us if you are interested (see page 7).

*Continued on next page*

## Captain's Log

### The Men

Despite the fact that the cross country season was drawing to a close there were still a few prestigious events to complete the season and the Serpie men were keen to participate. The SEAA Championships were held at Bicton College, Exmouth, Devon at the end of January. Combining the latest Serpie health weekend with the championships and the fact that the weather was exceptionally kind for late January ensured great support for our runners, despite the distance from London.

14 Serpie men ran in the rather less picturesque location of Wormwood Scrubs in the rearranged Middlesex County Championships. Andrew Greenaway was once again our leading finisher and the Serpie team was placed eighth. At the Middlesex Veteran's Championships in Ruislip Charles Doxat took home a county gold medal after winning the V60 age group.

For the first time in several years the English National Championships were held on Hampstead Heath and Serpentine had a respectable number of men ready to brave the mud. Again the support was notable and much appreciated. At the end of the Sunday League season our final position was sixth out of 12 clubs. Dave Mulvee finished third in the overall competition with Derek Paterson coming sixth in the SuperVets competition.

With cross country well and truly over for another season and those spikes cleaned (hopefully) and stored away for next winter, we look forward to the new season of road racing and track and field.

*Continued on next page*

### In This Section

Captain's Logs – <i>News from the men and women</i>	19
The Committee – <i>Sarah sums up the last two Committee Meetings</i>	20
100 Marathons – <i>Phill Harris completes his century</i>	21
Interview – <i>Lynne Prestegar meets Hilary Young</i>	21
Handicap – <i>Results for May 2003 and Tom Hogshead Standings</i>	22
News from the triathlon group – <i>Maria David provides an update on the Clubs Tri activities</i>	24
100 Club – <i>Recent winners announced</i>	25
Sudbury Court – <i>News from our sister club</i>	25
Marathons – <i>Results from London and Paris</i>	26

## Captain's Report - Men

*Continued from previous page*

In track and field, as well as our continuing involvement in the Southern Men's League, we will again be competing in the mid-week Rosenheim League and the (renamed) Mid-London Masters League. Serpentine have two teams in the Southern Men's League, in divisions 2 and 5. The league has been restructured, leading to more of the away matches being closer to London. Full details of all track and field fixtures for the season are on the website and on page 11 of this issue.

We are still in the early stages of the new road racing calendar, but the 20 mile club championship race was held on 16th March at the "Finchley 20". With many combining their spring marathon training and this club championship race, 10 Serpie men ran. Dave McGregor picked up fourth place and first MV40 and the Serpie men's team was placed first.

Since Malcolm announced he is stepping back from most of his Captain's duties I have been trying to re-structure how the Captain's job works to spread the load out, primarily by getting people to agree to run different events on a more formal basis. The real problem area is track and field, since it requires a lot of commitment i.e. time. I believe we have the foundation of a working proposal, although only time will tell! The current structure is as follows:

Men's captain - co-ordination & communications	Ian Hodge
Road races and relays	Ian Hodge
Cross country	Malcolm French
Track & field division 2	Robin Kindersley & Ben Paviour
Track & field division 5	John Walker
Track & field Rosenheim league	Malcolm French & one other (TBC)
Track & field Veterans league	Robin Adams & John Tilsley
Track & field results	Derek Paterson

We have much to look forward to in terms of road racing. By the time you read this, the Green Belt Relay will already be over and we'll be looking forward to the Welsh Castles Relay where we have both a men's team and a vet's team for the Serpie men to compete in. Thinking even further ahead, way past the end of this year's club championship grand prix and the summer league, we once again have a men's team entered for the Round Norfolk Relay in September. ✍

*Ian Hodge*

## Captain's Report - Women

*Continued from previous page*

Finally, Jan and I would again like to take this opportunity to thank everyone for their support and help in our time as Ladies Co-Captains. It has been both a pleasure and an honour working with so many amazing people and very talented and hard-working athletes. We greatly look forward to the events we have arranged this summer! ✍

*Kathleen Broekhof & Jan Farmer*

## The Committee

### Summary of Committee Meetings winter 2002/3

*Sarah, our faithful committee secretary, tells all*

There have been two committee meetings since the last edition of Serpentines, with a seemingly endless amount of issues to be discussed and debated. The meetings are well attended with lots of ideas being floated and business sorted out. Great refreshments help keep concentration going as some of the meetings have been lengthy!

News of how runners have fared in races, especially cross country, has been discussed, as well as starting to plan the year's forthcoming relay races. Finances for these events must be agreed by all and as finances are continuing to do well with thriving membership, race receipts and a full 100 Club, this has been possible to agree. A variety of activities has meant money being spent, but all is for club members' benefit and is largely at their request. The big up-and-coming events are the Green Belt Relay and Welsh Castles Relay. Agreement has been given to pay for the team entries and discussions as to how they will be organised and by whom is well under way.

The task forces have continued to meet and report back to the committee. The major ones recently have been the sponsorship group and the rules group. The sponsorship group have been looking at reasonable advertising for the website and the Sentinel, as regards running related products and a policy has now been agreed. There will be an agreed procedure for advertising, which the webmaster will monitor. The next step is how to manage other adverts, including non-running related products. This has arisen due to club members' requests to use the club to advertise different products, businesses etc. The task group is looking at this at present. Decisions will be published once procedures and codes of operation have been agreed by all.

*Continued on next page*

## The Committee

*Continued from previous page*

The rules task group has continued to meet to work on the weighty task of re-examining the club rules. The rules assessment is being carried out in the wake of the large growth in the club's membership, changes in technology and the increased amount of work for committee members. There will be a Special General Meeting to discuss the proposals to the club rules, which would ideally be at least a month before, but could be the same day as the AGM this year. The proposed changes may be put on the website for people to comment on. If this happens, those that don't have an e-mail address will be sent a copy by post.

Malcolm is attending a meeting of the SEAA, as there is a proposal to levy each club member £5, which would have huge implications for the club.

*Continued on page 31*

## Phill marks his 100<sup>th</sup> Marathon in front of a Home Crowd

I just want to say a big "thank you" to everyone who clapped, cheered and generally encouraged me along the way to finishing my 100th marathon in London this year. It was probably one of the hardest marathons that I have ever run, the heat made it particularly difficult – but I made it! It was a final chapter in a long story which began in September 1983 at the Adidas British Marathon and which has taken me through 11 London Marathons and others ranging from Dundee to Guernsey in Great Britain, and to more exotic locations such as Paris, Venice, Florence, Amsterdam and Malta.

This rollercoaster journey – all while I have been a member of the Serpentine Running Club (bar the first two) – has taken me to heights such as breaking three hours for the first time in April 1992 at Gosport, and to Humber Bridge, when I achieved my PB of 2.58, and to an amazing period in 1991 when I ran 10 marathons in 10 weeks. (Indeed, I ran 24 marathons in that year).

Like all rollercoaster rides there have been lows, but the Serpentine Running Club has always been there with encouragement. Any regrets? Only that I am not quite as swift as I used to be. But watch this space, there is still life in the Old Man yet...

*Phill Harris*

## Interview

### Interview with a Young Serpie

*The first in a series of interviews in which Lynne Prestegar finds out as much as possible about a Serpie member in just 10 minutes*

**H**ilary Young joined the club in July 2002 as a beginner to running. Since then she's become a regular face in the ever expanding Serpie crowd. She regularly takes part in the Club Handicap. One morning at the Lido cafe, I conducted a quick interview with her, in an attempt to see how many facts I could learn about her in 10 minutes or less. Here's what I discovered.

**When did you first become a member of Serpentine?**

A year ago in July.

**Where were you born?**

Peterborough, Cambridgeshire.

**Who / what inspired you to run?**

Terry (cousin and fellow Serpie) by getting the book "Run away from fat in ninety days".

**What is your favourite drink?**  
G & T, champagne, red wine, anything...

**Where do you work?**

John Lewis as a Branch Auditor. 23 years with the same company. I have been a Retail Manager in the past. I'm due for 25 weeks sabbatical soon.

**Any other hobbies besides running?**

Sailing, skiing, mountain biking. I've cycled in Sri Lanka and the High Atlas Mountains, Morocco.

**Any funny facts we should know about Terry?**

Oh God. No comment...

**Is it true that you have red wine every Wednesday night?**

Yeah. Yeah. Yeah.

**Running goal for 2003?**

To do a half marathon. I might do Borehamwood (the club champs) if I'm not sailing.

**Favourite supermarket?**

Waitrose, of course.

**Describe yourself in three words or less**

Outgoing, motivated, oh, I don't know, funny.



Photo by David Knight

**What is the best thing about Serpentine RC to you?**

The social thing. Everyone is friendly.

**Favourite pre - running snack?**

Banana and a cup of tea.

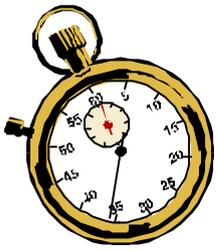
**Where did you go for Christmas?**

My parents' house in Ramsey.

**Where will you go on hols over summer?**

Sailing in Cowes in August for the big sailing event of the year on the Isle of Wight.

*Continued on page 31*



# Serpentine Handicap



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

## March

In third place this month was Terry Smith, knocking 17 seconds off his p.b. Brian Pickles, who ran a pb (for the second month in a row) by 33 seconds, came second. The winner was Grethe Petersen - the Handicapper herself! In the mild weather conditions we had lots of helpers, but special thanks are due to Ros who tested out the new stopwatch that will enable us to produce results much faster in the future.

There were no fewer than 22 personal bests. Apart from the top three, another 19 runners ran pbs. Congratulations to are due to all of them.

## April:

Oliver Foster ran his first handicap race in 44.49. We haven't seen him at the handicap for nearly 12 months, while he was seriously training, until he came back and finished his second handicap race in 36.15. Not only did Oliver run a pb by eight and half minutes, he also won the April handicap race.

In second place came Bev Thomas, who did a storming run nearly two minutes faster than her previous time, followed by John Hudspith, who finished third, and who also ran more than a minute faster than his last run.

Overall, there were no fewer than 24 personal bests, including the winner. Congratulations to all.

## May:

Track workouts help your running performance. Our own coach, Gemma Hale, won the May handicap. She ran a pb of 39 seconds. In second place was Michael Egbor who continues to improve his running and also did a pb, running 66 seconds faster than last month. Marianne Morris finished third, in her 93rd handicap race. She can still get one of the highly sought-after 100 handicap race T-cap race T-shirts this year if she manages to come (with her legendary punctuality) to all the remaining races this year.

Overall, there were 15 personal bests this month. Thanks are also due to the helpers who, despite the bank holiday weekend, turned up and made the race possible while lots of the usual serpies were away for the long weekend.

### About the Club Handicap

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

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

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

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

### Tom Hogshead Trophy Standings as of May 2003

Name	Jan	Feb	Mar	Apr	May	Total
Anthony Stranger-Jones	25	21	25	18	22	111
Brian Pickles	8	21	31	14	22	96
Pete Noble	18	29	21	12	11	91
Sid Wills	7	28	27		23	85
Ashok Jamdagni	15	17	14	23	15	84
Manuel Moreno	26	21	15		22	84
Pete Warren	17	22		17	26	82
Terry Smith	13	14	30	24		81
Lars Menken	8	15	19	28	8	78
Hilary Young	12	15	18	13	19	77
Michael Egbor		32		14	31	77
Jemima Johnstone		15	15	29	14	73
Steve Edwards	10	10	3	24	24	71
Brian Harris	9	10	11	11	27	68
Steven Turner	30	31	7			68
John Hudspith	19	12		27	9	67
Marianne Morris	20	9		8	28	65
Paul Flood	12		15	22	15	64
Sally Hodge	15		15	15	19	64
Andrew Davies	15	15		15	14	59

### Tom Hogshead Standings after 5 races:

In the Tom Hogshead table for 2003, Anthony Stranger-Jones, the winner of the trophy in 2001, is leading with 111 points, ahead of Brian Pickles with 96 points and Pete Noble with 91 points. It is the best 8 scores over the year that count, so the winner of the 2003 Tom Hogshead trophy is far from determined. ✍

*Grethe Petersen*

# May 2003 Handicap Results

Posn	Name	Start Time	Finish Time	Net Time	Target PB	PB	Bonus Pts	Race Pts	Total Pts	Total Races	1st Lap	2nd Lap	Age Cat
1	Gemma Hale	12,30	43,39	31,09	32,30	pb	12	20	32	11	15,37	15,32	F26
2	Michael Egbor	8,00	44,12	36,12	37,18	pb	12	19	31	10	17,45	18,27	M50
3	Marianne Morris	12,30	44,15	31,45	31,16		10	18	28	93	16,01	15,44	F53
4	Brian Harris	14,45	44,21	29,36	29,17		10	17	27	36	14,20	15,16	M64
5	Pete Warren	18,15	44,35	26,20	26,02		10	16	26	32	12,59	13,21	M63
6	Jean-Luc Hozz	17,45	44,49	27,04	25,49		7	15	22	50	13,30	13,34	M45
7	Steve Edwards	18,45	44,56	26,11	25,53		10	14	24	25	13,10	13,01	M46
8	Anthony Stranger - Jones	19,30	45,06	25,36	24,58		9	13	22	33	12,36	13,00	M58
9	Sid Wills	9,00	45,10	36,10	36,03		11	12	23	20	18,05	18,05	M62
10	Brian Pickles	18,45	45,11	26,26	26,21		11	11	22	10	12,52	13,34	M45
11	Manuel Moreno	15,30	45,12	29,42	29,49	pb	12	10	22	24	14,40	15,02	M58
12	Allan Montpellier	17,45	45,14	27,29	30,23	pb	12	9	21	2	13,42	13,47	M32
13	Hilary Young	6,30	45,17	38,47	38,34		11	8	19	8	18,55	19,52	F41
14	Sally Hodge	12,45	45,17	32,32	33,00	pb	12	7	19	6	16,15	16,17	F42
15	Raul Kharbanda	19,00	45,22	26,22	26,02		10	6	16	9	12,48	13,34	M29
16	Chris Staggs	13,00	45,23	32,23	29,13		2	5	7	112	15,54	16,29	M57
17	Ashok Jamdagni	9,00	45,25	36,25	36,06		11	4	15	9	18,05	18,20	M59
18	Linda Scott	4,00	45,27	41,27	44,31	pb	12	3	15	3	20,19	21,08	F57
19	Simon Ludlum	18,30	45,27	26,57	26,59	pb	12	3	15	15	12,58	13,59	M40
20	Trevor Browse	16,30	45,31	29,01	28,23		9	3	12	8	14,21	14,40	M50
21	Ludovica Bruno	15,30	45,33	30,03	32,55	pb	12	3	15	2	14,41	15,22	F40
22	Paul Flood	16,30	45,35	29,05	29,07	pb	12	3	15	6	14,16	14,49	M33
23	Jemima Johnstone	13,00	45,36	32,36	32,21		11	3	14	7	16,11	16,25	F31
24	Ruairi MacIver	20,15	45,36	25,21	24,46		9	3	12	9	12,34	12,47	M36
25	Caroline Furze	17,30	45,37	28,07	28,05		11	3	14	6	14,00	14,07	F33
26	Keith Evans	12,30	45,48	33,18	30,13		2	3	5	77	16,25	16,53	M64
27	Paul Fromme	21,00	45,50	24,50	25,03	pb	12	3	15	5	12,16	12,34	M31
28	Pete Noble	22,00	45,52	23,52	23,01		8	3	11	23	11,53	11,59	M35
29	Andrew Davies	22,00	45,58	23,58	23,57		11	3	14	5	11,52	12,06	M29
30	John Hudspith	21,00	46,00	25,00	23,42		6	3	9	98	12,36	12,24	M43
31	Richard Long	19,15	46,02	26,47	25,29		7	3	10	44	13,15	13,32	M51
32	Juliet Allan	13,00	46,04	33,04	32,02		8	3	11	14	16,37	16,27	F36
33	Mike Morris	20,15	46,10	25,55	24,43		7	3	10	16	12,47	13,08	M33
34	Hilary Walker	16,45	46,15	29,30	27,55		6	3	9	110	14,46	14,44	F49
35	Dave Mackenzie	19,15	46,21	27,06	25,51		7	3	10	26	13,20	13,46	M53
36	Ian Hodge	19,15	46,28	27,13	26,24		8	3	11	6	13,23	13,50	M42
37	Nicolas Beale	16,15	46,29	30,14	29,31		9	3	12	6	14,58	15,16	M48
38	Paula Sadler	16,30	46,37	30,07	29,36		10	3	13	5	14,59	15,08	F28
39	Peter Procopis	17,30	46,39	29,09	28,01		8	3	11	6	13,59	15,10	M36
40	Lynne Prestegar	17,30	46,39	29,09	28,08		8	3	11	6	14,25	14,44	F31
41	Angie Palin	16,45	46,41	29,56	29,55		11	3	14	4	14,58	14,58	F24
42	Justin Lock	16,15	46,50	30,35	30,32		11	3	14	4	15,27	15,08	M29
43	Huw Keene	19,00	46,50	27,50	28,08	pb	12	3	15	3	13,47	14,03	M31
44	Lars Menken	16,30	47,02	30,32	28,25		5	3	8	8	14,30	16,02	M28
45	Marianne Fryer	8,00	47,04	39,04	41,10	pb	12	3	15	2	20,12	18,52	F28
46	Gordon Robertson	15,15	47,05	31,50	29,59		6	3	9	17	15,30	16,20	M42
47	David Simpson	20,00	47,05	27,05	27,43	pb	12	3	15	2	13,17	13,48	M42
48	Matthew Pollard	22,00	47,07	25,07	24,24		9	3	12	4	12,07	13,00	M26
49	Wai Sem Lee	5,15	47,10	41,55	41,20		10	3	13	5	21,09	20,46	F25
50	Rachel Brough	12,00	47,16	35,16	36,33	pb	12	3	15	2	17,38	17,38	F23
51	Dave McGregor	24,15	47,22	23,07	22,36		9	3	12	3	11,31	11,36	M46
52	Ian Loriggio	21,15	47,27	26,12	25,42		10	3	13	3	12,54	13,18	M38
53	Joseph Slavin	12,30	47,33	35,03	36,08	pb	12	3	15	2	17,26	17,37	M43
54	Carolyn Belton	14,30	47,34	33,04	31,40		7	3	10	5	16,16	16,48	F36
55	Keith Morris	8,00	47,36	39,36	37,01		5	3	8	81	20,13	19,23	M64
56	Julie Cameron-Doe	11,00	47,39	36,39	35,22		8	3	11	5	17,54	18,45	F33
57	Christopher Cameron-Doe	11,30	47,40	36,10	35,39		10	3	13	4	17,24	18,46	M39
58	Rita Mehta	13,45	47,40	33,55	33,09		9	3	12	42	16,55	17,00	F56
59	Simon Maughan	19,15	47,41	28,26	27,25		8	3	11	4	13,59	14,27	M26
60	Fari Khoushpeynon	12,15	48,12	35,57	34,02		6	3	9	5	17,05	18,52	M39
61	Claire Browse	5,00	48,21	43,21	40,39		5	3	8	15	21,18	22,03	F46
62	Clare Riduford	14,45	48,45	34,00	33,34		10	3	13	2	16,28	17,32	F34
63	Kelli Hughes	13,45	50,23	36,38	34,39		6	3	9	2	18,20	18,18	F31
64	Tony Leppard	13,30	50,23	36,53	31,55		0	3	3	42	17,34	19,19	M66

## May 2003 Handicap Results cont'd.

Posn	Name	Start Time	Finish Time	Net Time	Target PB	PB	Bonus Pts	Race Pts	Total Pts	Total Races	1st Lap	2nd Lap	Age Cat
	<b>Scratch runners</b>												
	Sharon Lindores	3,15	36,30	33,15	0,00		0	3	3	1	16,37	16,38	F36
	Deborah Slavin	3,15	39,42	36,27	0,00		0	3	3	1	18,17	18,10	F38
	Suarama Khaledue	3,15	40,57	37,42	0,00		0	3	3	1	18,25	19,17	F31
	Melanie Williams	3,15	41,03	37,48	0,00		0	3	3	1	18,50	18,58	F30
	Peter Oakley	13,00	41,38	28,38	0,00		0	3	3	1	14,26	14,12	M39
	Charles Parker	13,00	42,07	29,07	0,00		0	3	3	1	14,38	14,29	M26
	Neville Capman	13,00	42,15	29,15	0,00		0	3	3	1	14,44	14,31	M32
	Allan Maxwell	13,00	42,28	29,28	0,00		0	3	3	1	15,00	14,28	M27
	Brent Plumb	13,00	42,58	29,58	0,00		0	3	3	1	14,28	15,30	M26
	Richard Benton	18,00	43,48	25,48	0,00		0	3	3	1	13,14	12,34	M28
	Karyn Mclean	13,00	44,02	31,02	0,00		0	3	3	1	15,36	15,26	F30
	Rachel McKenzie	18,00	45,12	27,12	26,32		9	3	12	9	13,34	13,38	F42
	Lizzie Bott	13,00	45,30	32,30	0,00		0	3	3	1	16,08	16,22	F25
	Neil Davies	13,00	45,49	32,49	0,00		0	3	3	1	16,23	16,26	M38
	Barbara Miller	13,00	46,14	33,14	0,00		0	3	3	1	16,24	16,50	F33
	Darren Nicolas	13,00	47,15	34,15	0,00		0	3	3	1	16,59	17,16	M30
	Jon Knox	13,00	48,31	35,31	0,00		0	3	3	1	17,28	18,03	M39
	Sam Mehta	13,00	48,37	35,37	0,00		0	3	3	1	18,12	17,25	M37

### Triathlon

## News from the Tri-Section

*Maria David tells us about what the multi-eventers have been up to*

With all the Serpie triers now back from their hard week of training at Club La Santa, Lanzarote, everyone is currently concentrating on preparation for the new multi-sports season. There's been a lot of chatter among the group to find out what races are to be done and what our goals will be. And there's quite a variety. Among the growing number of Serpies getting into the world of triathlon and duathlon we have people competing at various levels - from completing their first triathlon this summer to qualifying for the World Championships.

For the majority of the triathlon group, the club championships will be the focus of a lot of attention. These have recently been announced as the White Oak Triathlon, Swanley on 13 July (400m swim, 25km bike, 8km run) for the sprint distance, and Milton Keynes (Emberton Park) on 27 July (1500m swim (o), 40km bike, 10km run) for the Olympic distance (See the ad on page 9 for further details). They are open to all Serpies, and having done both of these races myself, I would certainly recommend them as good days out. Don't hesitate to come and join the fun!

Building on the success of last year, when two of our members, Rebecca Stubbs and Elinor Rest, competed in the World Triathlon Championships, we will have

more people trying to do the same this year.

So far we have one of our newest members, Perry Scanlan, who has managed to qualify for the ultimate triathlon - Ironman Hawaii - by finishing as the thirtieth woman at Ironman New Zealand. Well done, Perry!

I have just discovered that I have qualified for the World Duathlon Championships at Affoltern (Switzerland) on the basis of my efforts at the Powerman Duathlon. Other people competing in endurance races this year are Piet Hein and Michael Heinrich at Ironman Austria, Bo Engelbrechtsten at Ironman Lanzarote, and quite a bunch of people making the trip to Dorset in August for Half Ironman UK.

But it's not all about world championships or big name, long distance events. Our very own Emmie Gribble registered a victory recently at the Dragon Slayer Duathlon (Eastway Cycle Circuit), as the first woman home. And let's not forget John Sullivan, who was awarded a trophy for winning the novice competition in the UK Triathlon/Duathlon League. Let's see if this year we can build on the success of last year's inaugural appearance. Quintin Wright is currently co-ordinating this league.

I must not forget to mention that all the above is underpinned by the coaching sessions and training weekends given by Brian Welch, which have proved to be a huge success. These are to be repeated later this year. In addition, informal sessions for novices are being organised within the group.

It's certainly not all quiet on the multi-sport front! ✉

*Maria David*

# Serpentine 100 Club

YOU TOO CAN BE A WINNER

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

	Feb 2003	March 2003	April 2003
£100.00	Hilary Walker	Brian Kaufman	Jane Thompson
£50.00	Cathy Geraghty	Phill Harris	Morris Family
£25.00	Rakesh Gupta Brian Kaufman	Gemma Hale Morris Family	Dave Lipscomb Tony Gould
£10.00	Leighton Grist Malcolm French Jonathan Brookes Beate Vogt	Maggie Moran Jan Farmer Manuel Moreno Sid Wills	Ros Young Leighton Grist Robin Adams Sid Wills

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

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

1. *Make sure that you are up-to-date with your contributions*
2. **JOIN!** Contact Sarah Newton, Flat 6, 22A Sutton Place, London E9 6EH  
E Mail [sarah@serpentine.org.uk](mailto:sarah@serpentine.org.uk)  
(simple!)

† † †

## Sudbury Court

### News from our Sister Club

*Martin looks forward to the commencement of summer league hostilities*

Crumbs, hardly seems a couple of seconds since I was racking my brains to come up with a few pearls of wisdom for the last Serpentines. Anyway, the start of April, and whilst David Bedford and his team wrestle with the logistics of shepherding 30,000 plus runners around the streets of our fair Capital, entries are flooding in for the Sudbury Court 10K. Well, perhaps flooding isn't exactly the word I'm looking for, in fact trickling would be more appropriate. To date a princely fifteen have signed up for North Wembley's May running extravaganza, and it's safe to say we would have no difficulty accommodating (and indeed would be delighted to welcome) any Serpies not contesting the

Club's 5 Mile Championship at Coombe Hill, or lured by the BUPA Footbeat 10k in Hyde Park (as regards the latter I'd like to point out we are £9 cheaper!).

### The Club did briefly raise its head from under the duvet in February

With the onset of spring, and after a tricky winter epitomised by financial problems for our parent Sports Club and the need (after the EGM mentioned in the last issue) to re-structure our own committee, we are preparing to come out of hibernation and rejoin the competitive fray. I'm gearing the "lads and lasses" up for the commencement of Summer League "hostilities" at Harrow on May 4th, and this year I'm determined we will get a relay team out in at least one fixture. Actually, before I forget, the Club did briefly raise its head from under the duvet in February to get a team out for the Watford Half-Marathon (though the least said about the

results of that enterprise the better!)

Numbers remain a problem (though, looking through rose tinted spectacles, I like to think of the Club as small but perfectly formed), and as Serpentine career inexorably towards the 1,000 mark we're still looking to top 40. A touch of youth wouldn't come amiss either, as we only have half a dozen or so members under 40, and the Clubhouse is taking on the look of an Old Folks Home (albeit one peopled by extras from "Cocoon"). Still, come the longer nights, and another running of our flagship race, and perhaps the good burghers of Wembley and Sudbury will start beating a path to our door to sign up for a healthier lifestyle. Well I can dream can't I? ☺

*Martin Garrett*

## Marathon Results 2003

*Results from the London and Paris Marathons*

**S**erpentine had a huge turnout in the 2003 London Marathon and it sometimes seemed as though there were nearly as many Serpies supporting as running. The weather gods were smiling down on us on 13 April 2003, though the unseasonal mid-April sunshine may have suited the support team more than those running.

After the obligatory supporter's breakfast in the local café, the Shadwell crew set up camp at about 13.5 miles with red and gold helium balloons flying high, courtesy of Melissa. We didn't have long to wait to see the elite women led, much to the crowd's delight, by Paula Radcliffe. Not long afterwards we started seeing our own Serpies and the cheering really started. Time flew by, standing in the sun, gradually getting more hoarse from shouting encouragement. Unfortunately we hadn't taken notes

from the e-group debate over the most encouraging thing to shout to a runner, so some of you may have had your least favourite type of encouragement shouted out, and if so, sorry! But we certainly did shout as loud as we could.

Many supporters, as well as many Serpie runners made it to the Paxtons Head afterwards, which is more than can be said for the balloons. Perhaps the group of kids who made off with them were secret Serpie supporters too.

Many thanks to John Walker for organising the Shadwell meeting place and the Paxtons Head. Thanks to Melissa for the balloons, which were great while they lasted. But mainly thanks are due to all the Serpies who ran and gave us so many people to look out and cheer for, and for making it another great London Marathon.

The Serpie Ladies' team, comprising Zoe Gulliver, Sarah Newton and Swenja Surminski, won the bronze medal in the UKA Marathon Championships 2003. ✍

*Sally Hodge*

The following table lists the finishing times of Serpies taken from the London Marathon website:

<b>Name</b>	<b>Time</b>	<b>Name</b>	<b>Time</b>
David McGregor	2hrs 31mins 30secs	Patrick Twomey	3hrs 28mins 18secs
Andrew Greenway	2hrs 39mins 32secs	Sally Mackay	3hrs 28mins 44secs
Lloyd Marshall	2hrs 40mins 24secs	Anthony Coburn	3hrs 28mins 44secs
Daniel O'Donoghue	2hrs 48mins 47secs	James Thomas	3hrs 29mins 34secs
Stuart Bouveng	2hrs 49mins 23secs	Ian Lorrigio	3hrs 33mins 46secs
Gary Dench	2hrs 52mins 02secs	Grethe Petersen	3hrs 33mins 54secs
Michael Winn	2hrs 54mins 09secs	Morven Reid	3hrs 37mins 22secs
Mark Pitcaithly	2hrs 57mins 11secs	David Unwin	3hrs 37mins 33secs
John Hudspith	2hrs 57mins 56secs	Martin Hummel	3hrs 38mins 17secs
Paul Fromme	2hrs 58mins 41secs	Cian Mchugh	3hrs 39mins 00secs
Kenneth Heney	2hrs 59mins 24secs	Sue Lambert	3hrs 39mins 21secs
David McGlennon	2hrs 59mins 48secs	Jane Young	3hrs 41mins 16secs
Jamie Felix	3hrs 03mins 14secs	Edward Lukins	3hrs 41mins 51secs
John Greene	3hrs 04mins 39secs	Steve Brett	3hrs 43mins 05secs
Anthony Stranger-Jones	3hrs 05mins 01secs	Steven Smith	3hrs 43mins 18secs
Richard Melik	3hrs 06mins 16secs	Lynne Prestegar	3hrs 44mins 11secs
Pete Noble	3hrs 06mins 28secs	Michael Hanreck	3hrs 44mins 52secs
Zoe Gulliver	3hrs 07mins 39secs	Hugh Shields	3hrs 46mins 53secs
Sarah Newton	3hrs 10mins 28secs	Kate Cooke	3hrs 48mins 51secs
Michele Dal Cero	3hrs 11mins 01secs	Matt Brito	3hrs 50mins 20secs
Rick Ross	3hrs 12mins 07secs	Andrew MCGovern	3hrs 52mins 04secs
Owen Barder	3hrs 12mins 20secs	Tim Robinson	3hrs 52mins 25secs
Swenja Surminski	3hrs 13mins 11secs	Deborah Allen	3hrs 52mins 30secs
James Snowdon	3hrs 13mins 42secs	Ulli Smetana-Just	3hrs 52mins 56secs
Kristina Dorfman	3hrs 13mins 15secs	Ludovica Bruno	3hrs 54mins 22secs
Narisa Najurally	3hrs 14mins 38secs	John Gavin	3hrs 54mins 54secs
Luke Williams	3hrs 19mins 18secs	Maria Brady	3hrs 55mins 04secs
Edward Hopperton	3hrs 19mins 34secs	Peter Grecian	3hrs 56mins 12secs
John Stone	3hrs 19mins 55secs	Andrea Newton	3hrs 56mins 13secs
Andrew Stylianou	3hrs 20mins 40secs	Sam Hayter	3hrs 56mins 14secs
Hilary Walker	3hrs 22mins 23secs	Nick Slade	3hrs 56mins 50secs
Theresa Brady	3hrs 26mins 05secs	Penny Katsanis	3hrs 57mins 33secs
David Simpson	3hrs 26mins 36secs	Simon Hawkesworth	3hrs 58mins 33secs

Name	Time
Eddie Brocklesby	3hrs 59mins 29secs
Nicholas Gaunt	3hrs 59mins 33secs
Roberta Hauck	3hrs 59mins 55secs
Megan Mcintyre	4hrs 00mins 09secs
Oliver Godden	4hrs 02mins 19secs
Geoffrey Margolis	4hrs 04mins 22secs
Moddy Moses	4hrs 04mins 44secs
Nick Read	4hrs 05mins 25secs
Tania Sulan	4hrs 10mins 04secs
Kirsten Huesch	4hrs 13mins 29secs
Gordon Wills	4hrs 14mins 14secs
Marco Falasca	4hrs 14mins 28secs
Glencora Senior	4hrs 15mins 18secs
Adrian Lloyd	4hrs 15mins 27secs
Camilla Macwhannell	4hrs 16mins 01secs
Kathleen Broekhof	4hrs 16mins 03secs
Jeff Prestridge	4hrs 18mins 25secs
Marie-Laure Piana	4hrs 16mins 35secs
Sarah Youds	4hrs 19mins 12secs
Angela Rau	4hrs 19mins 15secs
Gary Maughan	4hrs 19mins 25secs
Stuart Penney	4hrs 20mins 40secs
Rupert Mcpetrie	4hrs 20mins 49secs
Lars Menken	4hrs 21mins 56secs
Simon Edelsten	4hrs 23mins 02secs
Amanda Pownall	4hrs 23mins 33secs
Simon Lawrence	4hrs 23mins 37secs
Neil Hall	4hrs 23mins 54secs
Amanda Tipples	4hrs 23mins 56secs
Marianne Jensen	4hrs 25mins 12secs
Sarah Jenkins	4hrs 25mins 21secs
Natalie Pullin	4hrs 25mins 49secs
Jerome Ponchelle	4hrs 26mins 43secs
Seema Vyas	4hrs 27mins 06secs

Name	Time
Linda Maynard	4hrs 27mins 06secs
Karina Davies	4hrs 28mins 29secs
Robin Gray	4hrs 28mins 43secs
Henri Petignat	4hrs 30mins 01secs
Francesca Wright	4hrs 31mins 06secs
Kendra Roche	4hrs 31mins 29secs
Nick Castle	4hrs 33mins 23secs
Anna Opute	4hrs 34mins 50secs
Phill Harris	4hrs 36mins 46secs
Imogen Sharp	4hrs 37mins 01secs
Rebecca Wood	4hrs 37mins 05secs
Marianne Morris	4hrs 44mins 10secs
Helen Hancock	4hrs 45mins 42secs
Olivia Orton	4hrs 45mins 50secs
Miriam Comber	4hrs 46mins 38secs
Vanessa Bartulovic	4hrs 47mins 41secs
Marcus Leaver	4hrs 47mins 46secs
Karen Parsons	4hrs 51mins 07secs
George Van Der Merwe	4hrs 51mins 10secs
Joseph Hill	4hrs 51mins 17secs
Ernie Ferriday	4hrs 53mins 01secs
Michael Fitzgerald	4hrs 54mins 44secs
Nicole Goldin	4hrs 55mins 40secs
Alan Stephens	4hrs 55mins 53secs
Kelli Hughes	4hrs 57mins 01secs
Jacqui Porjes	5hrs 01mins 55secs
James Hopegood	5hrs 02mins 58secs
Samantha Morgan	5hrs 11mins 14secs
Darren Nicholas	5hrs 18mins 45secs
Rachel Wilson	5hrs 23mins 08secs
David Bailey	5hrs 35mins 07secs
Steve Hammell	5hrs 36mins 51secs
Wendie Mensah	5hrs 37mins 23secs
Rachel Lomax	6hrs 41mins 23secs

### Paris Marathon:

On Sunday 19 July 1896, 191 runners ran the first French Marathon over the distance of 40km that connected Paris to Conflans, where the race started and finished. The organisers of the race, Petit Journal, decided to award a commemorative medal to all finishers who finished in a time of less than 4 hours.

The race distance was over a distance of 40km, which was the distance between Marathon and Athens. The current marathon distance of 42.195km did not come into effect until the 1908 London Olympic Marathon.

Over a century later, around 30,000 runners from all around the world took to the streets of the French capital for the 27th running of the Paris International Marathon. On an overcast Parisian morning the runners started at the Champs Elysees and headed towards the Place de la Concorde before their long journey through the city, finishing at Avenue Foch.

Amongst the 30,000 runners, there were, of course, several Serpies and their times are listed in the table on the right. Amongst the supporters thronging the

streets were more Serpies, who enjoyed the French cuisine before cheering on husbands, friends and fellow club members en route at three different places, and even got a little exercise at times, dancing to the music from the many bands. ☺

*David Lipscomb*

Name	Time (Actual Times)
Steve Brett	2hrs 51mins 12secs
Andrew Maynard	3hrs 06mins 58secs
James Snowdon	3hrs 07mins 05secs
Brian Butler	3hrs 20mins 48secs
Natasha Hrstich	3hrs 26mins 41secs
Graeme Scott	3hrs 27mins 23secs
Mary Dobson	3hrs 35mins 23secs
Gerard Hague-Holmes	3hrs 43mins 20secs
Robert Maslen	3hrs 44mins 40secs
Antonia Okwu	3hrs 45mins 38secs
Shevaun Teevan	3hrs 49mins 05secs
Renee Campbell-Scott	3hrs 50mins 09secs
Manuel Moreno	3hrs 51mins 42secs
Raul Kharbanda	3hrs 54mins 52secs
Rosie Ingram	4hrs 11mins 47secs
Melissa Cheung	4hrs 24mins 48secs
Helen James	4hrs 40mins 10secs
Carine Wood	5hrs 01mins 34secs
Patricia Courtney	5hrs 33mins 33secs

# Ideas and Advice

## Shopping and Running

*Strategies for when your shopping plans go wrong*

I was struck by an article by sports dietician Jeanette Crosland MSc, SRD, that appeared in a recent edition of "The Coach". I'm sure I'm not the only person who gives lots of thought to the footwear I train in but little to the food and drinks that help with training.

After getting home from a club run, Plan A is usually to see what's in the fridge. But it's hard to make a nutritious meal out of two sardines, a few mushrooms, a tub of margarine and half a bottle of milk. Plan B is to look in the freezer: ice cream. Not the best meal. So it's on to Plan C and a take-away.

A bit of forward planning might help. Great if you can sit down and plan what you're going to eat over a whole week. But I find there's never enough time for food shopping. And anyway, when it's late in the evening, can I really be bothered to traipse around the supermarket? Jeanette Crossland's recommendation is to keep a store cupboard and add to it mainly tinned food that you can use to make proper meals in an emergency, or when your shopping plans have gone wrong.

### Better than munching your way through the 48 packets of crisps on "special offer"

With a bit of thought you'll have a store of nutritious food you can actually use when time is short. And it's got to be better than munching your way through the 48 packets of crisps that were on "special offer" this week! ✍

*Malcolm French*

## Injuries

### Getting over injury

*Raul's words of experience on turning injury from negative to positive*

Being injured sucks, but for all but a lucky few is part of the deal of running. There is a wealth of information on how to resolve the physical problems, but frequently the underlying cause is a mental one. Whether we go too quickly, or don't listen to our bodies, and then ouch, something goes!

When I was injured I always kept the following three points in mind to help me on the way back.

### Store Cupboard Ideas

Tins of tuna, salmon, pilchards or sardines, or ham to use in place of fresh fish or meat  
Tins of potatoes, mushrooms, sweetcorn, tomatoes as emergency vegetables  
Tins of baked beans or spaghetti for snacks or adding to meals  
Tins of low fat custard or rice pudding and fruit for desserts or snacks  
Jars of tomato based sauces for quick meals  
Packets of dried pasta  
Jam, marmalade or honey for quick snacks on toast  
Dried fruit to add to other foods or for snacking  
Breakfast cereal or porridge, a good quick snack even at night  
Cereal bars, Nutrigrain bars, etc.  
Bottled squash

### Foods for the freezer

Chicken, fish, lean meat, fish fingers  
Bread, bread rolls, pitta bread, hot cross buns, scones, crumpets – all good for snacks  
Vegetables, just as nutritious as the real thing, especially if your fresh veg is a week old  
Frozen fruits, such as "fruits of the forest", make a great Smoothie with some low fat yoghurt and pure orange juice  
Ready made pizza bases. Top with tinned tomatoes, tomato puree, tinned mushrooms and some cheese or ham for a quick pizza  
Fruit cake, especially if you have a kindly relative who will bake one for you

- Get talking to stop you running too quickly. Remember, the stranger next to you is really the friend you have not met yet.
- Patience, patience and more patience.

*Continued on page 30*

### In This Section

Shopping and Running – <i>Malcolm has some tips on improving the contents of your store cupboard</i>	28
Getting over injury – <i>Injuries can have a positive side too – Raul tells you how</i>	28
The Need for Speed – <i>Gemma explains how a bit of speedwork can help with your running</i>	29

## The Need for Speed

*Gemma explains why speed sessions lead to improvements in performance*

Over the last eight months, the number of people turning up at both Battersea and Paddington track has risen noticeably. This rise quite often anecdotally correlates to an increase in the number of people training for marathons. This is not an unusual phenomenon. Pick any training schedule up for any race, and it is more than likely that speed sessions will feature quite prominently. So what is all the fuss about?

What follows is a brief overview of some of the underlying reasons for incorporating speed sessions into a runner's training schedule.

One important thing to bear in mind is that 'speed' session can be a misleading title. It may be more appropriate use the term 'endurance'. Endurance is generally divided into general and specific endurance. General endurance usually means an individual's capacity to perform muscular work at moderate intensities. General endurance is an important prerequisite for the development of other forms of endurance. Specific endurance is the capacity to perform muscular work and tolerate fatigue under specific competition or training conditions. Endurance can be divided into three categories:

1. Steady-state endurance: occurring in continuous moderate activity over four minutes in duration.
2. Speed endurance: the capacity to perform under specific conditions that require sub-maximal speed.
3. Strength endurance: the capacity to maintain the necessary movement at the optimal level of explosive strength.

Each of these three categories can also be divided according to the main energy source:

1. Aerobic endurance
2. Combined aerobic-anaerobic endurance
3. Anaerobic endurance

The energy source used within a session will lead to different training benefits.

All endurance or training sessions are underpinned by a main underlying principle: adaptation. This is where the body or mind reacts to the stresses (physical, mental or technical stresses) imposed by training, by increasing its capacity to cope with the stress, i.e. it adapts. For this adaptation to be effective, a number of other principles need to be considered when training. Using speed sessions is one way of initiating a adaptation.

**Overload:** The demands of the activity must be greater than the demands with which the athlete can comfortably cope (brought about by increasing intensity, duration or frequency of the exercise).

**Progressive overload:** The training needs to become progressively harder as the athlete begins to adapt to the increased load imposed

**Specificity:** It must be highly specific.

**Recovery:** The body must be given time to recover. This is when the body actually adapts to the load previously imposed.

**Reversibility:** The loads must continue to be applied. If not, there will be a gradual reversal effect and the adaptation effects will gradually be lost.

An important thing to bear in mind is how adaptation occurs: It is based on overcompensation.

When the runner's fitness level is challenged by a new training load, the body's response is to try to adapt to this. First the athlete experiences fatigue, then after the training stops, the process of recovery from fatigue begins and adaptation occurs. The adaptation returns the athlete to an improved level of fitness. In other words the body overcompensates and a higher level of fitness is achieved. If the training is too easy, there will be less fatigue, less compensation in the recovery and overcompensation, so no fitness gains. If the training is too great, fatigue will be greater, compensation and recovery will take longer and there will be no overcompensation, therefore the original level of fitness is maintained.

### The importance of recovery

Adaptation gains (i.e. improved fitness/increased speed) occur after, and not during training. The body actually adapts to the stress imposed during training afterwards, and it cannot do this fully unless some recovery time is allowed. The more intense the training, the longer the recovery period. Recovery does not necessarily mean rest. Active recovery is a low intensity short session, which may help repair cells and refuel the body. But new runners should have at least one complete rest day each week.

As can be seen from the above, using endurance/speed sessions within a training programme can lead to adaptation, and therefore improvement in an individual's fitness levels and performance. This article has touched very briefly on what is a huge subject, but has hopefully given you an insight into some of the considerations needed when planning a training session and training programme. ✍

*Gemma Hale*

### References:

Nurmekivi A (1995) Some basic factors of endurance training in a nutshell. In Jarver J (1995) Long Distances: Contemporary Theory, Technique and Training. 3rd ed. Tafnews Press: California.

UK Athletics - Level 2 Coaches Manual.

## First Impressions

Continued from page 18

I would never have thought I would be running a marathon within a year of actually starting to run. Last March, after a friend mentioned the Serpentine Running Club, I started one Wednesday night just to keep fit. My first venture was struggling around Hyde Park on the short run, about 4 miles. I then progressed to 3 Parks, and I completed the seven miles in absolute jubilation.

My twice-weekly run then always remained the same length until early this year when I teamed up with an amazing group of Serpies who wanted to run a little further and eventually do a marathon.

Well that was it! Every Wednesday night I managed to increase my mileage, with a new personal record every time, until one night I managed 20 miles - wow! How could I not do a marathon now?

I applied for the Paris marathon and before I knew it I was crossing the finishing line, totally bewildered. I managed to have so much fun because of the brilliant support along the way. Now I am looking forward to so many more races!

Helen James

I can honestly say that the Paris marathon was one of my best life experiences to date. As a first time marathon runner I did not really know what

to expect - whether I would get massive stomach cramps half way round or collapse of exhaustion. I need not have worried. I did the marathon in five and a half hours without stopping and the sense of achievement for me was being able to run for that length of time non-stop, not completing it in a certain amount of time.

The atmosphere was fantastic - running through the streets of Paris, the music playing in the background, the locals cheering you on and the little kids at the sides of the street holding out their hands to get high fives from the passing runners.

It is an experience I will never forget. ✍

Pat Courtney (now you can call me a marathon runner)

## Serpentine on the internet

The internet is a great way to keep in touch with club events and activities. There are three ways you can do this.

### **First, our award-winning website at [www.serpentine.org.uk](http://www.serpentine.org.uk) has information for all runners**

Our website was recently awarded best UK Running Website. As well as up-to-date results and forthcoming events, it contains a wealth of information about running, including advice for new runners and articles by coach Frank Horwill. It even has a special section devoted to anyone running the London Marathon.

### **Second, our email chat-lines are the best way to keep in touch**

You can sign up to three email lists to keep in touch with the latest news and events. All members should join the main Serpentine list, which now has over 300 members and is the best way to keep bang up to date. If you are interested in triathlons or swimming, there are specialist lists for those too. To join the email groups, send a blank email to:

*Serpentine main list:* [serpentine-subscribe@yahoogroups.com](mailto:serpentine-subscribe@yahoogroups.com)

*Triathlons:* [serpietri-subscribe@yahoogroups.com](mailto:serpietri-subscribe@yahoogroups.com)

*Swimming:* [serpieswimmers-subscribe@yahoogroups.com](mailto:serpieswimmers-subscribe@yahoogroups.com)

### **Third, you can have your own Serpentine email address**

You can have your own free email address for all your Serpentine and running mail, which you can access using your home computer or using the worldwide web. Your address will be your-name@serpentine.org.uk. Serpentine email is completely free (unlike the big name email services, which are beginning to charge). All incoming mail is virus-checked. To get your own Serpiemail address, sign up on the form on the website.

## Getting over Injury

Continued from page 28

- Change your environment and enjoy the run no matter how slowly you go. If you're not up to running around Richmond Park, there are plenty of wonderful short runs you can do in London. Try bringing a guidebook along the way with you. There is a wealth of information out there, you might just learn something...and even help overcome your injury. ✍

Raul Kharbanda

### Answers to the Quiz on page 10:

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

## Updated specialist details now available on the website

The physio list on the website has been updated. The list now includes details of price (where known), location, and most importantly recommendations from fellow Serpies for a range of physios, osteopaths, podiatrists, sports masseurs etc.

Additional recommendations for specialists are always welcome. If you would like to add to this list, please send the details of your recommendation to [sponsorship@serpentine.org.uk](mailto:sponsorship@serpentine.org.uk) or contact a committee member (see contact details on the back cover).

### Tales from Ditchling Beacon

*Continued from page 16*

A special mention to David for keeping up (and frequently passing everyone) on his city bike and braving the waves without a wet-suit!

If you want to try this ride for yourself, let me know and I'll send you the non-scenic, tea-room-free direct route, as planned by Tony. If it's scenic routes you want, then you'll have to join our next ride! ☺

*Sarah Nock*

### Committee

*Continued from page 21*

This would in effect mean an increase of approximately £5,000 that the club would have to pay to the SEAA each year.

The role of admin officer is now being carried out on a voluntary basis. On line registration for membership has cut the workload a lot and can now be managed with a lot less person hours.

Malcolm has had to stand down as men's captain for personal reasons. He is remaining on the

committee and still undertaking a lot of tasks. He and Ian Hodge have negotiated tasks to be shared out.

Owen has stood down as webmaster. Robert Maslen will be taking over this main task. He will attend future committee meetings to discuss issues affecting the website. Many thanks to Owen for all his work on the website over the last few years.

The next committee meetings are scheduled for 12 May and 9 June. Any issues for discussion should be given to a committee member at least one week prior to the meeting. ☺☺

*Sarah Newton*

Young, Frank Skinner ... etc., etc!

### Message to any beginner Serpies?

Continue running. Keep trying.

### Longest run yet?

10 miles, Thames Tow Path run, March this year.

### Is it true that you can be found on a Wednesday night talking to a certain male Serpie that you met at the Christmas party?

No comment.

Thanks very much for your time, Hilary. No doubt you will be quizzed over some of your intriguing and interesting answers! ☺

*Lynne Prestegar*

### Interview

*Continued from page 21*

#### How many handicaps have you taken part in?

Probably seven.

#### Restaurant recommendation?

Hugo's Organic Café in Queens Park. Food and Jazz on a Thursday and Sunday.

#### Have you ever met anyone famous?

Cilla Black, Paul Weller, Paul

## Coach Education

*Have you considered becoming a qualified coach?  
The club needs your help.*

**See the article  
on page 5**

## Club Championships – Marathon Claims

Congratulations to everyone who has run a marathon so far this year – about 150 Serpies to date.

Don't forget that in order for your performance to be included in the Serpie club marathon championship you will need to complete the electronic claim form at [www.serpentine.org.uk/events/champs/claim.php](http://www.serpentine.org.uk/events/champs/claim.php)

or alternatively

write to Ros Young at 127 Torriano Avenue, London, NW5 2RX giving the following information:

your name, the event, race date, official time, either a copy of the official results or the address of the official results website.

## COMMITTEE MEMBERS

### Honorary Secretary

David Lipscomb

H: 01923 448 852

W: 020 7699 4208

M: 07957 554 986

davidlipscomb@serpentine.org.uk

### Chairman

Ros Young

M: 07889 158211

H: 020 7267 4686

ros.young@virgin.net

### Honorary Treasurer

Ian Hall

W: 020 7251 0781

H: 020 7739 8101

ianh@serpentine.org.uk

### Co-Ladies' Captain

Jan Farmer

W: 020 7258 6665

H: 020 7371 1130

M: 07957 561065

janet.farmer@dfait-maeci.gc.ca

### Co-Ladies' Captain

Kathleen Broekhof

H: 020 7586 2181

M: 07887 545 446

kathleen@serpentine.org.uk

### Co-Men's Captain

Malcolm French

H: 020 8422 3900

malcolmfrench@aol.com

### Co-Men's Captain

Ian Hodge

H: 020 8806 1803

W: 020 7568 2470

M: 07768 765670

ihodge@serpentine.org.uk

## Committee

### Newsletter

John Walker

H: 020 8543 2633

W: 020 8649 3077

M: 07900 677 585

F: 020 8649 3190

john-walker@blueyonder.co.uk

### Triathlon

Eddie Brocklesby

M: 07976 547717

edwina@globalnet.co.uk

### Health

Grethe Petersen

H: 020 7630 0730

grethe@lykou.com

### Committee Minutes, 100 Club

Sarah Newton

H: 020 8986 5010

sarah@serpentine.org.uk

### Committee Member

Phil McCubbins

H: 020 7609 8977

p\_mccubbins@yahoo.com

## 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!

Please send contributions for the Serpentimes to [serpentimes@serpentine.org.uk](mailto:serpentimes@serpentine.org.uk)

Soft copy is strongly recommended. If you can only send hard copy (which we scan, correct and reformat), please use 12-point standard font with no italics and simple formatting and send to Sally Hodge, 29 Spring Hill, London E5 9BE.