

THE Serpentines

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

SUMMER 2002



What's On With the Serpentine Running Club

Things To Do
Running

**Cross Country
Fixtures
October to
February**
(p. 4)

*Club Championship 10k
October 13*
(p. 6)

*Coach
Education
Programme*
(p. 10)

*UK Athletics Roadshows
in November*
(p. 2)

**Luton Marathon
Relay
December 1**

**Cabbage
Patch 10
October 20**
(p. 5)

**Round Norfolk Relay
September 14 & 15**
(p. 9)

Time to book Lanzarote 2003 (p. 8)

**Serpentine Duathlon
September 21**
(p. 3)

*New Members'
Night
September 22*
(p. 5)

The 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.

High Tech Serpies - But with Provisos!

The wonders of technology are set to revolutionise our membership administration

Over the next month or so, members of the committee will be testing a new web-based membership system, designed by web-master Owen Barder. Its development has been a response to an administrative workload that just about swamped our last membership secretary.

If everything goes according to plan, you will be able – and, indeed, actively encouraged – to update your own details, for example, address or phone number, on-line. You will also be able to renew your membership and pay for club kit by credit or debit card. New members will be able to join on-line.

There will of course be safeguards. Your password will ensure that only you see your details. Credit card transactions will be through an accredited agency on a secure website. Committee members' access will be on a "need to know" basis: all may have basic contact information, however, details of payments will be protected.

And there will be the opportunity to opt into sharing some information with other members, for example on interests such as marathon training, but on a basis strictly controlled by you.

All this is very exciting, and should greatly reduce the administrative burden and enable us to continue to spend much of our subscription income on services for members, rather than on employing part-time help.

But in going down this route, we have to make sure that we don't lose touch with members who, for whatever reason, prefer not to use the internet. Information about club activities must reach ALL members. Even those with internet access find that they lose touch when their connection is down for a few days, so it's all too easy to imagine what could happen, unless we take positive steps to counter it.

In parallel, therefore, we'll also have an "ombudsman", looking out for areas of web activity and communication that are not reaching everybody, and taking active steps to plug the gap, by phone, post or Sentinel, as appropriate.

Progress indeed. Now, if only we had chips and mats, the handicap results could be done before we've got back to the Lido, saving Grethe a lot of time and hard work! ✍

Ros Young

A Question of Athletics

Meet the leaders of UK Athletics at upcoming roadshows

UK Athletics will soon be hitting the road for their third annual tour of the UK. They are inviting you to attend one of their roadshows where you will have the opportunity to hear from David Moorcroft and ask all the questions that you have wanted to ask of the leaders of our sport. From coaching to training facilities, from attracting more people into the sport to recruiting volunteer organisers, from teacher education to why so many of our world class performers get injured, the agenda is yours.

By attending one of the roadshows you will also get the chance to take part in UK Athletics' biggest ever National Opinion Survey.

The roadshows in the London area are:

Monday, 4 November, Lee Valley Waterworks, Leyton, East London, 7-9pm

Wednesday, 13 November, St Mary's College, Twickenham, 6.30-8.30pm

If you would like to attend one of these free roadshows, please can you either phone Jenny Belden on 0121 456 8738 or Email her at jbelden@ukathletics.org.uk stating which venue you prefer. ✍

Malcolm French

SERPENTINE RUNNING CLUB

20TH ANNIVERSARY PARTY

Saturday 7th December 2002

If you go to one party in December, make it the Serpie Party! Put it in your diary NOW!

Contents of this Issue

Detailed Contents Tables can be found at the start of each section

Things to Do with Serpentine	3
Running Stories	11
Starter Pack	20
Club News	21
Ideas and Advice	34
Odds & Ends	38
Contact Details	40

Things To Do With **Serpentine RC**

Muddy's Musings

A round up of the highlights of the coming cross country season

Although cross country is a winter sport, plenty of work goes on during the rest of the year to put together the coming season's programme. For 2002-3 we have sought to provide you with a varied programme and one that caters for runners of all ages and abilities. As you'll see from the draft fixture list on the next page, 21 events are planned and most of these are within easy travelling distance of central London – the trip to South Devon in January being a notable exception. The highlight is undoubtedly the return of the English National Championship to Hampstead Heath. I'm sure this will prove a hugely popular event.

The Metropolitan league will be strengthened by the addition of teams from the Metropolitan Police and Welwyn Garden City Joggers. This brings the number of competing clubs up to 18. In the Sunday league, we've altered the prize structure. In future, prizes will be awarded to the leading runners based on their best four performances. Previously, you had to complete all five races.

Last season an amazing 97 Serpies ran cross coun-

In This Section

Muddy's Musings – <i>Malcolm looks ahead to the cross country season</i>	3
Serpentine Duathlon – <i>Serpentine runners take on the Swimming Club</i>	3
Cross Country - You must be joking! – <i>Anita Rennie encourages you to give it a try</i>	4
Fixture List – <i>All the dates for the cross country season</i>	4
New Member's Night – <i>Anthony invites you to find out more about the Club</i>	5
Cabbage Patch 10 – <i>The Club's 10-mile championship race</i>	5
Serpentine Swimming with Stephanie – <i>New class starting in September</i>	6
Club Championship 10K – <i>Sign up for the race now</i>	6
Serpenquiz – <i>Captain Malcolm tests your athletics knowledge</i>	7
Proms in the Park – <i>Have a picnic with the Serpies</i>	7
Lanzarote 2003 – <i>Eddie is taking reservations for this popular Serpie holiday</i>	8
Round Norfolk Relay – <i>Run through the night</i>	9
Coach Education Pathway – <i>Become a coach for Serpentine RC</i>	10
Luton Marathon Relay – <i>Teams now forming for this popular team event</i>	10

try. There's always a friendly atmosphere at the races and running on softer surfaces makes a pleasant change from pounding the pavements. As in previous years, there is no need to pre-enter any of the league races - all you need do is turn up on the day. However, named teams do need to be entered for the Championship events. Jan Farmer, Kathleen Broekhof and Malcolm French will deal with this.

More information about individual events will appear in the weekly newsletter, on the Serpie mail e-group and on the notice board in the Seymour clubroom. Or contact Jan, Kathleen or Malcolm direct. ✉

Malcolm French

Serpentine Duathlon

Around and in the Serpentine

Saturday, 21 September – 8.00am

You are all invited to enter the annual challenge between Serpentine Running Club and Serpentine Swimming Club.

This is a swim / run event featuring a 2 mile run (one lap of our Handicap course) and a 440 yard swim in the Serpentine. You can do the two elements in any order. Register at the Lido by 7.45am.

The event was very popular last year, and not just with our triathletes. It's ideal if you've never tried a swim / run event before. Open water swimming is great fun, a real challenge and something different to do.

The annual challenge between Serpentine Running Club and Serpentine Swimming Club

The Serpentine Swimming Club is very friendly and welcomes new members. They meet every Saturday throughout the year at the Lido at 8.00am. Swims vary from 110 yards and 220 yards in winter to a maximum of 1 mile in summer. Members include Kevin Murphy, who holds the UK record for the number of English Channel swims – something he's done more than 30 times!



Cross Country - You Must be Joking!

Why not try cross country out this coming season?

I was well into my 33rd year when I decided to take up running. It happened quite by accident, when a colleague from work invited me along to a club run in Hyde Park.

Now, although I've tried to keep reasonably fit throughout my life, I would never have contemplated running in a million years. I was one of those people who would say "run, I couldn't run for a bus". Nevertheless, I thought it might be fun, so I went along to Hyde Park one cold winter evening to participate in something called the three parks run. To my surprise, I really enjoyed it and I turned out to be much faster than my colleague (who was a regular runner). Oops! That was all the incentive I needed and I've never looked back since. Before too long, I was going along to all of the Hyde Park runs, attending the track sessions and meeting some pretty cool people. I was well and truly hooked.

Then one day Jan Farmer suggested that I try cross country running. I don't know about the rest of you, but my one and only memory of cross country was at school when they took a bunch of rebellious teenagers out into a field and made them run around in temperatures of -5 for 20 minutes or so. It was horrific, and certainly not a memory I treasure. My immediate response was "You must be joking" (although I didn't say it out loud).

After scrounging some spikes from Bev for my first run, I was finally persuaded to go along to try it out. "Spikes", I hear you

CROSS COUNTRY FIXTURES 2002/2003

DATE	EVENT	LOCATION	COMMENTS
Sat, 5 October	Horsenden Relays 52 nd running of this event	Horsenden Hill, Perivale	Start 2.45pm. Men - 6x2.25 miles Ladies - 3x 2.25m
Sat, 12 October	Metropolitan League	Claybury, Woodford Green	Start 2pm. Ladies 4k, Men 8k
Sun, 20 October	Sunday League	Cheshunt	Start 10.30am. Ladies 6k, Men 9k
Sat, 2 November	Metropolitan League	Ruislip	As for 12 October
Sat, 9 November	North London Championship *	Trent Park, Cockfosters	Ladies 6k - 2pm Men 5 miles - 2.30pm
Sun, 10 November	Sunday League	Whippendell Woods, Watford	start 11.00am Joint men's and women's race, 5 miles
Sat, 16 November	North of the Thames Championship *	Biggleswade	Start 2.30pm Men's only event - 11k
Sat, 23 November	London Championship *	Parliament Hill, Hampstead Heath	Ladies - 3miles - 2:00pm Men - 6 miles - 2.30pm
Sat, 30 November	Metropolitan League	Horsenden Hill, Perivale	As for 12 October Care - 1.30pm start
Sat, 7 December (provisional)	Dysart & Ellis Cups	Richmond Park	Ladies 4 miles - 2.00pm Men 5.5 miles - 2.30pm
Sun, 8 December	Sunday League	Stevenage	As for 20 October
Sat, 14 December	SEAA Veterans Championship *	Bournemouth	Ladies (over 35) - 7k Men (over 40) - 10k
Sat, 4 January	Middlesex Championship *	Cranford Park or Trent Park	Ladies 8k - 1.45pm Men 12k - 2.30pm
Sat, 11 January	Metropolitan League	Alexandra Palace or Wormwood Scrubs	Care - 1.30pm start
Sat, 18 January	North of the Thames inter-team race	t.b.c.	Ladies 6k, Men 8k
Sun, 19 January	Sunday League	North Welwyn, Herts	As for 20 October
Sat, 25 January	Southern Counties Championship *	Bicton College, Exmouth	Ladies 8k - 1.50pm Men 15k - 2.50pm
Sat, 1 February	Middlesex Veterans Championship *	Mad Bess Woods, Ruislip	Women and men run together 8k - 2.45pm
Sun, 9 February	Sunday League	Royston	As for 20 October
Sat, 15 February	Metropolitan League	Welwyn Garden City	As for 12 October - 2pm start
Sat, 22 February	English National Championships *	Parliament Hill, Hampstead Heath	Teams need to be pre-registered

* Team members need to be named in advance. Contact Jan, Malcolm or Kathleen. Contact details on back cover.

say. Well, for those of you who aren't up with the running lingo yet - no, they are not poles with spikes in the bottom that walkers use (which is what I thought) - they are actually running shoes with spikes in the bottom.

Anyway, along I went to my first run, and not quite knowing what to expect, I found it to be quite a nerve-wracking experience. But, wait for it..... it was fantastic.

Continued on next page

Cross Country

Continued from previous page

The satisfaction I got from running that race was tremendous. It was my first race since school (where I was always terrible at sports). I was made to feel very welcome by everyone in the club and I really felt that I was a part of something good. That was just the start, and I continued going along to the cross country fixtures for the rest of the season. My first cross country season - how proud I felt!

The Parliament Hill experience where we were all knee deep in mud

Now, please don't get me wrong. I'm not saying that the weather is any better now than it was back in 1980, and you will have to endure some pretty terrible

conditions (including temperatures below zero). Just ask my husband who was roped into supporting us at the National Championships in Bristol, amidst the snow, hale, sleet and gale force winds. Or the Parliament Hill experience where we were all knee deep in mud, and the poor husband was left in the torrential rain holding the umbrella and minding bags for 15 ladies. The conditions we ran in were all part of the fun. How boring would it be if we ran around in the sun all the time? Where's your sense of adventure?

Running has been a major turning point for me. It has changed my life and changed my priorities. Cross country has probably been the biggest influence. Not only does it improve your speed, strength and stamina, but the

total satisfaction you get from it is second to none. I've been running now for 18 months. With three marathons under my belt and one cross country season, I couldn't imagine life without running. Who knows - perhaps one day I may even be good at it - fingers crossed.

The cross country season is just around the corner and I just can't wait

So, "cross country, you must be joking", whoever said that? The cross country season is just around the corner and I just can't wait. Go on, give it a try, and if you don't have fun and enjoy yourself, I'll eat my shorts (as long as it's not too cold that day!) ☺

Anita Rennie

New Members

New Member's Night

Anthony invites you to come along and find out more about the Club

With the club having celebrated its 20th birthday this year, I consider myself quite new, being a member in good standing (well, running and not very good) of just two years. Indeed, compared with the likes of Ros,

Hilary, John, Derek and some others I am new. But by many others I am considered an old timer, not in terms of age (well, that too!) but in terms of the length of time that the average member has been a Serpie. When I joined Serpentine in February 2000 there were less than 300 members. Après moi le déluge and the membership leapt to nearly 800 this year. I hasten to add that I personally had nothing to do with this huge increase.

So what do all these new members want from the club, coming as they do from such diverse

backgrounds? There are still just the two sexes, but many nationalities and a huge variety of day jobs. So what can Serpentine offer them and, more importantly, what should we be offering them?

One way we decided to find out what new members are looking to get from the club was to offer all new Serpies a free drink - there has always been an alcoholic, sorry social, aspect to the club after all.

Continued on next page

Announcing the 10 Mile Club Championship...

The Cabbage Patch 10

Sunday, October 20th

Organised by our friends at The Stragglers, the race starts and finishes in Twickenham town centre. The flat, fast, 10 mile course goes through Twickenham, Teddington, Kingston and Richmond. The race attracts runners of all standards.

Advance entry is essential. You can send a Universal Entry Form to The Stragglers Cabbage Patch 10, 29 Stourton Avenue, Hanworth, Feltham, Middx, TW113 6LA. Entry is £9. Cheques payable to "The Cabbage Patch Run." The fee includes a long sleeve t-shirt to all finishers, results and postage.

New Members

Continued from previous page

Two or three times a year all Serpies who have joined since the last such event are invited to a FREE DRINK in a pub on a Sunday evening. Yes, it's true, really. It was sanctioned by the entire Serpie committee and paid for by Ian, our long-suffering Treasurer. In the pub are various members of the committee and other hangers-on (me, for instance) none of whom get a free drink, but we are all happy to take advantage of any excuse for a drink-up. Old members tell new members about all the marvellous things they can do as a Serpie (in addition to drinking, I mean) and new members tell old members all the things they would like to do (apart from drinking).

There has always been an alcoholic, sorry social, aspect to the club

So why not come along to the next New Members' Night on **Sunday, 22 September at 7 p.m.** at the Leicester Arms on Glasshouse Street? If you joined the club any time this year and missed the drink-up (sorry, serious discussion) at the Leicester

Arms on Sunday, 28 April, you can still claim your free drink by twisting Kathleen's arm (it's easily twisted - I know).

See you there. ☺☺

Anthony Stranger-Jones

Triathlons

Serpentine Swimming with Stephanie

*A group is forming
for swimming classes*

We will again be running swimming classes at Queen Mother Sports Centre, Vauxhall Bridge Road. We need to confirm arrangements once we have a firmer idea of numbers, but hopefully the cost will be as for the previous term, £35 for 8 weeks. We expect the classes will run on Tuesday evenings starting on **September 10th**. We will start at 8:00pm with a beginners' class, i.e. beginners to total immersion style.

For those more experienced in total immersion Stephanie has written as follows:

"There has been a demand for toughness and severity of training -

and I shall oblige. We need to have a regular slot, which we are intending to be on Tuesday evenings just after the beginners class. I am still looking at what might work best, but the suggestion has been that we have a 45 minute session. The first 15 minutes will be for you to strut your stuff in the pool and for me to admire - or otherwise - your stroke.

The rest of the session will be down to sorting out what ever has gone adrift and take you through any special bits about the week's training plan which I will provide. You will receive a written training plan and it will include spaces for you to tell me how well you have done. When you return it to me suitably filled in I will present you with the next stage. The training will only work if you provide me with regular feedback on what you have done and how well you have done it.

The training plans will be the ones I use with my other swimmers: they are serious training and need to be done seriously. You have said you want pushing but that also means that you must do the training and produce the necessary feedback. Its no longer Total Immersion: their workshops rightly tend to emphasise the need to take things easy and be gentle with yourself as you acquire the new skills.

Continued on page 38

Club Championship 10k

Sunday, 13 October 10:00

Venue

Dulwich Park, London SE21

Entry Details

£6 in advance or £8 on the day (if the race limit is not reached)

Cheques made payable to Dulwich Charity 10k

Send cheque with entry form (either downloaded from www.dulwichrunners.org.uk or use a universal entry form) and a large SAE to Dulwich Charity 10k, 28 Kerfield Road, Dulwich SE5 8SU

Entries close on 8 October

1. The first British Empire Games took place in Hamilton, Canada in which year?
a. 1924; b. 1930; c. 1934
2. How many sports were represented at the first Games?
a. 6; b. 19; c. 37
3. The games changed their name to the Commonwealth Games when?
a. 1950; b. 1966, c. 1974
4. When were the Games last held in England?
a. 1934; b. 1958; c. 1970
5. How many nations competed in the 2002 Commonwealth Games?
a. 50; b. 72; c. 134
6. Raelene Boyle of Australia has won the most athletic medals in the history of the Games. Between 1970 and 1982 how many did she win?
a. 7; b. 9; c. 12
7. How many Commonwealth Games medals did Sebastian Coe win?
a. nil; b. 1; c. 4
8. Australian women finished 1-2-3 in the 2002 Games marathon. How many were Veterans?
a. 1; b. 2; c. 3
9. How many men finished the 2002 Games marathon?
a. 14; b. 140; c. 1400
10. When Jonathan Edwards won the triple jump he joined a select group of British athletes who have held the Grand Slam of Olympic, World, European and Commonwealth titles and have been world record holder. How many are there?
a. 3; b. 4 ; c. 5

Compiled by Malcolm French

Answers can be found on page 12

Proms in the Park With Serpentine RC

Saturday, 14 September at 5:30

Enjoy an evening of music in Hyde Park with fellow club members

Bring picnic, blankets, wine and friends!



International opera stars Lesley Garrett and Jose Cura plus African a cappella choir Ladysmith Black Mambazo and the Jazz Jamaica All-Stars form the celebrity line-up joining the BBC Concert Orchestra under conductor Robin Stapleton for an evening's entertainment, hosted yet again by the inimitable Terry Wogan and broadcast live on BBC Radio 2



Our usual organiser, Ian Priddle, will not be able to attend this year but will still be able to obtain tickets at £17 (or possibly cheaper and without the booking fee).

If you are willing to act as co-ordinator, let Ian know. Everyone else, watch the egroup and weekly newsletter for further details

Gates open at 4:00. Arrive early for a good place.

Contact Ian at ianp@serpentine.org.uk





Lanzarote 2003 - March 6th - 13th

Club La Santa

Booking time is here again; we have 16 rooms reserved - Frank Horwill will be joining us again. Club la Santa usually run a half marathon, and a Ridge Run that week, and we will set up a supported 20 mile London Marathon training run. The Serpie Tri group is also exploring setting up their own Tri camp with a qualified BTA level 2/3 coach!

Club La Santa

If you don't know about this brilliant resort, then have a look at www.clublasanta.co.uk. The potential for running and cycling is limitless. There are two pools (one Olympic size in which we can have two or three dedicated lanes for an hour in the morning and the evening) and open water swimming in the lake. The range of classes is exciting - as are free sessions in windsurfing, spinning etc. Diving is available at an extra charge. Don't worry though, there is also ample space to chill out, disco till morning, or just 'famous people' spot. You come back feeling relaxed yet energised - unless you are totally hung over!

The Cost

Club la Santa does an `all in` package including flight, self-catering accommodation and free use of all their facilities. The following cost is per person 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.

	Per person based on two sharing	Per person based on three sharing	Per person based on five sharing
Self-catering apartment	£250.00	£166.67	£133.80
Flights	£165 (approx)	£165 (approx)	£165 (approx)
Transfer in Lanzarote	£10.00	£10.00	£10.00
Total	£425	£341.67	£308.00

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

Booking

Please email, telephone or write to me for further details and a booking form. Send me a cheque for £75 made payable to Club la Santa, as soon as possible including £24 if you want to take out their insurance option that will cover you for last minute problems. The balance, for which I will invoice you, will be due eight weeks before we go - i.e. Jan 9th

Edwina Brocklesby

M 07976 547717, email: edwina@globalnet.co.uk 4 St George's Square, London SW1V 2HP

Teams now forming
We have entered women's and mixed teams
Want a club spirit enhancing, fun weekend
racing around beautiful Norfolk?

Then enter the 16th
ROUND NORFOLK RELAY

14th and 15th September 2002

195 miles in 17 separate, unequal stages



The race is great fun. Stages vary from 6 to 20 miles – so there is something for everyone, whatever your ability. This year the race will have a number of new features. Four stages will include off-road elements, three of which will follow the picturesque north Norfolk coastal path. Another enhancement is that each team will start separately according to their estimated finishing time. The idea is that all of the teams will finish in Kings Lynn at about 9.30am on Sunday.

We need Serpies to offer to help with mini-bus and car driving, navigating, support cyclists, booking accommodation – and runners!!

Want more information? Visit the race website: www.roundnorfolkrelay.com

If you would like to run and/or help, please contact Ian Hodge: 020 8806 1803 (pm) or Ian@hodgepigs.org.uk as soon as possible.

Coach Education Pathway

*Have you considered becoming a qualified coach?
The Club needs your help!*

Here at Serpentine, the huge growth in membership we are experiencing means that we are very keen to increase the number of qualified coaches associated with the club. We are very fortunate to benefit from the expertise of Frank Horwill, a Level 4 uk:athletics coach. Additionally, since uk:athletics introduced their new Coach Education Programme about 18 months ago, a number of Serpies have taken coaching courses or updated their existing qualifications. Derek Turner, Gemma Hale and Robin Adams are all qualified coaches and Helen Bosley, David Lipscomb, Maggie Moran and I have qualified as Assistant Coaches.

A number of other Serpies are planning to take courses later this year and so I thought it would be timely to tell you a little more about the programme.

The Coach Education Pathway is organised into five levels divided into two strands. The first two levels are common to both strands and provide new coaches with the essential material and knowledge they will need before progressing to higher levels.

After Level 2, the structure divides into performance and development strands. In both strands progression through the higher levels brings increasing specialisation. In the development strand there is an opportunity to specialise in working with young athletes.

	Performance Strand	Development Strand
Level 1	Assistant Coach	
Level 2	Coach : Group Event Specific	
Level 3	Performance Coach	Development Coach
Level 4	Performance Coach	Development Coach
Level 5	Performance Coach	Development Coach

The Level 1 Coach Award is a very inter-active, eight-hour, one-day introduction to coaching. The course is broken down into four classroom sessions and four practical, outdoor sessions.

The courses are led by licensed uk:athletics tutors who will lead you through the fundamentals of athletics coaching. The Level 1 course helps coaches to understand their roles and responsibilities and provides an introduction to the key factors that influence fitness and performance.

On successful completion of a course, each coach will receive a uka:coach pass and licence that will qualify and insure him or her to work under the supervision of other qualified coaches.

The Level 2 Coach Award is a 3-day course made up of the following:

- Home Study completed prior to the core week-end module
- One weekend of core modules
- A period of practice supported by a more experienced coach
- One day of selected event group modules (speed, endurance, jumps, throws, children, fitness in running), plus a practical assessment

Gaining the uk:athletics Level 2 award will qualify and insure the coach to work unsupervised in a selected group of events such as endurance, fitness, jumps, etc. You can extend the qualification further at a later date by taking additional modules.

Future Level 1 courses are on 24 August at St Mary's University College, Twickenham, 29 September at New River Stadium, Hackney and 9 February 2003 at Erith Sports Centre, Bexley

If you are interested in taking a coach education course and would like more information or a course application form, please contact me at 020 8422 3900, MalcolmFrench@aol.com ✉

Malcolm French

Luton Three Stage Marathon Relay

This event was hugely popular with Serpies last year - we had 10 teams. The race attracted Serpies of all abilities - our leading team finished 7th and our final team came 140th. So there's a chance for everyone to take part.



Sunday, 1 December

- Teams of three, with each runner covering one lap of about 8.7 miles
- Course is mainly rural, through the countryside surrounding Luton
- UKA Silver Grade event with good facilities at the venue

If you would like to run, please contact Kathleen Broekhof on kathleen@serpentine.org.uk or 020 7586 2181



Running Stories



Running with Babies

Swenja encourages members to consider a different way of increasing club membership

I know that our club has been growing recently – we have a lot of new members. But I think it is time to advertise another way of increasing membership numbers, a kind of internal growth. A good club creates its own offspring, the kids run because their parents run. Well, I know there are a few Serpie-Kids out there, proudly competing in their red vests. But the age category 0 to 1 is not very well represented. To my knowledge Alistair McNeill and my Emily are the only competitors.

Please don't get me wrong; I'm not planning to start a Serpentine-crawling group. I just think that there are a few possible "candidates" out there who need a little push or encouragement. So let me tell you about running pregnant or with a baby.

I'm not planning to start a Serpentine-crawling group

To begin with, just look at two episodes from this year's Welsh Castle Relay. A woman 5 months pregnant finished her stage ahead of our own runner while I got the nickname "Mum of the Mountain" for breastfeeding Emily just minutes after finishing stage 14.

There are a lot of similar stories out there and you find all sorts of advice. People are telling you not to run at all while pregnant, to compete in championships just before birth, to stay home with your baby for the first few months, to put the newborn in a jogging-stroller right after leaving hospital or - even better - to run home after delivery!

This is not the place for advice. I just recommend that you should do it the way you think is right. Your body - or better *both your bodies* - will tell you.

Don't put a hungry baby in the team bus

I found that running during pregnancy offered a lot of advantages. As your pace decreases, you socialise with runners that you haven't met before. At the pub after the Wednesday club runs, you always get a seat. And you have a perfect excuse for not showing up at races.

Continued on next page

Confessions of a Grumpy Old

B*****d

The winning team reluctantly recounts the events at the club's 20th anniversary event in Hyde Park

I admit it. I'm a grumpy old b*****d. But, I've got my reasons - my boyish good looks are rapidly fading, I'm going grey as well as bald, I've supported Cardiff City for nigh on 35 years, I live in England, and I've spent all my adult life suffering the deleterious consequences of late capitalism. And I could go on...

But hey, all runners are grumpy. I mean, have you heard them before a race ('I've got a niggling back/groin/hamstring/head injury', 'Oh, I've had a heavy training week/workload/night on the piss', 'My cat has died and I'm not sure how I can even run', etc.) or after a race ('I was 3.267 seconds down on my second split and would have had a PB if I hadn't have been attacked by a vicious twig...').

The Serpentine Running Club, moreover, veritably glories in its grumpiness. What else can be the explanation of its granting of Life Memberships to James Godber and John Walker? Further, so grumpy are the membership that when the 20th Anniversary Event was announced nobody asked me to be in their team! Thus provoked, and spurred on by the cause of justice and right, to 'out' the grumpiness of runners, I formed a team of my own: the now legendary 'Grumpy Old B*****ds'.

Continued on next page

In This Section

Running with Babies – <i>Swenja's alternative strategy to increasing club membership</i>	11
Confessions of a Grumpy Old B*****d – <i>Leighton recalls his team's exploits at the 20th anniversary relay</i>	11
Big Sur - Running for Sheer Pleasure – <i>Sarah and Ian take in the sights along Highway 1</i>	13
Hen wlad fy'n nhadau – <i>Nia returns to the land of her fathers</i>	14
Hilly Country – <i>A Dutchman's adventures in Wales</i>	14
Running for Life in the Valley of Death – <i>A marathon in the desert</i>	16
My Lanzarote 2002 – <i>A newcomer's view of the annual Serpie extravaganza</i>	18
Victory at Last – <i>Nia's thoughts turn back to her school days</i>	18
Don't Tri it - Just Du it! – <i>Why not try a duathlon?</i>	19

Running with Babies

Continued from previous page

Things get a bit more complicated when you've had the baby: You are still slow, but, unless you bring the jogging-stroller, people don't know why. Well, I took this as an incentive to get back in shape as soon as possible! Pushing the jogging-stroller is fine, but you might frustrate the runners you recently socialised with when you overtake them during the Wednesday run. And obviously you need a babysitter to join the crowd for the pub. But it is all manageable. And there are no restrictions on going to races. You usually get a lot of sympathy when you show up with your little one (as long as you don't put a hungry baby in the team bus).

Confessions

Continued from previous page

Still, however, some wished to live in denial. At times this took extreme forms. One committee member, who shall remain unnamed, but was in fact Dave Lipscomb, sent me an e-mail declaring his ineligibility on the grounds of extreme cheeriness. And this from a man universally known as the Sultan of Sullen!

Ros Young, a woman who can spot grumpiness at 400 metres through dark glasses on a moonless night

Anyway, eventually a fitting team was assembled, albeit with the help of the esteemed Ros Young, a woman who can spot grumpiness at 400 metres through dark glasses on a moonless night (can there be a higher compliment?). And what a team it was. Apart from myself, just consider these guys. Geoff Cook - a man deported from New Zealand because of his irascibility; Paul Ingram - the 'kitmaster' (but have you tried buying kit from this man?); Ron Hagell - a song, a smile, an insult; Matthew Fraser-Moat - a man whose family's grumpiness stretches back to Chaucer's day (note, I think, 'The Reeve's Tale' - 'ye wiste ye Fraser-Moates are grumpye'); Paul Curd - the beard, watch the beard!; and, last but not least, Charles Doxat - not just the winner of innumerable triathlon titles, but voted the UK's grumpiest triathlete four, yes four, times since 1990 (yup, he's a real cross trainer).

Needless to say, as all runners are grumpy, and as running is thus the grumpiest of all sports, the 'Grumpy Old B*****ds' were obviously always favourites to win the 20th Anniversary Event - and, of course, we did!

But this doesn't mean there wasn't plenty to complain about. No siree Bob! I mean, what was with the

This is even more so when you make your baby look like a real Serpie. In Emily's case, she at least had Serpie socks on. The vests were still far too big.

Against all predictions, Emily was born without running shoes

As I said earlier, you will find a lot of stories - and even some medical research - about women running while pregnant and with young babies. But I warn you, there are many myths around. So don't believe everything. Against all predictions, Emily was born without running shoes!

If this article has inspired you, just get in touch, Emily and I can tell you more about this. ✍

Swenja Surminski

rain? What's the point of having a perfectly organized event if you can't control the weather? And who do I see hogging the sole shelter of the tent as the massed - and creditably grumpy - runners shivered in the rain? Yes, the committee! Typical! And it gets worse. Who do I see lining up against me on the start line but Messrs. Cooney and Kindersley. I mean, I never beat these guys! Not fair! (And they beat me again!) Then, I had to marshal! And it was cold, and it was wet, and my wife run past smiling. Smiling! You're not allowed to smile when you run!

But worse was to follow. As I've noted, and I will note again, the 'Grumpy Old B*****rds' won. But what happens at the presentation? The team suddenly becomes happy. The shame and ignominy of it! And we only won because we were grumpy!

The team suddenly becomes happy. The shame and ignominy of it!

Despairing, I took the long, cold, wet cycle ride back to the People's Republic of Brentford. But, dear reader, there is a happy (or grumpily happy) ending to my tale. One man refused to turn up for the presentation, preferring instead the markedly misanthropic pleasures of the television coverage of the inhumanly irritating sport of Formula 1.

Matthew Fraser-Moat, I bow my knee to thy grumpiness. Long may it flourish! ✍

Leighton Grist

Answers to the Quiz on page 7:

1. b; 2. a; 3. c; 4. a; 5. b; 6. b; 7. a;
8. c (combined age of 106); 9. a. 10. a
(Edwards, Sally Gunnell, Daley Thompson)

Big Sur- Running for Sheer Pleasure

Sarah Newton and Ian Hall run "The long and winding road" beside the stunning Californian coastline

The idea of running the Big Sur International Marathon started a long time ago for both Ian and me, having seen an article about the race, which follows some of the most beautiful coastline in the world, the coast of California. However, we were not sure if we'd ever do it - I enjoy London too much to forgo it and it generally clashes with Big Sur and Ian had vowed three years ago never to run another marathon.

But this year, the Big Sur marathon was two weeks after London, so I consulted with Hilary Walker whether I could possibly do two marathons in a fortnight, one seriously, one for fun. She confidently assured me it would be no problem and if Hilary said so, it must be true! So began the gentle (he may say otherwise) persuasion of Ian to do it too, until he finally agreed that it was a great idea after all. 11 September was a time to reconsider our decision for several reasons, but after a few more weeks of discussion, we decided to go for it. Unfortunately, by this stage, all the marathon places had gone - the entry limit was 4,000. This was a major disappointment for me, although possibly a relief for Ian. I seemed destined never to do this amazing run, but Christmas brought a surprise present of an entry for both of us. Ian had contacted the organisers to see if there was any way of getting a number and had been told that 100 places were available to the highest charity bidders, minimum bid \$50. Ian put in two bids and got them. This was on top of the entry fee of \$80 (about £55). It is not a cheap event.

So we were all set. I started training for London and trying not to think of the prospect of another marathon two weeks later. Ian started his build-up training and we both started planning a fantastic holiday in California afterwards. Ian's training did not go easily and he grimly remembered why he'd decided

not to run any more marathons. The niggles would not go away, trips to the physio became as regular as the runs and the costs began to make the race entry look like a bargain. He resigned himself to having to walk some of the way - the idea of not running in it by now not even entering his mind.

Eventually we set off to sunny California, arriving on the Friday, two days ahead of the marathon. We were both feeling slight trepidation - my legs still felt dead after London and Ian was suffering with an adductor injury that would not go away.

The Big Sur marathon is a point to point which is run from Big Sur (not surprisingly) a small hamlet, north to Carmel, home of Clint Eastwood. It runs along Highway 1, which hugs some of the most stunning coastline imaginable. The road is closed for marathon morning and as there are no roads leading off it and few houses along it, there are virtually no spectators and nothing to detract from the breathtaking views.

We registered in Monterey, which hosted a great exposition, giving away more freebies than London. While there, we listened to a lecture by Geoff Gallo-way, a well-known and respected American runner. He is a great exponent of the run/walk theory, which is apparently quite common in America. The theory is that for each mile run in the marathon, you take a walk break. This can be anything from 30 seconds to 2 minutes, depending on the individual. He alleges that this method allows you to do better times and recover more quickly. He apparently had a 2-28 marathon runner who used the theory. Ian and I looked at each other and were immediately hooked. Ian reckoned he had nothing to lose and if it helped his injury all the better. I had planned to run with a camera so decided I would just formalise my stops. Happy with that idea we went out to carbo-load again and drive part of the route.

The buzzards circling overhead to remind us not to stand still too long en route

It was a beautiful as we'd hoped and also a bit 'undulating' - don't you love that word? We drove to Hurricane Point, the so-called tough point of the marathon at 12 miles. It is a steady two-mile uphill climb with rumours of 30 mph head winds in past marathons. "It always looks worse when you drive it," I said, more confidently than I felt. Besides, we'd done our hill and wind training in Lanzarote and we're Serpies, we laugh at hills, don't we?

So dawned the day - well actually it didn't, because we had to get up at the truly ungodly hour of 3.15am to catch the 4.15am bus to the start. "This had better be worth it" I thought to myself, but I couldn't blame anyone except myself for being there.

Continued on page 17

SERPENTINE SWIMMING GROUP

Queen Mother Sports Centre
Vauxhall Bridge Road

Weekly classes begin Tuesday evening, September 10th. Cost is expected to be £35 for 8 weeks.

Contact edwina@globalnet.co.uk



Relays

Hen wlad fy'n nhadau (Land of my Fathers)

*A return to Wales for a queen of
the mountains*

Despite having been back in the UK for nearly two years post travels in the southern hemisphere, I still hadn't fulfilled one of my biggest resolutions made whilst overseas, which was to see more of my own country upon returning. A hectic life in London has allowed only the occasional weekend to head for the serenity and sanity of home - Snowdonia. So when the opportunity arose to form part of the women's team running from Caernarfon castle in the north to Cardiff castle in the south for the Welsh castles relay, I couldn't think of a better way to reacquaint myself with Cymru fechan (the land of my fathers) or a nicer group of people to share the weekend with.

True to form my bearings were a little 'off' and I discovered I was actually in the wrong hotel

The excitement began for me on leaving Greenford late on Friday evening, the sheer delight at the thought of escaping the frenetic pace in London for a weekend and heading for the calm of the Welsh hills, but little did I appreciate how much the pace would need to be applied over the following 48 hours. Thanks to the weight of Monika's right foot on the pedal, we arrived at our hotel just in time for last orders with the locals - a perfect home coming for me and a rare opportunity to use the mother tongue. So a happy camper I was; feet up, brandy in hand and a leisurely catch up with fellow team members before bed, only

true to form my bearings were a little 'off' and I discovered I was actually in the wrong hotel (no wonder I didn't make the school orienteering team). So after warming the muscles with a few more 'pre-sport shots' I donned the bulging rucksack once more (was I ever going to need the multitude of shorts, t-shirts, running tights, jumpers, crampons and ice picks that I'd packed for 48 hours in the hills in June?), and headed off into a cool Caernarfon night to locate the Prince of Wales hotel. Upon my late arrival I have Maria Brady to thank for the second round of pre-bed tots/social tips with the locals (I didn't want to offend my new hosts after all). I also have the same lady to blame for the corker of a headache on Saturday morning.

The weekend was a huge success from start to finish. Each leg was an eye-opener into the natural beauty of Wales, from the majestic mountains in the north to the verdant valleys in the south, each runner appreciating a different aspect of the Welsh countryside. Although Svenja - our true queen of the mountains - out of the all runners, should feel free to disagree with me on that last point. As we climbed and weaved our way south the excitement and camaraderie grew and grew - supporting with water stops, minibus swapping, marshalling, clapping, cheering. I was almost glad we reached Cardiff when we did since the legs had recovered but the throat was hoarse from shouting and the hands numb from applauding all the runners.

We were already planning a victorious comeback for next year

Despite missing out on pole position by a few mere minutes, the sense of achievement and team spirit was utterly astounding. We surprised ourselves with our

many successes along the way and by Sunday afternoon over chilli and pints at the rugby club, we were already planning a victorious comeback for next year. So Serpies, above all we know that there truly is a welcome in the hillsides and the vales awaiting us for the Welsh castles 2003.

See you there! ✍

Nia Parry

Welsh Castles

Hilly Country

*A Dutchman's reflections on his
first run in the mountains*

One Wednesday night during after-run drinks, I was persuaded to take part in the Welsh Castles Relay, a 200-mile relay from Caernarfon to Cardiff. So of course yours truly, from the flattest country in Europe and with no experience of hill running apart from leg 15 of the Green Belt Relay, said yes. I do love mountains; it's just that I had never run in them before.

One half of each of the two teams had already managed to make their way to Wales on Friday. We set off to follow on the Saturday morning. The famous Skippy (the Green Belt Relay storyteller) was absent this time. We caught up with the teams halfway down Wales and found that they were doing very well, in particular the women's team was steaming ahead and despite the rain 'here and there', spirits were high. I must say, hanging out of minibus windows and looking at wet-to-the-bone faces running up hills the likes I'm certainly not used to, was quite something else.

The runs were mostly on roads that were also used by the minibuses, which provided excellent cheering and watering opportunities.

Continued on next page

Hilly Country

Continued from previous page

Every village (mostly with unpronounceable names containing lots of 'll's that I was frantically trying to say, and only succeeding in sounding distinctly Hebrew) saw a surge of white vans from all over the place. The LAPD was there, there were some "Dutchies" from the Amsterdam area and teams from all parts of the British Isles.

The Serpie teams were still hanging in there strongly. In fact, the women's team was tearing apart stage records and the mixed team was fighting strong opposition well. It was all a bit novel to this recently started runner, but I was thoroughly enjoying myself, especially as this was my first time in the 'Hilly country'.

Being of average height in Holland, I did have some problems with the low ceilings and doorways

Due to the excellent manoeuvring and navigation skills of Ian and Sally, we made it to central Wales with time to spare to see the finish of the first day and grab a bite and a beer. Accommodation varied that night in the Cross Gates/Llandrindod area, to allow for the different running schedules the next morning, so we left Shari, Simon, Zoe and Steve at a B&B down the road while most of the rest of us dined and stayed in a B&B/caravan site in Cross Gates. Being of average height in Holland, I did have some problems here walking under the fairly low ceilings and doorways, but

the food, drinks and pool more than made up for it.

Sunday morning meant an early rise for some, but I was OK because I only had to run the last leg - the 'glory leg'. I am still flabbergasted by the fact that the Serpies would trust a Dutchy from 'the flat-country' to do the glory leg, which doubled as one of the mountain legs. But then, doesn't a good challenge get the best out of all of us. Seeing Svenja steaming up that mountain in the pouring rain not being able to see the finishing line, which was just over the top of the hill, was scary. It seemed that the ladies wanted to get every 'queen of the mountains' title they could, and did so for a large part - Nia, Zoe and Theresa, cheers to that!

While I was thoroughly enjoying the company, watering fellow Serpies and enjoying the wet, but very green Welsh scenery, it was getting nearer to my bit, the mountain/glory leg. Annie Kane and I were soon ready to go and attack this final stage to Cardiff castle, surrounded what seemed to be the cream of the crop of every team. Even worse was that there was to be no support for us on the stage. Our leg was cross-country and the only watering possibility was half way through. As it turned out, the marshals sent us on another route, leaving our support vehicles standing. Then the hill, and I must say it was steep... but following in the tracks of some of the other runners helped a lot. In fact, it all went pretty smoothly, even more so than I had expected. The downhill though

was steep as well, so with arms flying about, I had a high-speed descent, making up for lost time. For some reason, it was dry, but that did not really matter as the amounts of mud flying through the air between me and the other runners was enough to turn my white 'tennis shorts' into something resembling the coat of a Dalmatian

Thanks for letting me into this Welsh secret

I did have a brilliant time running into Cardiff Castle. It was a wonderful place to run into, and I even found enough energy left for a little final sprint and managed to catch up with some runners in front of me - very thrilling. Annie came in with a very good time and then we were all ready for the ceremony in the castle grounds. I would certainly recommend Welsh Castles to anyone who's into outdoor running - great. The overall scores, which were announced after I'd had some time to catch my breath, were amazing. It seemed that there was an endless line of Serpie ladies coming up to be crowned 'queen of the mountains' and collect miners' lamps trophies - very impressive.

So thanks guys for letting me into this Welsh secret, organising it and driving around the windy roads of this hilly country. I really enjoyed it and, as fate will have it, I have taken up hill running seriously since. That certainly proves something.

Cheers and till next year! ✍

Vincent Schuller

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 .

Running for Life in the Valley of Death

Two Serpents live to tell the tale

On Saturday 8th December 2001 two Serpentine members found themselves on the start line of the Death Valley Marathon in Southern California. Ultimately the race proved to be an awesome experience, but it was a massive challenge.

The seed of the idea to run in Death Valley was planted during our normal training, when we looked at the AIMs website for prospective races, and found Death Valley ranked alongside other crazy challenges such as the Marathon des Sables, the Antarctic Marathon, and the ominously titled Marine Corps Marathon. Nonetheless, as is often the case, after a number of drinks the idea gained greater currency. And we were given additional impetus when two colleagues agreed to join us if we were to do it. The name Death Valley said it all: shimmering mirages, 110 degree heat, no shade, bone dry atmosphere, limited aid stations, no crowd. Hardly the most enticing features, particularly when measured against what most European city races offer, so it needed something else to add to our motivation. We found the obvious answer in Las Vegas, the closest airport to Death Valley.

The race started from the appropriately named oasis of Furnace Creek

The race started at 8am from the appropriately named oasis of Furnace Creek. The start time was meant to ensure that we would avoid the worst of the midday heat - slightly optimistically as 4 hours was always going to be a tough target to beat in that environment. With under two hundred entrants for the full marathon (although with another 200 or so running the half and the 10K) it was a good friendly atmosphere. The majority of runners were Americans, and we were treated to a rousing rendition of The Star Spangled Banner before the start. But a second group of friends had joined us out there to make sure Britain was well represented, and, now numbering 8 entrants, we gave ourselves a big cheer when introduced by the race director. A slightly delayed start saw us off at 8.05 am, with the weather ominously good.

Death Valley in December is not in fact the furnace that you would imagine. At the start the air temperature was a fresh 60 degrees, we had a slight cooling breeze, and the worst of the sun was slightly filtered by some high level clouds.

The course was allegedly flat, but after a half-mile descent the road ramped up for the next mile, the course twisting through hummocks in the desert. At the crest of the hill the view was breathtaking. With a clear sky, visibility was endless. We could already see the turnaround point, some 11 miles distant, and far on the edge of the horizon the mountains marking the boundary of the Valley could be seen.

The course was a simple out and back along route 190, between Furnace Creek and the turn-off for Stovepipe Wells, and at this point the Valley is at minimum two to three miles wide. The vista was staggering as we kept to our planned 'out' pace of 8-minute miles. With route 190 hugging the right hand side of the Valley; we had huge salt pans on our left, and mountains either side of us - the Panamints and the Funeral ranges.

We all drank loads of water and fluids, but as soon as you had swallowed a drink, your mouth was immediately dry again

We reached halfway marginally behind our target pace, at 1 hour 48 minutes, and our squad was starting to become spread, as was the entire field. At this point things started to get lonely, and became very hard work. With all the 10K and half distance runners finished there was very little company. There were no more than 50 spectators along the whole course, and these were largely to be found at the start/finish area. Most of the American runners picked up the pace after halfway, and whilst they ran alongside and chatted for a few minutes, the feeling was that we were going backwards. Sure enough, the pace was slowing, slipping into 9 minute miling after 15 miles. No coincidence, as the temperature was rising rapidly with the air now calm, the sun high in the sky, and all clouds having disappeared. As the pace slowed, in theory there was greater opportunity to take in the surroundings, but as our energy was lagging our heads went down. By mile 21 the heat and aridity had reduced the Serpentes to walking. It was seriously hot at this point, and the need to slow down and take on some liquids was extreme. The air was so dry that thirst was a major problem. For whilst we all drank loads of water and fluids, as soon as you had swallowed a drink, your mouth was immediately dry again. This resulted in us all taking on too much fluid - we were all sloshing around at the finish - not something at all expected. The finish ultimately arrived, but none too soon, for after walking two miles the pace picked up again at mile 23, to about 10 minute miling. This took us rapidly over the crest that we had passed some 3 and half hours earlier, with a gentle 2-mile jog down to Furnace Creek, a green oasis that had been in sight for the final few miles.

Continued on next page

Death Valley Marathon

Continued from previous page

At the finish, absolute elation and exhaustion. The crowd was fairly sparse, with the exception of racers who had already finished. From them, the support over the final yards was huge, with many a shout of "great job", and "way to go". As ever at the end of a marathon the first priorities were, check your watch for the finishing time, drink fluids, eat something, and then collect your T-shirt and medal.

As to finishing times, we were beaten by one of our colleagues, but the Serpies came home in 4 hours 15 minutes (Rupert McPetrie), and 4 hours 55 minutes (Andy Corcoran). To put this into perspective the winning time was 3 hours 10.

After an evening relaxing at Furnace Creek we pushed on to Las Vegas, where we spent the next 72 hours variously eating, drinking and gambling in the casinos, flying over the Grand Canyon, and shooting at the Nevada Pistol Academy.

In summary, an absolutely awesome trip, with the race a phenomenal experience. ✍

Rupert McPetrie

Big Sur

Continued from page 13

It is hard to describe the actual event since we have so many memories of it. The surreal sight of a snake of yellow school buses making their way in the pitch black along unlit roads. Being unceremoniously dumped at Big Sur, still in pitch darkness, then sitting freezing cold on a kerb watching others being tipped off their buses, some wearing sunglasses (we couldn't figure out why as day still hadn't dawned, but perhaps they just wanted to make sure they didn't forget them).

Some people getting off buses already in their racing kit, leaving us wondering how they would survive the cold for the next hour or so. The day dawning behind the mountain and then suddenly it was nearly time for the off. We had to remove our 'sweats' as they call them there, which was no fun in the cold, and then had the bizarre sight of a man running round wearing just shorts and shoes and with hair two feet long, but there was still half an hour to go. Oh and the buzzards circling overhead to remind us not to stand still too long en route. "So, is this another fine mess you've got me into?" Ian said, turning to me. Me, surely not? Then we were off, with the usual shouts of bravado and cheer as this amazing event began.

We had the company of marathoners and relay marathoners for the whole distance and walkers and power walkers for the last 10 miles. As it turned out,

the weather could not have been more perfect. The weather on the Californian coast is notoriously fickle at this time of year, with previous races being run in dense fog, rain, strong headwinds or hot weather. Ours could not have been better – sunshine, no wind but a slight cooling breeze and about 15 degrees. The route was just amazing; superlatives do not do it justice. Suffice to say we ran alongside the ocean with line after line of cliffs receding into the distance in front of us, and the views continued throughout the marathon. I saw whales offshore at about seven miles and had to pinch myself to make sure I was really there. All along the route, local bands serenaded and supported us – a harpsichordist, the local jazz band and a school band amongst others, and even a few people just doing their own thing. At the start of Hurricane Hill, a female drumming group set the tone to get us up the hill. Half way up I passed a man running with a Walkman and singing out "The long and winding road". I'm not sure if this was poetic license or not. Amazingly enough I was right and running the hill wasn't as bad as driving it. I got to the top with a shout, both of relief and of joy at the stunning views ahead. Was I imagining it, or could I now hear classical music? Sure enough, in the next valley, over the Bixby Bridge (the longest single expansion concrete bridge in the world, so Ian informs me) was a concert pianist, complete with tails and a grand piano, just sitting on the cliff top ledge. He is the piece de resistance of the Big Sur marathon and has played during the event for many years.

I saw whales offshore at about seven miles and had to pinch myself to make sure I was really there

So the run went on. The run/walk game plan worked brilliantly for both of us, the only downside was that we didn't run together. We both finished the race comfortably despite all our worries and both said we felt that it was genuinely the first time that neither of us had wanted a marathon to end. Any worries or concerns we had beforehand were dispelled and we were both delighted that we had done it, our original expectations had been exceeded by far. The breathtaking views, the sound and support of the bands, the chat with other runners and the excellent organisation all combined to make a great event. At the finish all the organisers, wearing suits, shook hands with every runner, which was very impressive. Free food and beer at the end certainly helped as well, and the temporary hitch of my sweatbag being lost for a couple of hours was happily resolved.

So would we recommend this event?

Continued on page 38

My Lanzarote 2002

A first-timer's view of the annual Serpie extravaganza in the Canaries

Where do you start to describe a trip packed so full of adventure, excitement and pain? Very new to running and the Serpentine running club, I boarded the train to Gatwick without any expectations. Depending on which Serpies I was to meet, it was either going to be a week spent baking in the sun, dancing, drinking, eating, running or cycling. In fact it was to be all of the above and more.

The first 24 hours were a bit overwhelming as I came to grips with my stunning new home and the variety of events that lay ahead. I'm a bit of a sucker when it comes to trying anything new, so having been (relatively speaking) a couch potato all my life; the days were going to be full. The first morning I ran 7km cross country, or more accurately cross sand and lava, trying to keep up with a group of Serpies. They were too quick and I was knackered before I'd begun. A few of us then went cycling to the island's main town. The trip over was quickly - too quickly - then as we turned back we discovered the notorious Lanzarote wind. We fought against it up hill all the way back, getting painfully sunburnt in the process. That wind was to prove my nemesis every time I hopped on my bike.

After the first day I was ready to stay by the lagoon pool for the rest of the week, surrounded by attractive Danish tourists. But the lure of more new sports, and the irresistible team spirit, was too great.

It was just me, the road and spectacular scenery

It was during the third morning that I really warmed to Lanzarote running, and the fantastic Serpies. They had organised a long run, with bicycle support, for those training for a marathon. I'd never run more

Half Marathon

Victory at Last!

From sack race to half marathon - Borehamwood reminds Nia of school sports day

On reflection Borehamwood half marathon will remain a wonderful memory for me on two counts, both of which relate back to my school days, though for very different reasons.

Firstly, setting off from Victoria station early one Sunday morning with my fellow Serpies, all proudly decked out in our club colours and armed with our pre-race breakfasts - coffee and bananas being my chosen fuel. It took me back to Ysgol Trefriw, my old primary school back home.

The same sense of excitement and anticipation the day of the big school trip, similarly all of us eagerly awaiting the arrival of

than 15 miles and this was to be about 20. The run took us up hill for the first five miles, as the sun rose over the volcano ridge above the resort. The narrow roads then wound their way past barren farms and dormant volcanoes. It was just me, the road and spectacular scenery - with reassuring support from the cyclists just when I needed it. The final descent to the resort was long and tough, though ultimately incredibly rewarding. In the blur of the final miles I took a wrong turn and added an extra mile or two, just for fun.

Even after that I still didn't put my feet up. We all participated in a variety of sports over the coming days, including the breathtaking volcano ridge run, triathlon, duathlon, aquathlon, squash, aerobics, football and basketball - you name it, it was there. I even tried a few swimming lessons, but was usually too tired and cold when they came around at the end of each day. My saviours were the "stretch and relax" classes in the sun on the lawn, a good book by the side of the lagoon pool and Nurofen.

Playing beach volleyball when nobody knew how (we were all hopeless)

My fondest memories of the trip are the good times and laughs we had together: The trips out to various restaurants, to eat strange looking fish and too much paella. Drinking almost every night by the bar, though I think I missed the biggest night (you have to sleep at least once a week). The dancing, playing beach volleyball when nobody knew how (we were all hopeless). Finally the great last day with the one-mile race and party. But the greatest laughs were reserved for our honourable secretary, who was caught twice asleep in the gym on an exercise bike. Enough said.

Thanks to Beate and all the gang for giving me a warm welcome to the Serpies and making this the most enjoyable "holiday" I've ever had. See you on the road. ✍

Anthony Alexander

the bus outside the school gates to take us on our annual outing.

Bounding across the line inside an old King Edward potato sack

Once more proudly showing off our official colours, day-sacks jam-packed with sandwiches, crisps, bags of sweets and fizzy drinks.

Continued on next page

Victory

Continued from previous page

Not much has changed there, only well-polished Clarks shoes have been swapped for well-worn Saucony's and school ties have been replaced with entry numbers, hopefully winning ones.

Secondly, a slightly different school memory, the annual sports day and returning home with the big trophy (or not, as the case used to be). Facilities were lacking and my teachers not much better. I can safely say that my running inspiration came from my mum and brother rather than any sports teacher.

Sadly potential was missed in favour of the 'natural talent' of the day. The only victory of mine that stands out was in primary school days, bounding across the finishing line inside an old King Edward potato sack, but I digress. So to return back to my little flat that Sunday, sandwiches and bananas squashed flat by trophies galore, was truly a fantastic feeling - victorious at last!

The words of encouragement had the effect of a verbal cattle prod

A scenic course on a beautiful sunny day around the Borehamwood countryside with my

fellow Serpies - what a perfect way to spend a Sunday morning. Special thanks have to go to Mike Morris and Al Chou for the unofficial bike support, both motor and pedal. Just when I was having thoughts that 2nd place wasn't so bad after all, their words of encouragement had the positive effect of a verbal cattle prod.

Well done to the Serpie ladies for the team trophy. Between Borehamwood, the Green Belt relay and Welsh Castles, we seem to be in the habit of putting out a fantastic team effort. Congratulations to everyone.

Diolch o'r galon. ✍

Nia Parry

Triathlon

Don't Tri it - Just Du it!

Maria thought the Swindon Duathlon in April would be the ideal recovery from the London Marathon

There are lots of multi-sport events to choose from in the triathlon calendar during a season. Generally in the early season (March/April) it's good to try out a few duathlons, firstly because it's a nice transition (excuse the pun) between doing just running races and taking on the task of negotiating the three disciplines of a triathlon, and secondly, being a real dodgy swimmer, I like to make the most of being on dry land. It was with this in mind that I took part in the Swindon duathlon. This race also incorporated the National Age Group Duathlon Championships, as well as the chance to obtain a place in the World Age Group Championships.

The setting for this race was in a fairly picturesque village outside Swindon, Upper Wanborough. A

much more attractive sounding place name than Swindon.

I spent the previous night "carbo-loading" in a country pub

On the Sunday morning I woke up feeling rather heavy after having spent the previous night "carbo-loading" in a country pub. But since had already registered for the race, I put my kit on and was going to do the race regardless of how I felt.

The duathlon began with a 10-kilometre run. It was quite impressive how when the foghorn

was sounded, a group of women seemed to just disappear very rapidly over the hills and far away in the distance. It made me think I must have been standing still. But as I could see the scenery changing I realised I was moving - just very, very slowly. The course wound through small country lanes and was hilly in places. I could now see how living at Crystal Palace was advantageous, as I managed to overtake a number of women on the hills.

Continued on page 38

UK Athletics Roadshows

Meet the leaders of our sport

Ask questions

4 November

7-9pm

13 November

6.30-8.30pm

Lee Valley Waterworks,

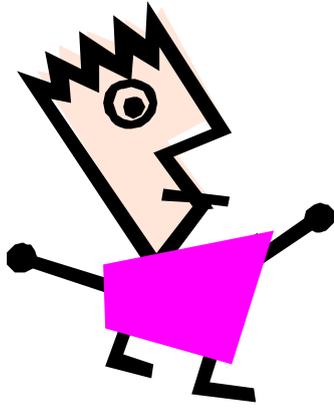
Leyton, East London

St Mary's College,

Twickenham

E-mail jbelden@ukathletics.org.uk to attend

See article, page 2



the Starter Pack

The Starter Group Flourishes

Bev and Sue awarded Secretary's Shield at AGM in recognition of work with the Starter Group

I'm always so pleased when this time of year comes round again as it is so good to be running through the parks again and not having to pick one's way amongst the pedestrians and cyclists along the pavements of Bayswater Road.

The Starter Group continues to flourish, even though we sometimes wonder how we'll cope when a large number of new faces appear in Seymour, all declaring that they are beginners and very slow.

It has been great having regular help with the group on a Wednesday night, as it was getting impossible to cope on my own. I am very grateful to Sid Wills who helps out every week and Bob Davidson who is always willing to join us if he is there.

I have missed several weeks recently and I know that Ron and Dave Lipscomb have made sure that the new runners are made to feel welcome. It is good to know that this is happening, thanks to all of you.

Come along and have a go, you may stagger home with a well-won trophy!

It has been very encouraging for us to see a nucleus of "new" runners taking part in the recent Saturday handicaps and club championship races and on several occasions walking away with the trophies. The handicap is specifically designed to enable runners of ALL standards to take part and to gain race experience, so please don't feel that you are too slow, come along and have a go, you may stagger home with a well-won trophy.

I know Sue McGinlay, who spends a great deal of time with new runners on Saturday mornings, was as thrilled as I was when we were awarded the Secretary's Shield at the recent AGM in recognition of the work we do with the Starter Group. Many thanks, Mr Secretary. We hope we will continue to provide good support for this essential part of a large club's activities. ✍

Bev Thomas

Races for New Runners

Men's captain Malcolm French suggests races of interest to beginning runners

Running with other people is always more fun than running alone. And taking part in races adds extra purpose to all those weekly workouts. Here are a few suggestions for races you might like to take part in.

First, there's our own **Serpentine Handicap Race**, in Hyde Park on the first Saturday of every month. The slowest runners set off first and the faster runners try to catch them. Registration is at the Lido Cafe (register by 9.00am). The course is 2 laps of the Serpentine, roughly 4 miles. This event is always good fun and there are always several first time runners. It's a great way to meet other Serpies and you can get something to eat and drink at the Lido Cafe after the run.

On 8 September there's the **Only Fools Fun Run** in the grounds of Blenheim Palace, Woodstock, Oxon. This sounds like great fun. It's a 4-mile run over the cross-country section of the Blenheim International Horse Trials. You have to jump the fences as well as negotiate the water jump! And it's all in support of a very worthwhile charity. See www.anthonynolan.com/running/index.html

If you're looking for an "ordinary" road race, you could consider the **Middlesex 10k**. It's on 15 September in Victoria Park, Hackney. A flat, traffic free, 3 lap course that's all inside the park. You'll find more details about this race in running magazines like Runner's World and Running Fitness.

Looking further ahead, two of my favourite runs are the **Henley Half Marathon** on 13 October and the **Ricky 9 mile** on 27 October.

Continued on page 38

Club News

Track & Field Review

A roundup of the 2002 season

As I write, the track and field season is drawing to a close. We've enjoyed another varied programme, taking part in three competitions. Our main focus remains the Southern Men's League where we have two teams.

Our top team is in division 2 and they finished in 19th place. This is something of a curate's egg as it is two places lower than in 2001 despite our having scored a lot more points. I guess that reflects how strong competition in division 2 was this year. Our division 4 team finished in 23rd place.

There were a host of excellent performances during the season. Keston Thomas was undoubtedly our Athlete of the Year. He set new club records at long jump (7.19m - only 12 competitors at the Commonwealth Games jumped further!), and javelin (51.32m). Keston also topped the club's rankings at 100m, 200m and triple jump.

In the field events, Danny McIntosh improved throughout the season, heading the rankings at shot, hammer and discus. David Lipscomb also had a good season, throwing Personal Bests in both hammer and javelin. In the pole vault, Tony McGahan, Derek Paterson and Martin Fenge all share top spot with 2.60m. Dan Thompson got very close to the club's high jump record with his 1.80m at Bedford. Craig Robbins also produced an excellent series of performances.

On the track, Ben Paviour headed the rankings at 400m and 800m and was second at 1500m. Another club record was broken in the 3000m when Mark Shankey set a new best of 8.22.2 in the junior men's race at the Commonwealth Games Trials in Manchester during June. V40s featured prominently in the 5000m with 7 in our top 10, headed by Francis Cooney's 16.23.4 at Ilford.

A special mention must go to Andrew Greenway who competed so well in all manner of events. I would guess Andrew scored more points than anyone else.

We fielded women's and men's teams in the Southern Counties Veterans League. In fact, for the ladies, the season is far from over. An excellent all round team effort saw them win the London division of the league and they have qualified for the regional final at the beginning on September. Good luck ladies.

The veteran men were just pipped by a strong Hillingdon squad and finished in 2nd place.

We have also competed in the mid-week Rosenheim League where we reached the inter-divisional final.

I'd like to conclude by thanking your Team Managers, Robin Kindersley and John Walker, enthusiastically supported by Barrie Laverick. Thanks also to Derek Paterson for his record keeping and especially thanks to those Serpies who have volunteered to officiate at away matches; Rosemary Cox, Cathy Geraghty, Sue McGinlay, Richard Smith and Sally & Ian Hodge. ✍

Malcolm French

Someone is after your money



His name is...

Membership Secretary

And you can send your money to him at:
**35 Merton Road
Harrow, Middx. HA2 0AA**

Membership renewals were due at the end of May. Cheques payable to Serpentine Running Club, please. The fee is £20 for full membership, £10 for age +60 or unwaged, free for under 16 or full time student.

In This Section

Track & Field Review – <i>Malcolm looks back over the 2002 season</i>	21
Captains' Logs – <i>Thoughts from our team captains</i>	22
Last Friday of the Month 5K – <i>Season's Bests</i>	23
Committee Members – <i>A profile of the new faces on the Committee</i>	23
100 Club – <i>Recent winners announced</i>	24
AGM – <i>Summary of the Club's AGM in July</i>	24
Treasurer's Report – <i>A look at the Club's finances</i>	25
Committee Roundup – <i>Sarah summarises the latest meetings</i>	25
Handicap – <i>Results for August 2002 and Tom Hogshead Standings</i>	26
Sudbury Court – <i>News from our sister club</i>	29
John Walker – <i>A portrait of our new life member</i>	30
Club Championships – <i>The results so far</i>	32

Captain's Log

The Women

The past few months have proved to be a successful time for our Serpentine ladies. We have had some excellent results in our team efforts in challenging and tough team relays such as the Green Belt and the Welsh Castles Relay. There have also been some fantastic individual performances, with the Serpentine ladies taking first prizes and team prizes in events such as the Borehamwood half marathon. Hopefully we can keep up both this momentum and our success as the summer ends and we get into the cross country season.

Cross country starts in earnest at the beginning of October. For those of you not familiar with it, these races are run off-road (and as winter brings more water, we are typically running in the mud) and are short but fast. They are excellent for building up strength as well as being good fun. There are races from October through until the Nationals at the end of February and they take place in various parks around London, as well as outside London (e.g. the South of England championships will be in Exmouth this year). For the races around London, we try to arrange meeting places beforehand so we can share cars. We would like to encourage everyone to give cross country a try, as there are many races of varying terrain. Please feel free to contact either Jan or Kathleen if you have any questions or concerns.

As most of you will know, the Round Norfolk Relay is coming up on 14 and 15 September. By all accounts, the ladies running team is full, but reserves are still needed (you never know what will happen between now and September!) as well as cyclist support. Please contact Ian Hodge (Ian@hodgепigs.co.uk) about this.

The end of September brings another big running event - the South of England Road Relays. Serpentine will be entering a number of teams for this prestigious and fun event. It takes place in Aldershot on Sunday, 29 September and there are four runners per team, with each runner doing a four-mile loop. This is the last major team road running event until next spring, so we encourage anyone who is interested to get in touch with us soon.

Hopefully, this has given you some idea of what is coming up in the next few months. Jan and I have both enjoyed getting to know many more of you ladies better over the past six months and we look forward to getting to know even more of you through the coming cross country season. ✉

Kathleen Broekhof & Jan Farmer

Captain's Log

The Men

Welcome to the summer edition of Serpentes, and an especially warm welcome to you if you're one of the club's newer members. I hope you are enjoying running with us. Welcome also to Ian Hodge who has joined me as Men's Co-Captain. Ian's involvement is very welcome.

It's exciting that the club's membership continues to grow rapidly, as does its range of activities. It's been great that this summer we've been able to take part in both the Welsh Castles and Green Belt relays. There's also the Round Norfolk relay to look forward to in a few weeks time. As far as I know we're the only club in the country to be taking part in all three of these exciting events. We've also seen record numbers of Serpies taking part in our Summer Grand Prix and Club Championship events, the Saturday Handicap and our lunchtime 5k series. Add in a full track and field programme and the forthcoming cross country season - plus our normal weekly programme of runs - and there really is something for everyone to take part in.

But delivering such a full programme does, I believe, mean that the club must have a sound management structure. We are very lucky to have a band of enthusiastic volunteers who organise and help at our events. I think they are our most important assets, yet they don't appear in our balance sheet. But I wonder if they get the recognition they deserve? Is the time right to recognise the importance of their work by creating a Volunteers Manager? This would be someone who would be responsible for raising the profile of volunteering, for keeping volunteer management high on the club's agenda and making sure that we recognise and reward voluntary effort. We present plenty of cups for athletic achievement, but how about an award for the Volunteer of the Month? I'd be interested in your views.

I hope you enjoy your athletics during the coming months. ✉

Malcolm French

20th Anniversary Commemorative T-shirts, the ones to be seen in ...

... are available now, price £7.

See the order form on the website or contact Kitmaster Paul Ingram to be sure of getting yours!

Record Breakers

John Walker reviews the series so far this year

We are delighted to announce that Runner's World, Britain's best selling running magazine, has agreed to continue its valued sponsorship of the series for a further 12 months.

There have been some exciting races this year and a host of great performances. So far in 2002 there have been three new course records. Annie Emmerson set an outright women's record in January. Ena Urich's run in the July race set an all-time best for the FV65 age group. Les Presland has broken the men's V60 record twice, most recently in the May race. Marion Rayner has closed to within 13 seconds of her own FV50 record, while Bill Gristwood was only a few seconds down on the V40 mark. There has been one further record, that for the greatest number of finishers, which reached 190 in the July race (just below the race limit of 200).

The adjacent tables show the best performances so far in 2002.

The race starts - as the name indicates on every last Friday of the month - at 12.30pm. Registration is at the Lido Cafe by the Serpentine in Hyde Park. Advance entry is necessary. Race tokens can be bought in advance and then exchanged on the day for your race number. The tokens are everlasting and can be used at any of the 5k races - the best idea for regular runners is to buy a batch. Tokens can be obtained in person from Run and Become, 42 Palmer Street, Victoria (just off Victoria Street) or by post from Ian Hall, 10 Chilton Street, London, E2 6DZ. Please enclose SAE. Cheques should be made payable to Serpentine RC. The cost remains £2 attached and £3 unat-

Female Best Performances 2002				
Age Category	Date	Name	Club	Time
FU20	28 June	S Raddett	Aldershot Farnham and District AC	20:41
SL	25 January	A Emmerson	Unattached	16:42
FV35	26 July	L Hartney	Reading Road Runners	18:07
FV40	31 May	J Armstrong	Brighton and Hove	18:53
FV45	26 April	S McCarthy	Woodford Green with Essex Ladies	22:06
FV50	22 March	M Rayner	West 4 Harriers	20:33
FV55	31 May	J Johnson	Sevenoaks AC	22:29
FV60		None recorded		
FV65	26 July	E Urich	Serpentine RC	21:51

Male Best Performances 2002				
Age Category	Date	Name	Club	Time
MU20	22 March	C Mullington	Worcester AC	16:33
SM	26 July	B Pochee	Highgate Harriers	15:32
MV40	31 May	B Gristwood	Ealing Southall and Middlesex AC	16:17
MV45	31 May	B Snellgrove	Thames Hare and Hounds	16:37
MV50	22 February	P Ross-Davis	Invicta East Kent	17:50
MV55	28 June	P Beauchamp	Aldershot Farnham and District AC	17:36
MV60	31 May	L Presland	Aldershot Farnham and District AC	17:46
MV65	22 March	T Everett	Eton Manor	20:18
MV70	22 February	B Davidson	Serpentine RC	24:05

tached. Further details about how to enter are on the website at www.serpentine.org.uk.

John Walker

Committee

New Members

Juliet profiles our three new committee members

Ian Hodge - Men's Co-Captain

A good Geordie, Ian started running at university in Leeds "just as a keep fit thing". He increased his running substantially, however, in the second half of the 1980s when he wanted to get into more mountaineering. Ian's favourite distance is 10 miles, though he enjoys anything from 10k to half marathons. He's climbed Mt. Blanc, made a good attempt at Mera Peak in Nepal and done lots of Alpine moun-

taineering, as well as potholing and ice-climbing. Other passions include music; he's a frequent concert-goer. Ian and the fabulous Sally, his university sweetheart and wife of eighteen years, have been in the Serpentine for nearly two years.

What does he hope to bring to the club in his new role? "I'm good at organising stuff", he says. Straight in at the deep end, he's cutting his teeth on the Round Norfolk Relay. Good luck Ian! We're sure you'll do a smashing job.

Eddie Brocklesby - Triathlons

Eddie's hard to miss, taking her inspirational energy, enthusiasm and kindness everywhere she goes. She took up running in her late forties.

Continued on page 33

Serpentine 100 Club

YOU TOO CAN BE A WINNER

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

	April 2002	May 2002	June 2002	July 2002	August 2002
£100.00	Sally McKay	Kathy Crilley	William Bennington	Ellen Kaldor	Paul Ingram
£50.00	Annie Kane	Maurice McParland	Lois Moore	Antonia Okwu	Lois Moore
£25.00	Amos Gore Martin Garrett	Pat Green Richard Smith	Tony Leppard Jan Farmer	James Stratford Michael Reynolds	Margaret Moran Gill MacCabe
£10.00	Michael Reynolds Paul Ingram Morris Family Gemma Hale	Robin Adams Gemma Hale Hilary Walker Tim Hodgkinson	David + Gab. Street Ian Hall Nicky Rosewell Charles Doxat	Jan Farmer Bev Thomas Annie Kane Feresteh Walsh	Kathleen Broekhof Pat Green Eddie Brocklesby Amos Gores

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

(simple!)



AGM

What happened at the AGM

A Summary of the club's AGM on 6 July 2002

A lively AGM took place on 6 July, with more than 50 members attending. We also had the first committee elections for many years, although the process highlighted how far the club has advanced since the constitution was drafted, and the need for it to be updated to reflect current management needs. This will be one of the key tasks for the new committee.

And who is on the committee? The officers are unchanged: Chair Ros Young, Honorary Secretary David Lipscomb and Honorary Treasurer Ian Hall. Jan Farmer and Malcolm French were declared Women's and Men's captains, and they will be assisted in co-captain roles by Kathleen

Broekhof and Ian Hodge, a new committee member. Newcomer Eddie Brocklesby will represent the triathlon interest, and remaining committee places were taken by another newcomer Phil McCubbins, and, re-elected, Sarah Newton, Grethe Petersen and John Walker.

The Secretary's report thanked all those who had contributed so much to the life of the club, in particular, Paul Ashworth, Paul Ingram and Graeme Staddon, who have retired from the committee. Dave Lipscomb presented the Secretary's Shield to Sue McGinlay and Bev Thomas for their work with the Starter Group.

Ian Hall reported that the financial position was buoyant, and that it had been possible to subsidise many activities for the benefit of the membership. It was noted that costs of Serpentines have been rising, and the committee were asked to look the possibility of getting sponsorship for it. Also on finance, it was pointed

out that if committee thought it was necessary to review or increase subscriptions, changes would have to be approved at the next AGM (to be held in July 2003) and could not take effect until 1 June following. The AGM agreed an amendment to the by-laws to enable it to approve an increase from the following June, if the committee thinks this is necessary. For 2003, the basic subscription could be increased by a maximum of £5 to £25 if necessary, but the committee were also asked to look at the structure of the fee, and whether, for example, there should be a one-off joining fee maybe with a vest included in the cost.

A category of Honorary Membership has been created, to allow the club to recognise the contribution made by non-members. The committee will agree who this should be awarded to. Your recommendations will be welcomed.

Continued on next page

AGM

Continued from previous page

Please let a committee member know who you would like to nominate.

The AGM agreed that an end-of-season meeting of Track and Field participants – athletes, officials, team managers and other helpers – will be held each year to plan the following year's league participation. An interesting comment to be followed up by the committee relates to why more people don't participate and how to promote Track and Field more effectively.

Finally, Life Membership – the club's seventh such award – was awarded to John Walker.

The full AGM minutes are available on the website, or by post from Sarah Newton. ✍

Sarah Newton

AGM

Treasurer's Report

A Summary of the club's AGM on 6 July 2002

I would like to warn anyone starting to read this article that there is no mention of running within it. However, it is

about money, which is a gripping subject in its own right. Should you wish to hear about the latter, please read on – the only exercise required here is in your head.

Over the last three years Serpentine has seen a dramatic increase in memberships and this has underpinned the finances of the Club over this period. Other sources of income for the Club include the monthly 5K race in Hyde Park, the New Years Day 10K (again in Hyde Park), the 100 Club (the prize draw after each monthly handicap) and the various races like the handicap and club championships that take place throughout the year.

Memberships have more than doubled over the last two years; the 5K (hosted by John Walker, Malcolm French and sundry volunteers) attracts over 120 runners each month, rain or shine, and is sponsored by Runners World; the 100 Club once again has 100 members and a waiting list under the stewardship of Sarah Newton; and the handicap has more than 60 runners each month. On top of this Paul Ingram provides for the kit needs of club members on a non-profit basis by ordering stock from various suppliers as and when required.

cesses of members. Track and Field has been highlighted as being a lot of work with limited uptake on occasions, which needs to be looked at further.

Membership has continued to rise, which has generated a lot of discussion, both on how to deal with new members and also how much work is generated for the membership secretary. Because of this, consideration has been given to paying for someone to assist with membership tasks for the first time.

Finances have continued to be healthy, with the increased membership helping towards this.

However, the purpose of the club is not to make a profit but promote recreational running. The funds raised through the above activities allow the club to do this in various ways. Firstly, we have a base at the Seymour Centre. Secondly, we produce a quarterly issue of Serpentimes, which is mailed to all members. Thirdly, the club subsidises a range of activities such as swimming training, an annual health weekend, coaching courses, minibus hire for the Welsh Castles and Green Belt relays and the Christmas party – more recreational than running

The accounts showed the club making a surplus of around £3,000 in the last financial year. Given the range of activities that the club supports, I think it is financially very healthy and the committee would welcome suggestions of other projects you feel that the club could get involved in.

Now, given that some of us suspect that distance running addles the brain, I must check the quarterly accounts before going for a run. ✍

Ian Hall

There are still 20th anniversary t-shirts to be sold. A standard expenses form is to be devised for all claims.

Task forces have continued to play an active role and feedback is given at committee meetings, where action is either agreed upon or not. The 20th anniversary day event was confirmed and was a great success. The technology task force has also begun meeting and is working on creating a credit card facility for membership payment.

Continued on page 38

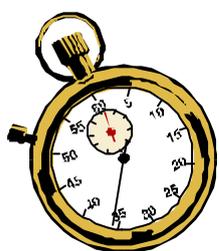
Committee

Committee Meetings

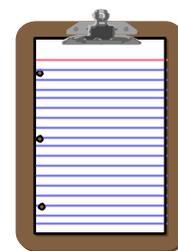
Reports from April to August 2002

There have been two meetings since the last edition of Serpentimes. Committee meetings have continued to be well attended, with the agenda seemingly getting longer each time, as there are so many issues to discuss.

Captains' reports have informed us of the endeavours and suc-



Serpentine Handicap



Grethe has compiled a roundup of all the action from the Handicap over the last three months, which saw a number of new course records and other stunning performances.

Smart, Carol Diggle, Ian Hodge, Lesley Thomas, Feliz Fuentes and Mary Dobson.

Continued on page 29

June

Race conditions: good running weather – if a little warm – with sunshine, 24°C and with a slight eastern breeze hitting us on the north side of the Serpentine lake.

Sue McGinlay won the June handicap race by gradually knocking 5 minutes off her time over the last six races. Jean-Luc Hoesz was second, followed by Paul Lowe, who just beat Lynne Prestegar in a storming spring finish. Both Paul and Lynne ran PBs. Congratulations to all four of you.

There were further a 7 personal bests set by Manuel Moreno (for the second month running), Gordon Robertson, Eddie Brocklesby, Simon Moody, David Bonner, Quintin Wright and Sarah Hean.

July

Race conditions: excellent running weather with little sunshine and no wind.

Robin Adams won the July handicap race by improving his PB by 27 seconds. Brian Harris came second followed by Marianne Morris in third place. Congratulations to all three of you.

Remember, Robin wrote an article in a previous Serpentines on how to win both the handicap race and the Tom Hogshead Trophy. It would appear that he's now putting his theory into practice. See page 38 of the Spring 2002 issue of The Serpentines. (<http://www.serpentine.org.uk/club/serpentines/spring02.pdf>)

Another 9 runners set a personal best. These were Steven Turner, David Bonner, Keith Morris, Paul Curd, Simone Peakin, Sarah Hean, Angela Rau, Martin Parry and Michael Egbor.

August

Race conditions: slightly cloudy with constant (though unfulfilled) threat of rain, no wind and a little humid.

There were a further 13 personal bests set by Jane Bailey, Quintin Wright, Eddie Brocklesby, Gary Dench, Ena Urich, Paul Curd, Maria Brady, David

Handicap Course Records

Female Records	PB	Date	Age Cat.	Type of Record*			Pace
Jane Calderbank	28.57	5-Jun-99	FU20	AC	S2	S1	7.06
Elinor Rest	23.19	4-Aug-01	FU30	AC	S2	S1	5.43
Elinor Rest	23.19	4-Aug-01	FU40	AC	S2	S1	5.43
Barbara Sheldon	25.05	6-Apr-96	FV40	AC	S2	S1	6.09
Pauline Rich	25.28	6-Apr-91	FV45	AC	S2	S1	6.15
Sue Lambert	27.41	6-Feb-93	FV50	AC	S2	S1	6.47
Peggy Fletcher	27.53	7-Feb-87	FV55	AC			6.50
Ena Urich	29.03	3-Aug-02	FV55		S2	S1	7.11
Ena Urich	29.03	3-Aug-02	FV60	AC	S2	S1	7.11
Ena Urich	29.03	3-Aug-02	FV65	AC	S2	S1	7.11
Pearl Mehl	34.51	1-Dec-84	FV70	AC	S2		8.32
Male Records	PB	Date	Age Cat.	Type of Record*			Pace
Paul Miller	21.44	3-Jun-89	MU20	AC	S2	S1	5.20
Mike Williams	19.20	6-Apr-85	MU30	AC			4.44
Robin Kindersley	20.10	1-Oct-88	MU30		S2	S1	4.57
Robin Kindersley	20.10	1-Oct-88	MU40	AC	S2	S1	4.57
Alan Rich	21.24	10-Oct-92	MV40	AC	S2		5.15
John Walker	21.35	2-Feb-85	MV40			S1	5.17
John Walker	22.22	1-Apr-89	MV45	AC	S2	S1	5.29
Colin Jones	22.29	13-May-89	MV50	AC	S2		5.31
Ron Higgs	23.09	1-Aug-87	MV50			S1	5.40
Giles Brindley	24.25	3-Jan-87	MV55	AC	S2		5.59
Anthony Stranger-Jones	24.32	6-Oct-01	MV55			S1	6.01
Giles Brindley	24.25	3-Jan-87	MV60	AC	S2		5.59
Charles Doxat	25.11	4-May-02	MV60			S1	6.10
Rudi Mahony	27.38	7-Oct-89	MV65	AC	S2	S1	6.46
Bob Davidson	29.42	4-Aug-01	MV70	AC	S2	S1	7.17
Jack Heath	42.55	4-Jun-88	MV75	AC	S2	S1	10.31

* AC= All Comers, S2 = Second Claim, S1 = First Claim

August 2002 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	Kate Cartmell	7.15	41.22	34.07	36.58	pb	12	20	32	4	17.09	16.58	F29
2	Gary Hymns	16.00	41.26	25.26	23.21		3	19	22	54	12.32	12.54	M45
3	Sarah Hean	2.15	41.32	39.17	40.37	pb	12	18	30	6	19.06	20.11	F34
4	Jane Bailey	6.45	41.34	34.49	39.05	pb	12	17	29	2	17.25	17.24	F32
5	Ena Urich	12.45	41.48	29.03	29.43	pb	12	16	28	9	14.32	14.31	F66
6	Quintin Wright	16.15	41.51	25.36	26.34	pb	12	15	27	6	12.31	13.05	M42
7	Eddie Brocklesby	10.45	41.54	31.09	31.21	pb	12	14	26	13	15.16	15.53	F59
8	Gary Dench	18.30	41.59	23.29	23.35	pb	12	13	25	15	11.44	11.45	M33
9	Tony Gould	16.45	42.02	25.17	24.13		7	12	19	15	12.36	12.41	M32
10	Eamonn Richardson	13.45	42.05	28.20	24.57		0	11	11	140	14.11	14.09	M43
11	Paul Curd	16.15	42.11	25.56	26.05	pb	12	10	22	7	12.31	13.25	M46
12	Gordon Robertson	12.15	42.12	29.57	29.50		11	9	20	11	14.51	15.06	M41
13	Malcolm French	14.15	42.19	28.04	27.14		9	8	17	59	13.56	14.08	M47
14	Ros Young	8.45	42.26	33.41	28.28		0	7	7	69	16.47	16.54	F58
15	Chris Lee	14.15	42.28	28.13	27.44		10	6	16	10	13.56	14.17	M39
16	Ken Kwok	9.00	42.32	33.32	30.14		2	5	7	57	17.19	16.13	M62
17	Juliet Allan	10.15	42.34	32.19	32.06		11	4	15	7	16.00	16.19	F35
18	John Hudspith	17.30	42.45	25.15	23.32		5	3	8	91	12.53	12.22	M42
19	Matthew Fraser Moat	5.00	42.48	37.48	28.31		0	3	3	57	17.35	20.13	M39
20	Sam Hayter	13.30	42.54	29.24	28.30		8	3	11	19	14.31	14.53	M39
21	Brian Harris	12.15	42.58	30.43	29.00		6	3	9	27	14.56	15.47	M63
22	Keith Morris	4.45	42.58	38.13	37.18		9	3	12	73	19.19	18.54	M64
23	Gabrielle Street	12.00	42.58	30.58	29.13		6	3	9	25	15.35	15.23	F33
24	Richard Smith	15.15	43.03	27.48	25.40		4	3	7	67	13.37	14.11	M49
25	Christian Morris	18.45	43.09	24.24	23.20		7	3	10	38	11.39	12.45	M20
26	Sid Wills	5.45	43.15	37.30	36.11		8	3	11	13	18.40	18.50	M61
27	Maria Brady	12.45	43.33	30.48	31.50	pb	12	3	15	3	15.31	15.17	F36
28	Marianne Morris	10.15	43.46	33.31	30.58		4	3	7	85	17.43	15.48	F52
29	Chris Stagg	10.45	43.52	33.07	28.58		0	3	3	105	15.56	17.11	M56
30	David Smart	13.15	44.10	30.55	32.03	pb	12	3	15	2	15.12	15.43	M53
31	Carol Diggle	12.15	44.17	32.02	33.05	pb	12	3	15	2	16.15	15.47	F37
32	Ian Hodge	17.00	44.20	27.20	27.50	pb	12	3	15	2	13.24	13.56	M41
33	Bev Thomas	3.45	44.22	40.37	36.38		2	3	5	86	19.30	21.07	F57
34	Ron Hagell	13.15	44.25	31.10	28.43		4	3	7	26	15.33	15.37	M57
35	Lesley Thomas	3.00	44.30	41.30	43.15	pb	12	3	15	2	20.21	21.09	F53
36	Feliz Fuentes	14.00	44.47	30.47	31.06	pb	12	3	15	2	15.15	15.32	F30
37	Brian Pickles	17.15	44.50	27.35	27.01		9	3	12	3	13.25	14.10	M44
38	Jane McDougall	13.45	44.54	31.09	30.36		10	3	13	3	15.48	15.21	F32
39	James Stratford	14.00	44.55	30.55	26.23		0	3	3	102	15.19	15.36	M42
40	Frank Markey	15.30	45.35	30.05	26.24		0	3	3	11	14.50	15.15	M32
41	Manuel Moreno	12.15	45.40	33.25	29.44		0	3	3	18	15.51	17.34	M57
42	Michael Egor	4.30	45.42	41.12	40.23		10	3	13	4	20.13	20.59	M49
43	Jonathan Brooks	14.15	46.06	31.51	30.04		6	3	9	3	15.21	16.30	M38
44	Anthony Stranger-Jones	16.30	46.19	29.49	24.45		0	3	3	26	15.00	14.49	M57
45	Sally Mackay	14.00	46.28	32.28	27.58		0	3	3	15	15.59	16.29	F33
46	Steven Turner	15.00	46.51	31.51	29.19		4	3	7	3	15.33	16.18	M39
47	Andrew McGovern	15.00	47.25	32.25	30.00		4	3	7	2	15.51	16.34	M28
	Scratch runners												
	Mary Dobson	3.45	34.39	30.54	30.55	pb	12	3	15	4	15.10	15.44	F35
	Sally Hodge	3.45	39.35	35.50			0	3	3	1	17.45	19.05	F41
	Tim O'Donovan	15.15	42.44	27.29			0	3	3	1	13.29	14.00	M39
	Stephen Dewar	15.15	42.51	27.36			0	3	3	1	13.22	14.14	M21
	Zouzou Rabouch	3.45	43.08	39.23	36.21		4	3	7	10	19.37	19.46	F49
	Gay Lynton-Edwards	3.45	43.21	39.36			0	3	3	1	19.57	19.39	F26
	Lauren Farrell	3.45	43.24	39.39			0	3	3	1	19.57	19.42	F25
	Olu Ologunro	3.45	43.32	39.47			0	3	3	1	19.57	19.50	F24
	Peter Procopis	15.15	43.35	28.20			0	3	3	1	14.07	14.13	M35
	Wayne Maurer	15.15	44.06	28.51			0	3	3	1	14.08	14.43	M27
	Simon Maughan	15.15	45.02	29.47			0	3	3	1	14.56	14.51	M25
	David Street	15.15	45.47	30.32	29.00		6	3	9	23	15.05	15.27	M37
	Terry Smith	15.15	51.51	36.36			0	3	3	1	18.29	18.07	M39
	Ashok Jamdagni	15.15	53.43	38.28			0	3	3	1	19.04	19.24	M58
	Alan Woodward	3.45	54.52	51.07	39.18		0	3	3	15	24.02	27.05	M53

Tom Hogshead Standings Through August 2002

Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Total
Sid Wills	23	22	26	15	21	9	22	11	149
Christian Morris	29	28	30	17	14	12	8	10	148
Eddie Brocklesby	9	30	29	26		25		26	145
Phillip Cuypers	25	25	18	28	25		10		131
Gordon Robertson	17	14	16		17	26	17	20	127
Francesca Wright	13	13	15	16	27	13	13		110
Brian Harris	3	5	5	22	24	8	27	9	103
Gemma Hale	14	29	28	32					103
Paul Curd	21	11		11		13	24	22	102
Malcolm French		5	25	5	26	10	10	17	98
Keith Morris		13	14	9	13	9	25	12	95
Sam Hayter		13	18	27	13	12		11	94
Owen Barder	18	17	11	20	10	14	3		93
Sarah Hean		3	15	15		15	15	30	93
Manuel Moreno				12	24	28	25	3	92
Marianne Morris		9	9	24	8	9	26	7	92
Grethe Petersen	9	10	11	10	16	16	16		88
Tony Leppard	25	31	22		10				88
David Bonner			15	24		20	28		87
Quintin Wright		3	15		15	15	8	27	83
Alan James		24	20	15	19				78
Pat Courtney	3	32	32	11					78
Juliet Allan	3	15	15	10		9	10	15	77
Ena Urich			17			12	18	28	75
Tony Gould	3	7	8	10		8	16	19	71
Gary Dench	9	19	17					25	70
Robin Adams	19		14				32		65
John Hudspith	23	3	9	6	8		6	8	63
Jean-Luc Hoz	6	7		7	7	26	9		62
Kate Cartmell				3		12	14	32	61
Charles Doxat			11		28		21		60
Baiju McCubbins	7	3	17		30				57
Sue McGinlay		3		21		25	7		56
Mike Morris			8	20	26				54
Anthony Stranger-Jones	23	12	3	3	3	3	3	3	53
Richard Smith	25	8	5	3				7	48
Phill Harris	3	9	19		15				46
Ian Hayward		15		15	15				45
Bev Thomas		5	9	6	10	8		5	43
Delphine Berenger		3	25	15					43
Gary Hymns				3		3	15	22	43
Steve Brett	14	15	14						43
Steve Hilton	14			20			9		43
Marcos Scriven		10		12		19			41
Paul Lowe						30	11		41
Frank Markey	11			5	10		11	3	40
Matthew Fraser Moat	3	14	11	3	3		3	3	40
Pete Noble	18	22							40
Hugh Shields			14	14		11			39
Steven Turner						3	29	7	39
Chris Stagg	5	10	7	3	6	3		3	37
Geoff Cook			8		14	15			37
Jerome Ponchelle	19		3			11	4		37
Hilary Walker					9	14	11		34
Timo Teinila					14	20			34
Jane Bailey							3	29	32
Lynne Prestegar			3			29			32
Roger Chalfont					32				32
Jane McDougall				3	15			13	31
Maria Brady				15				15	30
Patrick Cates	15		15						30
Claire Browse			8	12			9		29
Eamonn Richardson			3	3	9		3	11	29

Standings Continued

Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Total
Keith Evans			3	3		18	5		29
Helen James			3	25					28
Michael Egbor							15	13	28
Jonathan Brooks				3	15			9	27
Shaun Clarke	10	7	10						27
Simon Moody	3					24			27
Trevor Browse		12	15						27
Chris Lee							10	16	26
Ian Hall	18	8							26
Pete Warren		11		6		9			26
Ken Kwok	3	3	5				6	7	24
Brian Pickles							11	12	23
Caroline Furze	12				11				23
Ron Hagell		9					7	7	23
Ruairi MacIver		23							23
Raul Kharbanda		15					7		22
Ros Young		3	3	3		3	3	7	22
Dave Mackenzie		8	12						20
Simone Peakin						3	17		20
Leighton Grist					10		9		19
Carol Diggle							3	15	18
Dave Drury		3	15						18
David Smart						3		15	18
Feliz Fuentes					3			15	18
Hugo Lawrence		3	15						18
Ian Hodge							3	15	18
Jeanette Hughes	3	0	15						18
Lesley Thomas							3	15	18
Maria David			3	15					18
Martin Parry						3	15		18
Phillip McCubbins	9	3					6		18
Bob Davidson	7	3	3			3			16
Chris Fox				7		9			16
Simon Ludlum				16					16
Angela Rau							15		15
Bill Bennington	15								15
Jaana Tarma	15								15
Jan Farmer						5	10		15
Mark Anstey		15							15
Mary Dobson								15	15
Sally Mackay			12					3	15
Maya Weil		14							14
Nia Parry						13			13
Gill McCabe	12								12
James Stratford			3		3		3	3	12
Paul Ashworth				3	6	3			12
Rachel Mackenzie		12							12
Steve Edwards							11		11
Terry Nicholson	11								11
Andrew McGovern						3		7	10
Carole Wisdom		10							10
Monika Mars					10				10
David Street								9	9
Gabrielle Street								9	9
John Sextone			3		3		3		9
Elaine Smith							8		8
Heather Kingston					3	5			8
Maggie Moran			3				5		8
Graeme Staddon				7					7
Zouzou Rabouhi								7	7
Derek Paterson						6			6
Sami Mohammed		3	3						6
Zahra Shadlou				3	3				6

Handicap

Continued from page 26

Course records set during April – August 2002

In May, Charles Doxat broke Bob Davidson's M60 first claim Serpentine record by 56 seconds with a time of 25.11. Very impressive since Bob's time had remained unbeaten for more than 10 years. Charles, you did completely even splits – how is that for consistency? A fantastic run by a strong triathlete. (Charles would put it differently: "not bad for a swimming carthorse"!)

The most amazing runner in August's handicap race was again Ena Urich. Just two weeks before being due to compete in the European Vets Championship in her home country, Germany, Ena ran a personal best in an absolutely fantastic time of 29.03. To put this in perspective, this is equivalent (in age-graded terms) to a senior woman running the course in 21.38! (The current course record set by Elinor Rest is 23.19.) Of course, Ena broke her own handicap records set in March 2002. She improved the record for FV65, FV60 and FV55. Her age-graded result of 88.6% is very high national level, bordering on international standard. Good luck in Potsdam, Ena.

The table on page 26 shows all of the current Serpentine Handicap records.

100th handicapper

In May we celebrated another Serpie running his 100th handicap. James Stratford was awarded one of the rare 100th handicapper T-shirts and can now join the very exclusive, seven member club of Serpentine runners who have run the monthly handicap race 100 times or more. It took James 14 years to accomplish this. Congratulations.

Tom Hogshead race

The race for the 2002 Tom Hogshead Trophy is still on. Sid Wills is leading with 149 points and Christian Morris is just behind with 148. However, Eddie Brocklesby ran a personal best in August and secured herself 26 points, putting her now in 3rd place with 145 points. By the way, last year's Tom Hogshead winner (and our Handicap pundit) Anthony Stranger-Jones thinks the series is so competitive this year that 190 points, or less, may be sufficient to win and that the race is still wide open. His hot tip is Eddie who has been putting together an impressive series of scores after an indifferent start in January. Remember that the winner is the runner with the highest points from his/her eight best races in 2002. Good luck everyone. ☺

Grethe Petersen

Sudbury Court

Record Field for 10K

News from our Sister Club

Fine weather saw the third running of the Club's annual 10k race in May draw a record field, though my target of 150 (see the summer 2001 edition of Serpentine) proved a little beyond us. Herman Mulder (unattached *) led home the 127 finishers in a new course record of 33 mins 19 secs (nearly a minute inside the previous mark), with Serpie Barbara Yff (running in camouflage) first lady in a time of 41 mins 41 secs. Once again the Serpies did us proud, with 21 finishers and also a considerable amount of off-course assistance. Thanks a lot gang.

It was also good to see sizeable contingents from Queens Park Harriers (12) and Metros (11). We didn't manage to raise quite as much sponsorship this year but nevertheless another substantial cheque should be on its way to Great Ormond Street shortly.

There being no peace for the wicked, as the saying goes, we've already had our first committee meeting to discuss next year's event, which will be on 18 May, to give you plenty of advance warning. Plans are afoot to add a short Fun Run, and, as we managed in the first two years, to secure a celebrity starter. A number of names were bandied recklessly about, becoming more outlandish as the alcohol input increased. I have to admit though, it would be something of a coup if we did actually manage to get Elvis.

As for club membership, on paper it's looking the healthiest ever with almost 40 on our books. Unfortunately the number available for "active service" seems to be declining as we build up an injury list that even Sven would be impressed with. Sadly it means our second tilt at the Summer League hasn't seen the hoped for advance in performances (we've yet to field a relay team with only the Hyde Park fixture to come). On the other hand it does give us plenty to discuss in the bar on club nights. Oh well, roll on the cross country season.

* Sadly our attempt to slip Herman a club application form along with his race prize proved unsuccessful. ☺

Martin Garrett

John Walker

Life Member - Life Enhancer

The Serpentines Interview

The occasional Serpentines Interview gets under the skin of a well-known figure in the London running scene. In the fourth Serpentines Interview, Juliet talked to new life member John Walker about his running career, his relationship with the famous whisky and his plans for the future.

A legend in his own time, John Walker is the new Life Member of the club – an honour conferred on the basis of his vast contribution over the years. I set out to find out more about this gruff but patently amiable figure, who expresses modest surprise that people should be curious about him.

So - a life-long runner? No, he says. Son of a professional footballer, who played for Motherwell and trialed for Blackburn Rovers, John was born in Portsoy, North West of Aberdeen. He always played lots of football at school, but didn't really start running until 1961, soon after joining the army. Although it was "mainly to keep fit for rugby and football", he managed to clock up a 4:17 minute mile in the Army Finals when he was nineteen. That was less than a decade after Roger Bannister's 4-minute mile. Not bad for a beginner...

John had some of his happiest times in the army, in which he stayed for over twenty-two years, though he's quick to add that there were obviously bad times too (most notably the Falklands conflict). From 1970 to 1973 he ran an adventure training centre for army personnel near Aviemore. They did cross-country walks, pony trekking and skiing. A bit of R&R? No, he says, fixing me with a very serious look. This was hard training.

He sailed for the Falklands on the evening of the 1982 London Marathon - the second ever - having been given a special dispensation to board the ship a few hours late so that he could run. Prior to the marathon, fifty people had started meeting in Hyde Park to run every Saturday and elsewhere in London during the week. The group (the first incarnation of what was to become the Serpentine) called itself the "82/50 Group". John completed his membership application while he was out in the South Atlantic, joined on his return that August and... well... the rest, as they say, is history.

Some people were on the second lap (of the handicap) before he'd even started

The club's monthly handicap race started in 1983 and John's only missed a handful. He still holds the V40 record of 22 mins (and that was on the old course; it's the equivalent of about 21 mins on the present route). He's only won once, but he did it in style; he was the last person to start and the first to finish. No one's done that since. Some people were on the sec-

ond lap before he'd even started. It was, he admits, "a tremendous feeling". I bet.

He reels off an impressive string of personal bests: 1K-2:40, 5k-16:45, 10k-34:00, 10 miles-55:00, half marathon-1:12:20, 20 miles-1:58:30 and marathon-2:37:25. Last year he came first in his age group in the 3,000m steeplechase at the World Veterans' Championships in Australia, which made him second UK man in his age group for the year. He's taking a year off track and field at the moment, but he's done everything except the 110m hurdles, which, he says candidly, are "too high".

He's done everything except the 110m hurdles, which are "too high"

John's taken part in pretty much every event in which the club participates and has been men's captain three times. He organises the Last Friday of the Month 5K, started by the London Road Runners Club, of which he was an employee. As such, he helped to organise the Great British Fun Run in 1985 - a relay round Britain with legs varying between 5 and 14 miles. And, of course, there's the newsletter, which he says he finds fulfilling and comments that people keep sending material in and seem to like it.

It's been quite some running career. I ask him what he's gained from it. He says running's improved his health and, crucially, helped him make the transition from leaving the army to being a civilian. John left the army in 1984, having taken in a three-year posting in South East Asia and spells in Germany, Kenya and Belize. By that time, he'd been in the club for two years, meeting a wide variety of interesting people.

Needless to say, there's been lots of fun. He recounts a trip to Châteauneuf-du-Pape. (The club was twinned with a running club there in the late 1980's. The chairman owned a vineyard: perfect.) John, Chris Stagg, Sue McGinlay and Bob Davidson, among others, were left stranded when the coach didn't turn up.

Continued on next page

John Walker

Continued from previous page

Not to be deterred, they marched to the coach depot, retrieved their money in a brown envelope and set off in a convoy of cars. They arrived in time to run in a half marathon, as planned. But the adventure wasn't over. By the time they set out to return, French lorry drivers were blockading the roads and they had to make their way along forest tracks, not meant for traffic. It took them two days and an inordinate amount of driving to get home.

What's so special about the Serpies, does he think? He considers for a moment. Well, the club seems to attract a mixture of people who all gel together. "It doesn't seem to attract undesirables. Everyone's happy to get on and do their own thing, but at the same time, they all help each other".

His tip for new runners? Join a club "because it's heartbreaking to run on your own". Take it steady and don't try to run before you can walk. Listen to your body. As with most runners, John's had his share of injury. He had a bad hamstring problem for about 18 months. He could still run to some degree, but it was always painful. He says it was seeing club members at races that kept his spirits up.

Once he got lost running the Hyde Park Corner to Clapham North leg of the London to Brighton relay

I ask what he enjoys when he's not running, organising races, producing newsletters, etc. Drinking wine tops the list. He also likes all sorts of music, but "no heavy metal, no rapping – nothing like that". And dancing? Yes, he says. I tell him I couldn't resist asking as I have wonderful memories of him prowling the dance floor at the winter party, blowing into an inflatable saxophone with a look of gleeful mischief. "Oh don't!" he says, and rolls his eyes. "I got enough stick about that at the time".

Ah, yes – and what's been his most embarrassing running moment? He admits he once split his shorts in a race. It was "some 10k somewhere". He can't remember where and confesses that he probably doesn't want to. And once he got lost running the Hyde Park Corner to Clapham North leg of the London to Brighton relay. That, he says, was really embarrassing, given that he knows the area well. His team went from being five minutes in the lead to being ten minutes down.

I feel a bit foolish asking, but I just have to; is he anything to do with the whisky? Not actually such a stupid question, as it turns out. John spent a year

running as Johnnie Walker. The distillery approached him through a friend in the London Road Runners. Among other events, he ran the London and Glasgow marathons in costume, complete with top hat. In Glasgow he managed 2:51 in the pouring rain. He got "absolutely sopping wet" and the costume weighed a ton by the end. "I nearly gave myself a hernia trying to get it off afterwards", he says cheerfully. They gave him a case each of Black Label and Red Label at the end of the year and, for four years after, he appeared in the London Marathon credits, doffing his hat at the Cutty Sark.

John spent a year running as Johnnie Walker

John lives happily in South West London with his partner, Sue, a fellow Serpie, who he met in the Churchill Arms in Kensington after a Saturday morning run. A father and grandfather of three, he's passed some of his athletic prowess on to his daughter; she became the youngest ever national coach for gymnastics. I ask what his plans are for the future. Well, he might emigrate to Australia; probably somewhere north of Noosa. He's been twice and seen how cheap accommodation is and "the sun shines all the year round". He'd plan to get into the Australian national steeplechase team. If not Australia, maybe France or Spain.

His idea of perfect happiness? He doesn't hesitate for long and it's quite precise. "Sitting outside at a fish restaurant in the South of France with a glass of red wine in my hand, in the sun, with Sue and other friends".

And after all these years and all that he's seen, what's his hope for the future of the club? He hopes that it continues to grow as it has done in the last few years (the growth's been "phenomenal", he says), that club members stay and enjoy themselves and that the club's "treating them correctly". He thinks it must be.

He's being urged to go for lunch, a quick window between officiating at the handicap and helping organise track and field. I've enjoyed our chat. Wow; what can I say? That's a pretty amazing collection of PBs, John, but wherever you are in the future; doing steeplechase down under or relaxing at that fish restaurant in the South of France, you'll have the satisfaction of knowing that there are hundreds of runners all over the world who have benefited from your hard work, enthusiasm and encouragement. Now that really is something to be proud of and I, for one, would like to say thank you. ☺

Juliet Allan



Club Championships



The Club championship series is nearing its end for this season, however, there is still time for you to participate. The 10k and 10-mile Championships are yet to be decided (for dates and venues as well as how to enrol see advertisements elsewhere in this issue), and we also still need to award the title for the marathon.

The adjacent table shows the outright winners of each of the races already contested for both men and women, as well as the age graded champion for each discipline.

The shorter disciplines from 1km to 5 miles were combined in a Grand Prix series with the title going to the runner with the highest average percentage for the five races. Only four members participated in all five races and Sarah Newton (who was the only lady – although this should by no means detract from her achievements as evidenced by the very good times she posted for the distances) and Ben Paviour took the respective titles.

The following table shows a summary of the results:

Grand Prix Results

Name	Age	1K	5K	1M	3K	5M	Grand Prix	Average
		GP %	GP %	GP %	GP %	GP %	Total	Age %
Sarah Newton	45	95.71	95.33	93.05	90.03	88.81	462.93	74.63
Ben Paviour	29	100.00	100.00	100.00	100.00	98.00	498.00	79.61
David Drury	29	89.77	90.78	92.38	91.50	93.17	457.60	73.12
Paul Curd	46	82.72	84.02	83.78	84.34	86.70	421.56	73.69

Discipline Champions

Distance	Age graded	Men	Women
5K	Ben Paviour 78.30%	Ben Paviour (16:34)	Nia Parry (20:24)
1K	Ben Paviour 83.40%	Ben Paviour (2:38)	Nia Parry (3:21)
3K	Ben Paviour 80.20%	Ben Paviour (9:20)	Chrissie Wellington (10:50)
HM	Daniel O'Donoghue 78.50%	Daniel O'Donoghue (1:17:21)	Nia Parry (1:29:05)
20M	Dave McGlennon 77.80%	Dave McGlennon (2:01:00)	Grace Wu (2:22:42)
1M	Ena Urich 83.54%	Ben Paviour (4:39)	Chrissie Wellington (5:48)
5M	Dave McGregor 83.54%	Dave McGregor (27:43)	Chrissie Wellington (32:08)

The table on the next page shows the current standings in the overall championships for those members who have already completed at least 3 events, and who could theoretically complete 6, by doing the 10K, the 10M, and posting a marathon time. Sarah Newton leads the table at the moment, but the title

race is still wide open. Don't forget to claim your marathon time - you can do this either via the web-site, or by contacting Malcolm French. ✉

Ros Young

SERPENTINE STYLE

Run or relax in haute couture designed by your Committee

T shirts	Club colours	£8	(S/M/L/XL)
Vests	Club colours	£15	(Male/Female 32"-44")
Sweatshirts	Black or red	£14	(S/M/L/XL)
Legs	Black	£17	(S/M/L/XL)
Caps	Red	£5	

Enquiries to Paul Ingram on 020 7371 1130 or ingrampaul@hotmail.com

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

Overall Championship Standings

Name	Age	1K			20M				HM				5K			1M			3K			5M			Average	No of Runs	Ave % of Best 6
		%	m	s	%	h	m	s	%	h	m	s	%	m	s	%	m	s	%	m	s	%	m	s			
Sarah Newton	45	77.98	3	30	71.51	2	33	58					73.65	21	24	73.95	6	14	75.95	12	2	71.62	36	11	74.11	6	74.11
Paul Curd	46	76.54	3	11					69.54	1	31	54	71.44	19	43	74.22	5	33	73.80	11	4	72.48	31	58	73.00	6	73.00
David Drury	29	74.87	2	56					70.47	1	24	39	71.09	18	15	74.30	5	2	73.36	10	12	72.01	29	45	72.68	6	72.68
Grethe Petersen	34	71.21	3	30	62.90	2	44	24	61.85	1	46	23	65.95	21	51				65.58	12	44	63.05	37	42	65.09	6	65.09
Ben Paviour	29	83.40	2	38									78.31	16	34	80.43	4	39	80.17	9	20	75.74	28	17	79.61	5	66.34
Geoffrey Cook	48								77.50	1	23	44	73.47	19	28	76.76	5	27	78.12	10	37	77.31	30	26	76.63	5	63.86
Bob Davidson	70	73.24	4	10					67.72	1	57	56	72.93	24	9	75.24	6	52	73.79	13	51				72.58	5	60.48
John Greene	36	67.69	3	21									66.89	19	36	72.52	5	17	71.82	10	35	70.39	30	38	69.86	5	58.22
Marianne Morris	52	74.01	3	56									67.55	24	52	67.35	7	18	69.18	14	5	67.24	41	4	69.07	5	57.55
Robert Maslen	51	71.38	3	33					60.30	1	50	12	66.82	21	55				68.21	12	27	64.10	37	35	66.16	5	55.14
Nia Parry	28	72.75	3	21					73.86	1	29	5	70.56	20	24				74.11	11	12				72.82	4	48.55
Brian Harris	63	77.02	3	40									68.01	23	59				71.14	13	18	69.77	38	28	71.49	4	47.66
Rachel Broster	49	74.13	3	49												69.93	6	50	71.76	13	12	68.91	38	58	71.18	4	47.46
Owen Barder	35	75.07	3	0	67.70	2	19	6	67.38	1	28	32							71.22	10	36				70.34	4	46.89
Phill Harris	41												66.45	20	26	65.97	6	1	64.52	12	12	63.60	35	7	65.13	4	43.42
Ian Hodge	41								60.91	1	41	9	65.12	20	51	65.60	6	3				65.33	34	11	64.24	4	42.83
Carole Wisdom	44	63.92	4	14									58.64	26	39	60.93	7	30	59.22	15	18				60.68	4	40.45
Sam Hayter	39								55.95	1	47	49	60.61	21	56	62.77	6	14				59.41	36	48	59.68	4	39.79
Richard Wisdom	53	61.34	4	12									52.76	28	13	57.20	7	37	57.30	15	4				57.15	4	38.10
Malcolm Morris	56												73.37	20	49	75.35	5	56				75.38	33	20	74.70	3	37.35
Chrissie Wellington	25															71.55	5	48	76.62	10	50	73.97	32	8	74.04	3	37.02
Eddie Brocklesby	59								72.26	1	52	19				74.06	7	8	74.74	14	0				73.69	3	36.84
Christian Morris	19												71.35	18	11	75.30	4	58				69.82	30	41	72.15	3	36.08
Steve Edwards	45												69.72	20	3				70.38	11	31	70.32	32	42	70.14	3	35.07
Brian Pickles	44	74.24	3	14												67.62	6	0				66.10	34	32	69.32	3	34.66
Lynne Prestegar	30								67.79	1	37	4	66.49	21	39				67.76	12	15				67.34	3	33.67
Eamonn Richardson	43	68.73	3	28									65.18	21	8				67.59	11	49				67.17	3	33.58
Beate Vogt	43												67.67	22	54	66.31	6	50				66.90	38	5	66.96	3	33.48
Philip McCubbins	43				65.81	2	29	14											66.74	11	58	66.12	34	16	66.23	3	33.11
Raul Kharbanda	29								63.05	1	34	36	63.86	20	19				64.51	11	36				63.81	3	31.90
Keith Evans	64								63.49	1	57	43	61.55	26	30							64.40	42	6	63.15	3	31.57
Richard Smith	49								65.88	1	39	16				68.37	6	10	51.54	16	13				61.93	3	30.97
Jeanette Mueller	34								58.68	1	52	8	61.67	23	22							61.34	38	45	60.56	3	30.28
Sally Hodge	41	63.81	4	8															59.35	14	53	57.47	43	36	60.21	3	30.11
Gordon Robertson	41															59.98	6	37	59.71	13	11	57.63	38	45	59.11	3	29.55
Sid Wills	61												57.31	27	54	60.05	7	48	57.97	16	0				58.44	3	29.22

Committee Members

Continued from page 23

Famed, among other things, for her friendly rivalry with her son (twenty-four years her junior and an accomplished athlete...and she frequently beats him), Eddie's long been central to the club's fast-developing triathlon division. Her most memorable running experiences to date are falling over and losing a tooth in last year's London Marathon and the 30k run she did in Davos this year which, she says, was "the most brilliant run ever".

When she's not running, swimming or biking, she's busy being a social worker, finishing a PhD or

spending time with her grandchildren (to name but a few of the competing claims on her time).

She finds fostering the link between the running club and the up-and-coming discipline of triathlons "very exciting". Few would disagree. Keep up the good work, Eddie!

Phil McCubbins - Member without portfolio

Phil made his way to London via New York and thirteen years in Texas after a childhood in Oklahoma. Born into an athletic family (his elder brother's a three times All-American Olympian), he ran his first race aged five.

Continued on page 39

Ideas and Advice

Ask the Doc

The fourth instalment of the occasional series where Sarah Newton asks Hilary some more of the questions we've all been dying to ask

SN: I know there is a lot of debate about injuries and whether you should run through them or not. Is it too general a question to ask whether you can keep running gently on an injury, as long as it doesn't escalate? Some aches and pains arrive, stay a few days and go, so how can you tell?

HW: No, there is no simple answer to this. A lot is learnt by experience and being conscious of the workings of your own body - but that doesn't help the beginner or inexperienced runner. The simplest guide is that if it is an injury that doesn't get worse during your run then probably you can run gently. But that shouldn't stop you trying to get something done about it, for example seeing a physio. However, you should consider giving the injury time to recover where possible. You should NOT run either if the injury gets worse whilst running or secondly, and most importantly, if the injury causes you to change your gait at all. That really is a recipe for starting yet another problem. Another tip is that you should "listen" to your pain and not try to mask it. In other words don't take painkillers and/or anti-inflammatories before you run on an injury - only afterwards when you are giving yourself a rest.

You should NOT run either if the injury gets worse whilst running or if the injury causes you to change your gait at all

Having said all that, there is barely a day that I run when I don't feel something somewhere. But most of these feelings are transitory, caused by the mileage I run, and usually disappear after a gentle warm up.

SN: As if ultras aren't enough, I know that you occasionally do 24-hour races. How is this humanly possible? I gather that at some you have felt unwell but somehow kept going and picked up again. How do you start this, how do you train, how do you cope with the lack of sleep and eating, and why doesn't your body object and give up?

HW: 24-hour races (and 48 hour races etc.) are just longer ultras. In some ways it is easier to do a steady 24-hour race than to attempt a fast 100kms. How do you start? Well I did my first 24-hour race in my third year of running and when I was only running 50 miles a week. It was mostly a mental task of how

to keep going when you are knackered. Obviously when I broke the 100 mile/24 hour/200 mile/48 hour records, I was running a lot more - 150 miles a week in the winter and about 120 in the summer. The art is to pace yourself - I had a routine of running for 50 minutes then walking for 10 minutes each hour - and to ensure that you take on board sufficient food and drink, usually in those walking periods. Sleep has never been a problem for me. Basically my metabolism was sufficiently raised in the event so that I didn't feel sleepy. You would be amazed at what your body can do if given the chance.

You and Paula Radcliffe suffer from the same thing

SN: At the end of races, say 10 miles or half marathons, even marathons, some people sprint for the line, invariably leaving me standing. How can people do this? Does it mean they haven't run hard enough? Does it mean I'm not trying hard enough? My other theory is that it is usually men who do this. Is it a testosterone issue or are men physiologically more able to do this?

HW: No, you and Paula Radcliffe suffer from the same thing - the lack of those fast fibres for a sprint finish. There is an element of genetic makeup here, but as you know you can improve your speed with training. At the end of a long endurance race you might have tired out the muscle fibres used for the longer runs and also used up your carbohydrate reserves. However, a true sprint uses a different (anaerobic/glycolytic) system to release energy fast enough for the sprinting muscles. These muscles will also be using the fast twitch type 2 muscle fibres rather than the slower ones used for distance running. Hence the apparent resurrection from the dead by your fellow competitors. However, once committed, there is no coming back. After a sprint you will be doubly depleted and will take time to recover - so don't attempt this in the middle of a distance race.

Continued on page 39

In This Section

Ask the Doc – <i>More answers from Hilary to questions we've been dying to ask</i>	34
Swimming vs. Running – <i>Charles Doxat has some tips on improving training effectiveness</i>	35
In Olden Times – <i>Malcolm looks back to the summer of 1997</i>	36
Frank Speaking – <i>An innovative idea to get the most from training relays</i>	37

Swimming versus running

Learn from the strange habits of athletes in other sports, says experienced triathlete, Charles Doxat

We all know about cross-training – but here’s a thought: can we improve our training effectiveness by learning from other sports’ regimes? Running and swimming are, as far as I’m concerned, the two fundamental Olympic sports, so let’s look at them.

Running, especially middle/long distance, is indisputably a more popular worldwide activity than (competitive) swimming – except maybe in Australia. Running’s superstars shine more brightly than swimming’s, notwithstanding Johnny Weissmuller, Dawn Fraser, Mark Spitz and Ian Thorpe. And since rampant professionalism, runners generally earn far more as well.

Nevertheless – and here’s the rub – swimmers generally speaking have to train more and harder than their opposite numbers. Elite middle-distance swimmers train upwards of 100k per week in the pool. Think about it... It wasn’t always like this, but over recent decades not only the science of training but also work-rates have increased exponentially. However, my argument is not about quantity, it’s about content.

The literature on the science of training and leading athletes’ successful programmes is far greater for running than for swimming. And partly because of this swimming, has undoubtedly taken ideas (either purpose-

fully or by osmosis) from runners. Most notably interval training, which is now fundamental to all swimming training from elite to club level to masters’ (i.e. swimming vets) groups.

Other common features such as periodisation, anaerobic threshold and resistance training, and even tapering have mainly evolved from running to swimming.

However, two fundamental differences do still apply. Firstly, because swimming is technique-driven, a significant proportion of water-time is given over to improving technique and relevant exercises and drills. This is especially emphasised pre-

I would say that most club runners would also benefit from working on their technique. Secondly I would argue strongly that most club runners should cut out one or two of their weekly long runs and substitute (track) interval training with their peer group.

season. It is important to work on exercises that will improve the single most important requirement in swimming: maximising the distance achieved with each stroke for a given effort.

Running is rightly perceived as an extremely natural activity, but this means that whilst it is extensively practised, it is not much taught as a skill. I would argue that more club runners should spend time, with coaching help, to perfect their technique of efficient running, utilising the latest bio-mechanical ideas (for example the Pose “freefall” technique).

Secondly, because of the limitations and cost of swimming pool-time, group-training, normally with swimmers “tailgating” each other is the norm. This leads to swimmers being “driven” throughout their train-

ing sessions by having to keep up with the swimmer in front and not be caught by the swimmer behind – made additionally tough by the effect of drafting (a 10% advantage for the following swimmer). This results in all sessions being highly competitive. The outcome, I would argue, is that most swimmers train harder than their equivalent running counterparts (especially at non-elite level), and are fitter. Most runners would be surprised at the ferocity of the average swim-squad session.

Swimmers improve when they: a) perfect their technique and b) condition with a peer group including 50% plus of interval training. I would say that most club runners would also benefit from working on their technique. Secondly I would argue strongly that most club runners should cut out one or two of their weekly long runs and substitute (track) interval training with their peer group. It’s no coincidence that nearly all runners that do this report significant improvement.

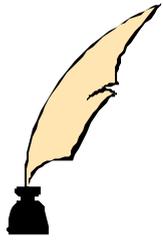
In conclusion, think laterally. Learn from other sports - swimming, cycling, rowing etc. Buy their magazines, talk to their participants, pick their brains and see if common-sense says you can learn from some of their strange habits! ☺

Charles Doxat

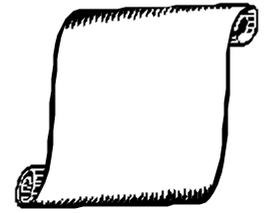
Coach Education

*Have you considered becoming a qualified coach?
The club needs your help.
See the article on page*

10



In Olden Times



Homeless in Hyde Park

Looking back to the summer of 1997

It was a momentous summer that started with the UK returning Hong Kong to Chinese rule. William Hague became the youngest leader of the Conservative party since William Pitt in 1783. Wales and Scotland voted for their own National Assemblies. Our sport's (then) governing body, the British Athletic Federation, went into administration with debts reported to be over £500,000.

But overshadowing everything else was the death of Diana, Princess of Wales, killed in a car crash in Paris at the end of August. I'm sure that none of us who ran through the parks in the early weeks of September will ever forget the sight of the carpet of flowers surrounding Kensington Palace that seemed to stretch right across to Kensington Gore, the hushed crowds there and in the Mall, the smell of incense on the hot, airless evenings and the candlelight twinkling in the trees as night fell.

Earlier in the year, the club had become Homeless of Hyde Park. We had lost the use of our base in the Tennis Pavilion, close to the Royal Albert Hall, which had been closed for refurbishment. The search was on to find a new home for the club.

Our Last Friday of the Month 5k had grown to have 59 finishers in September, when it was won by Dave Cox, who still regularly competes in the race. Rachel Broster and Tony Chada were the winners of our Summer Grand Prix series. In the Tom Hogshead Handicap series, Phill Harris held a slight lead over Ian Hall. Rachel Mackenzie won the BHHI Dulwich 10k, commenting that she didn't like the "blazing sun," conditions identical to the 2002 race. Christian Morris won the Junior Boys section of the Terry Fox run in Hyde Park.

Further afield, Serpie Life Member Barrie Laverick was competing in the World Transplant Games in Brisbane,

Australia. Barrie won gold medals in the Long Jump and 4 x 400m relay, plus silver in the High Jump and bronze in the 400m.

The Serpie ladies team made it through to the inter-divisional final of the Veterans' track and field league where they finished fifth. They were also the winning team in the Cabbage Patch 10.

Finally, speed of a different order was seen in the Nevada desert where the British Thrust supersonic car broke the World Land Speed Record, recording 741mph, 81mph faster than the previous record. ✍

Malcolm French

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 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
Triathlons: serpietri-subscribe@yahoogroups.com
Swimming: 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.

Powerful Paarlaufs

Innovative ways to get the most from training relays

The word 'Paarlauf' is German for a two person relay team. However, common usage has extended its meaning to encompass training relays for more than two athletes, in fact, up to six runners.

One of the problems facing a coach with a large group of athletes of differing abilities who specialise in different events is how to conduct a training session which caters for all their needs.

For example, an 800 metre runner requires a different workout from that of a marathoner and vice versa. This is where the paarlauf is invaluable.

A session can be conducted on the track, around a park or even on some quiet roads. The toughest type of relay can be conducted on undulating sand dunes.

The art of conducting a paarlauf is to get teams of equal ability. For instance, we may have a team composed of two runners with equal times of 4 minutes for 1500 meters, their combined times total 8 minutes. To match this, we may have a runner with a time of 3mins 56 secs for 1500 meters, and another with a time of 4mins 04secs for 1500m. Their combined time is also 8 minutes. Strictly speaking, a baton should be passed from one athlete to a partner; however, a rolled-up piece of newspaper can be used as a makeshift baton or, in the absence of both, touching hands will suffice, although the latter can lead to some questionable hand-overs. The table shows some sessions that cater for specific events.

For the first (800m event), two runners are based together at the

800 meters start line, the third is placed 200 meters away. One runner at base sets off and runs 200 meters at speeds, which will range from 26 to 36 seconds, depending on ability. He/she will hand over the baton to the third member of the team and stay there until the partner at base joins him/her. The recovery time after each 200 metre run will vary from 52 to 62 seconds. Each runner will cover from eight to ten times 200 metres in the 15 minute time span.

For the second relay (1500 metres - 2 person team), both runners are at the 1500 metre start line, one runs 400 metres and hands

Event	Number of Athletes	Distance	Duration
800m	Three	200m	15mins
1500m	Two	400m	20mins
3k	Two	800m	25mins
5k	Two	1600m/800m	30mins
10k	Two	2000m/400m	40mins
Marathon	Two	3000m/400m	60mins

over to the other. Each athlete will execute from eight to ten times 400 metres in the time limit of 20 minutes, with a recovery period of a minute to seventy-five seconds.

The art of conducting a paarlauf is to get teams of equal ability.

In the third relay (3k speed), each runner covers 800 metres and will execute about five 800s during the allotted time.

The fourth relay (5k speed) brings together the 5k specialist and the miler. The 5k runner runs the 1600 metres stint, the miler runs the 800 metres section. The recovery of the 5k runner will be limited by the fast running of the miler over 800 metres. It is a good time to reverse the roles once the 30 minute time span has elapsed. This will provide an endurance workout for the miler and speed-work for the 5k specialist.

The fifth relay (10k speed) brings together the 10k runner and the 800 metres specialist. After each 2000 metres run, the athlete will only have very limited recovery time while his/her partner runs a fast one lap. In a 10k race, there will be no rest at all after every 2k run!

The final relay (Marathon speed) is self-explanatory; however, the 400 metre stint runner should not be idle during the 10 minute wait for his turn. Up to ten 100 metre fast strides can be done during the long wait.

The five-person relay, lasting 5 minutes, is an excellent way to do sprint work. Two athletes are based at the start, and the others are placed every 100 metres around the track. Since the incoming runner will be travelling upwards of 20 miles per hour, the receiving runner must be warned not to stand still in front of the incoming athlete. At least, they should be jogging away when the incoming runner is 15 metres away.

So far, the distances discussed have been uniform; however, the constantly moving paarlauf has much to recommend it. Consider, for example, the two-person relay over 500 metres. Each athlete will run a distance of 500 metres, but will then have to jog forwards 100 metres every time to receive the baton. The same relay, but over 600 metres will give each athlete about 90 to 100 seconds to jog forwards 200 metres to meet the partner.

The mixed distance paarlauf combines both endurance and speed, and involves three runners. Two are based at the 800 metre start, the third is placed at the 300 metre mark. This paarlauf involves running 300 metres and then 100 metres alternatively. The duration should not exceed 10 minutes due to the short recovery time involved.

Continued on page 39

Swimming with Stephanie

Continued from page 6

We are moving away from this and looking at doing more focused training."

We have been warned! Email me at edwina@globalnet.co.uk or Stephanie at Stephanie.Ellis@dti.gsi.gov.uk and let me know if you want to join us. If you want to talk further, Jan Farmer, Hilary Walker, John Sullivan (tri captain), Tony Lepore, Gemma Hale, to name but a few, have all been through the mill. ☺

Eddie Brocklesby

Big Sur

Continued from page 17

Hopefully this report speaks for itself, and that's not just the endorphins speaking, we still think the same now, even though they did stay with us for quite a while. It really is a magnificent event and if the marathon is too long, there's always the relay, the walk or a 5k run to consider. We were also lucky to find very cheap flights, which made the whole event more affordable.

The Big Sur experience will stay with us for a very long time. Even better, this was just the start of the holiday for us. To follow was a two-week tour of California, Las Vegas and a hike down the Grand Canyon and back as a little warm down – but that's a whole other story... ☺

Sarah Newton

Just Du it!

Continued from page 19

The last part of the run took place through the woods – this was quite pleasant, and more forgiving on the legs, as I remembered I was supposed to be in recovery mode from the marathon I had only done two weeks previously.

Eventually the course took me back into transition where I was to pick up my bike and start the 38-kilometre ride. The bike section consisted of a two-lap picturesque course through the nearby villages. It was very varied with something for everyone – straight fast sections for the aero/tri-bar specialists, technical turns, hills for the polka dot specialists, and lots of wind – though I'm not sure who that was for. With all that we'd had to encounter, people's bike splits were more comparable to a 40-kilometre bike course. At least the sun was shining.

For the first time in years I had to stop and walk

Finally came the 5-kilometre course – two laps around the nearby woods. I knew I would have to crank up the pace a little, as I could hear the commentator cheering in the first lady as she crossed the finish line.

Unfortunately after about 800m I realised that I didn't have much left in me to crank up. The reservoir was being rapidly depleted and all the fatigue from this race and the London marathon was catching up with me. The terrain suddenly no longer felt forgiving. I had to reduce my pace to a trot, and then for the first time in years I had to stop and walk. Some minutes later a few familiar looking girls passed me. They were the ones I had earlier overtaken on the first run. Damn! But I did manage to pick my pace up a little and follow them. I was more or less carried along by them for the following 10 minutes to the finish line. It's a good job drafting is legal on the run.

I was glad to see the finish line and the crowds of people cheering us on as the commentator called out my name. It was a great feeling of achievement and satisfaction. The ambiance was warm and friendly and the grounds of the Allied Dunbar/Zurich training centre leant

themselves well to holding this event. I especially appreciated having the barbecue/bar area placed only 20 yards from the finish line. All in all, I had a good race. I finished high enough to gain a place in the World Age Group Duathlon Championships (though I shall not be going) and I had a good day out.

Anyone wishing to do multi-sports but isn't sure about their swimming may want to give duathlons a try. There will be more duathlons again as the summer draws to a close and it becomes too cold to swim. Just don't be fooled into thinking that they are a softer option than triathlons though. ☺

Maria David

Races for New Runners

Continued from page 20

The Henley race takes in a scenic 2-mile stretch of footpath alongside the River Thames before climbing through beautiful Chiltern beech woods. Good facilities at Henley Rugby Club – and cheap beer! The Ricky 9 (Rickmansworth is near Watford, Herts) is also through attractive countryside. Very much a community event, it attracts runners of all abilities. More information will be on www.rickyroadrun.co.uk in due course.

Happy running! ☺

Malcolm French

Committee

Continued from page 25

The races task group has looked at the options for the club championship races and these have been confirmed at committee. The Wednesday nights group has continued to look at how to manage the large numbers of runners who attend.

Continued on next page

Committee

Continued from previous page

There has been a suggestion of a possible link with the WHO to promote running. This will be looked into to see what would be involved and any possible benefits for the club will be examined.

Welsh Castles went very well. Thanks to Jan and Kathleen and others who put a lot of time in. Also thanks to Owen and Grethe for their work with the Last Half of London and to Nick Slade for Green Belt – both of these events were very successful. ✍

Sarah Newton

Committee Members

Continued from page 33

He's happiest running anything from 15K to half-marathons. An experienced triathlete, he finished the Ironman Triathlon in Hawaii in 1990. "It did me more than I did it", he says, with customary self-deprecation. Phil's been married to the lovely Baiju for the last nine years. Both became British citizens earlier this year, after seven years in the UK.

He worries that the club's in danger of "missing a balanced view toward the sport". It has, he considers, a tendency to be a bit too marathon-centric and may need a bit of a structural overhaul, given the ever-increasing membership. "I just hope to be a stabilising influence", he says. Thanks, Phil; we're sure you will be. ✍✍

Juliet Allan

Ask the Doc

Continued from page 34

If you have watched track events, and in particular ones where Paula Radcliffe has been leading, you will have seen that it is not just men who have a sprint finish, but also those ladies who have just sat on Paula's

heels until the last lap and then "gone".

SN: I gather that there is a special knack for running downhill. I'm often overtaken this way in races. I feel very cautious but don't want to fall, which I can often feel like I'm going to do. Is there a technique I can learn?

HW: Primarily learn to relax and not tense up like most runners do when they are uncomfortable on hills. There is nothing like practising running downhill to get better at it and by practising the eccentric nature of downhill running you will be less likely to get stiff quads (front of thigh muscles). You probably also need to learn to lean forward more, which gives you better balance and purchase. If you lean back, you are more likely to slip, believe it or not. ✍

Hilary Walker and Sarah Newton

Paarlauf

Continued from page 37

The other great thing about paarlaufs is that the runner is released from the stopwatch. The repetitions aren't timed, nor is there an obligation to run the reps in a specific time. Quite often during a paarlauf, due to the competitive edge, a runner will surpass normal times for the distances run. It also teaches pace judgement. A paarlauf-trained athlete is so used to competition, he/she does not fear it when it comes to a one off race. All five of the sub 4 minute milers advised by the writer in the past were keen paarlauf exponents.

Much of the drudgery involved in a hill session is forgotten if the session can be conducted as a relay. At Battersea Park, a 200 metre circuit is used which involves a short, steep hill at the start. This two person relay lasts for 15 minutes.

This is what Sebastian Coe had to say about one memorable re-

lay: 'I was in no shape to run fast; I was strong and fit but it's club policy to break the middle-distance group into teams for a mixed relay. There were about six or seven groups of four and I ran with a fourteen-year old girl and an eighteen-year old guy. The better runners have to go twice and the course is about 400m on a hilly course around a rugby pitch – just a stupid thing. My team was about 200m behind and I just went out and literally had to launch myself to get over the line to win the bloody thing and felt absolutely like death warmed up. I was spread-eagled in the mud and the kids were standing around while I was quietly passing away.'

Having listened to Coe recalling that incident, Dave Hemery also went down memory lane: "It was a sandy dune relay involving four athletes, two per side. There was nothing at stake in the race but the fact that a challenge had been set and accepted. It was the 800m men against the 400m hurdlers. The race ended at full speed down a sand hill, legs like rubber from the previous loops. I dived for the line to ensure a win, bloodied one knee and was absolutely exhausted. The level of our competitiveness bore no relationship to the lack of importance of the occasion. As Seb said, 'You just have to do it.' It is strange, but the enjoyment of the occasion, the effort and the win were as important an achievement, in terms of personal fulfilment, as any top track results. It has a lot to do with giving everything to the effort."

Well, we don't have to run every paarlauf like those two great athletes did, but note that both expressed a sense of enjoyment through their efforts. If you have never taken part in a paarlauf, rectify this fast. You will be better for it. ✍

Frank Horwill

COMMITTEE MEMBERS

Honorary Secretary

David Lipscomb

H: 01923 448 852

W: 020 7707 5304

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

W: 020 7792 1234

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@euphony.net

Triathlon

Eddie Brocklesby

edwina@globalnet.co.uk

Health

Grethe Petersen

H: 020 7630 0730

grethe@lykou.com

Committee Minutes, 100 Club

Sarah Newton

H: 020 8986 5010

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

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.