

THE Serpentines

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



WINTER 2003

What's On With the Serpentine Running Club

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14 & 15 June

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10 & 11 May

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Marathon with the
Serpies**

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

The Serpentine Running Club does not recommend nor endorse any product or service referred to in any leaflet enclosed with this issue. Any money the Club may have received for the enclosure of these leaflets is to cover the cost of postage only.

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.

Club Rules Task Force and the Nominating Sub-committee

Club members needed for new sub-committee

At the AGM last July the new committee was asked to undertake a review of the club's rules, including the definition of key committee roles, and the way in which elections are conducted. The issue arose over a suggestion (not, in fact, agreed by the AGM) that to absorb the ever-expanding workload, co-captains for men and women be pre-selected, in addition to the men's and women's captains. This working arrangement had been used to good effect for several years by the women on an informal basis.

The committee's three "rookies", Phil McCubbins, Eddie Brocklesby and Ian Hodge, were given the task of reviewing the existing club rules with fresh eyes, and their response thus far has been thorough and thought-provoking. The Rules Task Force is now to bring a set of proposals for rules changes to the next committee meeting towards the end of February. Following on in March or early April, it is anticipated that there will be a period for members to comment on the proposals before a final draft is included in the next issue of the Serpentines at the end of April. A Special General Meeting may then be held in May, ahead of our next AGM.

In the meantime, we would like to establish a Nominating Sub-committee of three or four club members not presently on the committee, to ensure that the membership is presented with a slate of candidates at the next AGM who are prepared and suited to managing the club. Working in conjunction with the Rules Task Force, this sub-committee will look to recruit members who have the talents and skills to take on the challenges of our growing club. By including non-committee members in the sub-committee, we hope to reach out and involve "new blood" in the club.

Whether the Nominating Sub-committee becomes a permanent fixture in the club rules is of course, along with the other changes to be proposed, open to discussion. If you would like to be part of this process leading up to the next AGM please contact me or Phil McCubbins as soon as possible.

Certainly, if you have an interest in serving on the committee you should feel free to approach one of the sub-committee to learn more! But nominations for officers and committee members will not be closed to any member fulfilling the minimum requirements, whether nominated through the Nominating Sub-committee or by two other club members. We want to encourage YOUR participation.

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Is it Time to Put Something Back Into the Club?

Not the most eye-catching of titles and we would not blame you if you moved swiftly on to the next article. But...

If you would bear with me a minute or two... "The Committee" - it conjures up visions of Stalinesque smoke filled rooms. Well certainly no one has lit up in living memory in a committee meeting and generally committee members don't suddenly decide to move to Canvey Island "for the good of their health" or inexplicably fail to complete a Wednesday night run on a dark night.

We don't want you for the rest of your life, only the next bit of it

The Committee also conjures up a vision of an unelected body that sits for evermore. Nothing could be further from the truth. Serpentine Running Club has grown rapidly over the last few years and has had to adapt to this massive change along with the loss of its traditional home in Hyde Park. It could not, and cannot, continue to do this without the involvement of a number of people. We could start with the Committee itself, which consists of 12 people. But it extends far beyond this. There are many others who devote time and energy to different areas within the club. For instance, Bev and Sue with the starter groups, Maggie, Gemma and Robin at the track, Ron organising Wednesday nights, Nick planning the Green Belt relay, Owen running the website and Ian in charge of Serpiemail and the e-groups. These are all people who give of their own time to take responsibility for the different activities that are part of the Serpentine year. And there are, of course, many more.

Then there is the Committee itself. Again, we have people involved in the detail of the Club: Grethe and the Handicap, Sarah and the 100 Club and, of course, Jan, Kathleen, Malcolm and Ian in the captains' roles.

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Things To Do With **Serpentine RC**

London Marathon - Watch the Race with Fellow Serpies

Sunday, 13th April, 2002.

The plan is to meet at SHADWELL DLR Station between 0930 and 1000. There is a café near to the station where breakfast is available and there's a TV to watch the start of the race. At 10:00, we'll walk down to the junction of Cannon Street Road and The Highway where we can see the race come past at just over the halfway point and later, by crossing to the other side of The Highway, at around the 21 Mile point.

There are Cafes and Pubs open in the vicinity (with toilets) so you can eat and drink when you want. Most establishments also have televisions so you can watch the race on TV if the weather is really inclement.

From there it is only a short walk to Tower Hill Underground to catch the tube back to the PAX-TON'S HEAD pub in Knightsbridge for post race celebrations and maybe a spot of lunch. There, in the downstairs bar, you will meet up with other spectators and, of course, all those Serpentine runners who will have tales of woe and success with which to regale us.

If you want to join us please contact me (contact details are on the back page). For all those out there who are running please let me have your race number and estimated time at halfway and twenty miles so that I can compile a list and we can look out for you. It is hard to spot people in the race so you can also look out for us as you know where we are. If possible, please wear Serpie colours, but if not, let me know what charity T-shirt you are wearing. ✉

John Walker

Marathon

Race Your Way to a Perfect Marathon

Serpentine's best known running couple recommend races to build up to the spring marathons

If you're preparing to run a spring marathon (London, Paris, Rotterdam, Zurich, Hamburg, Madrid, Boston, etc), we would recommend that you participate in a few races before the actual marathon. This will help to prepare you for the race situation and will make you feel comfortable running with a crowd, fetching water from a water table, pacing yourself in a competitive environment, etc.

You may want to run progressively longer distance races, starting with, say, 10 kilometres and progressing up to 10 miles, a half marathon and 20 miles. Information on race entries can be found in the Runners World magazine, on their website www.runnersworld.co.uk or on our Club website www.serpentine.org.uk. Be aware that some of these races fill up quickly, so enter as soon as possible. We are hoping to run several of the races ourselves.

Recommended 10k races:

- 2nd March Regents Park 10K - careful, no entry on the day. Usually oversubscribed.
- 6th April Regents Park 10K - details as above for 2nd March

Recommended ½ Marathons:

- 2nd March Berkhamstead ½M, entries close 24/2 (pretty countryside)
- 9th March Reading ½M, entries close 9/2, www.readinghalfmarathon.co.uk (enter early, 9000 runners) (Warning: May need to overnight for early start)

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Last Half of the London Marathon training run

Sunday 30 March at 8.45am

What is it?

A training run, two weeks before the London marathon, covering the last 14 miles of the course (from Tower Bridge through the Isle of Dogs to Buckingham Palace), followed by a big breakfast near the finish.

Why do it?

During the last half of the London marathon, as you are beginning to hurt, you will find it encouraging to know the route and to know that you have run it. It's a good fun too.

Who can take part?

Only members of the Serpentine Running Club.
We are expecting to have to limit the numbers to about 80 people.

Is it a race?

No. We will divide up into pace groups, each with a leader and a support cyclist.
The group will run together.

How much does it cost?

Only £3, payable on the day. This covers costs, including bagels, which will be provided. You are also asked to bring fillings for bagels - cream cheese, salmon, etc and fruit. Please bring enough to share!

What about my bags?

Your bags will be collected from the start and you can collect them at the finish (where you can also shower and change).

It sounds like a lot of work. Do you guys need any help?

Yes, we need a lot of helpers to make this work. We need cyclists for each pace group (preferably ones that know the route), drivers with cars, water station helpers and marshals. Please try to persuade a friend or relative to come along and help.

Where can I sign up?

Either visit www.serpentine.org.uk/london/lasthalf/, or contact Owen Barder (contact details below). But hurry, it's first come first served. Also, be warned, you will need to know your membership number to register for the event.

What if I don't know my membership number?

You can get your membership number from the online membership database at www.serpentine.org.uk/serpiebase/
Alternatively, your membership number is on your membership card.

Owen can be reached on
owen@serpentine.org.uk
Mobile: 0778 897 8107

Track Training

Get on Track and Take up Coaching

You can start with just the UK Athletics Level 1 course

The club urgently requires more coaches. Having chatted with Serpentine members, it seems that many of you already have an interest in coaching others. You can start by assisting the existing coaches if you take the Level 1 UK Athletics course. The club will pay your course fees, so what are you waiting for?

The Level 1 UKA course is fairly simple and common sense is the principal asset you'll require. Coach instructors are very friendly and patient and are not out to fail anyone. We all found the course a useful stepping stone.

Once qualified at Level 1 you can assist existing coaches at track sessions and then move on to Level 2. The Level 2 course presents a much steeper learning curve, but is an enjoyable experience nevertheless and is thoroughly recommended by all your club coaches. The course broadens knowledge of fitness, technique, cardiovascular systems, nutrition and athletics in general. The Level 2 course also has several extra modules which allow prospective coaches to concentrate on particular areas, such as endurance, speed, jumps, throws or working with children.

If you have an interest in taking up coaching please chat to one of us at any track session or contact us on the numbers below. We would love to hear from you. ✉

Gemma Hale, Maggie Moran and Robin Adams

The Coaching Team

Gemma: 07779 791923
Maggie: 07779 008686
Robin: 07960 377275

Track Training

Making Tracks to the Track

The Tuesday and Thursday evening sessions are open to all levels of ability and are sure to improve your performance

Serpentine RC may be principally a road running club, but we also have our cross country, ultra and triathlon enthusiasts, and we have a track training section as well. The 'trackies' meet twice a week and we regularly see up to 75 runners between the two sessions. Track sessions are held at Paddington Recreation Ground track on Tuesday evenings and at the Millennium Stadium at Battersea Park on Thursdays.

Track training has many advantages over road running, not least because the Redgra surface at both tracks is much kinder on joints than any other surface.

Then there's the advantage of being able to record accurate distances so you can assess your fitness and monitor your progress. Battersea track is floodlit in the winter, whilst Paddington is also partially lit. Both tracks have changing and showering facilities and Battersea also boasts a well-equipped gym. Allied to this, you will receive expert coaching at both venues by UK Athletics qualified coaches working to a structured schedule of training sessions.

The surface at both tracks is much kinder on joints than any other surface

Gemma Hale, Maggie Moran and I have all passed our Level 2 UKA courses and we now cover both track sessions on a rotational basis. We are also grateful to have the invaluable assistance of Alan Woodward at Battersea on Thursday evenings.

Continued on next page

Sudbury Court Running Club East Lane, Wembley

Presents

The Sudbury Court 10K Sunday 18th May, 2003 at 11am

In memory of

Jenny-Rose Lotter

for Children With Leukaemia

Prizes to 1st, 2nd & 3rd Male and Female
1st Vet, Male and Female

Medals to all finishers & Spot Prizes
Under UKA Rules - Permit applied for

Closing date for entries: 12th May 2003

Fee £5 Affiliated, £7 Non Affiliated.

Entries on the day, subject to 250 limit, £8

† † †

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

Send cheque made payable to "Sudbury Court Running Club", plus 9" x 6" SAE to: Sudbury Court Running Club, c/o 12 St. David's Close, Wembley, Middlesex HA9 9BT

www.sudburycourt-rc.org.uk

Tracks to the Track

Continued from previous page

All of your coaches are able to answer any training queries, and those we can't reply to on the spot, we'll certainly strive to answer by the time the next session comes around.

There's never any elitism at either session

We have picked up the baton of track training proffered by Derek Turner when he moved to Loughborough last October. And whilst we can't offer the same individual level of commitment that Derek so admirably displayed for so long, we are committed as a team to continuing coaching the track sessions for as long as they remain popular.

I know that some Serpies may be

hesitant to participate, believing that track training is intended solely for the super fast or TBG's (Too Bloody Good), as they are known. But this is not the case. There's never any elitism at either session; runners are always divided into groups of similar abilities. So whether your projected marathon time is two hours or 24 hours, you're sure to find a warm welcome and some similar-paced training partners at either venue.

Whereas road running is generally geared to endurance training, track training can help develop many different facets of running. Track sessions can be designed to increase both aerobic and anaerobic capacity or to build strength, endurance, stamina and speed (but not necessarily all at the same time).

The addition of track sessions to a

training programme will generally improve a runner's performance. The intensity of the sessions may be hard work at times, but the rewards can be worthwhile. Here are just a couple of examples:

John Greene joined the track sessions about 18 months ago and was no more than a capable runner at the time. He has now progressed enough to run with the lead group at the track sessions, and is very often at the front of that group. His 5k time has improved from over 19.30 to sub 18 minutes.

Paul Curd tried all through 2002 to run sub 19 minutes for 5k, and after just three track sessions, he took an almighty lump off his time, running 18.32.

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Long Runs on Wednesday Nights

Are you training for a spring marathon?

If you want to run further than 3 Parks on a Wednesday night with a group then read on

- Pace depends on distance and who's in the group
- Nobody will be left behind - we'll go as slow as the slowest runner
 - If there are lots of runners we'll divide into pace groups
 - Bring drinks and money/travelcard and wrap up warm
 - We start from the Seymour Centre

Date	Distance	Start Time
26 Feb	12 mile	6.45pm
5 March	20 mile	6.00pm
12 March	12 mile	6.45pm
19 March	16 mile	6.30pm
26 March	12 mile	6.45pm
2 April	10 mile	6.45pm

If you need more details, or would like to come along contact

Nick Slade

Home
Work
Email

020 8621 0482
0208 338 2362
nslade@hbgc.co.uk

GREEN BELT RELAY

10-11 MAY 2003

Love it or hate it, the GBR is back....

The Relay

A whirlwind tour of London's greenbelt countryside and surrounding towns in 20 sections (8-14 miles each). Runners must run at least TWICE, once on each of 2 days. The event tests athletes to their limit. It's also a fun and rewarding experience and winning is a secondary priority (though a trophy other than the 'toilet seat' would be nice!)

Teams

We are entering 4 teams, each of 10 runners
Men, Ladies, Vets & Mixed (for beginners and newcomers).

You need

A solid background in distance running (at least 9min/mile pace) or some tough training before 10 May.

We need

As well as runners we need minibus drivers, first-aiders, map-readers, physios, reserve runners, car drivers and non-running support.
Priority running places are for people who stay for the entire weekend.

Accommodation/Travel Expenses

Accommodation is in Essex, near the mid-point of the relay.
Approx £35 per person (dinner, B&B) plus minibus cost £10 per person.

Interested? Want more details? Contact:

Nick Slade

Home: 020 8621 0482
Work: 020 8338 2362
nslade@hbgc.co.uk

or

Raul Kharbanda
Zoe Gulliver
Ian Hodge

Raul.Kharbanda@dti.gsi.gov.uk
zoeg01@yahoo.com
ihodge@serpentine.org.uk

Check out the web site for more details on the relay
<http://www.greenbeltrelay.org.uk>

Welsh Castles Relay 2003

14 and 15 June

20 Stages, 20 Runners, 210 Miles

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

Beautiful Welsh Countryside and a Few Hills

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

The Teams

We are entering two Serpie teams this year. Last year we entered a Ladies and an Open team and the team entries for 2003 will be going in shortly.

How much will it cost?

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

Interested?

Please contact either of the following people

Jan Farmer	janet.farmer@dfait-maeci.gc.ca	w: 020 7258 6665
Kathleen Broekhof	kathleen@serpentine.org.uk	m: 078 87545446
Malcolm French	malcolmfrench@aol.com	h: 020 8422 3900
Ian Hodge	ihodge@serpentine.org.uk	m: 077 6876 5670

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

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

Tracks to the Track

Continued from page 6

Paul very kindly sent us an email afterwards in which he put down his improvement to the structured track sessions. His email certainly made for a heart-warming read and it seems we are doing something right.

Many who come to the sessions are working towards a goal and want to see improvement, but

there are others who just come along for the camaraderie. Whatever your ability or objectives, your coaches will be very pleased to assist.

Gemma, Maggie and I have mapped out a schedule for the first four months of this year, which we are confident will be challenging and rewarding to athletes of all abilities. We will continue to meet regularly to plan ahead. We are not frightened of

trying something new and we all believe that a wide variety of distance, repetition, speed, etc. is the key to providing the maximum benefit while also making the sessions as enjoyable as possible.

If you've never tried a track session, please come along and join us one Tuesday or Thursday evening.

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Club Championships



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

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

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

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

What is Age-Grading?

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

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

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

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

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

The table below contains dates for all events for this season as they stand currently. It's possible that some details may change nearer the time, so check the website or contact one of the club captains to confirm. Get together with your training partners and give some of them a go! ☺

Jan Farmer

Distance	Race & Location	Day	Date & Time
20 miles	Finchley	Sunday	16 March
5 miles	Coomb Hill	Sunday	18 May
1k (Grand Prix)	Hyde Park, Serpentine Lido Cafe	Saturday	24 May, 9am
1 mile (Grand Prix)	Paddington Track, Maida Vale	Wednesday	4 June, 7.30pm
3k (Grand Prix)	Battersea Park, Millennium Arena	Tuesday	17 June, 7.30pm
Half marathon	Borehamwood	Sunday	22 June
5k (Grand Prix)	Battersea Park, Millennium Arena	Wednesday	2 July, 7.30pm
10 miles	Cabbage Patch (Twickenham)	Sunday	19 October
10k	TBC	TBC	TBC

Your Way to a Perfect Marathon

Continued from page 3

Recommended 20M races:

- 2nd March Bury 20, entries close 23/2, raceres@lineone.net
- 2nd March Thanet 20, entries close 26/2, www.thanetroadrunners.freemove.co.uk
- 16th March Finchley 20, entries close 1/3, aze@swaleheen.freemove.co.uk (Serpie

Club & Middlesex Championship Event)

Other Recommendations:

30th March Last Half of the London Marathon (Serpentine members only). Check the Serpie Website on www.serpentine.org.uk or the advert on page 4 for more info.

Happy Training. ☺

Ron & Beate

1. The closest a Briton has come to winning the Olympic Marathon was in the 1948 Games at Wembley when Tom Richards finished just 16 seconds behind the winner. He may have won had he not stopped near the end for what?
 - a. to ask the way; b. for a call of nature; c. to have a cup of tea
2. In the 1908 Olympic Marathon in London, Charles Hefferon from South Africa was in the lead with only two miles to go. He, too, may have won had he not stopped for a drink of what?
 - a. champagne; b. brandy; c. lemonade
3. Who won the 2002 women’s British Police 10 mile Championships?
 - a. J. Robber; b. A. Crook; c. W. Conman
4. In 2002 how many British men ran a marathon faster than Paula Radcliffe’s world record time of 2:17:18?
 - a. none; b. 4; c. 9
5. Which British city will host the 2003 IAAF World Indoor Championships?
 - a. Birmingham; b. Cardiff; c. Glasgow
6. In which city were the first IAAF World Indoor Championships held, in 1987?
 - a. Indianapolis; b. Monza; c. Monaco
7. The only British medal in the 1987 Championships was a bronze in the 60m hurdles. Who won it?
 - a. Colin Jackson; b. Jon Ridgeon; c. Nigel Walker
8. Who is Britain’s only reigning World Indoor Champion?
 - a. Jonathan Edwards; b. Daniel Caines; c. Ashia Hansen
9. Under UK Athletics rules, what has to be used when measuring a road race course?
 - a. Pedometer; b. Surveyor’s Wheel; c. Jones Counter
10. Road race promoters must supply runners with drinks in all races of what minimum distance?
 - a. 5km or more; b. 10km or more; c. 21km or more

Compiled by Malcolm French

Answers can be found on page 15

Is it time to give something back to the Club?

Continued from page 2

But the Committee also tries to take an overview of what’s happening in the Club and where it’s going. We’re trying to plan for the Club’s future while also dealing with the issues of the present.

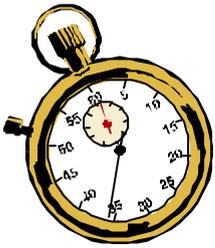
Any member who has been around the Club on a regular basis for some time will attest to the benefits of belonging to Serpentine. It allows you to run with

like-minded people in a safe and friendly atmosphere. Due to its Central London location, it has quite an international character and has an equal balance of men and women. It keeps you running in the dark winter nights and organises a variety of different events to persuade you to get out of the house.

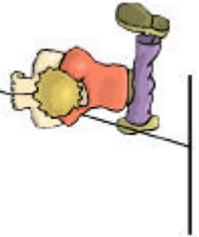
It’s easy to take up all the options open to us at first, but perhaps after a while you feel you’d like to put something back into the Club. I said earlier that the Com-

mittee will not sit for evermore. Hopefully it actually will but with different people. It’s important that there be slow but steady change in the composition of the Committee to keep it dynamic. Three new people joined the Committee last year and a similar number will be needed this year. We want our Committee to evolve. If you’ve enjoyed running with the Club, think about doing a little more for Serpentine.

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Track & Field



Run, Jump and Throw

Looking forward to the 2003 track & field season

Is there life after the London marathon? Have you ever fancied doing something different? Did the Commonwealth Games inspire you? Ever thought of taking part in track and field athletics rather than just watching it on TV?

Are you interested and how do you know if track and field is for you? Well, you'll be surprised just how many Wednesday night regulars do more than just road running. You'll find a fair few who can jump and throw things as well (although not neces-

sarily at the same time!) And if you're worried that the standard might be too high, details of previous years performances are on the website and should reassure you. You'll see that we have competitors of all abilities.

We can offer you a comprehensive programme of events throughout the summer. You'll find the provisional fixture list below.

For male athletes, we will again have two teams in the Southern Men's League, this year in divisions 2 and 5. Each Southern league match includes a full programme of track events from 100m to 5000m, plus hurdles and steeplechase.

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Serpentine Running Club Track & Field Fixtures 2003

Date	Event	Location
Mon, 28 April	Veterans League*	Battersea
Sat, 3 May	Southern Men's League - Divisions 2 & 5*	Battersea
Sat, 10 May	Middx County Championships	Mile End Stadium
Wed, 14 May	Rosenheim League	Croydon
Sat, 17 May	Division 2	Mountbatten, Portsmouth
Sat, 17 May	Division 5	No match this week
Mon, 19 May	Veterans	Battersea
Wed, 28 May	Rosenheim*	Battersea
Sat, 31 May	Division 2	Bedford
Sat, 31 May	Division 5	TBA
Mon, 2 June	Veterans League	Battersea
Wed, 11 June	Rosenheim	Wimbledon Park
Sat 21 & Sun 22 June	SEAA Regional Championships	Portsmouth
Sat, 28 June	Division 2 & 5*	Tooting Bec
Wed, 25 June	Rosenheim	Sutton Arena
Sat, 12 July	Division 2	Dartford
Sat, 12 July	Division 5	Mountbatten, Portsmouth
Wed, 16 July	Rosenheim	Tooting Bec
Mon, 28 July	Veterans	Battersea
Wed, 30 July	Rosenheim	Tooting Bec
Sat, 2 August	Division 2	Tonbridge
Sat, 2 August	Division 5	Abingdon
Wed, 20 Aug	Rosenheim	Tooting Bec
Sun, 31 Aug	Veterans	Battersea
Sun, 7 Sept	Middx Veterans Championships	Barn Elms

* Serpie Home Fixture



Running Stories



Serpies Storm Snowdon

An intrepid group of Serpies head to Wales to conquer Snowdon – amid some bemused hikers!

After six weeks of intense planning and preparation, on 15 November 2002 a carload of Serpies headed out into the wilds of Wales to conquer Snowdon, brave the mid-winter weather and carry the flag for the club.

Glorious sounding so far! The gang was made up of Simon “Tea cosy” Maughan, Simon “Flat cap” Lawrence, Shari “No shoes” Davis and Lynne “Laugh-ter” Prestegar. With only minimal hill training and half recovering from injury, the four intrepid, and it could be argued slightly mad, explorers set off from Golders Green after work on Friday.

There was a minor delay after meeting up, since Simon M managed to “lose” his car “Paula”, of London Marathon fame. A telephone call to his brother later and we were off at pace out of London and onto the motorway. Having been kept well fuelled along the way by the baking genius of both the Aussie girls, we made Llanberis by midnight.

Simon M managed to “lose” his car

A desperate search of Llanberis next morning and a bit of shopping resolved the Shari (No shoes) problem. So with the final excuse out of the way and kitted out with the all important Serpie tops, and the not to be forgotten flat cap and tea cosy head gear (see above), the gang set off up the 5 mile, 1000m climb to the summit of Snowdon.

The first half-mile felt like an almost vertical ascent, damn nearly killed us and exceeded the abilities of even a heart rate monitor to record. Having overcome this barrier, we staggered on, got into our pace and pounded up the hill bypassing bemused hikers along the way.

The first half-mile exceeded the abilities of even a heart rate monitor to record

A second and more challenging “cliff” awaited us nearer the top, with the added complication that it was paved with scree (the equivalent of trying to run up a sand dune). This one brought us to our knees but we nonetheless made it onto the ridge without the need for the mountain rescue helicopter.

Continued on page 16

From Kings Lynn to Kings Lynn the long way ...

Raul’s adventures running and cycling in the Round Norfolk Relay

People said I was mad when I told them about my weekend of running, cycling and hardest of all, staying awake in Norfolk for 24 hours. “It’s very flat and why would you want to run in the dark?” some asked. I suspect many others wanted to ask the same questions. So what did I tell them on my return? It was an event that epitomised all the attractions of running: natural wonders and wonderful people, so many positive vibes, a great sense of camaraderie – all in all it was such an uplifting experience with all of the elements that help you beyond running.

It’s very flat and why would you want to run in the dark?

My relay started in the dark in Winterton-on-Sea, where the baton was handed to me with great gusto. Then began the rather surreal experience of running whilst being followed by a car with a flashing light on the roof. My work colleagues were right about one thing - it was flat, very flat. But the stars shone so brightly that I kept on looking up. As a city dweller, I am lucky to see more than three stars in a night. The brightest things where I live are the street lamps, but here it really was like being a child again and I could have happily stared at the stars for ages.

The stars and talking with my cycling partner kept me so occupied that running nearly became secondary. That was until I almost ran into a wall while I was either looking up or talking, which could have been highly embarrassing.

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A Normandy Adventure

Poems and prose remembering a weekend in France

On the weekend of 9 to 11 August 2002, several hardy Serpies embarked on a cycle trip across the Channel in Normandy. The plan was to arrive in Dieppe on Friday night, stay in a nearby B&B, cycle to Rouen during the day on Saturday, overnight in Rouen and cycle back to Dieppe to catch the ferry home on Sunday night.

We ended up doing over 100k on Saturday and 80k on Sunday using two separate routes. We lunched in Neufchatel on Saturday, had a romantic dinner at the Joan of Arc monument in Rouen and were even able to nap in the sun on the beach in Dieppe before returning home.

Reviews of the trip are recorded here in poetry and prose. The participants were: Beate and me, Owen and Grethe, Anthony Stranger-Jones, Phil McCubbins, Ian Hall, Ian Priddle and Maria Brady.

Ron Hagell

Thoughts on cycling on the other side of the road

There's just something about cycling on the other side of the road - it seems much more exotic. Memorable moments, and there were quite a few - the long downhill towards Neufchatel before Saturday lunchtime; the cat in the middle of the field surveying its own domain; Ron and I singing (quietly) in the Dieppe creperie nearly all the words to Chantilly Lace and being very embarrassed I knew them (I blame my parents); anytime when we were doing more than 20 mph; Anthony's towels; great company.

One addition to the weather forecasting cows - Sarah and I spent a long weekend walking the Thames towpath upstream from Windsor (which is highly recommended). We saw cows standing in the river - Anthony, what does this mean?

Ian Hall

Anthony's reply to Ian Hall on cows and more besides

It's obvious what it means. No rain expected in the near future (apparently it doesn't work in Denmark for some reason). I know you guys don't believe me but look at the following website and scroll down to animals, www.rcn27.dial.pipex.com/cloudrus/lore.html.

The Weekend recorded in verse:

Too many memories to mention,
The release of London's tension.
Cycling off the boat into Dieppe and
feeling free,
The old French couple fishing, bums in
the air, lines cast out to sea.

The first place where we dined,
The splendid cheese and wine.
Breakfast at Madame Durame's,
Her luscious bread and jams.

Thank God, no rain,
The romantic Seine.
Anthony's chattels,
The up and down cattle.*

The breath-taking views,
The pubs and their loos.
The last breakfast en route,
Anthony and his FRUIT.

Streamlining and drafting,
Various scents wafting.
The hand of Maradona, whoops Ian
The absence of neon.

Finishing in Dieppe,
My last chocolate chaud crepe.

Maria Brady

* Anthony says that one can determine the future weather by looking at cows in the field. Sitting down means rain and standing-up the opposite.

The whole trip was so full of memories for me that it is almost invidious to list just a few but here goes...

I learned a new skill called drafting

I thought Normandy was as flat as a pancake (more on pancakes later). How did Ron find all those hills? At least on one I was feeling quite smug while I struggled up as I knew that for once I wasn't last when, whoooooosh, past goes Maria at high speed with Ian alongside. How did she do it, I wondered, then I noticed Ian's hand on Maria's back!

I learned a new skill called drafting. To stop me falling too far behind I was told to concentrate on keeping my front wheel not more than one metre behind Grethe's back wheel while she did the same with her front wheel and Owen's back. All was fine except when I raised my eyes for an alternative view!

There was the attempt by Ron to explain to a tired but happy bunch of Serpie cyclists how Claude Monet used the light in so many different ways when painting the amazing cathedral at Rouen.

Ron and Ian with their maps trying to decide which way to go while Beate whispered to me that we should turn right here but don't say anything as they like to work it out for themselves.

Then there was Owen going quite the wrong way in Dieppe to find the pancake restaurant (what marvellous crepes they were!) Then Ian getting locked in as the owner shut the place up, not realising that he was still inside answering the call of nature.

It was such a marvellous weekend in Normandy.

Continued on next page

Normandy

Continued from previous page

I am only too conscious of the immense amount of organisation that goes into making such a weekend so enjoyable for everyone, from the timing of the connections, to finding nice places to stay, making sure no one gets lost, while having time to see the beautiful Normandy countryside.

Anthony Stranger-Jones

Phil is spoilt for choice in picking his highlights

I don't know what to pick out, there were so many great moments. The discovery of Neufchatel on toast served with cidre must be one. The forest road on Saturday afternoon was such a great ride, as were several "special" sections on Sunday. If we were going to give out prizes, then in the handicapped race for the bike & rider carrying the most weight over 175k and staying in there, the award has to go to Anthony. Well done!

Phil McCubbins

Ron has learned that all he needs for weather forecasting is a field of cows, but are they getting up or sitting down?

Firstly, I'd like to thank everyone for such a great weekend!

My input would have to start with the luck we had with the weather and learning the new way to predict the weather by looking at cows. Now I know that all I have to do to know what the weather is going to do is to observe cows in the field. According to Anthony S-J, cows sitting means rain and standing means sunny days. Of course we saw cows sitting and standing in the same field. But that's OK, because now we know all we have to do is stand around long enough to ascertain whether they are in the midst of sitting down or standing up.

Next I think we all have to acknowledge the packing talents of our various members. Yes, Beate and I did have the least but we had a serious washing job both nights. The winner has to be Phil. How he got all that stuff in

that little bag we will never know. I think I heard someone say he also had his 'Sunday-go-to-meeting' suit in there as well but thought it was a bit too much for the pizza outing.

We have to acknowledge the packing talents of our various members

I was very happy with the lovely road surfaces we happen to find on all new routes - what luck. The one road through the forest after lunch on Saturday was a particular honey - as was the bride we encountered in the village at the end of that stretch. Even if some of the hills were challenging, all in all it wasn't a bad trip at all!

Ron Hagell

The webmaster's thoughts turn to his stomach:

For me the most memorable highlight was having breakfast in that village outside Rouen. What a great weekend!

Owen Barder

Road Running

The New York Marathon

Serpie Experiences in the Big Apple

As members of Serpentine we are lucky to be part of a club where something is always happening. If it's not a Serpie e-mail discussion about Wednesday night run logistics, it's a late night at the Larrik; if not a new member's night, then a health weekend; maybe cross country, or group participation in a marathon. For instance, the New York Marathon on 3rd November last year.

The "something is always happening" concept means that it was possible for me to fly to the US alone to be re-united with yellow and red vested friends in the Big Apple. Several club members were there both as spectators and as participants at one of the world's biggest running events. Here is what a few of our Serpies (or should I say "Serpenteen" as the Americans affectionately called us!) had to say about the race.

Jon Leyne - "It was a typical New York experience really, frustrating at times but great fun as well. Thanks to our link with the New York Harriers we got a lift to the start, avoiding the chaos of the marathon's own buses. The Harriers had very wisely brought blankets to the start, which they shared. So instead of freezing, I had a nice snooze before the gun went off."

Ben Paviour - "Where do I start? There are many aspects of the race that stand out. The chaotic start, queuing up for over an hour before the race for a cup of coffee! I think the best bit was the first couple of miles going over the bridge from Staten Island and seeing Manhattan in the distance; a pretty awesome sight and you're feeling fresh as well so you can appreciate the view."

Robert Maslen - "Lying in the sun, back supported by the wall of a tent, gazing over the Verrazzano narrows, the start of the New York Marathon. As time wore on more and more runners lay down near me and eventually the tent collapsed."

Continued on next page

New York Marathon

Continued from previous page

No matter. The view out over the Hudson seaway was glorious in the freezing morning, the vista occasionally interspersed by the clattering arrival below of helicopters with VIPs. To the right, ranging down the hill, guys stood in front of an aluminium trough - being New York, it was, of course, the longest urinal in the world. Eventually time to move onto the start, at the lower level of the bridge. A national anthem was sung. Then we were off. Words of advice ringing in my ears to move into the inside of the bridge to avoid golden showers from above."

The importance of taking your trainers off to put your drinking boots on must be emphasised here

Sarah Nock - "As soon as I stopped running, my legs stiffened and I joined all the other runners in a dream like state, shuffling wordlessly through the park as volunteers wrapped a foil sheet around me, then a medal. I steered towards the food stand but once again they were out of bagels so I carried on with my shuffling in a sea of gently cracking foil.

Chairman's Message

Continued from page 2

Safety

With membership heading for the 1000 mark, and winter Wednesday night runs attracting up to 150 people, whether we like it or not, safety becomes a vital component of our planning. And that's not just our safety. It's the safety of everyone else out there, too. Ron Hagell, Bev Thomas and Ian Hodge have worked hard on a risk assessment to identify and minimise hazards (see page 17 for a summary), but at the end of the day, your safety and the reputation of the club depends on you!

Unnamed speedy types are still running through the Hyde Park Corner complex at top speed!

It was good to hear from former chair Hilary Walker that there was a vast improvement following recent publication of the risk assessment, but a tad disturbing that unnamed speedy types are

All around me people were in heightened states of emotion, squatting, in shock against the fences, hugging each other and cheering."

Personally, I felt that the course was a tough one, but then I guess that's one of the reasons that it's known as a Marathon! Al Chou, our ever resourceful Serpie, introduced us to his friends in the Harriers for post race celebrations. (The importance of taking your trainers off to put your drinking boots on once you have completed a marathon must be emphasised here!) The Harrier "drinkers with a running problem" expressed a warm welcome to the Serpies. I'm sure that we can welcome them to run with Serpentine when they visit London. Many of them had already heard of our club.

For anyone thinking about taking part in a Marathon later this year, consider registering for New York on the 2nd November. I'd thoroughly recommend it to anyone who likes well organised Big City Marathons. There are spectators aplenty. It's a truly American atmosphere. It's festive. It's a once in a lifetime experience; one that I actually think I would like to have..... again. ✍

Lynne Prestegar

still running through the Hyde Park Corner complex at top speed - dare we say, fuelled by testosterone. Now Hilary is no wimp. If a former international ultra-runner running in the opposite direction is intimidated by you, just think how someone frail or even just a bit less mobile than you are will feel, and cool it! As Hilary suggests, use this as an opportunity to regroup and save the speed for races. Heaven knows, that's where we need it!

For the slower runners, it's a matter of keeping your wits about you, not running in big packs - these, too can be intimidating - and leaving plenty of room on the pavement for other pedestrians. And, of course, looking around for others before running the final leg from Hyde Park Corner to Marble Arch, to make sure no

women run that stretch on their own.

Now, where did I put that Miss Bossy badge?

Safe running! ✍

Ros Young

Is it time to give something back to the Club?

Continued from page 10

We don't want you for the rest of your life, only the next bit of it. Maybe think about joining the Committee in a couple of years' time. Talk to any Committee member who will assure you there's still plenty of time to train for marathons! ✍

Ian Hall

Answers to the Quiz on page 10:

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

Storming Snowdon

Continued from page 12

Using our final reserves, we made a final burst for the summit past the (closed) train station, up the rocky outcrop to the triangulation point, which marked the top. Success - Serpies rule Snowdon!

After a quick stop for the obligatory team photo and some essential supplies of Kendal mint cake, we turned round and headed back. We flew down! In Lynne's case quite literally, as she pulled off the first of her spectacular dives of the weekend. In true Serpie style we hit the bottom and made for a glory finish through the town to the Hotel Don Peris.

She pulled off the first of her spectacular dives of the weekend

The Serpentine is a social club who also run, so of course, having got cleaned up, we settled into the pub, ate like kings and put away jugs of beer while watching the rugby test matches. Having drunk Llanberis dry, we moved onto the delights of Bangor, hit the dance floor of the biggest club in town and pushed through till the early hours.

A stroll and some fresh mountain air on a beautiful, clear and crisp Sunday morning was a perfect way to round off the weekend. At a remarkably perky hour, and by way of recovery, we checked out and wandered up Glyder Fawr (980m high). Our luck with the traffic held out on the way home and after some high quality car karaoke, we made London by 10pm. A blinding way to spend a weekend - you should try it! ✍

Simon Lawrence

Round Norfolk Relay

Continued from page 12

After completing my leg in the next town - with yet another great sounding Norfolk name - I took over on navigating duties and watched Al Chou zoom through the ranks. Incredibly there really was a traffic jam in the middle of Norfolk at 2am, caused by all the support vehicles. How do you overtake on those narrow lanes? Teamwork got us through that challenge.

Next I was on cycle support for Simon Maughan through a beacon-lit forest. As Simon entered the forest it was completely pitch black and the only thing to be seen were the flashing beacons - again very surreal. So Simon's navigational worries were second to his worries about me falling off my bike, which I did twice. I was lucky not to fall onto Simon, and even luckier that he agreed to keep it a secret on our return to base (which of course he didn't!) At the

end of Simon's leg it felt like we had mysteriously been transported to the USA. The police cars, guards and general American paraphernalia at the US air-base made us feel as if we had been dropped straight into the mid-west. This would have been strange at any time of day, but at 4am it felt even stranger.

There really was a traffic jam in the middle of Norfolk at 2am

The final stages of the race saw the Serpie baton pass through villages with wonderful names like St Mary Magdalene the Virgin. The final leg had Vincent Schuller carrying our baton into Kings Lynn. Then to the prize-giving ceremony at 7am, which lasted one and a half hours. Getting through this for a gang of Serpies suffering from sleep deprivation after running and cycling though the night was no mean feat.

So there you have it. I haven't said much about times have I? But hey, running's not always about being the fastest, but it can be about seeing the wonderful world that we live in and meeting some great people along the way. You're certainly guaranteed that in the Round Norfolk Relay. ✍

Raul Kharbanda

Foiled Again!

If you're running the
**Paris or London
Marathons**
--- Please ---
**Save and Donate Your
Foil Blanket**

† † † † †

Blankets will be used by a home for
severely disabled children

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

Please leave
them at Sey-
mour Hall and I
will send them
off in one batch

Or send them to:
Mrs J Marriott
Wysteria Cottage
Ratby Lane
Markfield, Leicestershire
LE67 9RJ

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

Thank You

Phill Harris

phillharris@serpentine.org.uk

Club News

Honorary Serpies

Frank Horwill and Hugh Jones receive the Club's honours

At the 2002 AGM a proposal was passed to allow the club to recognise the significant contribution of certain non-members to its activities by awarding them honorary membership of Serpentine Running Club.

The Serpentine Christmas party on 7 December 2002 gave the club the opportunity to present Frank Horwill with his honorary membership. Frank's contribution, whether it be primarily coaching many Serpies at Battersea over the years, or more recently speaking at our health weekend, has been significant.

Presenting Frank with honorary membership was the club's way of expressing our gratitude to him.

Likewise the January handicap gave the club the opportunity of presenting Hugh Jones with his honorary membership. Hugh is, of course, a former winner of the London marathon. However, it is essentially his contribution on behalf of Serpentine Running Club in measuring many of the courses we use for the club championships, handicap or Last Friday of the Month 5k that we wanted to recognise, by awarding him honorary membership of the club.

The club may, over the coming months, welcome more honorary members to its fold and your committee will let you know about each new honorary member. ✍

David Lipscomb

Safety

Running Safely

Safety tips for Wednesday nights

Anyone who has run the two or three parks routes with the club recently, particularly on Wednesday evening, will have noticed how big the group has become. The size of the group means we have to take extra care to avoid causing problems to other park users and to keep ourselves safe. The club has completed a risk assessment of the two and three parks routes and this should be available on the website by the time you read this. If you don't have access to the website and would like to see the full assessment, please contact Ian Hodge to obtain a copy. Please take a moment to read it!

Meanwhile, here are a few guidelines to make sure we all have a safe run:

- We are a general hazard to pedestrians along the entire route. Do not assume they have seen you. Be courteous at all times.
- Look out for and give way to pedestrians and other footpath users.
- Stay off cycle paths, look out for cyclists and roller-bladers and give way to them.
- Obey the pedestrian rules of the road.
- Slow down and take extra care through the tunnels at Hyde Park Corner.
- Give way to traffic and obey all traffic lights and other signals at road crossings.
- Run no more than two abreast on the narrower footpaths (especially on the route to/from the

Seymour Centre and Speakers' Corner) to provide room for other pedestrians, prams etc.

- In the winter evenings, do not run alone, particularly if you are female. All runners, especially male, should make sure female runners are accompanied at all times as much of the park is dimly lit.
- Bib wearers are there to show the way - they are NOT marshals.
- **Be responsible for your own actions and for the safety of yourself and others! Be aware of those around you.** ✍

Ian Hodge

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Captain's Log

The Women

It is with a twinge of both sadness and excitement that Jan and I compose this article for the Serpentimes. This will most likely be the last time we will be doing a captain's report of this kind. After three years for me and an amazing five years for Jan, we have decided that it is time for some new people to take over our rewarding jobs. We are sad to have to give it up with the rewards and fulfilment that it provides, but we are also excited at having some new blood and ideas in the role.

At this time, we would ask each Serpentine woman to think about whether you could do this job. If you cannot make the commitment, we urge you to think about making the captain's job easier. This could mean ensuring that your profile in SerpieBase is up to date including your current interests (i.e. road running, cross-country, etc.) As well, get in touch with the captains – they are generally pretty friendly people – and voice your interests about upcoming events and races. Finally, think of helping out at specific events if you can – for instance, if you know you will be at a cross-country race, volunteer to get the numbers. If there are any questions or comments you have, please don't hesitate to come and speak to Jan or myself.

As I said previously, the years in this role have been nothing short of a rewarding experience. We have some fantastic women in the Serpies, and by this we not only mean as runners but as individuals as well. The amount of enthusiasm and the general camaraderie is really special within our teams for any event. Our vets, especially, deserve a special mention. There were times during the summer when our regular competitors for a specific event were away and other ladies (who had not done events such as high jump or triple jump since being in school) willingly stepped in to make sure that the team got the points.

Now, enough reflecting on the past and we can start looking forward to the future. Once the London marathon is over, we have a schedule full of events. First, keep in mind the club championship series of races from 1km to a marathon. It is a great time to sharpen up your racing skills and run against other Serpies. As well, there are two road relays that prove to be excellent fun and a great time to get out of London with other Serpies. The first is the Green Belt Relay on 10 & 11 May, which is around London. The next relay is the Welsh Castles Relay on 14 & 15 June, where we are entering a vets team for the first time.

Continued on next page

Captain's Log

The Men

I'm penning this note sitting in a very cold Lido Cafe looking across a snowy Hyde Park. Spring seems a long way away. Yet as the winter cross-country season slips away, we can look forward to spring with its road races and marathons and the start of the track and field programme.

Firstly, good luck to everyone who is preparing for the London marathon or a spring race elsewhere.

Secondly, I'd like to say thank you to everyone who has supported our cross-country programme. It has been good to see plenty of red and gold vests at the races.

Thirdly, I'd like to apologise for not being able to get to any of the Serpie weekday training sessions during the past few months. As a few of you know, my mother was taken ill in early November. Since then I have been spending most evenings with her, either in hospital or looking after her at home. Mum underwent surgery at the end of January. It looks as if this has been successful but at her age it will take a good deal of time for her to fully recover. Until she is fit enough to cope on her own, I'll continue to be missing most Serpie events. I'm sorry if my continuing absence causes difficulties. I am very grateful to my Co-Captain, Ian Hodge, for taking on additional responsibilities during my absence.

My personal circumstances have brought into focus the risk that any club runs if one person takes on too many duties. Therefore, I welcome the review currently being undertaken into how the club is managed. The club has had the same management structure for 20 years. With membership now approaching 900 and competitive or training activities taking place on almost every day of the week, all year, I believe there is a need to take a fresh look at how we organise the club. My feeling is that many existing roles are now too large for one person. However, they can be broken down into smaller pieces and spread among more members. We are already seeing this with the proposals for the future management of the excellent website.

In terms of management of the competitive programme, I feel there would be merit in have different people (and deputies) looking after the various elements: road, cross-country, track and field, relays, race promotions, etc. Perhaps there should then be a Director of Athletics whose job it would be to co-ordinate and prioritise these activities.

Continued on next page

Captain's Report - Men

Continued from previous page

In my opinion, we also need to look at the type of roles represented on the club's committee. Currently a number of important aspects of the club's activities are not represented at committee level. Such additional, but currently missing, roles could include coaching, a volunteer co-ordinator (to ensure that all of the hard work that the club's many helpers put in is fully recognised), officials, communications and someone with responsibility for members' welfare.

I know that all of these ideas and more are currently under active consideration and I will be very interested to see how they develop over the coming months.

Happy running. ✍

Malcolm French

Captain's Report - Women

Continued from previous page

The summer also means the beginning of track & field. The ladies vets participate in the Southern Counties Vets AC league on four Monday evenings throughout the summer at Battersea Park. We are also invited to participate in the Rosenheim league as non-scorers.

We look forward to seeing you out there running soon! ✍

Kathleen Broekhof & Jan Farmer

The Committee

Summary of Committee Meetings winter 2002/3

Our faithful committee secretary tells all

There have been two Committee meetings since the last edition of *Serpentines*, both well attended as usual. The meetings have been getting longer and longer as there seem to be more and more issues to discuss.

The captains report that cross-country has been well attended and South of England Cross Country championships will be combined with a "Health Weekend". Applications are also to be made for a men's, women's and Veteran's team at Welsh Castles, 14th and 15th June.

Five London Marathon Club places are allocated according to criteria.

Grethe was proposed and accepted as the official Handicapper. The number of runners is getting close to the limit agreed with the Parks Authority. We need to monitor this.

The committee has voted new members in and membership continues to rise. Club membership is currently at an amazing 800 and rising. The ability of people to join on-line is cutting the workload of the membership secretary.

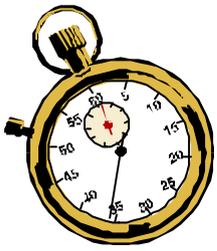
Finances continue to be healthy. The Christmas party, which was subsidised by the club, came in right on budget. It was hugely enjoyed by all (thanks again to Sue McGinlay). The 100 club is still full which helps fund *Serpentines* as well.

We need to be aware of our position as a voluntary not for profit organisation. If we keep increasing our funds we may need to consider registering as a charity.

Gemma Hale, Maggie Moran and Robin Adams have taken over the track sessions from Derek Turner. Their proposals to the Committee have been well received. The Club still needs more people to come forward though, to train as coaches and assist when possible. If interested, talk to any current coach or Committee member.

Task forces have continued to try and work through issues of importance to the club. The Wednesday night task force has been grappling with the problem of the significantly increased attendance, both in terms of safety, ensuring new members feel included and assuring that no one gets lost while running. The Track and Field task force has met to decide fixtures for next year. The 20th Anniversary task force organised the great Christmas party and raffle. The Races task force has met to agree club Championships for 2003. The Technology task force is looking at new software. The Rules/Constitution group has been given a difficult task of seeing whether the original rules and constitution meet the needs of the Club as it is today and whether these needs changing. They have put a lot of work in this and the Committee has debated the issue. The group will come up with some proposals for the Committee to look at again. If changes should be made, they would be with full consultation of the membership. Proposals include changes to the number of committee members; the form of the committee and whether it should be more 'corporate' in style; whether task forces should have a bigger and more formal set-up; and whether people should serve fixed or staggered terms on the Committee.

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Serpentine Handicap



In this edition of the Serpentines, we look back at the Handicap season of 2002 to wrap up the final results and review the first two races of 2003.

Final results of 2002 season

The winner of the 2002 Tom Hogshead trophy was Eddie Brocklesby with 198 points from her 8 best races. Sid Wills, who for the final race of the year was on holiday in India, came second with 178 points and Gordon Robertson finished third with 168 points. Paul Curd and Francesca Wright finished 4th and 5th for the year after both running a pb in the December handicap race. The table below lists the top 20 finishing places in the 2002 Tom Hogshead Trophy.

We also award the "egg" to the runner, who despite running the full qualifying eight races, manages to get the lowest score. This year, Ros Young achieved this unique distinction and was duly awarded the "egg". We know how much you have enjoyed giving this award to others in previous years, Ros, and so it is with great pleasure that we are able to honour you this year.

About the Club Handicap

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

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

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

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

Every year in January, everyone's Tom Hogshead points are set back to zero. The Tom Hogshead winner in 2003 will be the runner with most points from their best eight races in the year. If you (like Sid this year) only miss one race you can afford to have a couple of below-average races and still do very well overall in the Tom Hogshead. Good luck to everyone this year, and congratulations again to Eddie, last year's champion.

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Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Best 8 races
Eddie Brocklesby	9	30	29	26		25		26		26	24	22	208
Sid Wills	23	22	26	15	21	9	22	11	13	23	26		178
Gordon Robertson	17	14	16		17	26	17	20	27		28	16	168
Paul Curd	21	11		11		13	24	22	19	27		24	161
Francesca Wright	13	13	15	16	27	13	13				30	26	153
Christian Morris	29	28	30	17	14	12	8	10		10	5	8	150
Phillip Cuypers	25	25	18	28	25		10			10	7	7	148
Manuel Moreno				12	24	28	25	3			31	23	146
Keith Morris		13	14	9	13	9	25	12	30	22	12	13	142
Brian Harris	3	5	5	22	24	8	27	9	9	15	20	11	137
Gemma Hale	14	29	28	32							11	16	130
Malcolm French		5	25	5	26	10	10	17	9	22			124
Kate Cartmell				3		12	14	32	29	14	19		123
John Hudspith	23	3	9	6	8		6	8	23		27	16	120
Juliet Allan	3	15	15	10		9	10	15	24	21		7	119
Gary Dench	9	19	17					25	20		26		116
Sam Hayter		13	18	27	13	12		11	13	8	9		116
Tony Gould	3	7	8	10		8	16	19	32	11	6		111
Marianne Morris		9	9	24	8	9	26	7	15	10	6	3	110
Sarah Hean		3	15	15		15	15	30				12	105

February 2003 Handicap Results

Posn	Name	Start Time	Finish Time	Net Time	Target PB	PB	Bonus Pts	Race Pts	Total Pts	Total Races	1st Lap	2nd Lap	Age Cat
1	Michael Egbor	4.00	41.18	37.18	38.02	pb	12	20	32	8	18.22	18.56	M50
2	Steven Turner	13.00	41.33	28.33	29.09	pb	12	19	31	9	13.57	14.36	M39
3	Sam Hayter	13.00	41.35	28.35	28.30		11	18	29	23	14.05	14.30	M39
4	Pete Noble	18.45	41.46	23.01	23.03	pb	12	17	29	20	11.25	11.36	M35
5	Sid Wills	5.45	41.48	36.03	36.10	pb	12	16	28	18	17.57	18.06	M62
6	Anthony Stranger-Jones	15.30	41.51	26.21	24.58		6	15	21	30	13.06	13.15	M58
7	Joyce Smith	-0.45	41.53	42.38	42.54	pb	12	14	26	30	21.36	21.02	F75
8	Pete Warren	15.15	41.54	26.39	26.02		9	13	22	30	13.06	13.33	M63
9	Simon Ludlum	15.30	42.01	26.31	25.59		9	12	21	14	13.06	13.25	M39
10	Paul Ashworth	15.00	42.19	27.19	25.20		4	11	15	23	13.36	13.43	M31
11	Manuel Moreno	12.30	42.21	29.51	29.34		11	10	21	22	14.54	14.57	M57
12	Brian Pickles	15.30	42.24	26.54	27.13	pb	12	9	21	7	13.10	13.44	M45
13	Keith Morris	5.00	42.27	37.27	37.01		10	8	18	79	18.53	18.34	M64
14	John Hudspith	17.15	42.30	25.15	23.32		5	7	12	96	12.55	12.20	M42
15	David Bonner	15.15	42.31	27.16	26.52		10	6	16	8	13.23	13.53	M45
16	Ashok Jamdagni	6.15	42.32	36.17	36.22	pb	12	5	17	6	17.58	18.19	M58
17	Edward Hoperton	15.00	42.37	27.37	28.08	pb	12	4	16	5	13.39	13.58	M33
18	Marianne Morris	9.45	42.38	32.53	30.58		6	3	9	91	16.29	16.24	F52
19	Gordon Robertson	12.15	42.39	30.24	29.59		10	3	13	16	15.01	15.23	M42
20	Terry Smith	8.30	42.40	34.10	33.56		11	3	14	7	17.28	16.42	M39
21	Ena Urich	13.00	42.41	29.41	29.02		9	3	12	12	14.59	14.42	F66
22	Brian Harris	12.00	42.43	30.43	29.17		7	3	10	33	14.59	15.44	M64
23	Leighton Grist	18.15	42.47	24.32	22.57		5	3	8	61	12.09	12.23	M44
24	Ken Kwok	9.00	42.50	33.50	30.14		0	3	3	58	17.24	16.26	M62
25	Lars Menken	13.15	42.52	29.37	30.00	pb	12	3	15	5	14.32	15.05	M27
26	Jemima Johnstone	8.30	42.59	34.29	35.30	pb	12	3	15	4	17.28	17.01	F31
27	Sue McGinlay	6.00	43.04	37.04	34.05		3	3	6	62	18.40	18.24	F55
28	Hilary Young	4.00	43.08	39.08	39.40	pb	12	3	15	5	19.32	19.36	F41
29	Eddie Brocklesby	11.15	43.09	31.54	30.38		8	3	11	17	16.03	15.51	F59
30	Patrick Foster	12.30	43.12	30.42	30.39		11	3	14	5	15.13	15.29	M51
31	Steve Edwards	16.15	43.14	26.59	25.53		7	3	10	22	13.30	13.29	M46
32	Eamon Richardson	14.15	43.17	29.02	25.08		0	3	3	145	14.25	14.37	M44
33	Ian Willson	11.30	43.20	31.50	33.52	pb	12	3	15	2	15.48	16.02	M44
34	Ron Hagell	13.00	43.30	30.30	28.43		6	3	9	29	15.14	15.16	M57
35	Andrew Maynard	18.45	43.33	24.48	23.23		6	3	9	12	12.18	12.30	M41
36	Bev Thomas	2.45	43.39	40.54	36.38		0	3	3	91	20.14	20.40	F57
37	Ian Loriggio	18.00	43.42	25.42	26.45	pb	12	3	15	2	12.39	13.03	M38
38	Andrew Davies	19.45	43.44	23.59	24.08	pb	12	3	15	3	11.59	12.00	M29
39	Gabrielle Street	12.00	43.50	31.50	29.13		3	3	6	28	15.54	15.56	F33
40	Chris Stagg	10.15	43.53	33.38	29.13		0	3	3	109	16.33	17.05	M57
41	Christian Morris	17.30	43.56	26.26	23.20		0	3	3	43	12.54	13.32	M20
42	Juliet Allan	10.00	44.01	34.01	32.02		6	3	9	11	17.15	16.46	F36
43	Karolyn Belton	10.30	44.01	33.31	34.52	pb	12	3	15	2	16.56	16.35	F36
44	Frank Markey	15.30	44.04	28.34	26.24		4	3	7	12	14.01	14.33	M32
45	Baiju McCubbins	12.45	44.04	31.19	29.13		5	3	8	36	15.49	15.30	F43
46	Charles Lescott	17.30	44.07	26.37	25.28		7	3	10	5	12.56	13.41	M26
47	Phillip Cuypers	14.30	44.08	29.38	27.45		5	3	8	49	14.34	15.04	M46
48	Angie Palin	14.15	44.10	29.55	30.55	pb	12	3	15	2	14.53	15.02	F24
49	David Street	13.00	44.12	31.12	29.00		4	3	7	26	15.32	15.40	M38
50	Andrea Newton	14.15	44.13	29.58	30.44	pb	12	3	15	2	15.13	14.45	F26
51	Paul Fromme	18.30	44.24	25.54	25.03		8	3	11	4	13.00	12.54	M31
52	Lesley Thomas	1.30	44.45	43.15	41.14		7	3	10	6	21.31	21.44	F54
53	David Smart	13.00	45.01	32.01	31.10		9	3	12	4	15.42	16.19	M54
54	James Thomas	16.30	45.17	28.47	27.35		7	3	10	3	13.54	14.53	M34
55	Kathleen Broekhof	12.15	45.35	33.20	32.17		8	3	11	3	16.32	16.48	F28
56	Fari Khoushpeynon	8.45	45.37	36.52	36.54	pb	12	3	15	2	17.48	19.04	M38
57	Tony Leppard	10.30	46.05	35.35	31.55		0	3	3	39	17.35	18.00	M66
58	Carole Wisdom	10.00	46.34	36.34	33.39		4	3	7	7	18.13	18.21	F45
59	Wai Sem Lee	4.00	46.52	42.52	41.20		8	3	11	3	21.29	21.23	F25

February 2003 Handicap Results cont'd.

Posn	Name	Start Time	Finish Time	Net Time	Target PB	PB	Bonus Pts	Race Pts	Total Pts	Total Races	1st Lap	2nd Lap	Age Cat
	Scratch runners												
	Adrian Dennison	10.00	37.24	27.24	0.00		0	3	3	1	13.30	13.54	M29
	James Snowdon	10.00	37.25	27.25	0.00		0	3	3	1	13.31	13.54	M52
	Rita Merta	3.00	37.56	34.56	33.09		6	3	9	41	18.01	16.55	F56
	Rosamund Allison	3.00	38.38	35.38	0.00		0	3	3	1	18.05	17.33	F24
	Sarah Herbert	10.00	39.53	29.53	0.00		0	3	3	1	14.44	15.09	F29
	Lynda Flook	10.00	40.12	30.12	0.00		0	3	3	1	14.53	15.19	F28
	Chris Blackburn	18.45	40.24	21.39	0.00		0	3	3	1	10.47	10.52	M28
	Liz Whiting	10.00	40.38	30.38	0.00		0	3	3	1	14.55	15.43	F24
	Richard Wisdom	10.00	43.10	33.10	28.56		0	3	3	57	16.28	16.42	M54
	Zoe Triggs	10.00	48.36	38.36	0.00		0	3	3	1	19.18	19.18	F27
	Justin Lock	18.45	49.28	30.43	0.00		0	3	3	1	15.19	15.24	M28
	Linda Scott	3.00	50.00	47.00	0.00		0	3	3	1	23.39	23.21	F57

Handicap

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During 2002 David Knight provided great support and loyally turned up at every race taking pictures. Some of the photos are available on the website in each race report but for full details look at www.dwknight.co.uk.

Handicap races - after the first two races of 2003

January:

The first race of 2003 was held in freezing cold conditions with no wind and no rain. New Year's resolutions were holding up: we had a record field of 89 finishers in January's handicap race.

"You have won, Schatzie": Ron Hagell was greeted by his wife on the finishing line after winning the first handicap of 2003. He had a great run and beat his time in the December race by nearly a minute. Anthony Stranger-Jones, who won December's handicap, came second and Steven Turner came third. Steven also ran a pb. Well done all three of you. In the bitterly cold weather we had a further 10 personal bests.

February:

The February Handicap had to be postponed, because of icy conditions on the route on 1st February. Apologies to everyone who didn't re-

ceive the message and showed up: we enjoyed a nice run together around the lake instead. A special word of thanks to this month's helpers, who put the race on without the club handicapper (who was away in Denmark celebrating her mother's 70th birthday). Thank you particularly to Anthony Stranger Jones, who collated the results after the race. There were no fewer than 18 personal bests this month, so congratulations are due to all of you.

In third place this month was Sam Hayter, who started his race from the Gents, emerging just in time

to arrive at the start line to join the rest of his group. He was just pipped to second place by Steve Turner, following up his third place last month (which means he was running with an extra handicap), and knocking a further 42 seconds off his pb. But this month's winner, also taking 42 seconds off his pb, was Michael Egbor. Congratulations to you all.

In the Tom Hogshead table for 2003, as you would expect, Steve Turner has an early lead. But it is the best 8 scores over the year that count, so it is still all to play for. The current top 20 in the standings are listed in the table on the left.

Next month's handicap is on Saturday 1st March. ☺

Grethe Petersen

Tom Hogshead Trophy Standings as of February 2003

Name	Jan	Feb	Total
Steven Turner	30	31	61
Manuel Moreno	26	21	47
Pete Noble	18	29	47
Anthony Stranger-Jones	25	21	46
Pete Warren	17	22	39
Ron Hagell	29	9	38
Gordon Robertson	22	13	35
Sid Wills	7	28	35
Ashok Jamdagni	15	17	32
Keith Morris	14	18	32
Michael Egbor		32	32
John Hudspith	19	12	31
Andrew Davies	15	15	30
Edward Hoperton	14	16	30
Brian Pickles	8	21	29
Marianne Morris	20	9	29
Sam Hayter		29	29
Paul Curd	28		28
Hilary Young	12	15	27
Patrick Foster	13	14	27

Serpentine 100 Club

YOU TOO CAN BE A WINNER

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

	September 2002	October 2002	November 2002	December 2002	January 2003
£100.00	Jonathon Brooks	Eddie Brocklesby	Carol + Richard Wisdom	Derek + Hazel Paterson	Sarah Newton
£50.00	Kathy Crilley	Steve Edwards	Maurice McParland	Pat Green	Zara Shadlou
£25.00	Lesley Farrar Lois Moore	Monika Mars Kathy Crilley	Eammon Richardson Maggie Moran	The Morris Family Sue McGinlay	Malcolm French Martin Garrett
£10.00	Manuel Moreno James Stratford Feresteh Walsh Hilary Walker	Dave Lipscomb Phil Cuypers Rakesh Gupta William Bennington	Gabrielle + David Street Cathy Gerraghty John Walker Charles Doxat	Bev Thomas Michael Morris Sarah Newton Charles Doxat	Bob Davidson Matt Hammond Lesley Francis James Stratford

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

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

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



Sudbury Court

What will 2003 bring for Sudbury Court?

News from our Sister Club

Well, the start of a new year and the big question is whether Sudbury Court in 2003?

2002, it has to be said, finished on something of a low note for the club, as having put out respectively four and three teams in the 2000 and 2001 Luton Marathon relays, we were reduced to one last December. Furthermore, insufficient numbers at the AGM in November, along with committee resignations, means we've had to schedule an EGM for February to plot the way forward. Last, but not least, we sadly had to relinquish our unofficial hold on the London cross-country championships "Wooden Spoon" when we

failed to raise a full team for the annual slog over Parliament Hill.

This last occurrence was particularly galling, as, packing superbly towards the rear of the field (we managed three in the last nine), we would have had things sewn up if only Alex Mitchell's car had been able to get him to the start line (I hope, a la Basil Fawlty, you gave it a damn good thrashing Alex!) I can't, however, let the event pass without an honourable mention for our country debutant Mark Mulvenna, who (on the late cancellation of his scheduled match) answered the call to arms and completed the course in his football boots. Mark was a little put out that two runners actually finished behind him, but a restorative pint was enough to revive his normal cheery disposition.

Numbers are still a major problem, with only about a dozen "active" members, but still, all is not doom and gloom. The Serpentine website has led a couple

of potential new members to us since Christmas, and I'm sure a determined membership drive in the spring (fuelled by Brian Kaufman's club business cards) will see the club rise phoenix-like from the ashes.

Plans, meanwhile, are already well underway for the club's fourth annual 10K race in aid of Children With Leukaemia on May 18th (plug!) Needless to say, a cordial invitation is extended to all in red and gold. Last year 21 Serpies toed the line, so, given the ever-expanding membership, it would be nice to break the quarter century barrier this time.

Finally, having mentioned the Serpie website, I'd just like to add my own voice to the tributes that have been paid to Owen for his magnificent efforts over the last few years. The incoming "committee" have a hard act to follow.

Martin Garrett

Owen Barder

Irrepressible, retiring webmaster

The Serpentine Interview

The occasional Serpentine Interview gets under the skin of a well-known figure in the London running scene. In the fifth Serpentine Interview, Juliet talks to Owen Barder, Serpentine's retiring webmaster about what running has contributed to his life, South Africa and his future plans.

"This is very strange, because I can't imagine that there's anything at all interesting". "Oh, come on, Owen don't give me that" I say, rolling my eyes ever so slightly. We're sitting in a tapas bar in Waterloo where I'm hoping to uncover some of what gives that irrepressible energy to our retiring webmaster.

Owen doesn't come from an athletic family. In fact, he's the only member of his family who does any kind of physical exercise at all. The others, he says, think he's barking mad. He started running when he was working for the South African government in June 1997. A friend suggested running a race. He hadn't been doing much sport, except for a bit of jogging and cycling to the office, but was up for the challenge. Registration was at 5am for a 6 o'clock start. So Owen got up at 4.30, rode down to the start, ran the race (a 10k) and loved it. It took him 47 minutes. At the end there was a corridor of African men, singing work songs. It was fantastic. It was a glorious day. By the time the race finished the sun was out and everyone was relaxing on the grass. Owen thought it was great "so I kept on doing it", he says, shrugging. He joined a running club and ran the Soweto marathon five months later. He had no idea what the hell he was doing, or how to train for it. Everyone in South Africa regarded marathons as just training runs, since they all run the 85k Comrades Marathon. He ran 3:36. No wonder he was enthused. His current PBs are 38 mins (10K) and 3:00:47 (marathon). "It's all right. I'm relaxed about that" he says with no hint of defensiveness at all...

Everyone in South Africa regarded marathons as just training runs

All this is even more of an achievement if you bear in mind that at 17, Owen was told he'd never walk again. He had a motorbike accident which landed him in hospital in Tunbridge Wells for 3.5 months. His femur was broken so close to the knee that it couldn't be pinned, so it had to be held in place for three months while it grafted itself back together. It was "really unpleasant". It's strange, though, he says, how when you look back on anything unpleasant, you always remember the pleasant bits. So he re-

members his friends coming to visit and the kindness of the nurses, but he doesn't remember the boredom and the pain. They must have been there, but he actually looks back on it as "not a bad time".

I ask him to tell me more about what he was doing in South Africa. "Well, I'd been running the public spending system in the UK for a few years", he says, deciding how money should be distributed among government departments. When the Mandela government came to power it inherited a system very much focussed on spending on security and on public services in white areas. They asked for help from the British government and Owen, a bright young Treasury official, was sent to South Africa for two years (1997-99) to help them overhaul the system. The basic infrastructure was already quite good. The South Africans were fantastic to work with. His colleagues had all had amazing histories during the struggle. They'd got rid of Apartheid peacefully. Nothing, they said, could be as hard as that. They were eager to get on with reform and had inspirational leadership in Mandela. It was "by far the most rewarding time of my career", he says, "just stunning".

Among the first people that Owen met at the club were Ron and Beate and a pretty Danish girl

He returned to London in 1999 to be Tony Blair's Private Secretary for Economic Affairs. He says, in a totally unfazed way, that it was "fascinating for a few months" - walking through the door of No. 10 every morning, being part of that system, talking to the Prime Minister every day. But, he explains, the British system is so well-oiled that, almost no matter who you are, you're only ever a small cog in a very big system. He didn't feel that he made as much of a difference as he had in South Africa.

By the time he arrived back in London Owen had been running for a couple of years and was pretty into it. He found the Serpentine through the website, which had been set up by Ros Young and Dave Hoatson.

Continued on next page

Owen Barder

Continued from previous page

So, he arrived back in the country on a Monday, met the Prime Minister for him to approve his appointment on the Tuesday and he came to the Serpentine Running Club on the Wednesday. It was, you might say, an eventful week. There were maybe nine people there. He remembers the first time that the club graduated to the big table upstairs in the Windsor Castle and then the first time they filled the whole room. Among the first people that Owen met at the club were Ron and Beate and a pretty Danish girl. He confesses that he was initially intrigued by the fact that the three of them left the pub together every week (he later discovered that they happen to live near each other), but once he'd figured out the score on that front, he couldn't believe his luck that Grethe, who'd joined the club 6-8 months before him, was single and after a while...well, she no longer was.

At the April 1999 handicap Owen offered to run the website. Working at No. 10 meant that he couldn't easily commit to doing particular things at particular times, but he could do the website remotely in his own time. Ros accepted the offer and Owen took over the site. Since then he's simply added to it gradually. I suggest that he must have been pretty proud of the award which the website won last year. He admits it was "nice". He regards the website as a "window onto the club". You have to remember, though, that not everyone has easy access to the web and it should never become the only means of communication in the club.

When he worked at No. 10, he'd always have his running kit with him

I ask him what running has contributed his life. He says he's constantly amazed by the club. It's an "absolutely extraordinary collection of people". It's "extraordinary to have a family that big in London". There's no malice, no cliquiness, no unhealthy competition. In fact, he doesn't think he'd live in London were it not for the Serpentine Running Club. London can be a very lonely place and it would be very easy only to have friends related to work. As it is, he has friends in the club ranging in age from 20 to over 70 and from a vast range of backgrounds and careers. It's such a fulfilling part of his life that if people ask him about himself, he doesn't tell them what job he does. He tells them he's a runner. "It much more defines who I think I am". He finds he's got much more energy and get-up-and-go than his colleagues. If he can't run because he's injured or ill, he becomes depressed and lethargic.

When he worked at No. 10, he'd always have his running kit with him and if he was having a stressful day, he'd pop out in the afternoon and run the Three Parks from Downing Street. Running changes your perspective on life and gives you a different sense of what's important, he thinks. He's never regretted a run, whatever the weather. However much he has to force himself to set out on a run, he always finished thinking "God, that was great! Now I feel better". I'm about to move on when he says, with some force, "But the main thing that running's given me is the most fantastic relationship. Oh, did I mention that". He grins. I hope you're reading this, Grethe.

He's a strong believer in quitting while he's ahead

And triathlons? Is he going to take up the challenge? He's self-deprecating about his swimming, but says that he very much enjoyed participating in a triathlon in Ratzeburg last year and there are plans to sign up for a similar one in Denmark this year. He thinks it's the up and coming sport.

I say that the fact that he's resigning as webmaster is bound to generate some speculation that he's about to disappear altogether. Does he have plans to leave London? No - he's just been promoted at work (he currently works for DFID - the Department for International Development) and isn't planning to go anywhere. He's a strong believer in quitting while he's ahead, while he's still enjoying it. As it is, he's itching to pass on what he knows. He thinks also that the time has come for a fresh pair of eyes. He's contributed to the website the things that he feels passionate about and other people could contribute other things. "If one person just does it year after year, it won't have that same energy".

The days of nine runners on a Wednesday night are long gone

As we part company at Southwark tube, a couple of glasses of sherry and a few plates full of tapas later, Owen is still visibly buzzing. He's channelled so much of his energy into building up a website that's the envy of running clubs everywhere and hundreds of people are grateful for that. It must be, in large part, to Owen's tireless hard work that the club owes its now vast membership. The days of nine runners on a Wednesday night are long gone. Recently it's been closer to 200 and a large proportion of them (myself included) found the club through the site. Let's hope that the tree that Owen's so lovingly tended for the last four years continues to bear fruit for many years to come. ☺

Juliet Allan



Club Championships



A roundup of last season's winners in the individual championship events is shown in the table on the right. In addition to the male/female runners recording the fastest times, there is also an age-graded champion for each event, based on weighted race times. Congratulations to all these champions!

The overall club champion this year is Ben Paviour. Actually, the result wasn't in doubt, from the time Ben decided to run the New York marathon, as his 6th event. I calculated that he had only to jog round in about 3.21, but he made sure of it with a sub-2.40 run. Congratulations to Ben, and to runners-up Geoff Cooke and Sarah Newton.

The list of championship events for 2003 appears elsewhere in this issue or *Serpentines*, and a few changes have been made from 2002:

- the 5-mile event will not be included in the grand prix series;
- you don't have to wear club colours in order to post a time for the marathon. We have made this change because if you're running for a charity in a big event, you sometimes can't;
- there will be only one 20-mile championship event, the Finchley 20.

My tips for next year? Well, Ena Urich looks untouchable if she maintains current form - and runs enough races! And Dave McGregor had an excellent 5 mile in 2002.

Discipline Champions

Distance	Age graded	Men	Women
1K	Ben Paviour 83.40%	Ben Paviour (2:38)	Nia Parry (3:21)
1M	Ena Urich 83.54%	Ben Paviour (4:39)	Chrissie Wellington (5:48)
3K	Ben Paviour 80.20%	Ben Paviour (9:20)	Chrissie Wellington (10:50)
5K	Ben Paviour 78.30%	Ben Paviour (16:34)	Nia Parry (20:24)
5M	Dave McGregor 83.54%	Dave McGregor (27:43)	Chrissie Wellington (32:08)
10K	Ena Urich 89.30%	David Drury (36:41)	Nia Parry (40:00)
10M	Ena Urich 91.50%	Andrew Greenway (56:47)	Nia Parry (1:05:49)
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)
Marathon	Ben Paviour 79.29%	Ben Paviour (2:39:58)	Zoe Gulliver (3:15:37)
Overall Age-Graded Champion Ben Paviour 79.56%			
2nd Place Geoff Cooke 76.74%		3rd Place Sarah Newton 76.44%	

Then there's smiling Sue Lambert, always hovering around the 80% mark. Watch this space! ☺

Ros Young

SERPENTINE STYLE

Run or relax in haute couture designed by your Committee

T shirts	Club colours	£9	(S/M/L/XL)
Vests	Club colours	£16	(Male/Female 32"-44")
Sweatshirts	Black or red	£15	(S/M/L/XL)
Legs	Black	£18	(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 plus 50p postage and I will post to you, or catch me at handicap/by arrangement.

Muddy's Musings

Malcolm reviews the 2002/2003 cross country season so far

By the time you read this, the cross country season will almost be over. This season we've been able to offer another varied programme. It included 22 races and featured several venues like Alexandra Palace and St Albans that we haven't run at for a good many years, plus one, Bicton College in Devon, that was new to all of us. Nearly 100 Serpie women and men ran in at least one cross country race during the past six months. I'd like to offer many thanks to all of you for your wonderful support. So what have been my personal highlights?

- Driest course - hard to believe, but at the start of the season runners were complaining about getting blisters because the ground at Horsenden Hill was too hard!
- Wettest course - is there ever a year when this isn't Parliament Hill? As the very muddy race leaders ran past, one bemused Hampstead resident asked me "why are they doing this? It looks disgusting!"
- Most photogenic venue - David Knight's photographs of Alexandra Palace bathed in golden sunlight on a beautiful January afternoon made the building look like an Italian Palazzo - well almost!
- Best team performances - these had to be our splendid wins in the Ellis and Dysart Cup men's and women's races in Richmond Park. It was great to see the Serpie name on some silverware.
- Best post race tea and buns - or rather pre-race breakfast. Bicton College wins the Best Food award this year for its £1.50 students' "eat as much as you can" fry-up. I'm not sure that it would have been ideal race preparation but as I was officiating at the finish that didn't matter!

It's been fantastic to see so many Serpies having a go at cross country, many for the first time. I hope you enjoyed the races and you'll be back for more in the autumn. ✍

Malcolm French

Marathon Results 2002

A Roundup of Championship times and other results

2002 must have been our busiest marathon year ever. Serpies competed in more than 200 marathons right around the globe. Although London was by far the most popular race, Serpie vests were seen as far afield as California, Kenya and Iceland, as well as at a host of European races.

Below is a table of the official Club Championship result for the marathon. To be included in this, you must be a first claim member of the Club at the time you ran the marathon and have registered your performance with the Club secretary.

Marathon Championship Times					
Name	Hrs	Mins	Secs	Age-graded	
Women					
Zoe Gulliver	3	15	37	70.98	
Sarah Newton	3	17	13	74.66	
Grethe Petersen	3	37	38	63.80	
Marianne Morris	4	31	5	58.30	
Men					
Ben Paviour	2	39	58	79.29	
David Drury	2	59	28	70.67	
John Greene	3	2	58	69.32	
Sam Hayter	3	52	0	54.82	
Paul Curd	3	53	6	57.79	
Richard Smith	4	1	56	56.98	
Robert Maslen	4	11	23	55.71	
Bob Davidson	5	25	42	51.64	

The table also includes the age graded performance for each runner. While Ben Paviour was not only the fastest man in absolute terms, but also based on his age-graded performance, Sarah Newton turns the tables on Zoe Gulliver in the women's category.

The list on the following pages includes all the Serpie performances (including those by "second claim" members) I'm aware of. No doubt there are more! Please note that you must have been a member of the Club on the date you ran to be included. ✍

Malcolm French

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 .

MARATHON 2002 - MEN			
Name	Marathon	Date	Time
Huw Lobb	London	14-Apr	02:21:15
David McGregor	London	14-Apr	02:30:28
Karim Chebouki	Portland, USA	20-Oct	02:38:45
David McGregor	Chicago, USA	13-Oct	02:39:20
Ben Paviour	New York, USA	03-Nov	02:39:58
David McGregor	Stockholm, Sweden	08-Jun	02:40:54
Lloyd Marshall	Frankfurt	27-Oct	02:40:57
Daniel O'Donoghue	Amsterdam	20-Oct	02:42:47
Daniel O'Donoghue	London	14-Apr	02:45:13
James Gilpin	London	14-Apr	02:48:07
Anthony Bentley	London	14-Apr	02:48:23
Dave McGlennon	London	14-Apr	02:50:20
Steve Hilton	London	14-Apr	02:54:12
Al Chou	London	14-Apr	02:56:14
John Hudspith	Battersea Park	15-Sep	02:57:33
Andrew Davies	Monaco	17-Nov	02:59:12
David Drury	Sheffield	28-Apr	02:59:28
Steve Brett	Boston, USA	15-Apr	02:59:47
Tony Gould	London	14-Apr	03:00:30
Charles Lescott	Amsterdam	20-Oct	03:01:42
John Greene	Amsterdam	20-Oct	03:02:58
John Hudspith	London	14-Apr	03:03:02
Patrick Cates	Paris, France	07-Apr	03:03:47
Michele Dal Cero	Battersea Park	15-Sep	03:05:35
Mark Pitcaithly	London	14-Apr	03:06:19
Colin Frew	London	14-Apr	03:06:47
Pete Noble	Kingston	13-Oct	03:08:25
Mark Anstey	London	14-Apr	03:08:27
Owen Barder	Boston, USA	15-Apr	03:08:52
Tony Gould	Amsterdam	20-Oct	03:09:00
John Stone	London	14-Apr	03:09:33
Philip McCubbins	London	14-Apr	03:12:05
Justin Lock	Dublin	28-Oct	03:12:19
Rick Ross	Amsterdam	20-Oct	03:12:46
Kenneth Heney	Prague, Cze	19-May	03:14:34
Steve Brett	New York, USA	03-Nov	03:14:57
Wynton Faure	London	14-Apr	03:15:24
Kenneth Heney	Dublin	28-Oct	03:16:20
John Jarvis	Battersea Park	15-Sep	03:16:56
Bo Engelbrechtsen	Robin Hood, Nottingham	15-Sep	03:18:44
Dean Gregory	London	14-Apr	03:19:13
Marcos Scriven	London	14-Apr	03:19:19
Stuart Bouveng	Amsterdam	20-Oct	03:20:46
Steven Smith	New Forest	22-Sep	03:21:09
Vincent Schuller	Amsterdam	20-Oct	03:23:41
John Jarvis	London	14-Apr	03:24:43
Terry Nicholson	Battersea Park	15-Sep	03:25:17
Edward Hopperton	London	14-Apr	03:27:05
Tim Lindley	London	14-Apr	03:27:23
Steven Hastings	London	14-Apr	03:28:15
Paul Hendrick	London	14-Apr	03:29:55
Nathan Waterhouse	London	14-Apr	03:33:50
Peter Okely	London	14-Apr	03:33:57
Martin Hummel	London	14-Apr	03:35:53
Moddy Moses	London	14-Apr	03:36:50
Jon Leyne	New York, USA	22-Nov	03:37:43
Gerard Hague-Holmes	Paris, France	07-Apr	03:38:27
Vincent Schuller	London	14-Apr	03:39:02

MARATHON 2002 - MEN			
Name	Marathon	Date	Time
Jon Leyne	New York, USA	03-Nov	03:39:54
Paul Wilkinson	London	14-Apr	03:40:18
Bernard Petit	London	14-Apr	03:41:49
Gerard Hague-Holmes	London	14-Apr	03:43:38
David Unwin	London	14-Apr	03:44:01
Anthony Alexander	London	14-Apr	03:44:48
Jeff Prestridge	Paris, France	07-Apr	03:46:06
Martin Garrett	London	14-Apr	03:47:09
David Longman	London	14-Apr	03:47:21
Steve Brocklesby	Rotterdam, Holland	21-Apr	03:47:27
Peter Binning	London	14-Apr	03:47:38
Frank Markey	Amsterdam	20-Oct	03:48:00
Graeme Scott	London	14-Apr	03:48:59
Jeff Prestridge	London	14-Apr	03:48:59
Anthony Alexander	Florence, Italy	24-Nov	03:49:03
Simon Maughan	Amsterdam	20-Oct	03:49:20
Dan Elliott	London	14-Apr	03:49:29
Paul Boichat	Robin Hood, Nottingham	15-Sep	03:50:57
Sam Hayter	London	14-Apr	03:52:00
Paul Curd	London	14-Apr	03:53:06
Huw Keene	London	14-Apr	03:53:40
Neil Holland	London	14-Apr	03:54:34
Gerard Hague-Holmes	Robin Hood, Nottingham	15-Sep	03:54:52
Jeff Prestridge	Sheffield	28-Apr	03:55:31
Michael Hawkins	London	14-Apr	03:56:09
Mark Bourgeois	London	14-Apr	03:56:14
Jeff Prestridge	New York, USA	03-Nov	03:56:59
Steve Turner	London	14-Apr	03:57:16
Gordon Wills	London	14-Apr	03:57:17
James Thomas	New York, USA	22-Nov	03:59:02
Richard Smith	London	14-Apr	04:01:56
Raul Kharbanda	Amsterdam	20-Oct	04:04:00
Marc Van Hussen	London	14-Apr	04:04:24
Orlando Taylor	London	14-Apr	04:05:24
Enzo Scalzo	London	14-Apr	04:06:03
Philip Cuypers	London	14-Apr	04:07:43
Rupert McPetrie	London	14-Apr	04:07:50
John Gavin	New Forest	22-Sep	04:08:33
David Street	Amsterdam	20-Oct	04:08:54
Philip Cuypers	Belfast	06-May	04:10:08
Robert Maslen	London	14-Apr	04:11:23
Robert Maslen	New York, USA	03-Nov	04:12:11
Gerard Trill	London	14-Apr	04:12:49
Mike Payne	London	14-Apr	04:13:29
Raul Kharbanda	Paris, France	07-Apr	04:14:14
Sid Wills	London	14-Apr	04:14:58
Edward Lukins	London	14-Apr	04:15:44
Jean Luc Hoz	London	14-Apr	04:16:22
Philip Cuypers	Amsterdam	20-Oct	04:17:29
John Higgins	London	14-Apr	04:18:18
Martin Soulsby	London	14-Apr	04:18:53
Oliver Godden	London	14-Apr	04:19:40
Jean Luc Hoz	Kingston	13-Oct	04:20:12
Manuel Moreno	London	14-Apr	04:27:43
Fraser Johnson	London	14-Apr	04:28:07
Jeff Prestridge	Rotterdam, Holland	21-Apr	04:28:49
Ian Hall	Big Sur, California	28-Apr	04:45:31
Simon Lawrence	London	14-Apr	04:46:46

MARATHON 2002 - MEN			
Name	Marathon	Date	Time
Vincent Schuller	Davos, Switzerland	27-Jul	04:48:29
Tom Higgins	London	14-Apr	04:50:09
George Van Der Merwe	London	14-Apr	05:01:12
Salvatore Catalfamo	London	14-Apr	05:10:00
Richard Hamblen	London	14-Apr	05:15:32
Bob Davidson	London	14-Apr	05:25:42
David Bailey	London	14-Apr	05:34:01
Roger Chalfont	London	14-Apr	05:35:47
Keith Morris	Barcelona, Spain	24-Mar	05:46:36
Michael McCarthy	London	14-Apr	05:55:23
Francis Staples	London	14-Apr	06:01:32

MARATHON 2002 - WOMEN			
Name	Marathon	Date	Time
Theresa Brady	London	14-Apr	03:12:55
Zoe Gulliver	Florence, Italy	24-Nov	03:15:37
Sarah Newton	London	14-Apr	03:17:13
Zoe Gulliver	Reykjavik, Iceland	17-Aug	03:19:42
Jo Spencer	London	14-Apr	03:24:01
Hilary Walker	Budapest	01-Sep	03:25:19
Hilary Walker	Manchester	13-Oct	03:27:04
Hilary Walker	London	14-Apr	03:29:20
Hilary Walker	Halstead	19-May	03:31:03
Sue Lambert	London	14-Apr	03:32:46
Julie Tucker	Boston, USA	15-Apr	03:32:50
Lynne Prestegar	New York, USA	03-Nov	03:33:47
Baiju McCubbins	London	14-Apr	03:33:56
Lynne Prestegar	Reykjavik, Iceland	17-Aug	03:34:45
Natasha Hrstich	London	14-Apr	03:37:30
Grethe Petersen	Boston, USA	15-Apr	03:37:38
Anita Rennie	London	14-Apr	03:38:14
Sue Lambert	New York, USA	03-Nov	03:41:32
Suzanne Fane	London	14-Apr	03:43:51
Megan Macintyre	Loch Ness, Scotland	29-Sep	03:44:02
Corrina Tiesch	Amsterdam	20-Oct	03:48:51
Eddie Brocklesby	London	14-Apr	03:48:52
Karie Hastings	London	14-Apr	03:50:55
Sarah Newton	Big Sur, California	28-Apr	03:53:16
Hazel Paterson	London	14-Apr	03:53:39
Hilary Walker	Kenyan Safari Marathon	30-Jun	03:54:10
Eddie Brocklesby	Padova, Italy	26-Apr	03:55:33
Renee Campbell-Scott	London	14-Apr	03:58:16
Mary Dobson	London	14-Apr	03:58:57
Jane Hughes	London	14-Apr	03:59:36
Beate Vogt	Paris, France	07-Apr	04:00:12
Lucy Parsons	London	14-Apr	04:01:33
Andrea Newton	London	14-Apr	04:02:07
Laura Houliston	London	14-Apr	04:04:39
Kirsty Liddell	London	14-Apr	04:06:01
Maria David	London	14-Apr	04:07:35
Clare Morgan	London	14-Apr	04:08:31
Sue Hammer	Dublin	28-Oct	04:11:48
Claire Guenebeaud	Battersea Park	15-Sep	04:12:58
Ellen Kaldor	London	14-Apr	04:13:39
Francesca Wright	Padova, Italy	26-Apr	04:14:19
Jane Thompson	London	14-Apr	04:15:43
Abbe Binstock	London	14-Apr	04:16:39
Jacqui Reid	London	14-Apr	04:17:07

MARATHON 2002 - WOMEN			
Name	Marathon	Date	Time
Joanna Sargent	London	14-Apr	04:18:22
Kathleen Broekhof	Amsterdam	20-Oct	04:19:03
Pam Storey	Battersea Park	15-Sep	04:19:07
Deborah Russo	London	14-Apr	04:21:55
Jane Harris	London	14-Apr	04:22:09
Liz Nicholson	Battersea Park	15-Sep	04:26:07
Angela Holt	London	14-Apr	04:27:56
Sue Chamberlain	New York, USA	03-Nov	04:30:09
Marianne Morris	Amsterdam	20-Oct	04:31:05
Pam Storey	Dumfries	17-Mar	04:31:46
Marianne Morris	Barcelona, Spain	24-Mar	04:34:43
Helen Bosley	London	14-Apr	04:35:17
Elizabeth Waite	London	14-Apr	04:36:07
Juliet Allan	London	14-Apr	04:36:28
Rebecca Wood	London	14-Apr	04:38:35
Irene Turner	New York, USA	03-Nov	04:39:54
Suzanne Price	London	14-Apr	04:42:02
Irene Turner	New York, USA	03-Nov	04:43:25
Patricia Schuetz	Barcelona, Spain	24-Mar	04:49:45
Sarah Nock	New York, USA	03-Nov	04:51:05
Pam Storey	Halstead	19-May	04:51:14
Christine McBrierley	London	14-Apr	04:51:58
Katie Hale	New York, USA	03-Nov	04:53:43
Gill MacCabe	London	14-Apr	04:54:16
Marianne Morris	Belfast	06-May	04:55:26
Susie Gallagher	London	14-Apr	04:55:58
Yolande Rossouw	London	14-Apr	05:01:12
Rachel Phillips	London	14-Apr	05:14:54
Kathy Crilley	London	14-Apr	05:19:30
Jeanette Hughes	London	14-Apr	05:24:17
Marie Maguire	London	14-Apr	05:30:41
Stacy Brandt	London	14-Apr	05:35:47
Rachel Lomax	London	14-Apr	05:40:07
Sarah Johnson	London	14-Apr	05:47:53
Louise Randall	London	14-Apr	05:51:59
Fiona Margolis	London	14-Apr	06:51:17

Road Running

New Year's Day Races

*We're barely into 2003 and already
looking forward to 2004*

I'd like to take this opportunity to thank all of the Serpies who helped with the very successful staging of our New Year's Day races - there were definitely too many people to name individually. I would also like to say a special "thank you" to British Runner magazine for their generous support of the event.

This was the largest event the club has ever staged. The 10k sold out well in advance of the day and we also had a record number of finishers in the 3k fun run. In total we had almost 800 entrants across the two races.

Believe it or not, but work has already begun on the 2004 race. And if last year's event is anything to go by, it won't be long before we start receiving entries! This means that I'll soon need to begin the search for a main sponsor for the 2004 races. If any Serpies reading this are involved with a business that you think would be interested in supporting the races, please contact Malcolm French on 020 8422 3900 or MalcolmFrench@aol.com. ✉

Malcolm French

We are very grateful to Richard and Carole Wisdom, and to Clive Martin, for generous donations. The Committee decided to use the money to buy electronic stopwatches which record race times and can then download them directly into a computer. This will help enormously with the processing of results for the handicap and the monthly 5K, and with our championship races.

Many thanks, Carole, Richard and Clive!



Triathlon



News from the Triathlon Group

*Eddie reports on the progress of the
Club's multi-talented athletes*

The tri group is really going places now – though learning all the time. We have no less than 168 people on the tri e-group, and, thanks to the efforts of Neil Melville even after his long period away in Australia we now have our own section on the Serpie website site. Links through to the BTA are obviously increasing our membership as the only central London tri club. Neil is hopeful that we may be able to have a page for next season where we can sign up on line to let others know the races we are doing. Until then, the members' descriptions of races from last season should help race plans for next year.

Please email Neil.Melville@uksport.gov.uk with any new information, or to add to the list. It's no wonder our numbers are expanding at such a rate – all Serpie members get all the benefits of the tri group and for no additional membership cost, so it remains brilliant value for money. If you have not already subscribed to our e-group, just send a blank email to: SerpieTri-subscribe@yahoogroups.com.

Just think what heights Elinor could achieve with a faster swim time

As our first real club season, last year was a great success. We had representatives at most of the major races in England and Serpies also explored triathlons in other countries, including Italy, Germany and Switzerland. We are really proud that Elinor Rest came 22nd in the world championships with 2.23.20 for the Olympic distance in Mexico. But, how about these statistics? She came 64th in the swim, 15th on the bike, but a brilliant 7th in the run. Just think what heights she could achieve with a faster swim time in her 30-35 age group! Rebecca Stubbs too came 49th in the same race. Many congratulations to you both.

Another of our international Serpie stars, 60+ year-old Charles Doxat, has finally decided to hang up his tri gear and wrote to me recently.

"I'm pleased to say that I won three national swimming age-group championships last week (100m and

200m breaststroke and 200m individual medley). With my national age-group titles for triathlon (Olympic and sprint distance) I've reached my goals for the year. However, for a variety of reasons I've decided to cease "top-level" competition in the future. I've had over 45 years swimming at elite and then age-group level, and 12 years of triathlon – which I consider a fair innings.

I hope to maintain reasonable fitness, and am happy to help with advice or coaching, subject to availability."

I was circled from behind by at least 20 freezing canoeists and two motorboats

Thank you, Charles – you continue to be a source of admiration and inspiration for so many of us, and we will value your ongoing advice. Youthful Quintin's description of being overtaken by Charles in full flight at the Eton sprint event in 2002 is just not printable, but it was a memorable sight for the rest of us.

But don't be deterred by all this name-dropping from dipping your foot in the tri pool. I am not ashamed to admit I was the last person to come out of the choppy reservoir that is Rutland Water. As I made my glorious exit I was circled from behind by at least 20 freezing canoeists and two motorboats. My exit was similarly eagerly awaited by at least a hundred windsurfers who had been stuck on the launch pad for an unanticipated extra 10 minutes before the last swimmer was out! I then ploughed a lonely 40k cycle round the hills of Rutland before a bleak and windy run across the dam – four times. By now, I could see the speed of the windsurfers circling in the eddies below, and knew why I had found the swim quite so challenging. Each time I passed a cold and isolated marshal I offered to pack it in so that they could go home – but their enthusiasm and encouragement never wavered and then I heard the commentator rallying the troops to the finish line to see me in. I really must try harder, but I promise, it was fun!

Despite, or maybe because of, the wide range of tri ability, our training programme is going from strength to strength. We have asked Brian Welsh, a level 3 tri coach to come and join us in Lanzarote.

Continued on next page

News from the Tri-Group

Continued from previous page

Brian, with our captain John, has organised monthly training sessions based at Putney Leisure Centre. Exhausted by our cycling in Richmond Park and swimming sessions, some 30 of us have then moved into theory and socialising. We have had our maximum heart rate measured and been lectured on the need for 100 hours of base training, core stability, use of turbo trainers, nutrition etc. Now you know why the tri-ers are bringing up the rear on a Wednesday night – it's not that we are frightened to join the Serpie pack, but we are too busy scanning our heart rate monitors lest we go a fraction above the 75% of our heart rate for our 100 hours base training. It's amazing what a range of physical activities is being chalked up against Brian's 100 hours!

It's not that we are frightened to join the Serpie pack, we are too busy scanning our heart rate monitors!

Winter biking sessions are proving popular too, with different groups going out, mostly on a Sunday, again incorporating all standards. Al Chou has been offering his expert guidance. The Bike Park cycling shop (Kings Road and other locations) cycle from Richmond Park every Saturday morning from 9.00am - slow, medium and fast groups - and they usually cycle into the Surrey hills for a pre-determined distance, around 50 miles. They meet at the Roehampton Gate 10-15 minutes before start time and bring the usual wet weather gear drinks and snacks. We have also begun to arrange our own cycling and running sessions on Sunday mornings in Richmond Park. We meet at 8.45am at Pembroke Lodge and the session is usually cycling followed by a run, but check the e-group first.

We have continued to have the ongoing support of Stephanie Ellis at Queen Mother Pool in Victoria on a Tuesday evening. The ability level ranges from those who are total beginners to the Total Immersion style, through to some very skilled swimmers. With its emphasis on efficiency and conservation of energy, it is great training for triathletes. The improvers' sessions are getting increasingly demanding! If you are new to TI, contact Stephanie Ellis direct with queries and to find out about current cost and availability. Stephanie's email address is Stephanie.Ellis@dti.gsi.gov.uk. It won't be long either until the wimps amongst us can don our black rubber and get back into Tooting Bec Lido for John's early morning sessions. Anyone for brick runs at 7.00am?

This year over a third of the 80+ people going to Lanzarote have signed up for our new Serpie tri course. Accompanied by our own Frank Horwill,

Brian, Stephanie, masseuses and nutritionist, we can only enjoy the 50m pool, mountain cycling, open lake water swimming and all the running opportunities! We are full up this year, but I'm sure we'll do it again for next year - so watch the tri-website.

Finally, we have now had two weekends training up in the peak district at Blackclough near Buxton. Accounts of the last one in January were awesome – consult Mark Hallows on the grim reality of near death by hypothermia – but at least he has learned from his experience, and for a small fee will show anyone his new gear - cycle and weatherproof clothing. Others have described running on the snow-clad Mam Tor as the best run of their lives. Swimming, with the 25m Buxton thermally heated swimming pool all to ourselves, is a joy too. And if you want hill training on the bike – the peak district can't be bettered! Some Serpies have proved better at karaoke than others. A lock-in at the local pub till the early hours, with a round costing half the London prices is guaranteed. The quality of Shari, Tanya, Claire and Lisa singing "Girls just want to have fun", or Mark extolling the virtues (??) of life "In the Navy" may not have enhanced the club's singing reputation, but most of the locals think Serpies are great. See the website site for details of the other weekends on Feb 21st and April 25th and possible transport arrangements.

Consult Mark Hallows on the grim reality of near death by hypothermia

So where is all this training taking us? We can't wait to put all this newfound knowledge into practice. With amazing enthusiasm, Serpies are signing up for tri's all over the country and indeed Europe. So much so that entry for the half ironman with over a dozen Serpies going is already closed. Keep an eye on our website site, but we look as though we have multiple entries for all of the major Olympic and sprint events, and we can link up on transport. We are planning too to put several teams into the Nottingham Sprint Relay Championships in August. This is a great team and social event, so contact John Sullivan if you are interested. There are plans to enter the Zurich triathlons, and several intrepid members are attempting ironman tournaments. Good luck to them all – at a 2½-mile swim, 120-mile cycle and full marathon, it is a daunting prospect.

The most emotive topic of discussion whenever Serpie tri-ers get together is ordering some new kit for 2003! Quintin, quintin@inout.demon.co.uk still has a few sizes left from last year of the very impressive Serpie all-in-ones that the team wore in Grada, Italy back in September. So, all-in-ones or separates? How much support, and for what part of the anatomy?

Continued on page 39

Triathlon

Tri Tips

Brian Welsh gives some training tips for tris and encourages all Serpies to give tri a try

Having just returned from another training day with the Serpies and seeing all the exciting stuff that's happening in the club at the moment, my enthusiasm knows no

bounds. It's definitely been a good month, with more going on than you could shake a stick at, so get involved and enjoy.

Triathlon, for all of you who haven't tried (no pun intended) one yet, is swimming, biking & running. Triathlons can be various distances, from the very short – a 300m swim, 10 miles on the bike & a 3 mile run - to Ironman races, which are a 2.4 mile swim, 112 miles on the bike and a 26.2 mile

run. Anyone can do a tri and the belief that we are all supermen and women is not true at all. Lots of us just do it because we enjoy it.

You can read below an example of an athlete's profile, like the ones we have used for our tri day planning this year. I'll leave the athlete nameless, but needless to say, she's been at the front in swimming at the tri days recently.

Athlete Profile, 25 - 29 age group

Aims: these can be split between short-term (one year) and long-term (three to five years)

Short-term	Long-term
Qualify for world championships in New Zealand at age group level 2003	Top three in age group level 2004
Finish in top 20 at world championships 2003	Top 10 world championships 2004
Finish in top 20 at world championships 2003	Top five world championships over next five years

Goals:

Short-term (this winter)	Medium-term (early season)	Long-term (one year)
Sort out nutrition	Break 1hr 5 mins for 25 mile TT	Qualify for world championships
Work on running drills	Break 46 mins for 10k	Take a mid season break
Improve swimming technique	Get some warm weather training	Get to world championships without getting injured
Do core exercises		

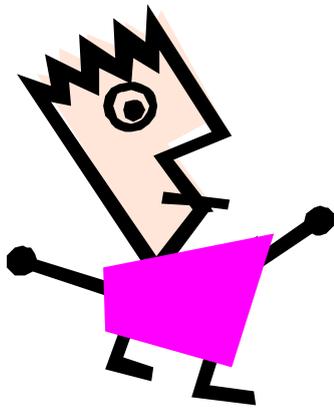
Scoring (1 is poor & 5 is outstanding)

	Racing	Training
Physical capabilities	4	4
Technical ability	3	3
Tactical ability	3	2
Psychological capabilities	4	5
Nutrition	1	2
Lifestyle management	2	4
Recovery	2	4
Available time	4	4
The "want" factor	5	5

Once you have your profile, you can do your SWOT analysis (analysing strengths, weaknesses, opportunities and threats). You can see an example of a tri SWOT analysis below.

Strengths Swimming Natural ability Biking Family Mental attitude Lifestyle Power	Weaknesses Running Planning – food intake Lifestyle
Opportunities Running Nutrition Testing	Threats Other sports Injuries Tiredness

Brian Welsh



New Year, New Ideas

It's time to recruit some volunteers to help our beginning runners

We like to think that through the Wednesday and Saturday Starter Groups and the information on the website, the club is doing the right things to cater for the needs of beginning runners. Certainly, we have both been delighted to see so many of our starters become improvers and move onwards and upwards. There are a few we shall be cheering on very loudly in their first Marathons this spring.

As we have no intention of resting on our laurels, it would be useful to have some feedback from those of you who have been "through the system", or who are just interested observers. Any ideas for improving the Starter Pack would be very gratefully received.

If we may start the ball, or should we say pack, rolling...

We think the time has come to recruit some more volunteers to form a rota to manage the Starter Pack. It is a big responsibility knowing that if either of us is away, injured, or kept late at work, there may be no one to watch out for the new or slower runners at the Wednesday & Saturday sessions.

I would like to see a list of helpers drawn up, people who Sue & I can contact if we are not going to be attending. It wouldn't mean running with the group every week, just maybe only once a month.

There are a few members of the club who occasionally suggest that they could help us, and we appreciate that. But it's difficult to accept these offers because I don't think that most people realise the commitment that is required to help new runners on their first times out. Consider the fact that many cannot run the whole 4 mile course, or even keep up with the dash from Seymour to Hyde Park. It's easy for them to feel very intimidated by the whole occasion and consequently never come back.

the Starter Pack

Virgin runners need sympathetic, patient encouragement even if it means some amount of walking on the first few occasions. In fact, on a Wednesday, there are almost always a couple of new people who need this type of support.

Anyone who has ever been involved with the Starter Pack always comments afterwards how rewarding it is sharing in a new runner's joy at completing the distance or managing to run for longer than ever before.

How about some of you recent "Starters" putting down some of your thoughts or experiences as a member of "The Pack" for the next copy of *Serpentines*. If you could do this, please contact Sue or me. It would make very interesting reading.

Bev Thomas, bev.thomas@virgin.net
Sue Mc Ginlay, sue-mcginlay@blueyonder.co.uk

So please do volunteer your assistance. We were all beginners once and I'm sure we can remember an individual or group, who, through their support, were responsible for so much of the pleasure we get from our running today. ✍

Bev Thomas

Tracks to the Track

Continued from page 8

We begin at 7pm, but recommend that you are changed and ready a little earlier so that you can run three or four slow warm up laps before we start. We then start the sessions with a series of dynamic warm up exercises. Sessions normally last between 45 minutes and an hour.

We look forward to welcoming you, so come along and introduce yourself. ✍

Robin Adams

Ideas and Advice

Expensive Luxury or Practical Tool?

Tony reviews the Timex Speed and Distance System

Hi tech gimmick, a practical way to measure how far you're running, or an expensive luxury? The Timex Speed and Distance system is a running watch that tells you how far you've run. Unlike the Nike alternative, which has a sensor on your shoe to measure movement on the ground, the Timex system has a satellite receiver with all the info coming from the sky! I must admit I was so excited about this particular Christmas present that I opened it a couple of weeks early.

Unwrapping the box I found a sports watch with the normal stop/start and split functions, and also a receiver with a velcro strap. Watch on wrist, receiver around my upper arm as recommended, and out I went running. Well... not quite. The system measures distance by locking on to transmissions from three or more satellites sitting on the horizon, so my first five or ten minutes with the watch on were spent outside waiting for a flashing red light on my receiver to turn into a flashing "green for go" light, to show that the receiver had picked up enough satellite transmissions to fix my position.

The receiver that picks up the satellite transmissions measures just 10 by 6 cm and is 2cm deep. It takes three AAA batteries which last up to 12 hours, and is still light enough so that I didn't notice it while running. As well as receiving signals from satellites it transmits information to the watch.

My first five or ten minutes with the watch on were spent outside waiting for a flashing red light

While you're running you always see your lap or total time, but unfortunately you can't see both at the same time. In addition you can choose to see one of: total distance, speed, average speed, max speed, pace, average pace, or best pace (though the instructions are at pains to warn you that consulting the watch while moving is unsafe!)

In practice, the only ones of interest to me, and I suspect to most runners, are total distance and average pace. The pace seems to be measured over too short a time and therefore seems to fluctuate wildly. And the speeds are only to one decimal place and therefore much too coarse to be of any use. It's also a real shame that the option to see the total time as

well as lap time is missing and there's no way to see the lap distance as well as the total distance: full timing information and lap distances are only available after a run, using recall mode. Finally, although it could display your current position, it doesn't – you'll need to buy a separate GPS system for that.

Despite the limitations of the display while running, the real benefit of the system is the distance measurement. The measurements seem pretty accurate to me, although, as someone else recently commented on the egroups, I have a suspicion that it measures slightly under (I'm faster than it says aren't I, really?) Compared to measurements I'd painstakingly made on my computer from satellite photographs using a shareware tool, it's only been a couple of percent out either way.

Ironically, it is the Three Parks route that caused me the most problems

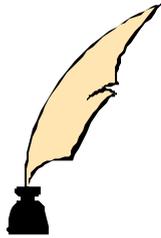
A common criticism of the Timex distance measurement system is its ability to receive satellite transmissions in cities with tall buildings. Ironically, it is the Three Parks route I run most often that caused me the most problems. In most built-up areas I've run in, establishing reception in the first place has been a problem – one I've solved by starting off somewhere more open like a car park – but has been OK during the run. I suppose with the Three Parks run it was the extended tree cover that broke up the signal; in any case the disruption was so bad that the system was effectively useless. I've also heard that distance measurement is much less accurate over hills, as it can't pick up changes in altitude.

Most of the running I do is along the canal system and around Victoria Park in East London and I find the system works well. I'm really enjoying having the freedom to explore new routes here and on holidays without having to guess my distance. But I have to say the best thing about my early experiences with the system was the sheer wow factor of it.

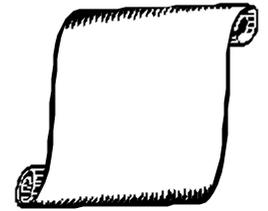
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In Olden Times



The First Handicap

Looking back 20 years

1983: the year the compact disc made its first appearance. If you could afford the very expensive disc player, you could have listened to new music from David Bowie (Let's Dance), ZZ Top (Eliminator) and The Police (Synchronicity). Apple Computers launched a computer programme featuring for the first time drop-down menus and a "mouse" control box.

Margaret Thatcher's Conservative party won the General Election. The USA invaded Grenada and the USSR shot down a Korean passenger jet. Sally Ride became the first American woman in space. In sport, the big story was the USA's loss of the America's Cup for yacht racing (to Australia) for the first time in 132 years. 1983 saw the first World Athletics Championships, held in Helsinki. There were wins for Steve Cram (1500m) and Daly Thompson (decathlon).

Serpentine Running Club was still in its infancy. We had just agreed use of Alexandra Lodge, a former Park Keeper's house near the Royal Albert Hall. With just one toilet and two showers we were short on space even then, but it had a nice garden!

The Handicap Series was started in 1983. It's still held to the same "best of 8 races" format with individual handicaps calculated so that the race should finish 42 minutes after the clock starts. And we compete for the same trophy. But who, I hear you ask, was Tom Hogshead? Yes, he really does exist. Tom is an American who was working in London. He met up with some Serpies one Saturday in the Churchill pub in Kensington. Eventually, Tom was persuaded to run with us. When Tom returned to the States at the end of the year, James Godber suggested that he donate a trophy. Without hesitation, Tom offered one for the Handicap, it being the only race he had participated in.

The first winner of the Tom Hogshead trophy was Bobbie Randell. Handicap race winners in 1983 included Kathy Crilly in February and Hilary Walker in August.

The other Handicap trophy is the Serpentine Egg. This goes to the person with the lowest (i.e. worst) score for the series. Will Chapman and Jane Howarth presented this to the club, also in 1983. The trophy is made of Serpentine, an igneous rock found in Cornwall and usually turned into lighthouse table lamps for tourists. Alan Woodward was the inaugural winner of the Egg. ✍

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.

Visit SerpieBase

Why not log in and help us help you?

When Paul Ashworth took over as Membership Secretary in 2001, he thought he was taking over the management of the names and addresses of 200 members. This would be hard enough in London, where people change address quite often, but the club kept growing. Paul soon found himself dealing with a club of nearly 500 members – 10 membership applications a week – as well as keeping up with a steady flow of changes in personal details. Now in 2003, the club has nearly 900 members and the task of keeping track of everyone's name and address and contact details has become a major administrative challenge.

So we've solved the problem with a quiet revolution. The Serpentine Membership Database is now online, so that members can join the club by filling their own details straight into the database and paying by credit card or debit card. Existing members can update their own entry in the database if they change their address or phone number, and when the time comes, can renew their membership online. So we can keep our contact details really up to date – which in turn means, for example, that we send this magazine to the right address. Malcolm French still puts a lot of work into maintaining our membership system, but the task has been made a lot easier by your help in keeping your own details up to date.

We've solved the problem with a quiet revolution

As well as solving our administrative problem, SerpieBase means we can provide a better service for our members. For example:

- There are options for you to select your running interests – ranging from marathons to yoga – so that the club captains can keep you in touch with events that might interest you.
- There is a space for you to record emergency contact numbers and medical details, so that if you are taken ill on a club run, or on one of our weekends away, we can help to get you the right medical care and get in touch with your family.
- You can choose to “share” some of your contact details, so that other members of the club can get in touch with you; and you can view contact details of members who have chosen to allow members to see them. This helps us all to keep in touch with each other, while maintaining our privacy.
- For about half the club, the database includes a photograph, to help us all to recognise each other. You can add your own and decide whether or not you want other members of the club to see it.
- You can check your membership status at any time, to see when your subscription is due or whether your cheque has been received. You can also check your membership number and can pay your membership dues by credit card or debit card.

We have also started to use the technology underlying SerpieBase to organise other events, such as the recent health weekend and the forthcoming Last Half of the London Marathon (see page 4). Online sign up is easier for you and helps us to manage these events better.

We know that privacy is important to many members of the club. That is why we have a clear privacy statement: we will not

sell, share or give your contact details to anyone at all. Your personal information is only visible to other members of the club if you choose to make it visible to them: apart from that, it can only be seen by officers of the club.

So what?

Have a laugh at your photograph in the database!

Three hundred club members have already logged in to SerpieBase and are finding it a useful way to keep in touch. So if you haven't already done so, please visit SerpieBase on the Serpentine website. The first time you try it, you will need to ask the system to send you a password by email. Then please log in, make sure that we have all your up-to-date contact details and decide which of them you want to share with other members of the club. Enter your (private) emergency contact details and any medical information that might be useful and tick which events interest you. Have a laugh at the photograph of you in the database, if there is one. And if you would prefer another photo – or there isn't one there at all – send it by email to photos@serpentine.org.uk

Keeping SerpieBase up to date will only take a few minutes, but it will help us to provide a better service to you.

Thanks for taking the time to make all our lives easier. ✍

Owen Barber

Coach Education

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

See the article on page

5

Committee Meetings

Continued from page 19

The Sponsorship/advertising task force proposed a policy for sponsorship and advertising in the Sentinel and Serpentimes.

It has been agreed that direct advertising will not be allowed in either publication, but relevant mailshots from advertisers who sponsor the magazine costs may be allowed, accompanied by a disclaimer. The task force will meet again to consider advertising on the website and also the issue of charity donations.

The Committee agreed on the first three Honorary Memberships to be given in the Club. Frank Horwill and Hugh Jones have been awarded theirs and one more is still to be given.

The committee ratified arrangements for the NYD10K.

The John Stonham Trophy was discussed and voted on. The winner was Carole Wisdom.

Jan and Kathleen announced they won't be standing as Ladies Captains next year. People need to start thinking now whether they would like to take this on. Do talk to Jan and Kathleen about it. Phil has suggested starting a nominating Committee prior to the next AGM.

The Committee looked at Owen's proposal for when he stands down as webmaster in April. It was agreed that Robert Maslen would take this on, with a hand over period with Owen. Robert will form a working party to look at sharing tasks and keep the Committee informed of progress. ✍

Sarah Newton

Luxury or Tool?

Continued from page 37

The very idea of figuring out how far you're going for your Sunday jog by taking readings from objects hurled into space is just outrageous. It's complete overkill for what needn't be a complicated pastime, but that's part of the pleasure of using it.

Overall, I'm glad I've got the Timex watch. Although there are some obvious omissions in the statistics the watch displays, and it comes in a little expensive at around £200, the convenience and accuracy of the technology, over a map and a piece of string for example, are hard to beat. ✍

Tony Gould

Track & Field

Continued from page 11

There is also a full range of jumps (long, high, triple and pole vault) and throws (javelin, shot, discus and hammer). We need two competitors for each event and, of course, the more team members we have, the better the atmosphere.

Both men and women can compete in the mid-week Rosenheim League. Rosenheim matches are predominantly track based and include races from 100m to 3000m. Each programme also includes two throws and two jumps. We can have as many competitors as we like in the events, with one nominated as the "scoring" athlete.

If you are a woman age 35+ or a man age 40+ you can also take part in the Veteran's League. Each veterans' match includes a range of events for different age groups.

If you would like more information, either speak to one of the club captains, or contact Robin

Kindersley (for men's division 2) or John Walker (for men's division 5) if you're interested in the Southern Men's League. ✍

Malcolm French

News from the Tri-Group

Continued from page 33

Can the kit be seen through; indeed should it be seen through? Where does the yellow Serpie hoop go? The combinations and debate seem endless, though fun. A decision will be made, but until then, a Serpie singlet over black shorts/swimming wear seems to fit the bill as well as anything. OK, it takes an extra 10 seconds to put on, but in the scale of my swimming time, that doesn't seem too excessive.

Life in the tri group is not all hard work though. We have had some great social get-togethers after races, and Mark is organising a proper social event for us. John hopes to repeat his captain's BBQ and guarantees a good night out after the Nottingham championships.

So, we are not yet the best-organised group in the club, but we are enthusiastic, and highly motivated. There is a great spirit of support and encouragement, regardless of age, competence and experience, and we need more help with co-ordination. Quintin has entered us into the leagues again, so all our contributions will count next year. We now have some really good athletes in our midst and we look forward to following their endeavours over the next year, but even more we look forward to a season of enjoying the training and tri-ing at all levels, and welcoming other Serpies into the group. We hope to see you in 2003! ✍

Eddie Brocklesby

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Contributions Sought For The Serpentimes

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

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

Contribute to your club - Start writing!

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.