

# F O R T H C O M I N G E V E N T S

Sun 22 Jun Borehamwood half marathon  
Joint promotion with Borehamwood AC. To offer help please contact Penny Wylie on 01438 820150.

Thu 10 Jul Sportshall U11 Competition,  
Crystal Palace

The Club has again been asked by Barnet Sports Development Office to organise/team manage the Borough team for the Sportshall Athletics competition that is part of the London Youth Games. Athletes selected have been informed.

Thu 17 Jul Midweek road league mob match,  
Trent Park

Our home promotion. Offers to help to Cath Perry on 0208 829 9752.

Sun 10 Aug Club Orienteering Champs  
See separate advert for details.

Thu 14 Aug Family Paarlauf, Clubhouse  
See separate advert for details.

Sun 17 Aug Biathlon Champs  
See separate advert for details.

Sun 17 Aug Eastern Young Athletes League,  
Cophall

Our home fixture. Offers to help to Promotions secretary Cath Perry on 0208 829 9752 or Officials secretary Ted Kimber on 0208 950 4348.

Sun 31 Aug Southern Vets League Final, Battersea  
Final of the Vets League, which we hope to reach again. Details from team managers.

Sat 6 Sep SWTFL, Southend  
The last women's league match of the season. We would like maximum support at this final fixture, as we hope to be finishing the season in style.

Sun 7 Sep Club Champs, Watford  
This year our club champs are being held jointly with Watford to try to give better competition. All events involving Barnet athletes will be scored separately in respective age groups.

Sun 7 Sep Middx Vets Champs, Barn Elms  
Details from team managers.

Thu 9 Oct AGM, Clubhouse  
The Club's Annual General Meeting. To be held at the Clubhouse. Details of this and the Presentation Evening will be published in the Sept magazine.

*This is just a selection of the forthcoming events. The full information is available on the summer fixture list. If you haven't got one see your team manager.*

## MID-WEEK ROAD RACE LEAGUE 2003

**Maureen Shirley - Ladies Team Manager**  
**Telephone/Fax 020 8446 3336**  
**Mobile 07931 881766**  
**email: john.shirley@virgin.net**

**Peter Graham- Mens Team Manager**  
**Telephone 020 8444 6171**  
**email: Peter@grahams.co.uk**

By the time you read this the first 2 races should have taken place, if you wish to compete in any of the remaining races or want more information please contact Maureen or Peter & as soon as we have details of individual races we will let you know. As we are co-hosting the mob-match we will need marshals & helpers, so if you are not a road runner please offer to help.

The League has a new sponsor this year, Advance Performance of Peterborough & to encourage runners to compete in the mob-match (which is non-scoring & both divisions run together) a number of shoe vouchers will be given as spot prizes at the presentation after the race.

All 7.30pm start

Thursday 19<sup>th</sup> June  
Thursday 3<sup>rd</sup> July  
Thursday 17<sup>th</sup> July  
(mob-match)

St. Albans 7M  
NHRR (Letchworth) 10K  
Trent Park  
(with Barnet co-hosting)

Please remember 1st claim members only - 2nd claim & guest runners are NOT allowed. We need as many runners as possible to compete & runners of all standards are welcome in this friendly & sociable league. Minimum age for runners is 15. We look forward to seeing you & Happy Running.

Peter & Maureen

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## CLUB CHAMPS SUN 7 SEPT

At Woodside Stadium, Watford  
11-30am to 3-30pm  
Events for all age groups (inc U11s from 10am)

Timetable and entry forms will be available from your team manager or download from the web at:  
<http://www.british-athletics.co.uk/clubs/barn&dist/>

Please return your entry forms as soon as possible to: Steve Chilton. Anyone available to help officiate should contact Ted Kimber on 0208 950 4348.

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## MENS SOUTHERN LEAGUE DATE CHANGE

The match on 2 Aug will be held at The Body and Mind Track, Canterbury High School, Canterbury (NOT Ashford as per fixture card). Canterbury is an interesting town, why not make a day of it?

# CLUB NEWS

## SUMMER BARBECUE

To be held at:  
76 CRESCENT ROAD  
NEW BARNET, EN4

On: Saturday 19<sup>th</sup> July,  
Starting 7:30 p.m.

Tickets £5 from Kirsty Johnstone

Tel: 0208-447 0457  
Mobile: 07771-757349

Bring your own drink. Donations of Salads,  
Puddings & Raffle Prizes will be greatly  
appreciated.



16, Raymond Court,  
Potters Bar,  
Herts  
EN6 2RJ

## ANNUAL GENERAL MEETING 2003

In accordance with the Club Rules, notice is hereby given that the Annual General Meeting of Barnet & District Athletic Club will take place at the Clubhouse on Thursday 9th October 2003.

Nominations for all committee and other official club positions, resolutions and motions for consideration, and any other items for discussion must be notified to me, in writing, by 15th August 2003. Only items so notified will appear on the agenda and be considered by the meeting. The agenda will be sent to all members in September.

By order of the Committee

Chris Stott  
Hon. General Secretary

## Message from the Membership Secretaries

First of all, welcome to all the new members that have joined us since the last magazine was published. We hope all members enjoy their time with Barnet & District & please feel free contact either of us if you need any help or advice.

Next, thank-you to the 90% of members who have paid their subscription for the year October 2002-3, however that still leaves 10% outstanding. Annual membership fees were due at the AGM in October & if yours are outstanding, please send payment to Maureen Shirley, 33 Percy Rd, London, N12 8BT, ASAP. (Cheques should be made payable to Barnet & District A.C.)

If you have not received your membership card (to Oct 2003), are unsure how much you owe or have any other query please contact Maureen (020 8446 3336 or 07931 881766) email: john.shirley@virgin.net

Please remember to let us know if you change address, phone number or email, it is important to keep the records up to date so you can be kept informed of club activities. Email is now a very easy & quick way to keep in touch & the more information we can get out this way the more we save on postage, so if you have access to email please let Maureen know your up to date address, she will see that it is passed on to the relevant people (team managers, social sec. etc.). All information is for club use only & is never used for commercial purposes, however if you object to any information being passed on to relevant club members please let us know.

If you decide to leave the club for any reason please remember to send a letter of resignation (or email) to Maureen, so we can keep the books up to date.

Maureen Shirley (020 8446 3336) & Penny Wylie (01438 820150)

## NEW MEMBERS

The following new members have been elected at Committee since the last magazine:

*Hannah Sheridan, Alex Glaser, Jeremy Arnold, Bernie Hercock (2nd Cl) Clare Muncey & the Cunningham children - Katherine, Elizabeth & Mark. Anne-Marie Etan, Patrick Snith, Lucy Blevings, Asha Tranquille-Day, Martyn Rowe.*

May you all have a good time with the Club, both athletically and socially.

### THREE LEGGED TROPHY

The club has a wonderful reputation for its social activities and a motto that would seem to apply is perhaps "work hard and play hard". Social events are held throughout the year and in August such events are coupled with competition which can be serious for some and light hearted for others.

The **Orienteering, Paarlauf and Biathlon** are all well established club championship events and the award of the Three Legged Trophy for the competitor with the lowest aggregate time in these three special events has proved popular, so much so that there is now a separate trophy for the ladies which is held by Kirsty. Kirsty also took the new trophy for the ladies Orienteering. The trophies for the Family Paarlauf have generally been awarded only to family teams, but non family teams may take part, particularly if an athlete wishes to get an aggregate time for the Three Legged Trophy. Guests are welcome for the Orienteering and Biathlon.

The Club Orienteering Championship will take place on Sunday 10th August 2003 commencing at 9.00am and the location, which will be a new venue but still fairly local, will be announced on the club notice boards two weeks before the event. Competitors will be issued with a map and instructions about the control points to be visited. Participants should arrive by not later than 8.45am for briefing. They will be started separately at one minute intervals and must locate the controls as quickly as possible using a compass and/or knowledge of the ground in relation to the map. If competitors wish to take part as a pair or small group they may do so but they will not have a time to carry forward for the Three Legged Trophy. If you are unable to get to the clubhouse to get details of the location you may telephone Derek Wood on 0208 366 4240.

The Paarlauf will be on Thursday 14th August 2003 commencing at 7.15pm. For anyone who has not taken part in this event before, teams of two have to run 12 laps of approximately 750 metres around Victoria Recreation Ground adjacent to the clubhouse. Each competitor will run six alternate laps that will be a total distance of about 2.6 miles. While one member of each team is running the other member of the team will have a short rest and it is effectively a continuous relay race for two runners. The family team trophies are for the winning team, the first team with a lady and the team with the highest aggregate age provided they finish within 20 minutes of the winning team. There is also the Shirley Trophy which was presented by John and Maureen last year and is for the first non-family team with a lady and the holders of which are Kath Woods and Sean Mitchell. A Paarlauf is a useful form of training and should prove an interesting variation from the normal Thursday evening run from the clubhouse.

Sunday 17th August 2003 is the date for the Biathlon Championship which will start and finish in Lawton Road by the North Gate of Victoria Recreation

Ground. For safety reasons it is important to commence the cycle phase by 8.00am and competitors should report to Jim Neville at the clubhouse by 7.30am. The approximate distances to be covered are 12 miles on the bike followed by a 5.5 miles run. Competitors may team up with someone if they do not want to do both disciplines but the whole event must be done if a time is to be registered for the Three Legged Trophy.

Some members will do just one or two of the events but I am sure that a good number of you will want to participate in all three and we do, of course, have a club picnic after the two Sunday competitions.

**Derek Wood**

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## Barnet & District A.C. Club Kit

**Available from: MAUREEN & JOHN SHIRLEY**  
**email: john.shirley@virgin.net**  
**Telephone/Fax 020 8446 3336**  
**mob: 07956 240134**

Club Vests: £12 Men's sizes - XS - XL  
Ladies sizes S - XL

Ladies Crop Tops £15

*Remember - Club vests are compulsory in team races.*

**New Kit Now in Stock**  
**(see it modelled at training sessions)**

Teflon Rain Resist Jackets in Club Colours with  
Club Name: £40  
S (36)M (38)L (40) XL (42)

Aquaduct Tee Shirts in White with Club Name  
Long Sleeved: £20 Short Sleeved: £18  
Adults Size only: S - XL

Blue Woolly Hats with Club Name in Red: £5

**Old Favourites Still Available**  
**(some in stock, but may have to order)**

Cotton Tee Shirts in White with Club Name  
Long Sleeved (Adults Size only S - XL): £12

Short Sleeved (also available in Red): £8  
*Children's sizes can be ordered*

Sweatshirts in Red or White with Club Name: £15  
*Children's sizes can be ordered.*

**Lets try to look like a team.** Please contact John or Maureen if you want to see what kit we have currently available, if what you want is not in stock we should be able to order it.

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## FROM THE EDITOR

I have had a major computer crash and lost a lot of material for this issue. I have tried to ask people to re-send where known, but if something has not appeared I can only apologise. That is also why this is so much later than normal. You can always re-submit material. **Steve Chilton**

# R E P O R T S

## **Marathon Baggage Helpers 13<sup>th</sup> Apr**

Once again our intrepid team of baggage handlers headed for the Mall. 29 members & friends did our stint of sorting & distributing 2 lorry loads of Marathon runner's gear. This year the lorries arrived on time, which made the sort much easier & we had no real problems. We were able to spot many of our club runners as they came along & John massaged a large number of legs back to life so they could stagger homewards. We witnessed much joy & disappointment amongst the runners & most of us were pleased to be helping not running. At the end of the afternoon we were all feeling tired & grubby but proud to wear our London Marathon 'Officials' track jackets home (yes this year it was rather nice jackets instead of the usual sweatshirts). Thanks to Penny & Con Antoniou, Karen Faloon, Clive Golland, Kirsty Johnstone, Des Michael, Jim Neville, Jose Kimber, John & Melenie Fulcher, Mick & Shelia Tappin, Joanne & David Botevyle, Maggie Govender, Pauline Lygo, Martyn Rowe, Tiffany Stephens, Chris Stott, Bryan Solomons, Peter Graham, Clare Simpkins, Tasha Shirley & her friends Julie Attrill, Jane Molloy, Stewart Pitt & Paul Moore who were our helpers this year, hope you all had a good day &

that you will be back next year. The club received £188.50 for our efforts & everyone kindly donated their travelling expenses, making a total of £346.60 for club funds. We have received our usual letter of thanks from Bill Reynolds, who organises the baggage & he hopes to see us again next year.

Maureen & John Shirley

## **Flora London Marathon Sunday April 13<sup>th</sup>**

Alarm goes off. I let it buzz. I've been clockwatching for 35 minutes. I switch it off and promptly doze off and suddenly awake with a start. Its 6:02 am! I gingerly get out of bed. Achilles stiff, calf stiff, normal. I creep downstairs, make tea for my wife, make breakfast for me, brown pita with smashed banana filling. No frost this morning, its clear, no breeze. Make it to the tube in time, its unusually busy. Meet up with a friend and surprisingly with Douglas, a fellow club member. Tube arrives, meet Dean as planned and another chirpy surprise, Steve Harris, on his way to Tower Bridge. As we call into each station, more Flora kit bags embark, nervous excitement in the air. We spill out at Charing Cross, worse than rush hour, but we are all going the same way!

We're sandwiched onto a train, they've changed a bit since I last used them some 15 years ago. Greenwich, a bottleneck already and its still 1hr 30 to kick off. We're guided to our respective routes, Dean on red start, the other 3 to blue. Queues for the toilets, massive queues. It happens every race, big or small. Grease on, shoes tied, chip secure, vest on, number pinned, kit bag in, pouch of Lucazade gulped down, spot Helen. Quick good lucks exchanged, correct starting pen located. Catherine Perry? Marathon? No, no only pacing for a while. Nervous tension, gradual closing up, a quick 30 second silence in memory of Chris Brasher, and off!

We actually had a rolling start and crossed the line in 2 minutes! But as ever bottlenecks and hold ups lead to a 9:40 first mile. Crowds on and off the course, so many, constant dodging, hands out like bumpers, no such protection at the back. Still dodging and bumping after 3 miles. Meet Dean at first water stop as planned. Start to open up a little and settle to a rhythm. Some runners already start walking, only see them at the last minute. Clip, sorry! Still weaving, rhythm goes, still getting bumped, pace varies between 7:50 and 8:10. Take on water, lots of water. Feels like it's going to be a hot day. Worried about dehydration later on. More water and then gulp all the contents of a lucozade pack at mile 8. Get sprayed on the feet by a stepped on unfinished lucozade pack. Yuk! Sticky, it trickles into the socks. Feeling bloated. Liquid swishing like a washing machine in my stomach. I gradually develop a hunched running style to accommodate my full stomach. I'm not running smoothly, I've usually warmed up by now. Hit Tower Bridge, crowds yelling, whooping, whistles, rattles and horns ring in my head. I decide to drop off the pace a little to try to find second wind. A cold sensation sweeps through my body. I feel slightly dizzy. Can't be dehydrated, what's going on. At half way, ball part of my right foot is rubbing a lot. I stop, put on grease, retie my shoe and carry on. Half way was at 1hr 48min so still ok. Thirsty, take on more water, why? My stomach is still full.

Calves are aching, why? This never happened in training. Pour water all over, feel hot, dizzy again. Start walking, feel dreadful don't usually have to walk in a race, just slow down. I pass 16 miles at 2hr 16min and cheer myself up that its only 10 miles to go! Can't stand upright properly, stomach still full of liquid. Left shoulder and neck tighten up, I'm tense. Still thirsty, take on more water! Can only run 2 minutes at a time before I have to walk. Get really frightened that I won't finish! I'm now 11 minute mileing. The crowds are relentless in their enthusiastic cheering. Get squirted by a kid with a water pistol right in the ear. Decide not to retaliate. Finally get to the relative quiet of Tower Bridge again. The miles are taking forever to pass.

Stagger into Birdcage Walk and in full view of the most crowded street, all the liquid in my stomach came out. It felt like a litre thundered out, spewing all over the road, all lucazade and water and no diced

carrots! I manage to plod on feeling slightly better but still hurting all over, calves, feet, left shoulder, head as light as a feather.

The finish is a 100 yards, someone in front starts to topple and stagger, I pray I don't do the same. Bastard! He was only pretending when a marshal comes to his aid as he has a big grin on his face. I then notice he's wearing a clown's outfit! Crowds, crowds, noise. The finish, I hope they don't take a photo. I'm marshalled through time chip removal, medal that weighs a ton, and goody bag that yanks my shoulder socket out, full of well, hardly anything you can eat now. Gently stagger to kit lorry, right at the end, familiar faces from the club. John Shirley guides me through a gap in the barrier. VIP treatment. I'm complaining, I'm disappointed, I'm dizzy. John soothes my mind, he knows, he's been there before. He soothes my feet with the magic spray, he loosens the tight muscles on my legs, he encourages me to get into dry clothes and ties up my dry shoes, always an understanding word said. Graham Barnet arrives, knackered, he finished earlier and he's still chatting and joking.

I stagger out to try to find Dean, sympathetic noises of well done from the club, but they know what I went through, I've learnt a valuable lesson and I'll be better prepared next time.

Marc Kos

## SANDY BALLS TRAINING

Armed with Kate Scott's finest spag bol, setting off a little late, 3 car loads of us set off for the excellently named Sandy Balls, in the New Forest, Barnet and District's favourite away from home training ground. The place where dreams are prepared for, seasons are sprung from, where Steve C gets his shoe laces trapped in caravan doors and Jim tells us ALL his Lanzarote stories, normally prefixed by 'well, we'd had a few drinks...'

This was the training weekend for Steve Chilton and Jim's young athletes. Well, if the oldies can do it, so can they and as Jim discovered the younger generation (Philippa) are fast taking the 'mature' runners ground. Watch Out!

Arriving late, the lanes into the New Forest were dark. Typical townies that we are, we marvelled that wild animals existed here, and whats more lurked by the side of the road. We took extra care to slow the car down for any dark shape hovering near by. So OK that was a road sign - it looked like a wild buffalo from a distance OK Steve!

A late arrival, a glass of wine and delicious spag bol later, we squeezed into our accommodation and slept. Well, Eileen and Claudia decided to launch into the endurance testing by staying up all night. Just ask Hannah and Philippa. They were delighted. 2 days of intense training loomed, 4 sessions a mixture of sprints, runs and reps. Oh and to get those competitive juices flowing, Steve had a fitness test devised for us to round off the weekend. Who would be the conqueror of all?

The days were split into two sessions, am and pm. A punishing session of 5,4,3,2,1 minute reps around the woodland trail stands out as particularly harsh. Alex, Kath Woods and Eileen led the way, hot on the scent of fast track times. The rest of us battled it out for the minor places. I certainly could have done with some mountain equipment to tackle that hill that we had to cover again and again and again...

Long stuff over, we moved onto the 4x300m. Boy, what an intense session! It may have only been 4 reps but we all did them at maximum pace eager to beat the time predicted for us before the session began.

But no worries, as we rewarded ourselves handsomely afterwards with a fine 'alfresco' (Steve likes to think we are exotic) brunch of magnificent proportions. Though of course Eileen and Alex resisted, preferring instead to stick to their diet of pot noodles and dry cereal! What great student practice!

The lovely thing about the weekend was not only the chance to train hard (and beat Jim). Nor was it just the chance to laugh at Steve's cramp attack (aren't we cruel young things!) or play 'drink whilst you think' and the Name Game (does Helen Hoyle count?) with the New Forest's answer to the Blues Brothers strumming in the background (yes, they were there again). It was just nice to chill out in fresh country air, eat bagels (obviously the main fuel for the weekend) and iced gems (lots of them, Kath and Cath), play a bit of footie (Alex and Eileen) attempt a spot of sunbathing (Claudia). There was even much pitied attempts at homework by the conscientious students Hannah and Phillipa, whilst I got down to swinging my balls (and everyone else having a swing too!!) and of course we all enjoyed England trouncing the Irish at rugby.

Yet the fitness test still hung like a black cloud...who had the balls to see the challenge through...who was to be the lifter of the ultimate trophy?

Well the answer is that to achieve such an accolade you have to ditch the running. Yes, less running needed, more swimming. The victor was runner/swimmer/kung Fu Claudia, very closely followed by Hannah (67 sit ups in 1 minute!!!) both of whom do quite a bit of swimming. A mixture of ball lobbing, skipping, bouncing, press ups (press up in my instance), sit ups, flexibility tests, all combined to show that a little of bit of cross training probably goes a long way.

It was a great weekend (Obviously!) full of beans (namely Steve's in our dinner) and bursting with balls (my swinging ones). Good, tough and structured training has I believe kicked off a good track season for us all with our PBs nose-diving, much like Steve C after trapping his shoelaces in our caravan door.

Cheers Steve and Jim!!

Cath Perry

**Editor's note:** What Cath is too modest to record is the fact that she won the "Trainer of the Weekend" award for the most commitment shown across the range of activities.

## PAUL EVANS TRAINING WORKSHOP

A group of the club's young middle distance athletes accompanied Jim Neville and I to a workshop organised by Gwyn Potts at Wodson track, Ware. It involved a training session with Olympian Paul Evans and a discussion session on tactics with Gwyn and Paul.

Steve Chilton

## YOU ARE WHAT YOU EAT

Before heavy training, one should eat something suitable.

Women especially tend not to have any breakfast before training or racing in the morning. For example, a banana gives you enough energy to run for about 12mins.

After a good night's sleep Paula Radcliffe got up early for a breakfast of porridge, honey and bananas before her record breaking London Marathon run.

Easily digestible slow release carbohydrates-oats and banana with quick release honey, all containing muscle assisting potassium and magnesium. This would have given Paula a steady flow of energy during the race without a sudden surge of blood sugar. Together with drinks containing rapidly-absorbed sugars and electrolytes taken during the Race, she was provided with sufficient energy throughout the run.

Pre-race food needs to be easy to digest as blood flow to the digestive system tends to shut down during hard exercise. The stomach needs to be empty before a race to reduce the risk of cramp.

The article in Athletics Weekly dated 24th April referring to local woman 800m runner, Jo Fenn's training regime draws attention to the importance of rest and regular eating.

Our members might not be in the same class as these two, but we should still pay attention to our diet when exercising regularly.

Try to eat within the half hour window after finishing training, the food will be drawn "straight to the spot", muscle cells will be repaired with no weight gained.

## ADDITIVES

Experiments show, the most recent being the case of 5yr old twins from Crewe, that by reducing the level of E numbers in food consumed, there follows an immediate improvement in the concentration, intelligence, sleep patterns and behaviour.

After a period of only two weeks, one twin outperformed his brother by 15% by avoiding chocolate, artificially-coloured sweets, fizzy drinks, flavoured crisps, tinned fruit and vegetables and ice cream. Try it and see; its only for two weeks.

## OBESITY

In the next 10 or so years, obesity will overtake smoking as the major cause of preventable death. 60% of the population are overweight; the prevalence of obesity has doubled in the last 15yrs.

Steve Harris

## DUATHLONS

A number of club members have been actively competing in duathlons (run-bike-run) recently. The following races are the 3 qualifiers for the world champs to be held in Switzerland in August.

Powerman UK Duathlon, Carsington Water, Derbyshire, 6<sup>th</sup> April

In chilly, windy conditions but with stunning (hilly) scenery, John Shirley won the 55-59 age group & secured his place for the world champs.

Cambridge Duathlon, 27<sup>th</sup> April

Another windy day but not so cold. Helen Hoyle, only 2 weeks after running the London Marathon, had a brilliant race to finish 6<sup>th</sup> W35-39 & qualified for the world champs. Alan Harvey, despite having problems with his bike, also qualified in the 55-59 age group. John S. again competed well finishing 3<sup>rd</sup> 55-59. Unfortunately Darren Treadaway, who was well up after the 1<sup>st</sup> run & bike had an accident in transition & could not complete the race.

### Overall Positions

Ladies: 12. Helen Hoyle

Men: 58. John Shirley, 119. Alan Harvey, 122. Huw Preece, 264. Jim Neville

Lightspeed National Duathlon Champs, Swindon, 18<sup>th</sup> May 2003

After competing in the Masters Relays in Birmingham on Sat, John drove to Swindon together with Maureen & Pauline L. (who were coming to support) & we met up with Alan & Brenda & Helen H. Helen unfortunately was suffering with a heavy cold & after not sleeping well decided not to compete. Dave Candy travelled down on Sunday with Darren Treadaway, who had recently had a more serious bike accident with a car (not his fault!) & now had a broken arm & stitches in his side.

Darren is almost certain to be given a discretionary place in the worlds; we wish him a speedy recovery from his injuries. All 3 of our competitors did well, John getting a bronze medal & Alan finishing 6<sup>th</sup> in the 55-9 age group. Dave was 6<sup>th</sup> in the 35-9 age group securing his place for Switzerland.

It was a good race to watch, especially with Darren's knowledge of who should be where, plus more stalls for shopping & the rain held off until most had finished. A good weekend all round.

Maureen Shirley

### Southern & National Road Relays.

Reported on an earlier page you would have read the results of the above relays. However, not many members will know that the last time the club qualified for the National was 11<sup>th</sup> April 1959 when Hampstead Harriers achieved this feat, seven years before the amalgamation with Barnet A. C. to become Barnet & District A. C.

In those days the course was from London (Big Ben) to Brighton (The Aquarium). Entry to the "Southern" race was very restricted as only 22 clubs were invited to compete. The way in which we qualified was mainly to do with our performances in the Leyton to Southend Relay but other relays were taken into account. During the period from 1956 to 1962 we failed only once, in 1960, to get in the Southern. In those days the race was not referred to as the "12 Stage" as prior to 1956 it consisted of eleven stages. The construction of Gatwick Airport added a few miles to the course and a twelfth leg was included: this was Leg 6 which was the shortest at about three miles and had to be run by a Young Athlete. (Youth 16/18 years old). The Southern race was held in October each year with the National being held the following April.

Of the seven races in which we competed the National race was our slowest (4.59.33) with our first stage runner having a bad time and finishing 19<sup>th</sup> of the 22 racing. Our remaining eleven runners all maintained that position. Our fastest time was recorded in 1956 when we finished in 4.45.25 for the course of about 55 miles.

The races were sponsored by the "News of the World" and something that would never happen nowadays, there would be a full report of the race with photographs on the back page!

The first two runners would travel to Big Ben with everyone else joining the race at Mitcham Common. There was a coach for every stage of the race for the competitors and most years we had two coach loads of supporters following the race. Very few people owned cars in those days and for many of our races during the year coaches (Charabangs) were hired.

The race was dropped by the "News of the World" in the mid-sixties due to the large increase in the volume of traffic and construction of motorways. The "Southern" was then moved to Wimbledon for a great number of years until there were accidents to runners and perhaps the first report of "Road Rage" when an irritated driver was delayed by the race. Another move, this time to Thurrock (near Lakeside) when entry was not limited and we again competed. Three years ago another move this time to its present home at "The Open University" at Milton Keynes where I was pleased to be present to cheer our team to a National qualifying position. It was a great pity that five of our Southern team were not able to compete at Sutton Park in the National.

However, I heartily congratulate all the runners in both races on a very good performance.

P.S. Four competitors (and the number of times that they competed) in those earlier teams still remain as members:-

Dave Fereday (3), Harry Hicks (5),

Roger Marven (4) and myself (6).

John Atkinson

## Málaga Half Marathon Sunday 30<sup>th</sup> Mar.

Entry could not be easier: via email for 9.90 euros (less than £7). Registration is on Friday evening, Saturday or early Sunday at race headquarters, a Sports Centre in the Carranque district. This year's race started at 11:00 on the day that the clocks changed so I expect it would usually start at 10:00. I registered on the morning as I was not staying in Málaga. The process was smooth and registration package included a T-shirt. The only complaint was the usual complaint: there were not enough toilets for the crowd of about 2000 runners and friends.

The race started just outside the Sports Centre and we headed towards city centre, along traffic-free streets. The sky was blue with just the odd white cloud so it was quite warm. There was a lot of reflected heat from the city streets in the early stages so we were quite pleased to head for the coast where a slight breeze was a big help. The first thermometer we saw said 34° and the second 26° but we knew that these were inaccurate. The next few showed 20° or 22° which, I felt, gave the correct temperature. We had a good long stretch with the beach on our right and then we turned back, still following the coast-line before heading inland back to the Sports Centre.

I had not run much in the previous 6 weeks so I expected to struggle as the race went on. I was probably on course for about 81 minutes for two-thirds of the race but suffered in the last 7km. It is not a good idea to count the numbers passing you

so I did not bother. However, 75 runners ahead finished within 3 minutes of my time.

The finish was on a running track, which we hit on the home straight. A complete loop of the track plus the home straight took us under the finish clock. Our number had a bar-code, which was swiped to record our details. The finishing funnel led us around the top bend where the bar-code was swiped again and we were given a little print-out showing time, overall position and category position. Amazing! On to the back straight for a drink, goody-bag and sweat-shirt. Impressive! The race was sponsored by adidas and runners wearing adidas trainers were also given a little gift. I always wear New Balance so did not get any after-shave!

I was 168<sup>th</sup> of 1223 finishers (9<sup>th</sup> V3 i.e. M50) in 1:25:14 so I have some good targets for next year. I am already in training and would be willing to co-ordinate a group if there was any interest.

The web-site [www.mediamaraton-malaga.com](http://www.mediamaraton-malaga.com) is in Spanish.

**Liam O'Hare**

**Editor's note:** In Orienteering events now you use a finger mounted "dipper" (by SportIdent) to punch your controls with a microchip in it. When you finish you immediately get a printout showing your finish time and the time taken on each leg. You obviously can't have finish positions because of the staggered starts. You would think it would be possible for "champion chips" to likewise give you a printout with splits in a marathon from intermediate checkpoints.