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ever marathon James Carr produced an excellent time of 3:52:17.

Completing the Oxted contingent were Sue Seller (4:12:27), Phil Saville (4:17:24) and Greg Young (4:25:55) in his first marathon.

Greg commented that "it was by far, one of the best days of my life, I've never experienced atmosphere like it, London was friendly for a day".

Andy Pringle said that it "took 20 miles to shake off a postman, but still got beaten by the bloke who ran in nothing but a G-String and body paint. Funnily enough, he seemed to get the biggest cheers from the female 1/2 of the crowd...".

Rob Hall reckoned he did a PB on beers after the run!

These results are probably the best the Club has ever produced. On top of that we all saw what can be achieved in a relatively short space of time when Tracey Morris became the first British lady to finish in a time of 2:35 and bits, having only taken up running seriously in the past two years. Take note you newer members. It can be done!

Congratulations to everyone who took part, not forgetting those Club members who volunteered to marshall; Jane Shrubbs, Andy Thornley and family, Barbara and Keith Towers, John Pearson, Bev Tonks, and Gary Spring. Not only did they have to get up incredibly early, they also had to brave the elements whilst keeping the runners in order. Well done everyone.



Meet the Club (1).

Val Bowes has been grilling some of our more seasoned runners. First she reports on Andy Thornley.

Oxted Runners - Day 1: Member.....Andy Thornley.

And with a brief exit to live in Gosport for a year, ditto Aylesbury, Andy has been with us ever since. Over the years he has put on the Club colours to run a variety of courses, including London Marathons, Richmond Marathons, and a marathon at Bolton, Lancs., where he found himself racing Jimmy Saville. Did Jim fix it, or did you beat him, Andy?

Races are OK, but Andy runs more for the enjoyment and the challenge of fitting into last years trousers. He's succeeded to the extent that he still fits the trousers of five years ago!

A serious knee injury threatened to put an end to his running - and, before you jump to conclusions, it wasn't running that caused it. He did the damage taking a radiator off the wall, but an infection led to a torn cartilage and many months off running to recuperate. But he's battled his way back, which he puts down to his regular appearances on Tuesdays and, latterly, the re-emergence of the Sunday runs from Limpsfield Chart.



From the Archives June 1994

Green and White everywhere - The new Club strip made its first appearance at the recent Holland 10K event. Comments from both participants and spectators alike were very positive. The new colours certainly stood out and made it easy for our runners to be identified..... ."

Heatherley 6n10 - A good Club turnout on a glorious day gave admirable support to this worthwhile annual event. The Ladies team, Barbara (Towers) and Maureen Williams, plus a mystery A.N.Other carried off the team trophy, with Barbara also picking up the individual vet lady award. The event was graced by the re-appearance of Chris Brewer in a competitive event, pinning on a number for the first time in quite a few years. Congratulations also to David Drummie, Terry Owen, Richard Dobson (complete with hangover), Tony Gill, Andy Thornley and yours truly for sterling performances at both distances. The event was rounded off by the consumption of a few bottles of vino in the sunshine afterwards and in the company of Phillips City and Holland Sports members. Many thanks to Emily Tawse for her support at numerous points on the course and for acting as team photographer.

Holland 10K - As mentioned above the Holland 10K event saw the unveiling of the new Club strip. It obviously provided the incentive for David Drummie to produce an outstanding run to finish in a time of 37:34, a new PB. David was first Oxted Runner home. There were also good runs for David Millen, Terry Owen, Ian 'Savs' Savage,

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From the Archives (Continued from page 2)
Nick Gear, Tony Gill,, and Andy Thornley, the latter suffering from a recurrence of the shin splints injury that kept him out of the London Marathon.
Congratulations also to Barbara (Towers), who despite running for Holland, still managed to win the vet 40 lady trophy! Also commiserations to Maureen Williams, who was the first lady home in her age category, but was denied receiving the trophy as she only entered on the day, thus being ineligible for the award. A lesson her for all 'on the day' entrants.

Well Done, Rob.

Phil Saville reports on the help that he received from Rob Hall prior to this year's London Marathon.

Rob Hall deserves a "mention in dispatches" : apart from doing unbelievable (to me!) things in the Marathon, Rob has been really helpful to me with raising money for my Charity in the run. A few weeks ago when we were chatting he offered to have a whip-round in the office to help me out with fund-raising. Rob works at Aon, with Susie Cook, half a mile (literally!) from where I live in Chaldon. Then last Friday he was really great, he got his Directors to cough up a bottle of booze each for a raffle, and spent the day flogging tickets around the company to raise money for my Charity and another he is supporting. On Monday this week after the run he gave me £250 towards my fund-raising, out of a total of over £400 he raised on the day. Took his mind off the impending run I think but this is really a fantastic

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Focus on Sports Injuries.

This month Sue Seller looks at Achilles Tendinitis.

What is it:

The Achilles tendon (often called the TA) is the large tendon at the back of the ankle that connects the large calf muscles to the heel bone. Achilles tendinitis is when this tendon becomes inflamed.

What are the signs and symptoms:

Acute: Pain on the tendon during exercise including walking.

Swelling over the TA

Redness over the area.

Chronic: As with acute as well as

Stiffness and pain especially in the morning

or after getting up from prolonged sitting.

Pain when walking especially up hill or upstairs.

What is the cause:

Over use or over training -(intensity, duration, frequency) especially on hard or uphill surfaces.

Overpronation or supination - when the feet roll in or out when running.

Poor fitting or worn running shoes.

Biomechanical problems such as flat feet.

Weak or tight calf muscles.

Poor ankle flexibility.

Direct trauma.

What is the treatment:

Initially:

Rest.

Ice (not directly onto the skin as this can burn)

Then:

Identify the cause e.g. new shoes, orthotics (insoles), re-think training plan.

Possibly:

Anti-inflammatory medication via GP

Electrotherapy via a Physiotherapist

Sports massage

Exercise and Prevention:

Frequently check shoes for wear.

Gradual increase in any training programme.

Double leg calf raises -feet in same line, comfortable distance apart, raise onto toes and lower,slowly.

Single leg calf raises.

Wall lean - 1 foot 6-12" in front of other, lean hips forward, arms pressing on wall, keep both heels on floor, feel stretch in back of calf.

Wall lean - as above but both knees bent to get stretch in lower part of calf and TA.

Early intervention should make a good recovery, follow that by the stretches to prevent it's return. Ignore the early signs and the chronic injury is very difficult to treat.

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gesture. Everybody knows Rob is a good bloke and great runner, but this was something he didn't need to do and it really has helped me a lot.

Total raised for the (Only Oxted ??) Charity Runner who never gets club places is now, including Rob's great effort, £1,100. This is great, more always welcomed even retrospectively. Don't know yet if I'll bother entering the club draw at Christmas, I am jinxed! Anyway I always get problems at this distance, maybe it's something I shouldn't do any more.

The Great Pub Hub Run.

Terry Owen is busy organising this year's summer Club run as detailed in the last newsletter. To date response has been poor, so if you have not yet reserved your "leg" do so now.

For those who have forgotten, the idea this year is that we will set off at 11am, in groups from designated starting points around an imaginary wheel, and will run to the centre of that wheel, which happens to be "The Barley Mow" public house in Tandridge.

The designated starting points are:

- A. Coulsden Common (behind The Fox PH).
- B. Tatsfield Village (by the pond)
- C. Westerham centre.
- D. Dormans Station.
- E. Outwood Common.
- F. Redhill Common.

Race Reports

For Sue Seller the 29th February saw a chilly start to the day of the Bramley 20 mile run, so the first problem was what to wear!!! Anyway she seemed to get that right since the sun didn't get out until about mile 17. Sue wasn't looking forward to the race since she was using it as an indicator for her marathon time and to see how her preparations were going. She had planned to run at her marathon pace but felt good so decided to stay with a slightly faster one. Sue didn't actually manage a negative split but her second 10 miles was only 1 minute slower than her first, with the fastest mile being the 20th!!

Sue crossed the finish in 2 hours 56 mins. which knocked nearly 9 mins off last years time and a minute off her best ever 20 which was at Worthing.

The Bramley run was followed by a 21 miler at Cranleigh, which did not go so well for Sue. She managed 3hr 16 which was 4 minutes worse than her last two efforts. Sue said that "I didn't know if it was jetlag, holiday increased weight, sleet, wind or rain but after a good first 13 miles I slowed to plodding!!!"

Emily Tawse and Nigel Jarvis took part in a 10k at Arundel Park on March 28th. Emily reports that it was a tough course with lots of long slow climb, which in wet and windy conditions could be very testing- a shorter version of 7 Sisters- "those of us who have done it know how treacherous chalky field tracks can become when muddy. Fortunately, it was dry and mild (except on top where I got cold), and the last 2 km are steeply downhill- a chance to make up the time a bit, except that everybody else did it too- so it was hard work to overtake anybody! The finish was by the pub The Black Rabbit right next to the river". Emily managed to get in under the hour-56.57 Nigel came in 42nd overall, and 15th vet. 366 runners.

On the 4th April several members took part in the Christ's Hospital 10k. First finisher was Steve Woods in 19th place out of 150 runners and a time of 42:26. Steve was followed by Jane Shrub in 77th place, 50:48, and Corinne Foad in 82nd place, 51:38.

Corrine reports that it was a nice route, round extensive school sports grounds, then onto a footpath to a country park, round a lake and back on what was a cold, sunny day.

Two weeks before the London Marathon, Albert Gramsma took on the Rotterdam version, finishing in 4:06, having taken 1:45 for the first half. Albert is now in training for the Dublin marathon.

New Members

Welcome to new member, Judith Britton, who joins us having been persuaded to forsake the warmth and dry of the Leisure Centre gym by Greg Young and to risk the vagaries of the Surrey weather, and sometimes muddy footpaths, on a Tuesday evening. Also welcome to Jack Arnold, son of Katerina who joined us at the Heatherley run.

Run on a Sunday.

Are you interested in running cross country on a Sunday morning?

Dave Booker and Andy Thornley organise regular runs across Limpsfield Chart for those that are interested.

Contact Dave or Andy for further details.

Future Race Events.

Sunday 6th June

Poole 10km
Dorking 10 mile

Wednesday 9th June

Worthing 10K

Sunday 13th June

Epsom National Counties 10km

Thursday 24th June

Near As Damn It 10K, Coulsden

Sunday 27th June

North Downs Run 30K.

Sunday 4th July

Cranleigh 10km.
Bewl 15 mile.

Saturday 10th July

Thanet 10K

Sunday 11th July

Rottingdean Windmill Marathon,
plus 24K and 12K.

Wednesday 14th July

Reigate Priory Summer Evening
10K

Saturday 17th July

Elmore 7 mile, Chipstead.

Sunday 25th July

Elmbridge 10K

Thursday 29th July

Near As Damn It 10K, Coulsden

Saturday 31st July

Swanage 12 mile.

Sunday 8th August

Midhurst 10K

Saturday 21st August

Tywyn Race the Train 14.3 mile.

Sunday 29th August

Arundel Castle 10K

See David Millen or Michael
Chappell for further details.

Meet the Club (2)

In the second of her series, Val Bowes talks to Club President, Tony Pearson.

You could say, I suppose, that Tony started running after Toni, his wife, who was the first to take it up. They lived in Hong Kong at the time and, for both of them, it was a means of keeping fit. When they moved to Oxted in 1984, Tony found us and kept on running. A cold, wet, Tuesday evening run must have come as quite a shock after the heat and humidity of the Far East. He likes to use races as a motivation for training - something to focus on that helps get the bum off the armchair and the feet into a pair of running shoes. We lost him for a time in the Nineties, when his work took him to New York. Whilst there he did the New Year Midnight Run in Central Park, joining the thousands who started at the stroke of twelve o'clock and ran a 5K to the strains of Frank Sinatra singing *New York, New York*. Quite an experience! Tony

Pub Runs.

The first of this year's series of "pub" runs took place on Tuesday 27th April.

Starting from The Brickmakers Arms at Crowhurst Lane End, 30 Club members traversed the fields on their way to view the bluebells in Staffhurst Wood. Arriving at the wood we were met by an absolute carpet of blue. We had chosen the peak bluebell time of year.

Running through the wood, who should we meet, but the Lingfield Runners "mob", also out for their bluebell run. Strange, we seem to meet them in exactly the same place each year.

On the way back we had to contend with a field full of bullocks and then one with cows in it. Much panic from some, but Val Bowes soon soothed the timorous wee

beasties (the runners that is!). Nearing the end, as the daylight faded, the sound of nightingales could be heard loudly singing from the nearby hawthorn scrub. A spirited sprint along the road for the last mile saw us back at the pub, where a number of us took some much needed refreshment and food.

The next in the series is set for **Tuesday 18th May**, starting at 7.15pm from the Blue Anchor at Blindley Heath.

Other dates in the series are:
15th June - The Carpenters Arms, Limpsfield Chart
13th July - The Castle Inn, Chiddingstone.

10th August - The Cock at Ide Hill.

7th September - The Barley Mow at Tandridge.

Skittles!

Twenty or so members enjoyed an evening of skittles at The Haycutter PH in Broadham Green on 24th March. With Nigel Bongers trying to wreck the place and knock the skittles into the next County, Nigel Jarvis produced a display of controlled aggression to return the best score and win Barbara Towers enormous Easter egg, muck to Emily Tawse's delight. A plentiful buffet of soup and sandwiches rounded off what was a very successful evening.

Phil Saville's London Marathon.

The London Marathon is quite unlike any other race I have ever entered. It is an **occasion**, a truly British event with mix of really serious athletes, club runners, and loads of Charity competitors. The 2004 was my 5th to date, and although like everyone else I whinge about the training and the effort, when you get to the end of the London Marathon it is an indescribable feeling of elation.

This year was no exception. I had trained for months, done all the "right things", although I confess to being a bit lax on diet and lack of alcohol..... And then, a week before the day, on Easter Sunday, on my last longish run of 9 miles, I picked up an

injury a mile from home to my left leg. Not a problem, I thought, I can get over it with a day's break. But Tuesday before the Marathon I had great pain running on it all, and had to stop after a couple of miles. What to do? I was running for a Charity and you can't, I found out, roll over their places to next year if you get injured like other runners. So I had to do it or lose my place. Wednesday and 4 days to go – I found that a Sports Injury specialist at the Cedars on Caterham Hill could see me later on that day. He diagnosed an impact injury which may – or may not – last 26.2 miles on a Sunday morning, but after an hour of serious punishment from him, to my astonishment I was able to

run a few miles without serious pain again! Decision time – for myself and my supporters go for the run, whatever the result .

Three very anxious days, and up to Greenwich Park at 8.30 a.m. on a cold, wet, Sunday morning. Conditions were horrible, as the PA announcer said – forecast was very cold, drizzle all morning. The race got off on time, a reasonably quick start. I set off at a steady pace, careful for reactions for my injury all the time. Soon the rain got worse, around the 9 mile marker, and that's the way it stayed to nearly the end. The rain was at some times really heavy, with huge puddles forming on the road where runners had thrown down partly-used water bottles, made worse by the water falling from above. It was also really cold, no fun for a day out in London! But the atmosphere was terrific all the way round the course, with people standing by the course the whole way and giving every runner really great vocal support, and with my name on my vest I really benefited from that right to the end. Also every marathon runner knows what it's like to run this distance, and is very friendly to fellow competitors.

Against all my expectations I made it to the end without serious injury, following the awful week beforehand. I had decided not to worry about time, just do the best I could, and although I suffered badly in the last 5 miles like many others, and the conditions didn't help, I made it in a time of 4 hours 16 minutes - not my best, but boy, was I pleased to get over the line. It was one of my most emotional finishes because I had resigned myself to what I had expected to be an awful run – what a relief!!



A Message from Maureen

**Maureen Williams writes from down under.
(February 2004)**

Thanks for the newsletter, it was great to catch up on the happenings in the club. Just for a moment (and only a moment!) I thought how lovely it would be running around the Oxted circuit on a cold, dark Tuesday evening, as I sit here sweltering in 40 degrees. But fortunately the moment soon passed!

We apparently are now in the hottest month of the year and it certainly does make running difficult. I am running 3 times a week with the club. Fortunately I have discovered a little group of 'slowees' so we plod around at the back (just like Oxted Runners). Nevertheless it is still hard going and we do not run for more than an hour, so I am not exactly marathon fit. I try and swim most mornings before breakfast except if it is warm, overcast and the sea is calm (shark weather) then I go for a bike ride instead.

We are in the process of buying a house which we take possession of next month. House buying here is a far easier and quicker process than the U.K. We could have moved in within a month but because of our commitment to this rental we delayed our moving date. Unfortunately we do not have Ocean views from our new house and it is 10mins drive to the beach but the pool in the backyard will make up for it. We do need to do some decorating to get it to our taste and I want to cultivate a tropical theme around the pool so it will be a project to get our teeth into. I am not sure I want to get a job now, I am rather getting into this retirement mode.