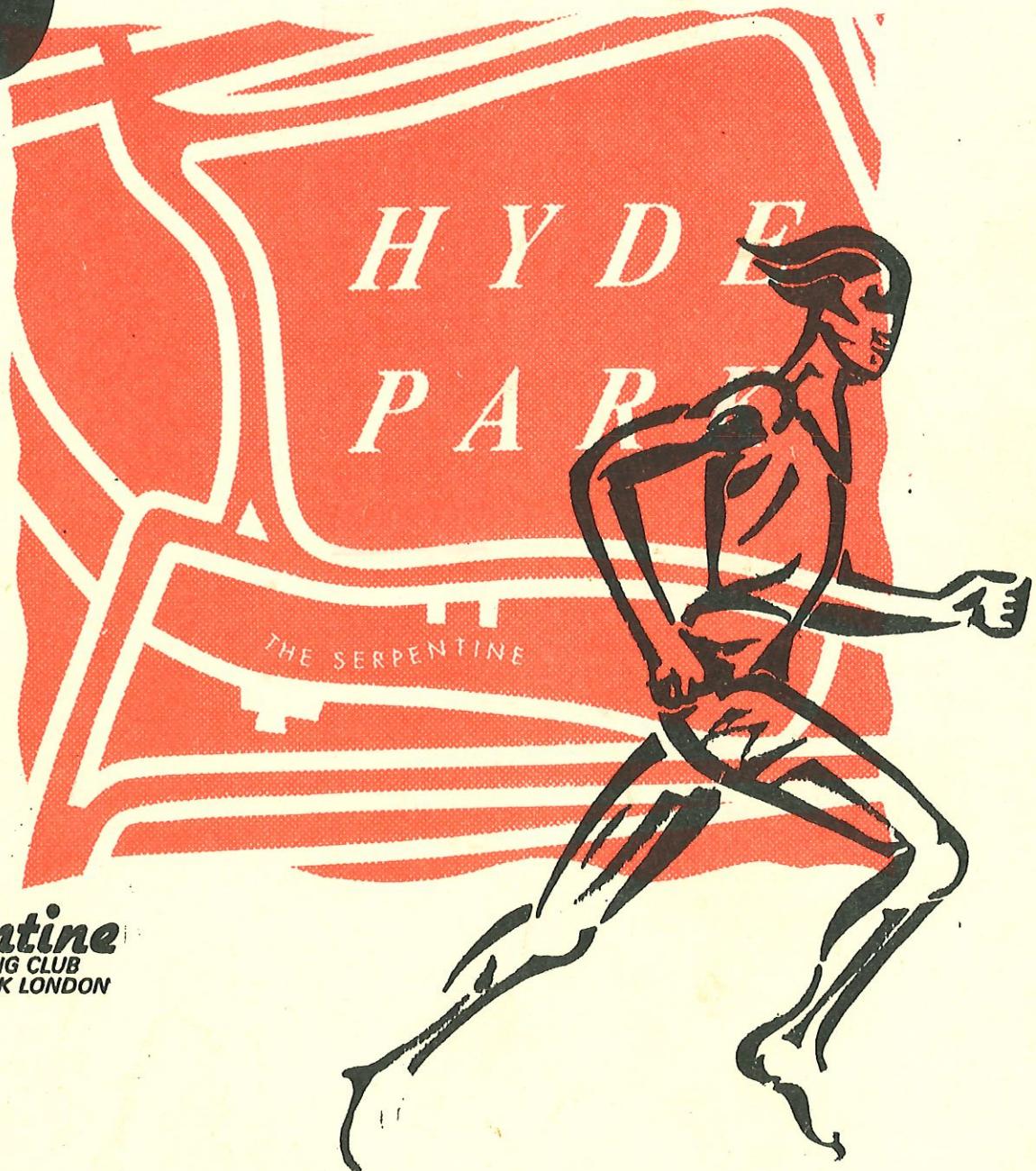


10 ANNIVERSARY

TENTH

1992

Serpentine
RUNNING CLUB
HYDE PARK LONDON



Serpentine Running Club

The First Ten Years

by Hazel Paterson

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PREFACE

This is an attempt to chart the history of the Serpentine Running Club over its first ten years. The idea for the project actually arrived one Christmas (1989 I think) but it has taken a while to 'get round to it'.

I am not by training an historian but thought it could be interesting to document some of the major successes and developments over the years. However in reading and thinking about what to put in and how to organise it I found that what emerged very strongly was an 'ethos', 'mission', 'enthusiasm'; a feeling for the club, so it is this I have tried to capture rather than produce just a stark relating of facts and events.

The other point I soon realised was that, by being a member of the club, I have been and remain personally involved, and so have attitudes towards and opinions on the events to be recorded. Therefore this is not an unbiased account but one which reflects my own slant on the Serpentine Running Club.

My only other concern was in matching the precedent set by other 'Serpies' who have ventured into print. The standard of writing is high! I make no apologies for using some of the articles and reports from earlier newsletters and magazines as I feel they capture most effectively the events of the time and to re-write them would lose the 'feeling' I mentioned earlier.

It is also inevitable in a document such as this that some individuals are mentioned by name. There is no favouritism in this so please do not be offended by omission or inclusion. A club stands or falls through all its members and this booklet is a celebration of all the miles put in by all the Serpentine members past and present.

CHAPTER 1

In The Beginning

The development of the Serpentine Running Club is a classic example of the genesis of what came to be known as 'citizen' or 'new-breed' running clubs. In common with many of these clubs the founder members have the early days of the London Marathon as their inspiration. What actually motivated a large section of the population to begin running has been the subject of much debate and is particular to each individual. However, the thoughts and words of the people who came to be the first 'Serpies' provide an interesting insight into some of the motivating forces.

Many who watched the inaugural London Marathon in 1981 were inspired by the efforts and achievements of the people they saw running - people who were not fully fledged international athletes but ordinary people like themselves.

For a group of those who thought 'I could do that' one person played a key role in helping them achieve that particular goal: Geoffrey Cannon.

Geoffrey is a journalist who began jogging in the late 1970's and wrote his first 'Fun Runner' column for '*Jogging*' magazine in November 1979. In these columns he used his own experiences as an essentially sedentary person who 'saw the light' to help and encourage others take up an exercise which they would have run a mile from at school. These columns were always entertaining reading and the opening paragraphs of that first article still raise a chuckle:

"Except for one manic year when I discovered tackling low, I never did sport. Forced to enter the school steeplechase, my friend and I mocked it, finishing equal last arm in arm. We despised athletics. The brain was the thing.

Then, five years ago, I was 34. I awoke one morning and sensed decay. Flesh like stale fish: falling asleep at dinner, in the theatre, at weekends. Breath like the south end of a north-bound cow. Metabolism like 'before' advertisement for All-Bran. Self-regard on tank-empty mark". (*Jogging* November 1979)

Geoffrey began to run, lost weight and felt a thousand times better.

The so-called 'jogging-boom' began in the USA and the flagship event that symbolised this was the New York Marathon. In January 1980 Geoffrey had the first of what came to be known as 'Geoffrey's Wheezes' in his office: to run the New York Marathon - with some colleagues and get Watneys to act as sponsors. Also in 1980 Geoffrey became a vet and '*Jogging*' magazine became '*Running*' magazine.

In 1981 the city marathon crossed the Atlantic and the London Marathon was run for the first time. Among the entrants was Geoffrey Cannon. 'Wheeze number 2' (which was to lead to the formation of the Serpentine Running Club) came to Geoffrey as, having run the marathon that morning, he was trying to reach a deadline for his column in '*Running*' magazine. At the end of his article he invited volunteers who wanted to form a team to run in the next London Marathon to write to him and let him know.

Fifty people volunteered. I mentioned earlier that individuals have many different motivations for running. However an awareness of their own physical state and a desire to improve upon it does seem to figure quite highly among the factors. Compare Geoffrey's early comments with James Godber's letter in response to 'Wheeze no. 2' to see what I mean.

Wembley
April 1981

"Dear Mr Cannon

I write in answer to your invitation appearing in the final paragraph of your article in May/June 'Running Magazine'. Having been for nearly all my life (now 33) a totally unfit person, and a heavy smoker to boot, I had never been able to "run" more than 20 yards without gasping for breath.

I decided on 7th December last to give up smoking and so far I've succeeded. Not only that, but whilst browsing through my local library a few weeks ago I chanced upon Bruce Tulloh's 'The Complete Jogger' and Cliff Temple's 'Jogging for Fitness and Health' and realised that by starting slowly i.e. just walking, with maybe a few yards jogging I could eventually become a jogger.

The London marathon occurred during the first few weeks of this self-imposed training course and has been the impetus and stimulus I required. I'm now in the last week of Cliff Temple's six week course and jogging 8 minutes at a time; a period which you may laugh at but which only three weeks ago was impossible for me to achieve.

I'm amazed at my progress to date but also realise how much improvement I can still make. Whether I will be able to make the marathon by next April or whether it will have to be 1983 I don't know but I am resolved to complete it one day.

So in answer to your invitation. Yes, I have the ambition of running in the Marathon, yes, I live in London, yes, I'm mobile and, yes, I can spare time on Saturdays - so may I qualify for the team?

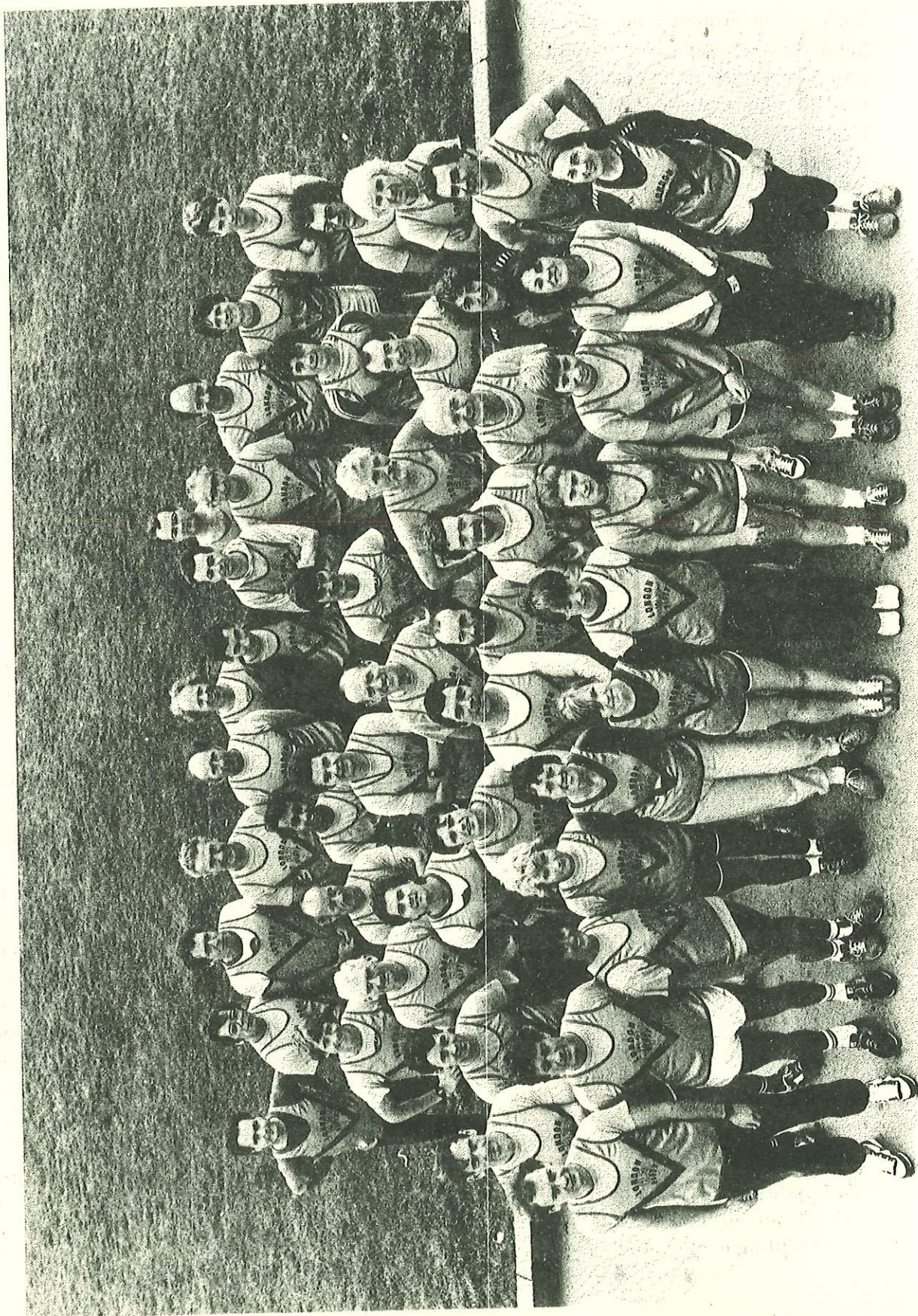
Yours hopefully
James Godber"

Those who responded were invited to turn up at the carpark by the restaurant (demolished in 1990) by the bridge over the Serpentine on May 30th 1981 at 9.45am.

On the morning, fifty people arrived. Some were beginners, and some had run a marathon before. On seeing them, Geoffrey did admit to a moment of hesitation in which he nearly drove away. However, he faced the throng and what came to be known as the London 82/50 group was formed.

From his experience in preparing for New York 1980, Geoffrey knew that it was more fun and supportive to run in the company of others and so, at the suggestion of Rosemary Evison, the fifty split into four regional teams of roughly twelve runners -each with at least one who had 'experienced' a marathon before. (See appendix one for details.)

The 82/50 group taken a week before the marathon. How many faces do you recognize?



Each group arranged its own runs mid-week but the whole team met once a week on Saturday mornings to run round the Serpentine - and so a familiar pattern was set! The 82/50 group set-to and trained solidly throughout the coming months. All found great value in the comradeship and friendly rivalries which developed. A newsletter was initiated; Steve Downes and Jim Cockburn organised race entries and results sheets: the group gathered momentum.

The importance of the companionship and friendship that running brings cannot be overestimated and is another of the motivating factors which makes people join a club such as Serpentine. One symbol of identity is dress and the group set about designing a T-shirt. Geoffrey Cannon ('Running', June 1982) remembers

"High-handedly, though I seized the job of designing the group's T-shirts. ...Very tasty... silver-grey (Lonsdale colour) with 'London 82' in big fat letters on the front and '50' in huge letters on the back....

The arms fell off a couple of them. The white-on-grey letters, made of some rubbery material crumbled in the wash, and injudiciously positioned printing led to complaints of 'jogger's nipple'.

Jim Cockburn hated the design so he got the job of designing the singlet....Australian Rules chevron on the front of a brilliant golden yellow that supporters can see half-a-mile off. (The embryo of a future set of colours!)."

Serpentine prides itself on being a friendly club but perhaps we take this for granted. Running is now acceptable. When the 82/50 group were pounding the streets it was still rather an odd thing to do in many people's minds (especially if your physique was not immediately appropriate to the task). For many of those who begin to run, this apprehension is still present and it is the support of the people they meet (us) which helps them to continue. The encouragement and support of each other which so characterised the 82/50 group is an important aspect of the Serpentine ethos.

As the months went by the goal came nearer. The members of the group had changed slightly: some fell away whilst others emerged to take their place. The focus of attention had been the London Marathon on 9th May 1982. However, a few began to ask: "What next?". It was Ian Pither who confronted the situation and distributed a questionnaire to sample opinion. Of 40 issued some 25 questionnaires were returned and his analysis of the response was recorded in the 82/50 newsletter of 5.12.81. Briefly, the replies to the questions put were as follows:

	yes	no	unsure
continue running after 9th May?	100%	-	-
continue as we are?	56%	32%	12%
join an established club?	28%*	56%	16%
form our own club?	76%	4%	20%
willing to attend meetings?	72%	4%	24%

* some have already joined London Road Runners Club (LRRC)

Ian commented,

"I find these results very encouraging, there does indeed look as though

there will be life after London. However, one of the most common problems raised was that of distance travelled to meet centrally so we will need ideas to solve that difficulty. Will Chapman and the Stragglers already exist and are going well and offer an alternative idea to the centrally based group.

The next step is, I think, to organise a meeting after Christmas so that we can all sit down with a beer and say what we want and what we don't want. So if anyone knows of a suitable pub with a room to hire please let me know and I will do the business and advise people accordingly."

A room was not forthcoming and so Ian proposed that the group should meet on 20th March after the run in the cafe as usual. His list of items to consider read as follows:

- "1. The club to be based on the present very successful arrangement.
- 2. The club to be for all runners of all abilities and commitment. Do we want to limit the numbers?
- 3. The club not to be affiliated to the AAA
- 4. The club to have a new name (1982/50 is dated)
- 5. The club to support GC with his plans for NFR (National Fun Run)
- 6. Members to pay minimum subscriptions to pay for advertising, postage, newsletter...
- 7. The club to have the minimum number of 'officials', secretary, treasurer, race co-ordinator, editor.
- 8. The club to have a really smart banner and logo.
- 9. All members to be free to join other clubs and to organise their own thing within the club, no approvals necessary from anybody. (1982/50 Newsletter No 12).

The meeting went ahead and a new club was established. Again I record the guidelines below:

- "1. The new club to take over from 1982/50 on 10th May 1982.
- 2. The club to operate pretty much as 82/50 and continue to meet at 9.45am every Saturday at the Serpentine. All 82/50 members to become automatic members of the new club.
- 3. The following posts were filled with varying degrees of persuasion:

Secretary	Ian Pither
Social Secretary	Wendy Wood
Race Organiser	Steve Downes
Treasurer	James Godber
Joint Editors	Bernie Tuck/Chris Turnbull
(Typist Hilda Nyman and photocopier Phil Halliday)	
- 4. The club needs a new name, all ideas at the meeting being rejected. Bernie Tuck and Chris Turnbull will be setting up a competition to solve this .. and details should be in the next 82/50 newsletter.
- 5. Payment of subscriptions will be deferred until it can be established what costs, if any, are to be incurred.
- 6. Affiliation to the A.A.A. was also left undecided. (1982/50 Newsletter No 13, 3.4.81)."

These guidelines reveal the beginnings of a formal structure to what had been a more spontaneous group. It is interesting that the choice of a name and affiliation to the AAA appear to be sticking points. At this time the club is still relatively small and operating at "grass-roots" level - to use the old cliche. This seems to me to be the dilemma which faces any new organisation. How can you move forward and develop as an institution whilst preserving the initial ethos and enthusiasm? It is this line that the Serpentine Running Club has been treading for the last ten years!

Before continuing 'the Serpentine Story' it is important to complete the 82/50 chapter. All those who participated record their enthusiasm and delight in their individual achievements: namely completing the training and then completing the marathon. They also record the extra benefits to their health - and social life. With his interest in the relationship between exercise and health Geoffrey asked each member to fill in a monthly questionnaire (an example appears at appendix 1).

Most record significant improvements in heart-rate and recovery, four stopped smoking, and many lost weight. However the quotations from a feature written by Geoffrey Cannon in the Sunday Times the week before the marathon also give more personal reasons:

"Running has helped me to gain confidence in myself after a series of illnesses including diabetes, cancer of the bladder, and an operation on my spinal column. A few years ago I weighed 15 stone. I thought I was healthy. I soon found out that what I thought was body bulk was nothing more than fat. I used to roll off the train in the morning feeling dizzy with high blood pressure. I honestly believe that if I hadn't been encouraged to run, seven years ago, I would be dead by now." (Peter Bird, 57, insurance underwriter)

"When I took up running, my confidence and determination increased and my attitude to life became much more positive. This coincided with a difficult period when I was made redundant. I'm sure my new discovery helped me through this. The fact that I had found something I liked and was sticking to it improved my self-respect and gave me a feeling of being able to do or face anything. And I was delighted by friends' and colleagues' amazement and sneaking admiration. I cannot envisage a day when I give up running." (Lucilla Deane, 31, journalist)

The 82/50 project as a whole represented a terrific achievement and many who participated were changed in the process. It was obviously a special experience and extracts from James Godber's open letter to Geoffrey Cannon and fellow members of the 82/50 group perhaps illustrate the prevalent feeling of the time.

"Thank you, members of 82/50 for all your help, encouragement, advice and friendship since we met for the first time on 30 May. The improvement I have made in 8 months is almost literally miraculous. At our first group meeting I ran 4 miles for only the second time in my life. I was going into the unknown and by and large liking what I found. Of course there were minor problems, such as blisters and occasional days when I just could not be bothered to run but, touch wood, I have yet to suffer a serious injury which has prevented me from running for more than a couple of days at

most".

James' letter includes extracts from his training diary and comments on his gradual extension of running time and distance covered - from training runs when he made double figures for the first time,

"..ten and a half miles in 1 hour 41 minutes. What a psychological boost that was. I, the overweight, unfit lump of just 5 months ago, running for 10 miles!! Now it's not "if they can do it so can I" but rather "if I can do it, so can anyone!"

- to races. And, after Burnham (his first half marathon) he records

"..couple of blisters on right foot but nothing serious. Didn't quite beat Hilda, who walked at times but still ran past me like a train. 13.1m in 2.04.02." Whilst at Birmingham (his second half marathon) James was "surprised to find it so easy. Hardly noticed the hills...and sprinted to the finish, in 1.53."

The letter continues,

" My times are improving steadily. I'm still one of the slowest in the group, but that doesn't matter because I've now got my diary to look back on and I can smile at that even slower person who used to be me! My resting pulse has dropped from 70+ when I first started to 46. My recovery rate is still on the slow side but improving. I've shed a stone in weight, but am still aware of the need to lose another stone.

So that's how running has physically improved me. But mentally I feel I'm a better person also. Life's everyday problems just don't seem so insoluble or even difficult somehow. And yet - even that's not the end of it. The group has seen the start of friendships which I'm sure will continue long after May 1982. The team spirit which has shown itself at Burnham, the National Fun Run, and the midweek runs has to be experienced to be believed.

So thanks to everyone for changing my way of life so dramatically, so enjoyably and so healthily. But thank you, Geoffrey, for having had the original vision which has brought us all together". (James Godber - end 1981)

Postscript

Of the 82/50 group, several went on to make career changes in which they could pursue their interest in sport.

Simon Morris

Will Chapman

Lucilla Deane

Steve Downes

Don Clark

moved from the wood trade to sports consultancy
gave up pharmaceuticals to pursue a career in LRRC and race
organisation
moved towards sports journalism, as did
who was in customs and excise
a probation officer who extended into triathlons to raise money
and was a subject of 'The Visit' (Running October 1984)

CHAPTER 2

What's In A Name

Following the 1982 London marathon the newly formed Serpentine Running Club continued to meet and run on Saturdays. The initial weeks were still informal, changing out of the boots of cars and then off to the pub for a drink. However as the club increased in membership so a more permanent and organised structure developed. There were those who were wary of change, afraid that the 82/50 spirit would be lost. Inevitably, in the development of any large organisation there are losses but from the way I read the events most of the changes which occurred during these 'early days' were positive.

Three important factors in any group's identity are its name, what its members wear and where they meet. This is true for all groups from children's gangs to secret societies! In the case of the Serpentine Running Club, just delving into the name (how did it originate?, who suggested it?) serves to highlight the problems of the historian: lack of documentary evidence and the vagaries of the human memory! The name (which now seems so obvious and apt) was not decided at the initial meeting which established the club's structure. According to Geoffrey Cannon there were two schools of thought. Some favoured the 'Park Plodders' variety of name while others (Geoffrey included) felt a more distinguished ring was needed. Other people I have spoken to cannot remember anything! A set of rules dated by hand as 29.5.82 uses the name but as yet I have not been able to track down the moment of decision, so to speak.

The origins of the club logo are more straightforward. The first Serpentine newsletter has this design from Jim Cockburn:

In the newsletter is an invitation for designs to be submitted. The next newsletter records that the committee refused to pick a design unilaterally and a special general meeting was called on Saturday 5th March 1983 to select a design. All the entries were pinned up on the railings and the now familiar logo saying Serpentine Running Club, Hyde Park, London, designed by Ron Woodward (Alan's brother) narrowly won.



Despite initial reservations, the club quickly affiliated to the AAA's and Southern Counties AAA and began to enter teams in major events (but more of that later!).

On the registration form for the AAA's (21.6.82) the kit is described as red and black 'V' on a gold background. However, by November 1982 James was placing the first order for vests and shorts in the now familiar hooped, red and gold colours. The evolution from the 82/50 T-shirt is apparent and the reason for the choice of colours is clear (anyone who has been a spectator will know that the colours are striking). They were designed to be eye-catching. The original idea was to have yellow vests with red hoops but it was felt that there were too many yellow vests already e.g. Burnham Joggers. The solution was to reverse the colours giving red vests and yellow hoops which somehow came to be gold! However, how and when the final decision was made is not clear and is open to the tellers of myths. Nevertheless in official programmes of events e.g. the men's National Cross Country Championships our colours are listed as 'red, 2 yellow hoops'.

A base or den gives a focus to any organisation and it was not long before Serpentine RC began to look around for a more permanent place to meet. At the time, LRRC were also looking for premises and Will Chapman and Paul Lovell (both LRRC) and Geoffrey Cannon entered into negotiation with the Department of the Environment (DoE) over the possibility of using premises in a Royal Park and, as a result, they viewed the Lido, the bowling green pavilion and Alexandra Lodge in Hyde Park on 25 November 1982.

The Lido was considered but at that time there were question-marks over its future with talk of polluted water and probable closure. In addition the changing rooms seemed unsuitable. All felt that Alexandra Lodge (the Lodge) represented the best solution and moves were made to put formal proposals to the DoE. The request was made that the bowling green pavilion should be used in the interim. In reading through some of the correspondence I came across this entertaining paragraph from the DoE representative

"I think I should record the three difficulties relating to the use of the bowling green changing rooms which we mentioned when we met. First, they are open only during hours of daylight, which will limit their value to runners at this time of year. Secondly, they should strictly be regarded as for males only. As it happens, however, they are not at present being used for other sports and we would not see any objection if the running club were content to allow ladies to change inside a cubicle and hand their clothing out to male members. Thirdly, we do not think the use for both bowling and runners will be compatible when bowling resumes in May, as the bowlers use it as a clubhouse as well as changing rooms. This does, however, give us three months in which to sort out proposals for Alexandra Lodge".



However, it is not without drawbacks.

When SRC and LRRC took possession the building was in need of repair, particularly the damp in the lower floor which required more negotiations with the DoE for permission to repair. Fittings and renovation were a costly and messy business, the financing of which

The mind boggles at the vision!

Proceedings continued between LRRC, SRC and the DoE and there was an agreement to use the bowling club pavilion until the end of April 1983.

It is fortunate and significant that the permission to use Alexandra Lodge was obtained. The splendid location of the Lodge cannot be overstated. It is ideal for the purposes of the club and is a good central venue to attract passing runners. (See chapter 3). How-

caused friction between SRC and LRRC. In the face of all these difficulties, better changing and showering facilities, individual decor, fixtures and fittings for trophies, have all been achieved through the hard work of the membership.

The only other major complaint is that it is too small. Anyone who has tried to hold a conversation or buy a cup of coffee amidst the dripping throng of a wet November handicap will testify to that. Nevertheless, despite all these irritations, the ambience of the building and its setting and the atmosphere generated by the people who use it far outweigh any difficulties.



Once again this is largely due to the hospitable and friendly nature of the members of Serpentine Running Club. It was Bobbie Randall who instigated food at the Lodge and it would be an interesting exercise to calculate the number of cheese rolls,

cakes and teabreads that have been consumed since! Food for celebration, enjoyment and hospitality is a universal aspect of human culture and this is demonstrated by the feasts produced for special occasions at the Lodge. As an afterthought, this depends upon members 'doing their bit' and taking a turn on the kitchen rota, all volunteers very welcome!

Having established a base at the Lodge the future seemed straightforward. But the demise of London Road Runners, who held the majority of the lease, coupled with moves to privatise the Royal Parks brought clouds on the horizon in 1989/90. James Godber represented the club in March 1992 at a conference of all those who have an interest in the future of the Parks. The documentation spoke of a running club already using one of the Lodges and the presence of SRC at the Lodge seems to be in accordance with the type of usage which the authorities wish to encourage. It would appear that the immediate threat has passed and SRC is secure in the Lodge with the newly formed Capital Runners for the foreseeable future.

It is up to us to extend the services we offer and consolidate this advantageous position.

CHAPTER 3

Serpies Abroad

There are really two themes to this chapter, namely the cosmopolitan flavour of the club's membership and the variety of venues that have seen the famous red and gold hoops. To me these seem to represent one aspect of the breadth of the Serpentine Running Club.

London is a centre of industry, commerce and education. As such a high proportion of its population is transient with people working or studying here for just a few years. A proportion of these transient people are runners and it seems to me that sooner or later these runners will encounter the SRC.

Over the years many people have been welcomed by and run with the club during their stay and have, in turn made important contributions to the club's development. Britain has close links with America and now that the Atlantic is shrinking as travel improves it is not surprising that a club based in London should have so many American friends. Few who have met him could forget 'Dr Tom' and his entertaining articles in early club magazines. A professor of Shakespeare, Tom Berger wrote regularly for the magazine and is beyond doubt master of the double entendre - the following gives a flavour of his writing style and seemed innocent enough to include in this document!

"Snackin' With Dr. Tom

Dr. Tom, though a visitor to this isle, finds it to be a constant source of amusement. Something of a gourmand, Dr. Tom is quite taken with the cuisine of Angleterre. From its sausage rolls to its steak and kidney pies to its fishes and chips to its Cornish pasties (Dr. Tom was brought up in a country where 'pasties' were what strippers had to put on their nipples to keep themselves out of the clutches of the law, but Dr. Tom need not go into that), English cooking holds a great deal of interest for Dr. Tom. Indeed, after a particularly vigorous run of a Saturday morning, Dr. Tom looks forward to a nice orange juice, a not all that nice cup of instant coffee, and a snack. It's the snack that fascinates Dr. Tom. Without fail, each Saturday someone brings in something that is bizarre beyond Dr. Tom's wildest gastronomic dreams ('You mean they actually put baked beans on toast?'). Easy to berate, to be sure, but difficult to celebrate, and thus 'Snackin' with Dr. Tom,' a new column where readers send in their favorite 'snack' recipes."

In early February 1983 the club secretary (James Godber) wrote a letter canvassing the local hotels to invite runners but I am reliably informed that this initiative drew a blank. New members invariably join from personal contact: bumping into Serpies in races; running around Hyde Park; or noticing us at the Lodge.

The central location of the Lodge is ideal to catch someone who whilst staying in London is off for their 10 miles or so around the famous local park! An example of this is Alex Fragapane. Alex works in banking and began running in 1977 whilst working in New York. His reasons for beginning reflect the experience of Geoffrey Cannon and others: he was concerned about his health and wished to alleviate the stress of his daily routine. He joined Staten Island A.C. and ran largely on the road and track. 1985 found him working in London

and on his first weekend he went to run in Hyde Park, saw runners at the Lodge and dropped in. For the next five years he ran regularly - particularly enjoying the shorter distances. Although Alex was sorry to have to leave London, and us Serpines, he was sorrier to miss the opening track and field season! I spoke to him at the Hyde Park Fun Run in October 1991 when he had flown in specially so as to combine business with representing the club.

Alex commented on the social nature of the SRC, his view of which is borne out by a eulogy to the club written by an American friend in the December 1983 newsletter:

"Dear Serpentine members,

Just a few words to try to express how I felt about running in London. To begin with, let me say that you people are a very special bunch. You took an aging American 'Walk on' into your midst and treated me like an old friend. This is the one thing I shall never forget. I think I would treasure this experience more than a personal invitation to Buckingham Palace.

I was particularly impressed by the number of your running clubs. We have a few here, but they tend to be larger and more impersonal. Sometimes I feel that I am just a name on a mailing list. We don't have many weekly runs on an informal basis like you do. Ours tend to be larger scheduled events. I have mailed James some of the entry forms to illustrate what I mean.

I was also impressed by your programme of warming up before running and the one slow and easy lap around the lake to shake out the kinks before running seriously. I also found running alone in the early morning in London to be a very special experience. I will never forget running along the Chelsea Embankment at 6.30 in the morning and seeing reflected in the quiet waters of the Thames the Battersea Bridge...a perfect red arch...or running back along the Battersea Embankment in the park and seeing the big yellow globe of the rising sun laying a golden path down the lake-like river. As you may gather, friends, I love London...it's a real runners' city.

Last, let me repeat that I think the Serpentine Running Club members are a real neat bunch of people. Whoever has written about the 'reserve' of the British or the 'class' system in the British social structure has never run with the SRC. You guys are just plain nice folks and I thank you from the bottom of my heart for having me.

Ray Renfrow
Milwaukie, Oregon"

(Ray donated a trophy which is presented for the ladies' half marathon club championship.)

Once again the importance of running with and talking to new and visiting members cannot be over-emphasised.

To date the club has two life members and the first of these was awarded to Ian Stewart on his return to Trinidad in 1986. Ian was an art student who ran with the club while he studied. Although his stay was relatively short he seemed to embody the Serpentine spirit through his approach to the sport. He was always cheerful and many remember his words of

encouragement to everybody. He was a keen competitor who was also delighted in the success of others. Ian is still running in what many would regard as enviable conditions! He sends this letter to his friends:

"Dear Serpies,

I arrived in London in July 1983 to pursue studies in the visual arts at Reading University. Having already been bitten by the running bug and having a major addiction to the sport, it was imperative to join a group of runners who suffered the same affliction. After inquiring from sport shops, and arbitrary runners and joggers, I ended up one cold morning in the fall of 1983, next to the Serpentine lake in Hyde Park, among a group of red-clad human beings with a variety of sizes, shapes, and expressions.

James Grodber (sic) announced the start of the 'social' mile, Keith Haworth spoke a few words of welcome and believe it or not I was a Serpie! The rest is history, but there are vivid memories which will remain with me for a long time. To mention a few:

- cold foggy mornings at Hyde Park lodge and someone asking "who has the keys?"
- lining up to use the very damp and cold shower
- Mario's morning dips in the Serpentine - even in winter!
- discussing the pains and gains and the latest in sport couture, the models being Keith Haworth and Ann Dex
- the handicap races which I eventually convinced Marilyn to run, seeing Bob Davidson's dynamic finish, but really worried that we might have to perform cardiac massage
- running along the Thames and ending at the rowing club on weekends
- the dreaded 'three parks' on Saturday mornings avoiding the Japanese tourists
- John Walker and his costuming for the London Marathon, Ann Dex, Ros Young and all the other members of the 'pack'
- and finally, Bobbie's recipes and the hot sarsparilla.

I treasure these memories and I am very honoured to be the first life



Ian (centre, front) running in Trinidad

the first life member of the Serpentine running club. I will always remember the respect, the sharing, the camaraderie, and the involvement and hope that the Serpies will continue to grow.

I have been doing not so badly in long distance running, now the champ in the age group 40-45 years in the English speaking Caribbean and defending champion in 40-45 for the marathon in Trinidad and Barbados. My art has continued to progress well at home and abroad. Marilyn is enjoying a fulfilling career as a dermatologist in hospital and private practice. Sorry, no little Stewarts just yet!

From these sunny parts, we wish you all the best - and put your best running foot forward.

Love,
Ian Stewart.
Trinidad, West Indies.
February 1992".

Combining running with a holiday in the form of entering a race abroad began very early in the history of the club. A group ran in the Paris 20k in 1982. Over the years runners have entered races all over the world - some have been as individuals, others as organised club trips. One of the regular and most enjoyable of these has been the annual visit to Chateauneuf-du-Pape. SRC and La Foulee Castel Papale have similar aims and origins being 'new breed' running clubs formed when a group of people got together on a project and enjoyed themselves so much they formed a club. The club grew out of a 650km relay run from Chateauneuf-du-Pape to its German twin town Auggen. This was a continuous three days' and nights' run by a team of nine running in succession for a one and a half hour spell. The village was captivated by the project and many began to run as a result.

The contact with Chateauneuf was Al Skinner, who at the time was employed in France by a wine merchant and was conversant with the area. He invited Serpies to enter the inaugural Chateauneuf-du-Pape marathon in September 1984 which they did with enthusiasm. This was the start of a beautiful friendship. Many have enjoyed the generous hospitality of the village where drinks and feeding stations take on a new meaning. The accommodation had its own ambience - the huts used to house the workers needed for the grape harvest. Add good weather, plenty of wine, good food, lots of trophies and you have a thoroughly enjoyable trip. Articles from the magazines of the time record some of the fun.

"Memories of Chateauneuf-du-Pape"
or "The French Bread Shop" by Bob Davidson.
(Translations into English by the Editor)

Me and Tel (Terry Boyle) went to the local bakers to get fifteen baguettes and five wholemeal loaves.

"What is fifteen baguettes in French?" asked Tel.

"Leave it to me!" I replied.

I turned to the lady behind the counter, pointed to the baguettes, raised both hands with fingers outstretched and then just one hand, showing fifteen fingers in all.

"Wee Missure" she said.
"Mersey" says I.
"What is French for wholemeal bread?" asked Tel. I was stumped 'cos there were none on show. We tried to explain but the lady could not understand...The shop was now absolutely packed and, in desperation, Tel addressed the whole shop and pleaded "Does anybody speak English?"
"I do!" came a voice from the back of the shop.
"Thank God for that" said Tel.
But then came back the voice in a broad Lancashire accent..."But I don't speak French!"
Tel just fell about.
We left with only the baguettes.
Well, you can't win 'em all."

Bob and Tel need some help....What about.....

"Let's Parler Franglais!"

Leçon 536

A la registration du marathon

Anglais: Bonjour, Madame.

Mme la Registration: Bonjour, monsieur.

A: Je suis ici pour collecter les numeros des runners anglais.

R: (en cherchant): Pardon, mais je regrette qu'ils ne sont pas sur ma liste.

A: Pas sur votre liste? Mais, ce n'est pas possible. M. Skinner a donné them a vous last night.

R: Vraiment? Ah oui, maintenant je remember. C'était le vin rouge, vous savez. Ils sont sur une autre liste, over la. Venez avec moi.

A: Bien sur.

R: Quels sont les noms des runners anglais?

A: Boyle, Terence; Davidson, Bob.....

R: (en cherchant encore): Ah oui, ici ils sont. Boyle Terence, Daveedson-Bob.....Tenez-les.

A: Merci. Oh, par la route. J'ai made un erreur quand j'ai given la liste a M. Skinner. J'ai dit que deux runners, Daveedson-Bob et Goody Joyce seulement wanted a courir le demi-marathon, mais en effet, ils want a courir le total marathon - vous savez what ils disent: "Les chiens fous et les anglais" Il est possible a changer them?

R: Merde alors. Ici nous sommes seulement 30 minutes before le depart du marathon et vous want a changer deux runners. Vous n'avez pas heard of AAA rules? Oh, pardon, j'ai forgotten, nous sommes en France et ici nous n'avons pas les archaiques rules AAA, et je peux changer them even at the dernier moment - pour une consideration, bien sur, si vous attrapez mon drift?

A: Bien sur. Ici vous etes. Ça va, maintenant?

R: Merci, Ça va maintenant. Allez, et bonne chance avec votre run.

A: Moi? Vous must be sacré joking. Je suis seulement l'homme de sacs et supporter numero un. Mind vous, sometimes je pense qu'il must be plus facile a courir le sacré marathon. Au revoir, Madam, et

merci.

R: Au revoir, monsieur."

Some may also be aware that James Godber has recently qualified to teach English as a Foreign Language. If the previous lesson is anything to go by the Serpentine members need much tuition! Perhaps we should begin French lessons at the lodge after the handicap. An article and the results which appeared in the local French newspaper. Of course the links have continued and a group from SRC has regularly returned to participate in a local race.

The runners from Chateauneuf have not made an annual return visit but a small party came to London in 1986 and presented the club with a formal document declaring the twinning of our clubs and a jereboam of wine to celebrate. The certificate and bottle (alas now empty) are still in the lodge. A group did visit over the weekend 10th - 14th July 1987 and a number of La Castel Foule Papale have also taken part in recent London Marathons and usually run with us during 'our' pre-marathon breakfast run.

As a final note to Chateauneuf I mentioned that several Serpies have committed themselves to print. One of the most prolific has been Peter Forster who has written regularly. Obviously promotion in the Police force has given him more time - or is the writing a therapy? Peter has his own style - as this example demonstrates:

GIGONDAS HALF MARATHON - by Peter Forster

"It had been a bad week all round. First of all I had been thrown out of the Serious Crime Squad for laughing and then I found out the Anti-Litter Campaign was a contraception for dogs. Then, before I drove the car to the South of France I decided to have it serviced. The mechanic told me to keep the oil and change the car.

Then on Tuesday the phone rang and a heavily scented French accent with a hint of garlic said, "Leeson vary carefully -I vill say thees only wonce". It was my contact in Chateauneuf Du Pape, a French farmer who had once won the Nobel prize for being outstanding in his own field. "Thee race ees on on Sunday, I ave zee numbers". So it was off! off! off! 700 miles by car to run their half marathon, stopping en route in Paris (Twinned with Wallsend) for one night stay and Petit Dejeuner - waterproof teabags and boil-in-the-bag cornflakes. Next day on! on! on! down the Autoroute Du Soleil in teeming rain to Provence.

The previous night's pre race entertainment was superb. A French stand-up comedian whose last gag was a cracker. He walked off the stage in the middle of his act complaining everyone was laughing at him. Then the meal, what a spread. My French farmer friend was there but wouldn't eat because of his diet. He said he wanted another No Belly prize. I said, "Is the water safe to drink?" He said, "Well, we first of all filter it, then we boil it and when we've done that we throw it out of the window and drink wine". Definitely a few vouchers short of a pop-up toaster, that boy.

Next morning, red hot 9.00am start from Gigondas village over 13 undulating miles which in French means straight up, that is to running what

Gaddafi is to World Peace. At 10 miles they offer red wine instead of water just to show there's no hard feelings. The last mile downhill back into the village. No medal, we'd got that the previous night at registration - another strange Gallic habit. To a Frenchman, a short cut is the longest distance between two points.

Then the outside showers, mixed, another local custom. For you lady members who have never showered with two dozen men my commiserations - and to Brenda Green, thank you for not looking but you didn't have to look upwards all the time. To Pat, more thanks for trying to organise them as any decent Englishman would have done, and to Mollie, sorry but I couldn't wait any longer - I'd already been in there an hour and Maureen was becoming suspicious.

See you all at the Elmbridge 10. And remember, success is just a matter of luck - ask any failure".

Other runners use races in England as an excuse for a holiday and the most famous of these is the London Marathon. Throughout its history, SRC has been involved in major running projects and it would be scandalous if central London's premier running club did not "do their bit". Members are to be found staffing registration but one of the highlights is the breakfast run. On the Saturday before the Marathon SRC invites other Marathon entrants, including those from out of town or overseas, to join in a short warm-up run - after Brenda Green's famous exercises and then participate in a breakfast contributed by Serpentine members. I know many would consider flapjacks and carrot cake a funny breakfast but it always amazes me how, when "given the call", Serpentine members can produce heaps of food. Sadly, the number of visitors in attendance has been down in recent years but it is an example of Serpie hospitality at its best.

I shall complete this chapter with a few comments on the Welsh Castles Relay Race. I know Wales is part of Great Britain (at the moment) but it does count as another country and the event is a superb trip. The object of the race is to run from Caernarvon to Cardiff over a weekend with 21



runners taking a stage each. The stages hop from castle to castle and take in some of the most famous sights in Wales. Some legs are spectacular, some hard, and others (such as the leg through Aberfan) are very moving. To me the race epitomises all the team spirit and

cameraderie of running - everybody cheers everybody. By far the most enjoyable way to participate is to make a weekend of the event and follow the race over the two days. We have had some good results over the years with a Ladies team win in 1987 (the first time the club entered) and stage winners in subsequent years. However, with this event the participation is definitely fun!

CHAPTER 4

"Les Dames Formidables"

Or "The Sisters are doing it for themselves": women's running.

The contributions that women have made to the Serpentine Running Club over the years and the support that the club has given to them are two strong forces through the club's history. Their commitment to the sport and consequent success of women's running demonstrate the strength in depth of SRC (as does the high proportion of veterans - women and men).

In one of his columns in *Running* Magazine Geoffrey Cannon ventured to suggest that men ran and joined clubs in order to compete whilst women ran to lose weight or tone muscle - i.e. for cosmetic purposes. This has been demonstrated to be false on numerous occasions by Serpentine women who compete fiercely for the club and equally fiercely for individual success in club championships and open events. In fact, it was a female team who in 1982 won Serpentine's first award in an open race coming third in the Silverstone Grand Prix on 19.9.82 (when the team that day was Joyce Goody, Laurie Thompson and Wendy Wood). Serpentine women have consistently produced good performances in a variety of events. An early star was Rosemary Evison who won the inaugural Harrow Marathon in 1982 with a time of 2:58:55; she also set the standard for the handicap. More recently, Pauline Rich (Baker) appears regularly in the National W45 rankings (10th for half marathon, 1:28:51 in 1990 and 18th for 10 miles, 1:08:33 in 1991).

In Chapter 1, I spoke of Geoffrey Cannon's 'wheezes'. This disease was catching and in June 1983 Alison Turnbull, 82/50 runner, Serpentine member and writer for *Running* magazine organised what came to be known as the Sister's project. The idea was to encourage women to run. It is important to remember that in the mind of the populace at large, any physical activity, and running in particular - with all the associated aspects of competition, sweat, muscles, aggression, endurance - were, until fairly recently not considered female attributes. (Please note that some sports e.g. the throws still suffer from this attitude). Therefore many women may have felt shy or embarrassed to run alone, and not confident in their own abilities. The project linked novice runners, 'little sisters', with more experienced runners 'big sisters', to train for the Avon women's ten mile race on 2nd October 1983. The project was a huge success and gained many members for the Serpentine Running Club. Among them was Julie Wilmot (now Haworth). Viv Coady, her 'Big Sister' wrote this report for the club's magazine:

"AVON 10 OCTOBER 2ND 1983-by Viv Coady

I wasn't looking forward to this one little bit. In a moment of madness 6 months earlier I had fallen prey to Ali Turnbull's flattering request that I become a 'big sister' in *Running* magazine's project. At the time my running was going quite well but as the weeks slipped by, injury, work, holiday and the occasional torpor took its toll. I'd been blessed with 2 very keen but very different 'little sisters'. Sue Pond was no runner but has a very encouraging and supportive boyfriend. Her aim was very much to get round 'in one piece and without stopping'. Julie Wilmot had done 'a little bit' which included 2 National Fun Runs and the occasional jog. When it came to following Cliff Temple's training programmes, Sue opted for the beginners while Julie went for the experienced option. I realised I was neither one nor the other so

continued to do my own variation until the 'middle-ground' programme came out so I had a go at that, as did Julie who found the senior programme just a bit tough. From the off, I was always going to struggle to stay with Julie. Julie looked and ran like a real runner; she was dead keen. She joined the club and benefited enormously from the club's encouragement and support. While Sue continued to train steadily with much help from Stephen her boyfriend, my training spluttered. The writing was on the wall for me when Julie completed the Shaftesbury '10' in a superb 78 minutes. I managed to get through the Burnham half-marathon, LRRC Twosome 10 and the Fun Run before the fateful day loomed. So there we were, bright red and gold Serpie vests and T-shirts, 'sisters' T-shirts and a pleasant, sunny Sunday morning. The men had turned out in droves to support and their rauous encouragement was a great help.....As I suspected, Julie had a great run and smashed 75 minutes while Sue gallantly kept going to get inside 1.40.

Results: 1. Angela Tooby 55.31 /60. Rosemary Evison 66.32 /108. Susan Glinska 70.58 /137. Joyce Goody 72.52 /138. Alison Turnbull 72.58 /149. Hilary Walker 73.49/154. Julie Wilmot 74.19 / 195. Cheryl Lawrence 76.43 /231. Hilda Nyman 78.18 / 241. Wendy Wood 78.38 /330. Anne Brown 81.31 /356. Dee Lynn 82.43 /419. Viv Coady 85.53 /441. Ruth Dennis 87.10 /464. Brenda Green 88.19 / 549. Eileen Casey 92.31./564. Kathy Crilley 93.27 /627. Sue Pond 98.04 /779. Teresa Snow Clark 117.26."

Julie has continued to run for the SRC and became the first ladies captain in 1984.

The recognition of captains to organise fixtures and events is another formalisation of procedures as the club grew in numbers and began to widen its outlook. People were always around to organise fixtures and races, notably Steve Downes, Jim Cockburn and Paul Coady (who became the first men's captain in the same year - 1984). The appointing of captains and agreeing that they should sit on the committee is another stage in the organisational process.

SRC began essentially as a new-breed running club with the aim of running marathons and other road races. The calendar in those early years ran something like: London Marathon, Wedding Day 7k, Twickers 8, Cabbage Patch 10, Burnham half, Harrow Marathon (or half), Hogs Back race and jaunts to Bath and Rutland thrown in. Obviously I am simplifying but the list gives a general impression. Therefore widening the scope of races into regular cross-country fixtures was a big step for many. Bear in mind my earlier comments about women's lack of confidence in running, add the difficulty and mess of mud with a few memories of shivering P.E. lessons and this gives an idea of the mental hurdle involved for many (men as well as women!). It is to the club's credit that so many people not only run cross country races but also enjoy them so much. The team ran their first Ladies National Cross Country Championships in February 1984. Notice that a new Serpentine 'star' is born in the appearance of 'Bagman Bob' Davidson The early races consisted of one-off or inter-club events run by clubs such as London Olympiades (10.3.84) and Ranelagh Harrier's Dysart Cup. Over the years Serpentine has run well in the latter event with a very good result in 1984 with both the individual winner (Jill Hickman) and team prize.

1984/5 saw the handover of the Ladies captaincy to Ann Dex. You may remember Ian Stewart's comment on the sartorial elegance of Keith Haworth and Ann Dex. For those who

do not remember I will elucidate: Keith, to the best of my knowledge, was the first person to wear lycra tights as running gear (silver-grey if I remember correctly). Believe it or not, this was breaking new ground. Lycra shorts/tights are now commonly worn (even by 'macho' footballers) but at the time Keith was subjected to much ribald comment - something about ballet dancers I believe.

Ann has always been a snappy dresser and it was she who first ventured into a lycra one-piece (I have yet to see one of our male sprinters follow her example!).

Ann is a born organiser who inspires confidence in whatever she does and she seems to have the ability to persuade almost anybody to do anything. Through her enthusiasm, Ann extended Serpie women's participation in cross-country events from just a few to a significant number and she also organised several very successful club trips to Guernsey (Channel Island) for their 'Easterrruns' series (four runs in four days - a six mile road race, cross-country race, cross country relay and half marathon).

For her commitment to the club and the work she did to make running enjoyable for so many Ann became the second life member of SRC when she moved to become a hotelier on the Isle of Wight with her partner Geoffrey Phillips. Ann has not retired from running and she has organised challenge matches between Ryde Harriers and SRC. She is currently planning a 'round the island relay' for later in 1992. She has also discovered a new talent and produced a splendid stained glass window to commemorate the Serpentine Ladies team which took third place in the 1991 London Marathon. This can be seen in 'our room' at Alexandra Lodge.

I asked Ann for the things she particularly remembered about her work as ladies captain. She



Cross Country - Parliament Hill - October 1986

admitted that she loved organising things and has happy memories of all the trips away. Perhaps most revealing however, is comment on the people of the club.

"My greatest friends are Serpies. I was in the same business for 22 years and I can count on one hand the people I can regard as friends. (A great disappointment to me.) However, I don't have enough fingers and toes to count my Serpie friends. And they are forever."

No chapter on women's running would be complete without a mention of the club's current chairman, Hilary Walker. Geoffrey Phillips, although not a runner himself, has produced several thumbnail sketches on members of the club who have visited their hotel on the Isle of Wight ...

"Second in the Series - Middle of May

Hilary Walker

A small determined figure ran into reception with full back pack and side panniers and no visible means of conveyance other than shanks' pony. She continued running on the spot (much to the detriment of our 150 year old floor boards), whilst signing the register and, with feet still pounding the delicate foyer carpet she said, "WALKER H, which way is the Marathon?"

She scoffed at my suggestion that she might like a night's sleep first, but allowed me to show her to her room (our other guests were becoming severely disorientated by the unaccustomed activity).

The sound of running feet upstairs echoed in my ears as I tried to sleep at the end of a hard day, and the hand that accepted the early tea the following morning clearly had a moving body on the other end of its arm.

Pausing only to down a bottle of wine, a large brandy, and some Muesli WALKER H. ran off to the start of the Marathon and, as far as I know, is running still.

Geoffrey Phillips"

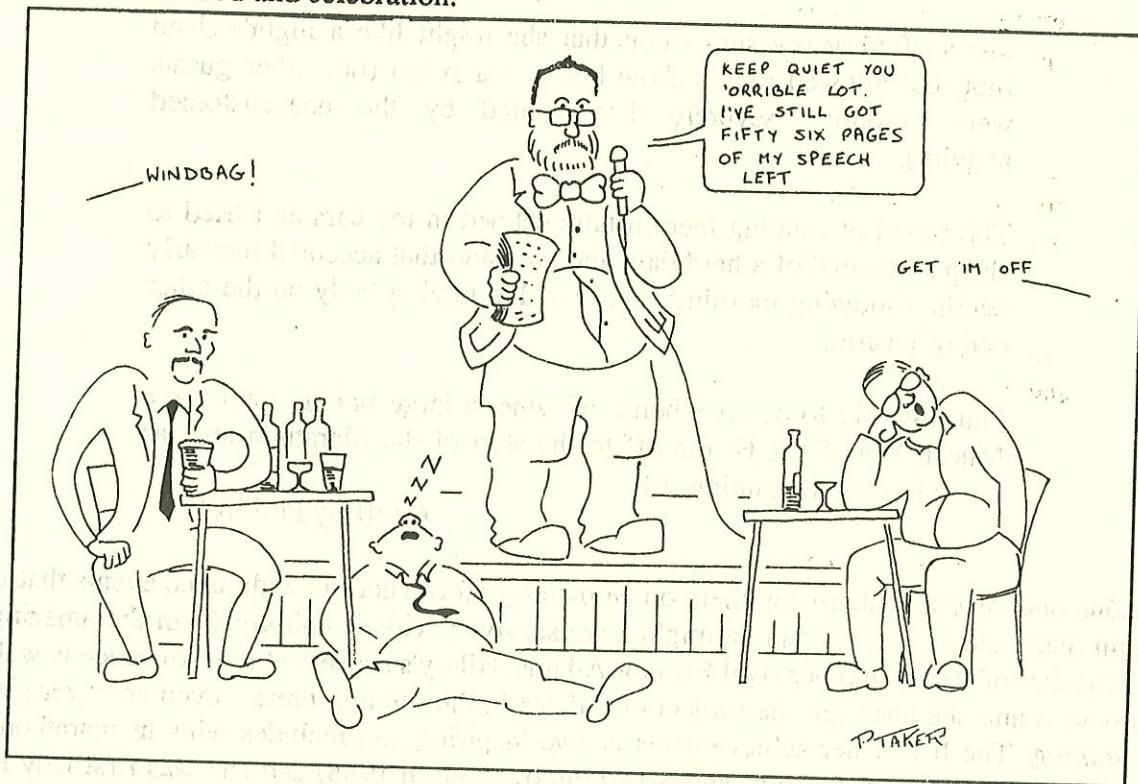
Someone once said as a sharp comment on women's performances in endurance events that if Captain Scott had been a woman he might have survived. This is epitomised in the amazing performances of Hilary and her rival Eleanor Adams. Hilary's success at ultra-distance is well documented and she has been the subject of articles in the running press - even as cover girl for *Running*. The list of her achievements is awe-inspiring and includes wins in marathons (as training runs - such as Gosport and Sri Chinmoy, both in 1988) and she was first lady in the Athens 'Spartathon' in 1989. However, her speciality lies with ultra-distance and 24 hour events. In the space of just five years Hilary has been first lady in the Birmingham and Lincoln 100k races and the London to Brighton race. She has also broken many records including the distance run for 24 and 48 hours, at 200k and for the South Downs Way. Hilary currently holds the records for 48 hours (track and overall), 200 miles track and overall and the road 24 hour record.

In addition to all this Hilary can even run a fast handicap and was first in December 1991

setting a new PB in her 53rd race.

Unfortunately, Hilary will be unable to attend the dinner dance to celebrate the ten years as she will be running in Appledoorn representing Great Britain - ably supported by Ros Young who also competes at ultra-distance. This is not the first time Hilary has competed for GB. She was selected twice in 1990 but did not compete once through injury (Milton Keynes 24 hour) and the other because she did not take up the place (US 100k). However she competed at 100k in Italy last year and has returned from Spain in February 1992 a member of the 2nd ladies team, again for 100k. Her most intrepid expedition yet has been, the 'Roof of the World Run'. Hilary's article on this remarkable feat appears in appendix three.

Hilary is not the only lady to wear a GB vest. Kathy Crilley has also discovered a talent in the endurance events and for two successive years has represented Great Britain at Bazancourt, France, in a 200k/24 hour race-walking event. This event is scheduled to take place in London for 1993 and Kathy has a good chance to make it three vests in a row competing in her home country - supported, of course, by members of Serpentine Running Club. 82/50 runner and founder member, Kathy has served running well. She was a leader in the Getting in Shape Project, prominent in the organisation of the Great British Fun Run and as social secretary arranged the first two dinner dances - thus extending the Serpentine tradition of food and celebration.



CHAPTER 5

Men's Running

This chapter draws together some of the other threads of the Serpentine Running Club's history and focuses on the contributions made by some of the male members of the club over the years (and I don't just mean siring a junior section!) Throughout the first ten years individuals have had ideas and worked on projects which have helped to extend and develop the range of running on offer to people who by and large, have taken up the sport after doing no sporting activity since leaving school - longer ago for some than others.

In chapter four I mentioned the contribution Ann Dex made in extending the range of running for women through participation in cross-country events. From the very outset there was a bond of stalwart males who took part in cross-country races. Newsletter 2 carries this report of the Southern Counties Centenary Cross Country at Trent Park.

"Southern Counties Centenary X Country Championships at Trent Park, Cockfosters. Saturday 12 February 1983

Half way round the first lap of this race, I was reminded of the joke about the guy who gets to Hell and is wandering through its grim portals. He sees one group of people running a marathon which never stops and he goes weak at the knees (sic). He sees another group being forced to run with James Godber and he's physically sick. Finally he comes to a group who are up to their necks in shit. 'That's not so bad' he thinks. Then a whistle goes and a voice shouts "O.K. Serpies, tea break's over - back on your heads".

The three mile, three lap course around Trent Park was a lesson in mud-pie building. I still can't understand how something which was so liquid managed to lie in pools at the bottom of the hills, at the top of the hills and every point in between. After the first lap, the prospect of following several hundred runners round, churning up that clarty mess even further was daunting to say the least. Still, if you've done one lap, another 2 won't get you any dirtier - so we kept going.

'Flu' had taken its toll of our ace team and we were reduced to 11 starters with six to score. First man home was Alec Randall. Alec must be able to walk on water because when he came past me I'll swear he was aqua planing. Colin Soens was second home, despite starting 2 minutes later than everyone else (he left his T-shirt in the car!) Afterwards he said he'll be getting a reputation for his lateness. Too late mate - you've already got it. But what a tremendous effort. John Walker was third home. The deeper the mud, the harder and better John ran. Steve Downes followed next weighed down by several pounds of mud, followed by yours truly (I thought this was supposed to be fun!) and Bob Harrison - bleeding but defiant to the end. Steve Murphy road-tested (!?) his new spikes and commented afterwards they would have been perfect if he could have found a surface to grip on. Water skis next time for Steve! Jim Cockburn slid round (he wasn't wearing spikes) and Alan Woodward ran like the old campaigner he is. We lost Mick Rankin and Ray Hurst to the foul conditions (not dead but close enough!)

Team position and times are not available at the time of going to press but the club should be proud of its team's valiant efforts. To our small but vociferous band of supporters - grateful thanks for spurring us on.

Paul Coady."

The men ran their first 'National' a month later at Luton on March 5th. In the words of Wendy Wood's report...

"Some of the fellas decided to turn out in Serpie T-shirts and shorts and go for a 9 mile jog along with 1,800 others!"

The race was obviously an eye opener. Paul Coady added this post-script to Wendy's article.

"While Tim Hutchings ran a comfortable 37 minutes for his winning effort, our first man home, Bernie Tuck was 10 minutes and 1000 places behind! I have often heard talk of "elite" clubs. That is a word one can never use with reference to the Serpentine RC.

Whilst Aldershot and Farnham AC won the team event with all 6 scorers home in the first 75, we had ours home between 1000 and 1500. One consolation - we can only improve.

Winner Tim Hutchings, Bernie Tuck 1073, Alec Randall 1316, Colin Soens 1339, Steve Murphy 1391, John Walker 1442, Paul Coady 1480, Nick Gray 1586."

As for the women these events were not mob matches of mass participation. The majority of SRC did not venture onto anything other than *terra firma* with the exception of the Sunday Times Fun Run. However this was soon to change. Paul Coady was recognised formally as men's captain in 1984. He became a founder member of Trent Park Trotters and for a time was active in both clubs. He resigned from SRC in 1985 and John Walker took over the captaincy. Both Ann Dex and John were interested in finding a cross-country league which would be open to all members of the club. In the committee minutes of Autumn 1985 John reported that he was having difficulty finding a suitable league. Many new-breed running clubs must have been having the same trouble - among them Trent Park Trotters. As an ex-Serpie Paul was aware of this and in September 1986 invited interested clubs to a meeting with a view to setting up a new league.

There was obvious support, dates were agreed and the Sunday Cross-Country League came into being. The first fixture was run on Sunday 14th December 1986 at Trent Park - over similar terrain one suspects as the Southern Counties Centenary! Masons Garage were the first sponsors and there were a few fixtures that inaugural season. Inevitably Paul (as league secretary) found that there were teething problems with clashes of dates. These difficulties were soon ironed out and the league is now a popular event with new clubs joining and more fixtures.

The league caters for the needs of new-breed clubs and is the main vehicle for the majority of the membership to participate in cross-country events on a regular basis. It gives a quality race without the overtones of elitism which may deter those who are older or slower from participating in county leagues or national events. There are no restrictions on numbers who are allowed to run and there are plenty of prizes for teams and individuals.

Once the cross-country season has finished the opportunity to compete for the team continues in the London League events. Serpentine Running Club had already been competing with success in the London Road Runners Club Grand Prix Series but this again was a restricted series not open to all. As with the cross-country league participating clubs take turns to host a fixture through the season. The first race was held on a Tuesday evening (13.5.86). However the next and all subsequent races have been on Sundays.

This league is not one race but several: a road/mixed terrain race between five and six miles, a 'tenderfoot' (for juniors, novices and injured runners) and a relay series. The league has an intricate scoring system which has evolved over the years to be as fair as possible to all - young/old, large clubs/small clubs. Age weightings for veteran categories and age groups in the junior run help balance performances and give all the desire to do their best. One (if not *the*) brain behind this system has been Pat Green. Stalwart of the club Pat has worked hard on a variety of projects. His self assured and confident style (some would say outspoken!) has not always endeared him to some - usually those who are as strong-minded as he is - but his work is valued.

Both the Sunday Cross Country league and the London League are team events which help hone and strengthen the 'Serpentine ethos' (apart from being fun). They provide a regular opportunity to any individual to run for the club and feel that she/he is making a contribution through their performance. The club takes pride in both the participation and organisation of fixtures. Although we do not host a cross-country we ensure that our league event is organised and efficient. This again depends upon the individuals of the membership turning up and doing their stint as a marshal and/or providing yet more food! With the demise of LRRC the club has taken over the running of the New Year's Day 10k which is an open race on the same course as the league fixture.

However the London League now has a rival: the track and field competition i.e. real athletics. To look at this development it is necessary to back-track somewhat. The chapter is about the contribution made by some of the men in the SRC. I have stated previously that most members come to the club through road running and are introduced to other disciplines of the sport as the interest of the members and the club widen. Runners seem to be constantly needing a new challenge and there is a limit to the number of marathons or 10k runs an ordinary body can face (especially when a new PB is out of the question!). Training too moves on. Initially people trained by long slow runs. However, as the saying goes, if all you ever do is long slow runs all you will ever be is a long slow runner. It took Derek Johnson and his interval runs to enlighten the club as a whole.

Derek's pedigree is well known: English schools champion at 220 and 440 yards; AAA's junior 440 champion; Commonwealth Golds at 880 and 4 x 440 yards in Vancouver 1954; some may even have read about (or seen) at the time his silver medal performance in the 800m at the 1956 Melbourne Olympics. He has been a life-long campaigner against unnecessary bureaucracy and unfairness in his chosen sport. In a disagreement over international selection with the BAAB he once wrote: "You must stop treating athletes as

half-witted performing monkeys grateful for every peanut thrown their way." He has continued to work towards a more equitable organisation of running as a sport and was instrumental in pushing forward the recent reorganisation of the governing body into the British Athletics Federation. One of his aims has been to ensure that road-running does not remain the poor-relation of track and field athletics. With ally David Bedford, Derek's maverick style has not always rendered him popular with the establishment as he worked through the committee structure to effect change.

A dedicated supporter of athletics, Derek travelled to the 1987 World Championships in Rome on the back of David Bedford's motorbike. Now that I have mentioned motorbikes I shall allow myself one major digression. Many members of the SRC have run the London Marathon and written reports for fellow runners. However, John Ralph gives this entertaining warning following his experiences after the 1985 'London':

"CRAMP AFTER THE MARATHON"

(A warning to motorcyclists)

by *John Ralph*

This article is a warning to all Serpies who also ride motorbikes.

NEVER use one of the aforementioned machines as transport to a marathon you have the pleasure/misfortune (delete as applicable) to be competing in!

The writer of this article was one of the few looked upon favourably by the London Marathon computer and therefore was required to get to Blackheath at some ridiculous hour of the morning on the 21st April. As London Transport deemed it fit to not run any tube trains into Charing Cross until 30 minutes after my chosen main line train left Charing Cross for Blackheath I was compelled to put plan B into operation.

Plan B was to ride my motorbike to Waterloo Station, chain my crash helmet to the motorbike and catch my chosen train from Waterloo East. Within seconds of leaving home I discovered one of the drawbacks of plan B, you just won't believe how cold it is riding a motorbike at 7am with just a track suit on. However I was later to find that this was just a minor problem compared with what was to come later.

We now jump forward in time to six hours in the future.

I emerged from the baggage bus with dry T-shirt and track suit on and walked the 200 yards to where my motorbike was parked. I strapped my bag to the pillion seat of the bike, unchained my crash helmet and kick-started the bike without incident. However getting on the thing was another story. I first put my left leg over the seat which promptly cramped up (the leg not the seat, idiot!) I then tried to leap off the bike, a manoeuvre which caused the other leg to also cramp up. I was now leaping up and down clutching both thighs and feeling very embarrassed. The engine in the meantime had now stopped so I not only had the problem of getting on the bike but also had to try to kick-start it with both thighs cramped up. After a minute or so the cramp had subsided enough to enable me to kick-start the bike but I still didn't feel confident about getting on the thing. Eventually I hit upon the

solution, I un-strapped my bag from the pillion seat and placed it on the rider's seat, I then did a sort of leapfrog from behind the bike onto the pillion seat, slid forward onto the rider's seat and, with difficulty, strapped my bag behind my back onto the pillion seat. At last, I thought, my problems are over, but I was wrong. I knocked the bike off the centre stand and engaged first gear with my left foot, immediately my left leg cramped and I had to stick it straight out in front of me with my foot next to the front wheel. After a few seconds the cramp subsided and I was on my way but with every subsequent gear change I had the same experience so I was compelled to go all the way home going through the following motions: Change gear - leg straight out - leg back on footrest - change gear - leg straight out etc. etc.

So, if any of you saw a motorcyclist riding down Lambeth Palace Road, Albert Embankment and Wandsworth Road, in a most odd manner at about 1.15 on the 21st April, you now have the explanation."

Anyone who runs and has ever kick-started a motorbike will empathise with his predicament.

To return to the subject, however..... Despite working at the highest levels of athletics officialdom, Derek Johnson has a keen interest in encouraging everybody to improve. To this end he introduced his interval sessions in, I believe, the summer of 1986. Individuals have always trained on the track or used repetitions or fartlek after their own fashion. But this method of training was very new to many people in the club.

The physiological aim is to increase performance through training over a range of shorter distances close to maximum effort. In addition the aim of Derek's sessions is to cater for all abilities and to give a varied and interesting schedule. To this end 'faster' runners always return and re-group with 'slower' performers, and an introductory session in which individuals swap names is always included. This is at the very heart of what I have been calling the Serpentine 'ethos'. In chapter two I mentioned that one way new members join us is through seeing us around Hyde Park. Two women observed this circle of people name-swapping, found the idea hilarious, were invited to join by Derek and before they knew it - Bridget O'Halloran and Jacqueline Gunde were members! For a more detailed account of the process I refer you to Derek's article from '*London Road Runner*' Jan/Feb (see appendix six) 1989. However, testimony to the system's efficacy is the quality of running which began to emerge as interval training was extended to a track-session on Thursday evenings. All who have participated will testify to this. Inevitably some 'star' performers began to emerge: Mike Askew for example who won the New Years Day 10k on 1st January 1988.

However, it is the team performances that emerge which are perhaps most interesting. Remember Paul Coady's views on the men's national? By March 1988 the men's team achieved one of their best performances closing a team inside the first 100.

By this time Derek Paterson had taken over as captain from John Walker and men's running continued to expand. From being a 'new-breed, 'jogging' club (in the eyes of the establishment anyway) SRC began to enter the mainstream of running events and entered the Southern 12 stage relay on 26th March 1988 finishing 45th out of 53 teams. Derek had tried to enter a team in 1987 but the club was unable to obtain sufficient information in time. His report continues the story.....

"for 1988 we would make no such mistake and I made a number of phone calls before reaching the race organisers, Belgrave Harriers. Because time was short we had even enlisted the help of the SCAA road running committee to support our entry even if we failed to meet the Belgrave deadline.

On two separate occasions representatives of Belgrave phoned to make it quite clear that we understood the high standard of the competition; 'the route is a tough one.... the police have imposed a time limit on the race', they both went so far as to say that Belgrave organised other races later in the year of a lower standard should we be interested. I took the opportunity of pointing out that we had finished ahead of Belgrave (and a number of other established athletic clubs) in this year's National XC Championships!

Derek Johnson and I selected the team and determined the preferred running order and all looked well. Not for long though. Consisting of 6 long stages (5¾m) and 6 short stages (3½m) the race would last for over 3½ hours and I indicated to our planned 'later' runners that they needn't arrive too early. I came to regret that later. Two runners had to withdraw almost on the eve of the race and I ended up making changes to the running order on the day and worrying as to whether Francis Cooney and Bob Johnston would arrive in time for their, changed, leg!

So, we're at the start - 'star spotting'. There's Steve Ovett, John Gladwin (Belgrave), Steve Harris and Seb Coe (Haringey), Mike Williams (Shaftesbury)....Mike Cotter is to run the first stage and he is stretching and striding - he is anxious to do well. We watched the very fast start and Mike is well up with the leaders at the first turn before then disappearing from our view. Robin Kindersley starts his warm-up and we wait for the 1st leg runners to return, then they begin to arrive, then some more and, at last, Michael is in sight. Mike is very dispirited, he had run into a car and hurt his leg. He feels that he has let the team down (later he was to ask if he could run another stage!) and we had to remind him that if he hadn't been able to complete his stage none of our other eleven runners could have completed at all. Well done Mike!

Robin had charged away and was to record our fastest short stage time (16:41) pulling back some 6 teams before handing over to Bernie Tuck. Bernie showed what excellent form he was in and recorded 27:42 over the longer course (which was to be our fastest long stage time). Julian Hehir broke his triathlon training to compete and had a good run in the 4th leg before handing over to Bill Laws who came within 4 seconds of Bernie's time. Another club member training for triathlons and the London Marathon ran next - Richard Luck, only had a short warm-up as I was switching the running order but, pulled us to our highest team position (42nd) with his 17:31 clocking. John Kennedy (28:35) and Tony McGahan (19:32) followed before Bob Johnston raced round his long stage in (27:43, one second behind Bernie's time) and Francis Cooney produced a time of 17:03 on the

3½ mile stage. Colin Soens (who now hopes to run for us more often) and John Walker ran solidly to bring the team home in 45th place - a bit behind the winners but ahead of another 8 teams."

Interval training has continued and is now a well established part of the Serpentine routine.



Men's Track & Field First Fixture, Watford, 5th May 1990

Derek Johnson has been able to stand back while others continue to run the sessions, notably Derek Turner on Saturdays. This to me is a measure of Derek Johnson's success.

Having ventured onto a running track in training, competed in championships at 1 mile, 1k, 3k and running 800m relays as part of the London League series it was not long before some members of SRC were ready for the next stage of development - entry into a track and field league.

Track and field was mentioned in the early days of the club's history. In 1983 Steve Downes drew members attention to Open Graded meetings and dared to refer members to *Athletics Weekly*. Nevertheless the majority of the membership were still reading *Running Magazine* and were not quite ready for this step. Steve set the ball rolling by donating the trophy for the 1 mile championship but it took another seven years before a proportion of the club became interested in track and field and started reading *AW* or *Athletics Today*!

John Ralph entered a men's team in Division 7 of the Southern League in 1990 and the first fixture was at Watford on 5th May. True to form SRC entered with enthusiasm bringing families, fun and picnics to venues all over the South East. Also true to form the club has taken the events seriously with men and women studying and qualifying as track and field judges. It is this combination of enjoyment and professionalism that is another aspect of

SRC. Members turn out to support each other and also ensure that anything we undertake is done properly. This again depends upon individuals who are not necessarily competing giving time and expertise. The 1991 season was even more successful. The team narrowly missed promotion and achieved in John Ralph's words "a milestone in the club's history" by winning the fixture at Walthamstow on 29th June 1991.

The move to track and field is another significant point in the club's development. The women are due to enter for the first time in the 1992 season and the men will field teams in division 7 and 8. These changes again affect the nature of the membership. We now have people who join to compete on the track or in field events who may or may not ever run a Cabbage Patch 10 for example. In this way the club can be seen to extend what it has on offer and cater for the needs of more individuals.



Paul Coady commented that the word 'elite' would never be used with reference to the Serpentine RC. In one sense of the word this is still true. We offer a range of running experiences, value the individual and are not selective in our membership.

However if by 'elite' Paul had in mind established, good-quality and prestigious, then Serpentine is definitely 'bubbling under the charts' as they say and at least rubbing shoulders with big guns such as Aldershot Farnham and District. Track training is alive and well and members have completed their warm-weather preparation in Portugal and Lazarote and are raring to go for the 1992 season and beyond.

CHAPTER 6

'Our Patch' Home Territory

An important annual event in the life of the club has been the *Sunday Times* National Fun Run (now the National Fun Run). It figured as part of the 82/50 and, having run the London Marathon in 1982 and founded the Serpentine Running Club, the members began to look around for something more to do.

Again it was Geoffrey Cannon who provided the idea. In his words.. "Wheeze Number Three. How about a team of absolute beginners, as wrecked as possible, formed to run the 1982 *Sunday Times* National Fun Run?" This is what duly happened. Using members of clubs such as SRC the project went ahead and was known as "Fun Runner 82". It was also a scientific study with backing from Dick Hubbard Fitness Centres and support from Kevin Sykes and Ted Charlesworth of Chester College. Weight, heart rate, blood pressure, and VO2 max. were among other factors which were all catalogued. Not surprisingly, weight, body fat, pulse rate and blood pressure came down whilst aerobic capacity and fitness went up.

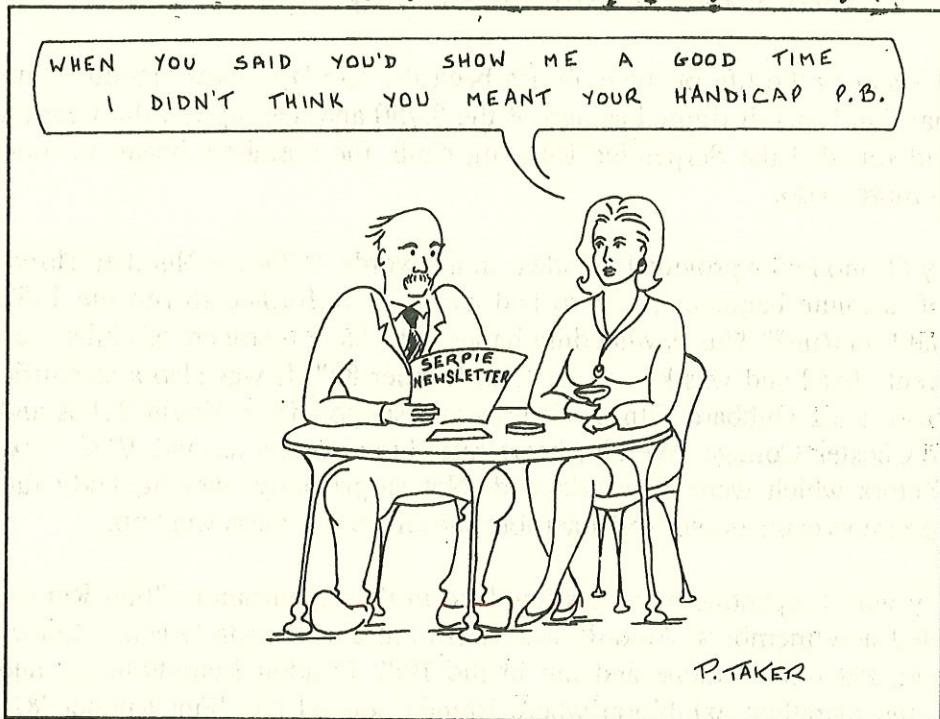
Run on home territory with Serpentine members involved in the organisation, "Fun Runner '82" inevitably attracted new members. Among these were Pat and Brenda Green. Another man of maverick style, Pat trained alone and ran in the 1982 London Marathon. He and Brenda were touring the marathon exhibition where Brenda noticed the "Fun Runner '82" stand and enlisted. They have never looked back and have been running ever since, participating fully in the life of the club.

I commented earlier on Pat's forthright style. One facet of his work for the club has been his choreography of the baggage tent at the Fun Run. I have heard him likened to Anton Dolin and Hitler in the same breath! Brenda for her part tends not to say as much preferring to work through body language as she leads the Saturday morning warm-up sessions. But members may not have realised just how well-respected Brenda is in the health and fitness field. She is a professional who has just released an exercise video entitled "Thirty Something" having become involved at the invitation of Caroline Brown (who is personal trainer to HRH the Princess of Wales). I am sure Brenda will be happy to sign copies!

Pat and Brenda will not be offended if I say that they are no longer spring chickens, in common with the majority of members of the Serpentine Running Club who are moving on in years and, I would imagine, receiving the sort of birthday card that makes a joke about the towering inferno. As one would expect there is a large participation in veteran events and the members of SRC perform well in open races in many age categories. Competing against one's peers means that the flame of competition is kept alight. Who can forget Bob Davidson eagerly smashing established club records soon after his 60th birthday?

In this way our performance in the National Fun Run truly reflects the strength in depth of the club. To demonstrate this it has been James Godber's aim for SRC to field the teams which finish first and last in the event. Before discussing this further it is worth pausing to consider what a feat this would represent. Fun Run teams are entered some three months before the event and runners are notoriously fickle in their performances with illness or injury suddenly curtailing a period of peak fitness. James however is a shrewd judge of form and character.

A complete breakdown (no not for James!) of Fun Run teams is included in the appendix but some achievements are worthy of note. In 1984, Joyce Goody (in the women 50-59 age group) and Pearl Mehl (in the 70+) (Appendix Five) were the first Serpies to attain first place in an age category respectively. First man to achieve this was Giles Brindley in 1987, running in the men 60-69 category. However, it was in 1989 that James achieved his goal - or as well as good as. In the result book for that year Norman



Harris titled his piece "The Year of the Serpentine". He wrote

"James Godber, who organises all of the Serpentine Running Club's many teams, has always declared that his ambition was for the slowest team, the Broad Walkers, to finish last of all of the Group teams, with the top team, the 'Rotten Rowers', first.

Naturally, therefore, he was a bit disappointed when told a few days after the event that he had just failed to realise his ambition - that the Broad Walkers had finished second to last.

'I don't believe it,' said Godber, who himself runs for that team. 'One of the guys ran out of his socks.'

Indeed, the results showed a Broad Walker team member finishing 382nd in the Men 39-42 event and it was little consolation for Godber to learn that they had been beaten to last place by the team of ex-patients who had received heart-transplants or surgery at St George's Hospital.

But the Serpentine's organiser hadn't appreciated the true significance of what he was being told. Although the Broad Walkers had failed narrowly the Rotten Rowers had finished first and become the Fun Run's new Group Team champions.

Exclaimed Godber, 'Holy Moses (or words to that effect). First and second-last. That is UNBELIEVABLE. That has made my day. That has made my YEAR!'

All of the Serpentine Club's 15 teams take their name from a Hyde Park feature, but the Rotten Rowers are more deceptively named than any of them, since their name alludes to the famous horse ride rather than to their rowing ability.

But although they're the best, they represent a club that was born in the 'new era' of running and happily accommodates novice joggers along with ultra long-distance runners. As for the Broad Walkers they could, says Godber, deliberately finish last in the Fun Run if they wanted to. 'But the idea is that everyone goes as hard as they can and performs to their ability. Finishing first and second-last shows what sort of club we are."

Demonstrating the importance of the club's participation in the National Fun Run there are two perpetual trophies which are awarded at the committee's discretion. The first of these, 'The Guards' Trophy' was presented, as you might guess, by the Guards! John Walker 82/50 runner and founder member was a Scots Guardsman. He was serving in the Falklands at the time of the club's formation but on his return introduced several other soldiers from his regiment to the club whilst they were in London. When John retired from the army and the others were posted variously to Cyprus and Canada a splendid party (more food) was held at which John Gott, Richard Marsden and John Walker presented the club with a trophy to be awarded for the best overall performance in the Fun Run. (The Stragglers also received an identical trophy). The trophy was donated early in 1984 and instead of waiting till the following Autumn the committee held a vote and decided to recognise David Howroyd's performance from 1983. In James' words :

"Anyone who was there on the day will easily remember David Howroyd's efforts. He is a worthy winner of the trophy and I was pleased to be able to present it to him recently at Hyde Park. He is an inspiration to us all in the way he disregards his physical handicap and sets himself new goals to achieve."

David has raised much money for charity. A walk to Yorkshire from Marble Arch raised money for the children's unit at Harefield Hospital and his walk from John O'Groats to London (some 600 miles) raised money for National Kidney Research. David is one of many Serpentine members who, despite their own difficulties, illness or disability, continue to run for the club or, if unable to run, support it in other ways. It is intriguing to contemplate that David's walk from John O'Groats raising money for kidney research may have indirectly benefited another Serpentine member, Barrie Laverick. Barrie needs a kidney transplant but is able to keep mobile (and sprint) through a relatively new process of peritoneal dialysis - talk to Barrie for how it works. Once again the theme of running and health emerges. Barrie was also found to have a heart condition which required surgery but despite this set back, he recovered to win the handicap twice in succession - March and April 1989. The family, Barrie, Liz, Daniel and Tamsin all run and are to be found regularly at the track and field competitions, London Leagues and handicaps. Tamsin made her debut in the club's Junior Run recently.

The second perpetual trophy for the National Fun Run is the Laurie Thompson Trophy and this has a more mathematical means of calculation. Laurie was a member of the Ladies team which was the first to win a prize for SRC. When she returned home to the USA she donated a trophy to be awarded annually for the best 'relative' female performance. It is calculated by

dividing the finishing position by the number of finishers in the age category.

As with many projects, the Serpentine Running Club has its finger on the pulse and usually a person on the committee or at least in touch. The number of participants in the National Fun Run has reflected the peak and subsequent decline of 'the running boom' and this has been mirrored in the participation of 'Serpie' members with our raising fewer teams in recent years (although our entry is still quite large). I understand that since the *Sunday Times* withdrew its sponsorship of the National Fun Run the event has suffered from a lack of wide publicity. I personally have some very good memories of the festival atmosphere occasioned by the Fun Run. In particular I recall a pub team which had transported its piano to Hyde Park providing super entertainment throughout the day. I also have memories of the event being a hard run. You may have noticed that I have been very careful to avoid the word 'win' in discussing finishing position. This is because the event is not a race. However that does not mean that people do not take it seriously. The National Fun Run is an event which has much to offer in its embodiment of the Serpentine ethos. It is neither elite nor selective and the age categories give all entrants a chance to run with their peers. These virtues make the event very special and I hope that the club will maintain its level of entries and continue to encourage Serpie participation.

The monthly handicap race is the second event which is run on home territory. This is the race which I think most embodies the Serpentine ethos. It is the lifeblood of the club, rewarding improvement and consistency; to win the Tom Hogshead series demands commitment and dedication. Many use it as a yardstick to measure fitness. It is also a good competition which has provided thrilling interest over the years. I know the run is not to everyone's taste (my body just doesn't like the effort it demands at that time of day) but it provides a regular social occasion which is easy to remember. If members are unable to meet at the Lodge every Saturday then many will turn up for the handicap.

The aim of the run is to provide a regular race over an accurate course, which gives all who participate a fair chance of winning. The first handicap was run in August 1982 with subsequent races in October and December. The first monthly series as such was run through 1983. The rules make interesting reading as they set the basic format for this popular event.

"Guidelines for the Serpentine Running Club Handicap Race Series 1983

Dates and Venue

1. The Handicap Races shall be held once a month throughout 1983, with the exceptions of the months of April and September.
2. Whenever possible, the event shall be held on the first Saturday of the month. Any Alterations to this rule (due to Bank Holidays, fixture clashes, Parks Authority rulings, or other reasons) will be notified to members as soon as possible.
3. All races shall start at 9 am.
4. Members should assemble in the Serpentine Restaurant Car Park by 8.45 am in order to collect their race numbers and to be told their handicap start time.
5. We are able to hold our races within one of the busiest city parks in the world because of the goodwill of the Parks Authority.

ALL MEMBERS ARE THEREFORE ASKED TO CONSIDER
OTHER PARK USERS AT ALL TIMES.

Entry Procedure

6. The races are only open to fully paid-up members of Serpentine RC.
7. Entry fees are as follows:
 - 50p per senior member per race;
 - 25p per junior member (under 20 years of age) per race.Cheques and postal orders should be crossed and made payable to Serpentine Running Club.
8. All entries must be received by the Race Organiser by Noon on the Thursday prior to the race.
9. Entries may be made personally, by post, or by telephone.
10. Where a member gives an undertaking to enter a race (whether through a telephone or unpaid personal entry) the entry fee is payable whether or not the member takes part in that race. Failure to pay for a race will result in rejection of any further race entries by that member until the debt is cleared.

Race Rules

11. The races will start and finish outside the Lido enclosure. Runners should assemble and warm-up nearby, so that they are ready and able to start at their appointed handicap. Runners should keep clear of the start area and pathway so that they do not hinder other runners.
12. The starter will call each runner to the line one minute before their appointed start-time. It is then the responsibility of the individual member to ensure that they start promptly.
13. All races will be run on the path around the Serpentine, in a clockwise direction. One lap of the course measures 2.05 miles/3.3 km long.
14. Runners must pass under the Serpentine Bridge, and around the Italian Fountains in Kensington Gardens. Failure by any runner to complete a full lap will result in disqualification from the race.

Series Rules

15. The Series shall consist of ten separate races. Members may take part in as many of these races as they wish.
16. Points shall be awarded on the basis of finishing positions in each race, according to the following tariff:

1st - 30 points;	2nd - 24;	3rd - 20;	4th - 17;	5th - 15;	6th - 14;	7th - 13;	8th - 12;	9th - 11;	10th - 10;	11th - 9;	12th - 8;	13th - 7;	14th - 6;	15th - 5.
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All other finishers - 3 points.
17. Non-finishers and disqualified entrants shall receive no points.
18. Where a runner, taking part in their second or subsequent Club Handicap race, achieves a personal best time for the course, they shall be awarded a bonus of 5 points for the Series.
19. The overall winner of the Series will be the member with the highest

cumulative points scored from 8 races following the final race in the 1983 Series, to be held in December.

Adjudication

19. In any dispute arising from the Series or one of the races, the decision of the Organiser shall be final."

Over the years there have been several refinements some of which have been to accommodate administrative improvements. The interesting details are in how the handicapping and points systems have evolved to ensure fairness. I feel I should pause here to stress the seriousness with which participants treat this event. The handicapper places his (they have always been "he's") life on the line every month and passions can run high as people receive their handicap: the pressure to perform if it seems soft; the acrimony if it appears tough. It is also worth taking time to unravel part of the mystique and try to explain what it is all about. Everybody knows that people do not all run at the same pace. If you start a group off at the same time then the fastest on the day will come over the line first. The idea of the handicap is to set the contestants off at intervals so that everybody comes over the line together. But we all know that life isn't like that and the 'human factor' takes over to influence the finishing order. However there have been some handicap races which were very close with runners streaming over the line and the whole field finishing in a few minutes - a testimony to the handicapper's skill.

The scratch time for the race is 42 minutes and individual handicaps are calculated on this so



that the race should finish 42 minutes after the clock starts. Thus if I take 22 minutes to run the course my start time will be 20 minutes. I will then score points according to my finishing position. The initial handicapper was Steve

Downes with Jim Cockburn measuring the course. Jim soon became the regular handicapper and for many years calculated the start times. Ken Lynn took over and became the club's most loved or hated man until James wrote a computer programme which now does the job in a fraction of the time it once took.

Between them, Ken and James analysed the race and gradually tailored the handicap and points systems. Remember that one aim of the race is that it should be fair. Over the years they began to notice trends developing. New runners improve very quickly and could easily fool the handicapper. Conversely there did not seem to be much reward for consistent or

faster performers. To this end the current handicapping and scoring system works to iron out these inconsistencies. A handicap is calculated on the best of the last six races (thereby giving encouragement to those whose personal best is unlikely to be matched again). New runners are given a time penalty for their first six races to offset rapid improvement; no penalty is incurred for races seven to twelve (a year has now passed!) and from thirteen onwards one is given allowances. However time penalties are added to the handicap time for a win, second or third place. All these adjustments are then rounded back to the nearest fifteen seconds. In the points system to encourage all who run, there are bonuses to be gained depending how close one runs to a p.b. The wonders of modern technology mean that all this information is available on the day of the race and the results are calculated very quickly.

'Fine,' I hear you say. 'But who was Tom Hogshead?' In the 'early days' many Saturday lunchtimes were frittered away - or well spent - in the Churchill Arms (a pub in Kensington Church Street which has yet to display a blue plaque that says "Serpentine runners drink here"). One Saturday James Godber found himself chatting to a chap who had an apartment in New York from which he watched the marathon every year. After some idle chatter, James introduced the man to Wendy and twenty minutes later, James was sent to fetch a club t-shirt and an application form from the car. As you may have guessed this person was Tom. James and Wendy pestered the poor man about his continued non-appearance at Hyde Park until one Saturday he came and ran the handicap. He subsequently ran in the 1983 *Sunday Times* Fun Run. When James learned that Tom was returning to the States he asked if he would like to put up a trophy for one of the club championships and without hesitation Tom offered one for the handicap series, it being the only race in which he had participated. So early in 1984 the Tom Hogshead Trophy for the 1983 series was duly presented to Bobbie Randall.

The other trophy for this series is the Serpentine Egg - made appropriately from Serpentine, an igneous rock found in Cornwall and usually turned into lighthouse table lamps for tourists. (Incidentally the 'Serpentine Stones' for the 1k championship are made of the same mineral.) The egg was presented by Will Chapman and Jane Howarth (original 82/50 members see appendix two) and is awarded to the lowest points scored from eight races thereby rewarding dedication which usually goes unrecognised.

Tribute in this chapter should be made to Ken Lynn's low profile but valuable work. His own running had to take a back seat following surgery on a faulty heart valve, but he has not lost interest. Always a man of ideas, Ken worked as handicapper for many years, runs the Tuesday evening handicap series at Vale Farm, suggested the addition of a 3k race to complete the Grand Prix series and currently organises an annual golf challenge between Serpentine R.C. and Harrow School. His interest and enthusiasm to get things done has contributed much to the life of the club.

The handicap and the club continue to evolve to meet the changing needs of the membership. It was very apparent at early London League fixtures that SRC had no junior members. Since then we have attracted some and are in the process of growing our own! Handicap Saturday now encompasses a Junior Run, instigated by Derek Paterson, which is thriving and gaining in popularity. Father Christmas even dropped by last December (1991).

Both of these major events in the club's life (Fun Run and handicap) are held in Hyde Park which so many of us appreciate yet also take for granted. Few will forget the devastation of the hurricane which ravaged the Park in October 1987. Serpentine members donated £500 to help replace some of the trees lost at that time. It had been hoped that they could have been

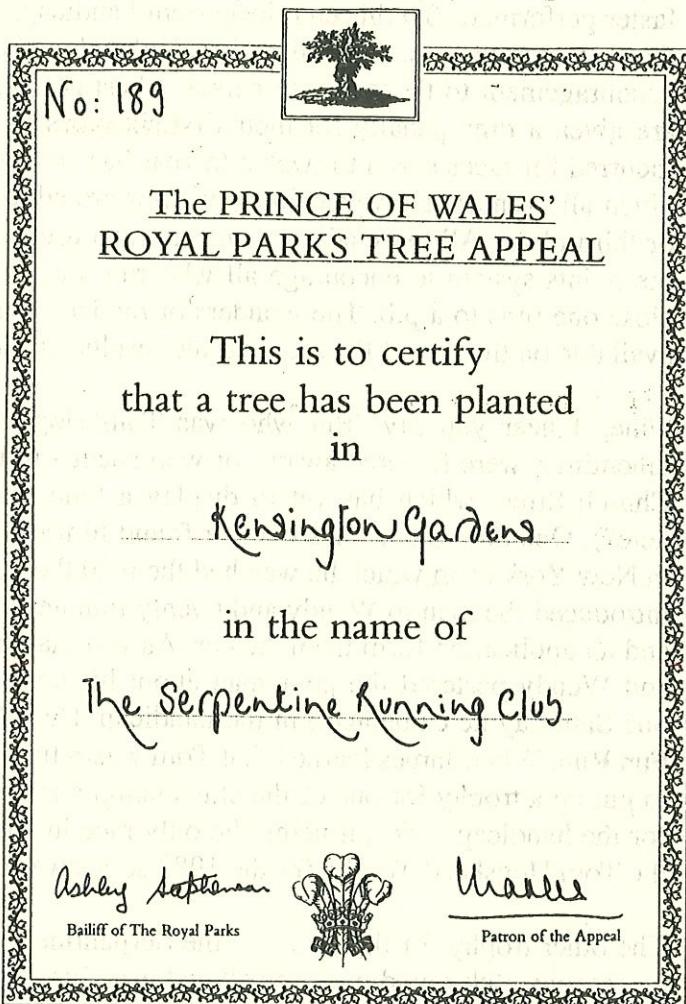
planted (with a tasteful brass plate perhaps) to mark distances e.g. a measured mile, along the lines of those in Battersea Park. However this was not then possible. Nevertheless a small party representing Serpentine Running Club (Keith Evans, Bev Thomas, Hilary Walker, Jean and Peter Weddell, James Godber, Wendy Wood and later Brenda Green with granddaughter Abigail) met Mr. Kitson, Assistant Superintendent of Kensington Gardens at the Great Bow where five trees had been planted in the Club's name. These are *Tilia europea* (European lime) and should last 200 years. The lime is that irritating tree which drips a sticky secretion over your vehicle if you happen to park beneath one during the summer months. They do, however, have a wonderful, heady perfume which I, personally, think excuses this habit.

The best way to find out about the park is to stop and look at the many statues, monuments, obelisks and fountains which are dotted around the routes we run. James once organised a treasure hunt involving this and a similar event is planned for the anniversary weekend celebrations. However as a focus for your future runs where do these quotations appear?

HOW WELL DO YOU KNOW HYDE PARK AND KENSINGTON GARDENS?

These are so easy you may be lulled into a sense of false security

1. 1859-1939 Presented by the Metropolitan Drinking Fountain and Cattle Trough Association to mark its 8th anniversary.
2. Erected by the cavalry of the Empire in memory of comrades who gave their lives in the war 1914-1919. Also in the war 1939-1945 and on active service thereafter.
3. This drinking fountain marks the site of an ancient spring which in 1856 was named.....well by the first commissioner of works later to become Lord Llanover., a sixth century hermit, was the patron saint of a church at Llanover which had eight wells in its churchyard
4. This fountain was erected 1909 to the memory of a beloved son and of one who loved little children.
5. The gift of the Constance fund.



These are quite easy

6. Lost property enquiries. 723 3509 1330-1430 hrs.
7. To celebrate Westminster City Council's quatercentenary HRH the Duke of Kent, Patron of the Tree Council, planted one of 400 trees donated by Selfridges 15th November 1985.
8.This plaque is erected in loving memory of Sheila "Trixie" Mactaggart of Nassau 1927-1990.

These are quite difficult

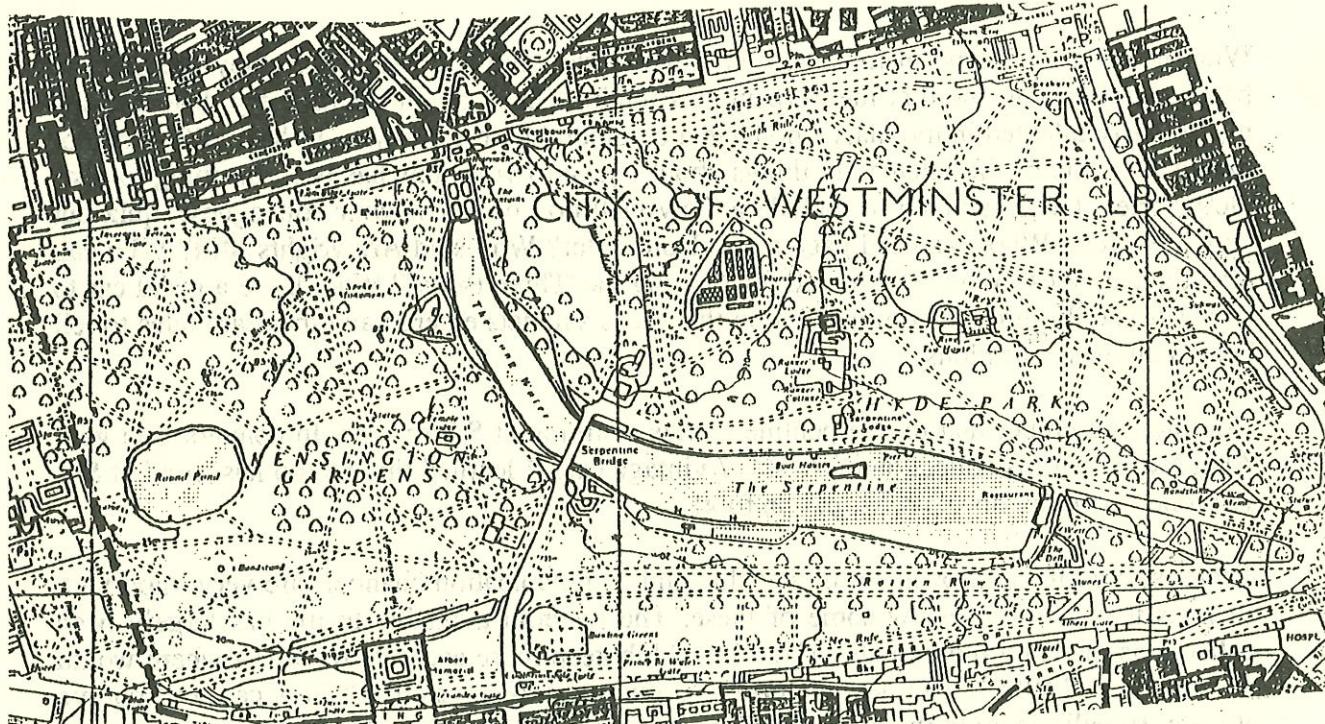
9. L. Faulkner and Sons, Makers Hersham
10. Erected by the Silver Thimble Fund 1919.

These are definitely difficult

11. AB Burton, founder, Thames Ditton
12. Sylvia Gilley 1961
13. Geo Frampton R.A. 1912

These are VERY difficult

14. Marsh Bros Engineers, Bakewell
15. Theo Crosby and Olly Hope.



We now belong to the Friends of Hyde Park and the profile of recreational running in the park has been raised through James' excellent lobbying and representations to the Department of the Environment, now renamed the Department of National Heritage. It is possible that in the future there will be distance markers beloved of the mensuratively minded such as Jim Cockburn. (Measuring distances and courses seems to be a passion.) These would be of great benefit to all who run in the park. It does not need to be head down all the time. Who knows we could specialise in guided runs round the lesser known nooks and crannies of Hyde Park and Kensington Gardens as a service to visiting runners!

CHAPTER SEVEN

And What Now? The Next Ten Years

Anniversaries are rather like the head of Janus both looking backward but also forwards. I have more or less completed what I feel to be the significant stages in the club's evolution to date. I have not included every detail nor have I rattled too many skeletons. This is not meant to be a 'hatchet job' revealing the secrets of a torrid corrupt past but a celebration of the voluntary efforts of a body of people who have created a thriving and sociable club. I have also avoided old wrangles because to enter into discussion often means taking sides and I honestly do not particularly care who said what about whom, to whom, when and why since if no one is talking about it today it cannot have been that important.

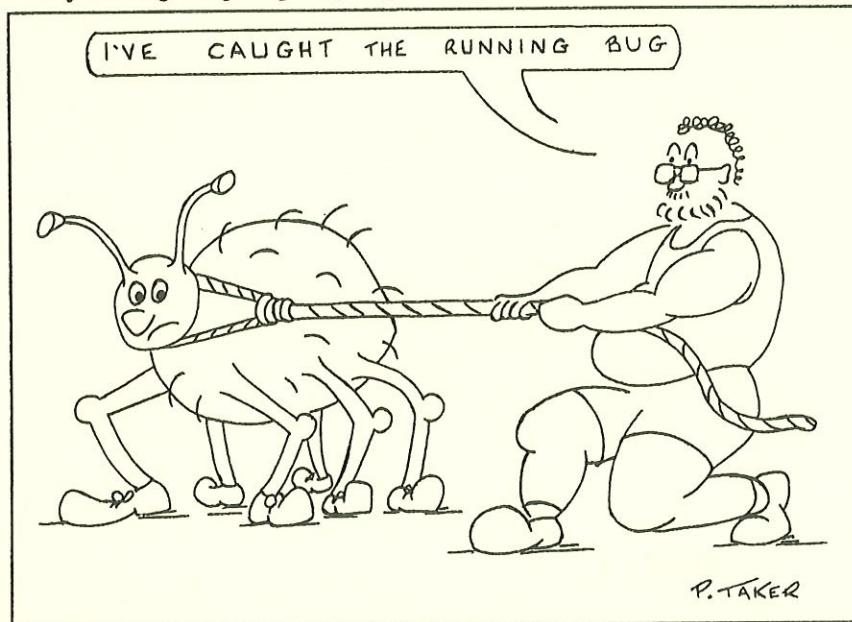
Any club has controversy and open discussion on ideas is a good and democratic process - as is agreeing to disagree. I caused controversy once! I ran the Harrow Marathon (club championship) in a T shirt of the cause for which I was sponsored and happened to be the first Serpie lady home. This and other occasions resulted in a very sensible rule change about eligibility for championship events: club colours are compulsory. This is an example of a small step in evolving the rules of the club which can generate much heat at the time. Incidentally our club colours are the same as those used by road sweepers in Hong Kong and Bangkok (see John Stonham for more details).

What needs to be borne in mind are the aims of the club and the people they are there to benefit. It seems to me that the Serpentine Running Club contains some very different and marvelously talented individuals who have a common interest but who all have different stories to tell. One of the interesting things about trying to write this has been listening to people's stories. I was tempted to include a 'how well do you know your colleagues?' quiz but here are a few. Who was head page at the Dorchester? Who sold Arkwrights Mill? Who can play the bagpipes? Who set a record for running the 'Three Peaks'? Who drove a pedal car to Paris? It is only through communication that these snippets emerge and there are tales to tell behind all these questions.

You may remember that the Serpentine Ladies team ran at Silverstone. In conversation with Alan Nye about his collection of Austin 7 vintage cars, I learned that he too has raced at Silverstone - winning his class but not on foot!

There is room for improvement in any club and communication channels are very important. Perhaps it is time to review some of these. The material available to me has largely been collections made by individuals - should the club keep more accurate records - where would we store them? What about new members - do they still feel welcome? How can we improve etc. etc. It really is up to the membership to think and talk and then make suggestions via the committee. But what if they don't listen? Vote them out at the A.G.M. and choose a new one! No, not anarchy just democracy, but to be effective the members have to take an interest.

Ten years ago a group of people caught the running bug and have been passing it around ever since. In a review of that first year James put down his Hon Sec's two penn'orth and his words then are still relevant today.



"I have elsewhere mentioned the friendly spirit within the club. It is something that we have always tried to encourage. It is the very essence of the club. Without it we're nothing. With it we're the envy of more than one local club

(it's true - they've told me). Whatever happens in the future must take this into account.

"One of the ways in which our identity has been forged both inside and outside the club has been the social lap of the Serpentine on a Saturday, (an idea borrowed with grateful thanks from Burnham Joggers). New members have joined as a result of seeing us in a pack and asking questions, whilst once inside the pack, friendships have begun to be made. That's the marvellous thing about it, but I believe it could be even better.

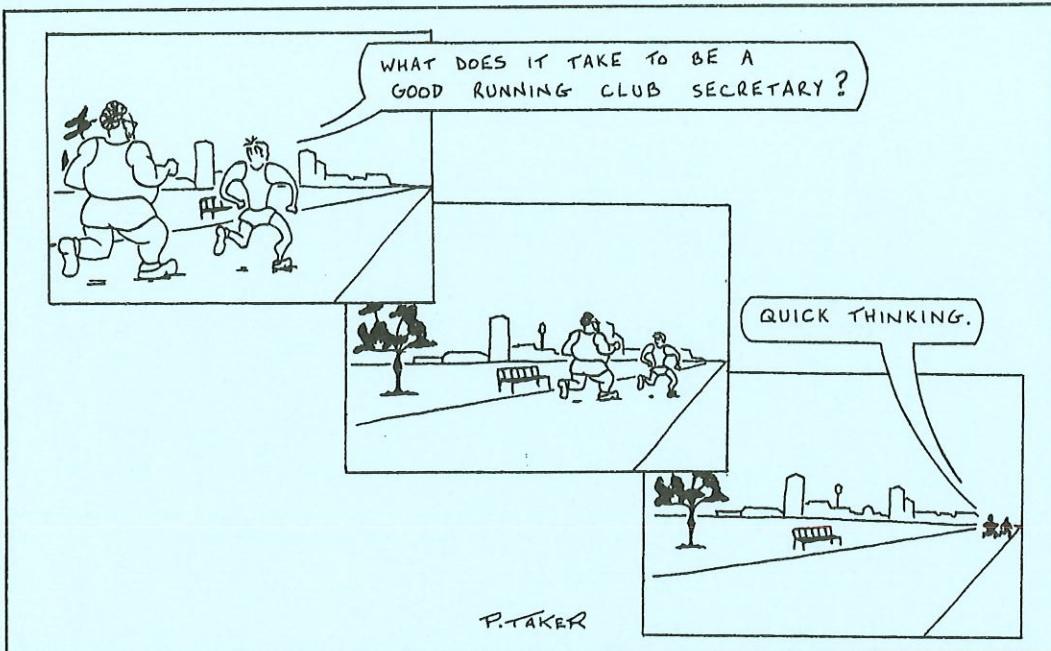
For one thing the pack tends to start to spread out on the north side of the lake and for another, some people just find it difficult to talk to fellow members. To overcome this I propose two 'unwritten' rules:

1. If, during the social lap, you find yourself at the front of the pack, SLOW DOWN until the MAIN group catches up with you. We give you the chance to race once a month in the handicaps.
2. Always start the social run with someone you've not run with before. How many of the 140 (then, 260 now) members have you spoken to? Get to know the new members and help them to feel at home. Remember, most of us didn't know each other a year ago. Put yourself in their shoes (figuratively speaking) and think how shy or tongue tied you'd be if you were to join the club now rather than when you did.

Keep up the good work.
J.G."

APPENDICES

The following pages contain the appendices referred to in the text and other factual and statistical odds and ends which many find so fascinating!



The list of committee members is revealing as two names remain constant throughout. It will be a tribute to their achievements if when in the future they finally retire to Chez Couprie the Serpentine Running Club is still moving on from strength to strength. Well done James and Wendy.

Serpentine Running Club: A Brief Chronology

1981

30th May 82/50 hopefuls meet in the car park.

1982

20th March Meeting proposing formation of a club following 82/50.
9th May London Marathon.
10th May Serpentine Running Club is officially formed.
21st Jun AAA's registration.
19th September Ladies team 3rd at Silverstone - first placing in a race for club team.
November Club kit now available.

1983

5th March Men enter National Cross Country for the first time.
May Use of Alexandra Lodge agreed with DoE and LRRC.
1st June First mile championship.
4th September First half-marathon championship.
November First marathon championship.

1984

18th February Women enter the National Cross Country for the first time.
May/June Julie Wilmot and Paul Coady recognised as first club captains.
September First visit to Chateuneuf du Pape.
22nd September First 1 kilometre championship.

1985

27th-31st March First Club trip to Guernsey.

1986

13th May First London League.
Summer Ian Stewart first life member.
Interval training commences.
Serpentine wins London League.
14 December First Sunday Cross Country League.

1987

February Women's team win cross-country league.
6th and 7th June SRC enters Welsh Castles Relay for first time, with a win for the Ladies.
June First Grand Prix Series.
10th-14th July Return visit by La Foulee Castel Papale
15th/16th October Hurricane devastates Hyde Park.

1988

26th March Men enter Southern Counties 12 Stage Relay for the first time.
22nd May SRC enters teams in the AAA's Veterans Road Relay (first time the event was held).

1989

25th February Ann Dex becomes second life member.
Times Serpentine Running Club first placed team in the Sunday
Fun Run.

1990

5th May First entry into track and field athletics, division seven,
Watford.

1991

April Ladies' team third in the London Marathon.
29th June Serpentine men's team win track and field fixture,
Walthamstow.

1992

April Serpentine RC joins the 'Friends of Hyde Park'.
Ladies enter track and field competition for the first time.

82/50 Facts and Figures

The group was not an entirely static body of people. A few drifted in and out giving rise to variations in the following details.

Original Groupings

London 1982/50. Inner Team

Caryl Bradbery	Anne Hanson
Geoffrey Cannon	Ralph Hedley
Matthew Cannon	Ray Hurst
Steven Downes	Helen Johnston
Sidney Gee	Simon Morris

Hilda Nyman
Nicholas Paul
Ian Pither
Colin Soens
John Walker

John responsible for the team. Geoffrey 2nd i/c. Simon responsible for administration for the whole London 1982/50 group.

In this team: 15 members, 3 marathoners, 4 women, 3 vets.

London 1982/50. South East Team.

Alan Andrews	Val Caddy
Len Andrews (Andy)	Ted Edwards
Terry Bennett	Ian Evans
Peter Bird	Sue Goggin
Martin Brett	

John Goody
Joyce Goody
Alex Reith
Stanley Weber

Andy responsible for the team. John 2nd i/c.

In this team: 13 members, 2 marathoners, 3 women, 8 vets.

London 1982/50. North West Team.

David Clarke	Peter Gomes
Jim Cockburn	Bill Green
Rosemary Evison	James Kelly
James Godber	John Neill

Tony Pond
Mick Rankin
Gary Tanser
Maggie Westhead

Rosemary responsible for the team. James 2nd i/c. John Neill responsible for all vets in the London 1982/50 group.

In this team: 12 members, 5 marathoners, 2 women, 5 vets.

London 1982/50. South West Team.

Bill Brown	Lucilla Deane
Will Chapman	Paul Roud
Don Clark	Michael Jacob
Jackie Cooper	Barry Leggett

Peter Lordan
Derek Roffey
Chris Turnbull
Ken Walker

Will responsible for the team, Michael 2nd i/c. Also responsible for training and races for the whole London 1982/50 group.

In this team: 12 members, 3 marathoners, 2 women, 5 vets.

Questionnaire

Questions to be answered every two months, starting in May, as close to the 25th of the month as possible, please. A stamp to show where you are sending it. Return to Geoffrey Cannon, 6 Aldridge Road Villas, London W11

Name (Mr/Ms)

Address

Age

Weight (kg)

Height (cm)

Do you smoke?

If yes, how many a day?

Pulse: at rest

Instantly after exercise*

3 minutes after

10 minutes after

Do you play regular sport?**

Do you take regular exercise?**

How long have you been running?

How many miles a week?

Longest run (distance/time)

Best run***

Comments on your running and anything connected with our enterprise you care to mention (use as many sheets of paper as you like!)

- * Run as hard as you can for 10 minutes, and take your pulse for a minute instantly after, then 3 and 10 minutes after that. Have a friend help if you can.
- ** That is, are sport/exercise part of your life, running aside?
- *** Subjective judgement is fine.

82/50 in the London

"A piece of cake!" Bill Brown exulted, in the Lamb and Flag. He'd just completed his début marathon in 3:12. And congratulations, too, to the others of London 1982/50 for whom completing a marathon was in itself a Personal Best: Ian Evans, Peter Lordan, James Godber and Wendy Wood, who ran together; Joyce Goody with a brilliant 3:50; Lucilla Deane; Helen Johnston; Caryl Bradberry, a week after a valiant failure at Birmingham;

Hilda Nyman, who a year ago was taking the dog for two-mile jogs; and Sue Goggin (well done, Sue!).

Colin Soens' 2:55 was his first time under three hours. Rosemary Evison's magnificent 3:05 made her 50th woman overall. Steven Downes was so close to under three hours. John Walker did 3:05 a few weeks after his 2:57 at Guildford.

A dozen of us, for various reasons, don't appear in the table below. Phil Halliday

accomplished our best time of all on the day; his 2:47 matched Chris Turnbull's time at Guildford. Bernie Tuck cruised a 3:05; Murray Weir toughed a 3:09 in Birmingham; Matthew Cannon did 3:24; Susan Glinska did a courageous 3:44 in Birmingham; and Tony Prince, Diane Weir, Stuart Perry, Keith Haworth, Robin Oliver, Carol Humphreys and lovely Jane Howarth all finished.

Which brings me to the Crazed Four who were eligible

to sport the running vest announcing that the wearer had run Birmingham on May 2. Simon Morris and I ran Birmingham side by side in 3:35 and Simon still accomplished 3:21 in London. Dick Bird did 3:42 and 3:38. Michael Jacob did 4:24 and 4:21. And, buoyed by the marvellous support from the group and all our friends along the route, I decided that this was the day I'd break 3:30, gasped out a 7:30 for the last mile and managed 3:28:36.

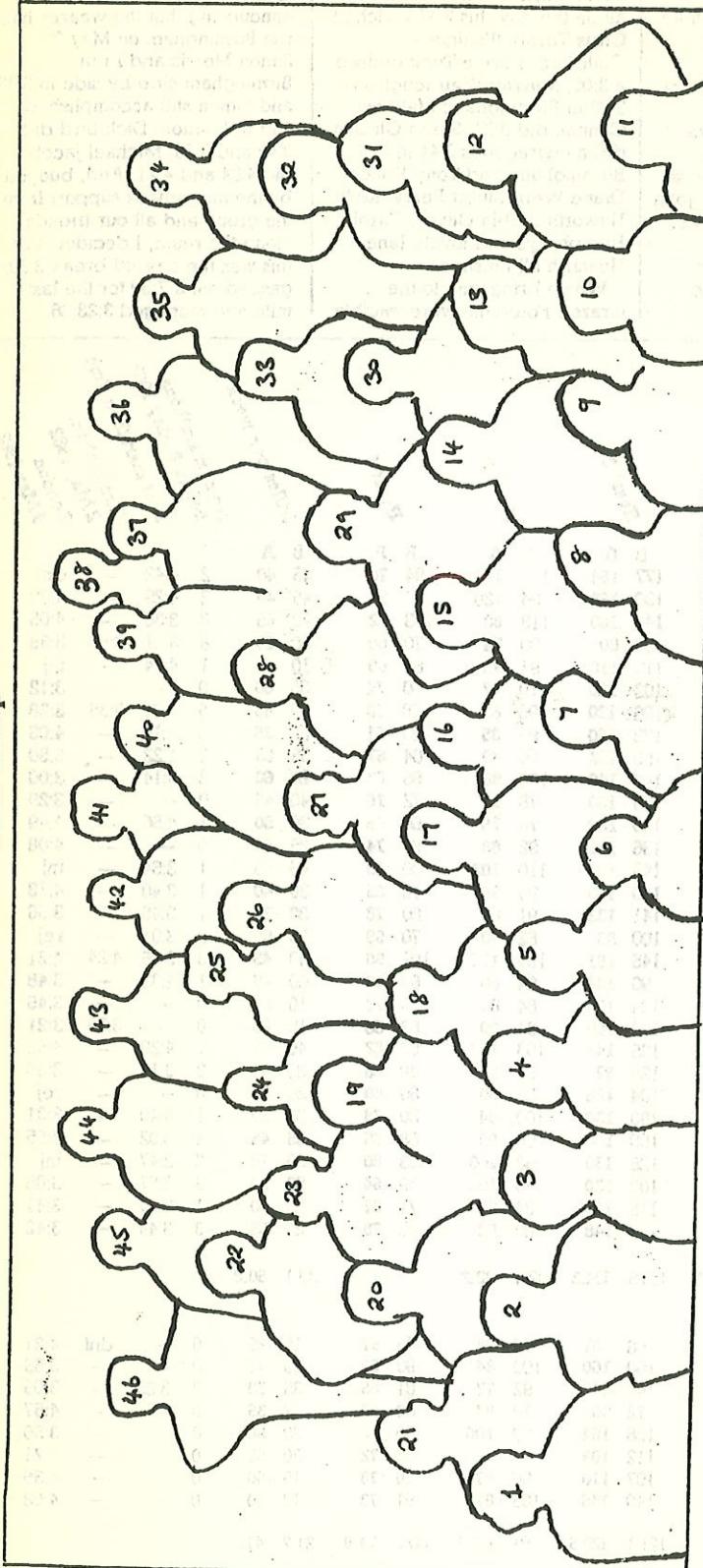
The London 1982/50 Running Group

Our facts and figures, up to and including the London Marathon

Name	Age	B	A	B	A	B	A	B	A	B	A	B	A	B	A	Miles per week	No. of marathons before 2 May 1982	Best marathon time 2 May 1982	Birmingham 2 May 1982	London 9 May 1982
Kevin Andrews	22	64	64	Y	Y	70	62	177	164	109	114	94	70	45	40	2	4:42	—	dnf	
Len Andrews	46	62	59	Y	Y	67	66	130	168	94	120	84	81	45	40	2	4:29	—	4:30	
Terry Bennett	40	89	78	N	N	72	60	144	160	118	98	103	82	20	65	3	3:36	—	4:05	
Peter Bird	58	79	76	N	N	60	60	90	80	80	74	70	60	60	65	8	3:21	3:42	3:38	
Martin Brett	28	56	59	Y	N	62	50	112	118	91	92	68	69	10	45	1	4:14	—	inj	
Bill Brown	37	72	70	Y	N	58	58	102	120	70	97	60	74	35	60	0	—	—	3:12	
Geoffrey Cannon	42	78	76	N	N	56	51	156	120	96	88	78	78	50	65	5	3:31	3:35	3:28	
Will Chapman	44	81	76	N	N	57	54	178	160	98	85	80	61	30	35	3	4:10	—	4:05	
Jim Cockburn	46	76	73	N	N	42	44	150	152	96	89	64	67	55	65	2	4:22	—	3:50	
Steven Downes	20	63	62	N	N	70	56	142	140	102	88	86	62	20	60	2	3:14	—	3:00	
Ian Evans	32	54	52	N	N	64	53	120	130	78	94	72	76	40	45	0	—	—	3:29	
Sidney Gee	61	72	70	N	N	55	40	120	120	70	76	60	56	30	60	1	4:56	—	4:49	
James Godber	34	77	72	N	N	51	48	136	145	92	88	86	74	25	50	0	—	—	4:08	
Peter Gomes	20	58	57	N	N	68	57	145	188	110	102	90	70	45	50	1	3:54	—	inj	
John Goody	42	76	75	N	N	52	58	140	140	96	98	78	85	30	40	1	3:40	—	4:18	
Bill Green	40	69	69	N	N	56	54	141	132	91	81	80	78	30	30	1	3:45	—	3:56	
Ray Hurst	35	62	57	N	N	52	42	100	93	82	80	70	59	35	50	2	3:01	—	rej	
Michael Jacob	50	75	78	N	N	52	52	145	181	120	117	102	98	40	45	3	3:26	4:24	4:21	
James Kelly	49	81	79	N	N	62	60	90	104	84	80	64	68	20	45	1	4:33	—	3:48	
Peter Lordan	45	65	61	Y	Y	76	60	124	104	84	84	76	72	10	50	0	—	—	3:46	
Simon Morris	27	74	73	N	N	57	50	104	150	84	90	62	58	15	65	0	—	3:35	3:21	
John Neill	61	69	67	N	N	56	54	155	148	103	103	82	82	40	45	1	4:20	—	4:52	
Ian Pither	38	81	78	N	N	57	53	125	97	93	79	78	68	30	45	2	3:16	—	3:35	
Tony Pond	47	73	66	N	N	56	48	104	128	88	80	80	80	20	55	0	—	—	rej	
Mike Rankin	33	70	68	N	N	56	52	180	130	100	84	80	78	30	30	1	3:40	—	3:31	
Colin Soens	30	61	60	Y	N	49	50	180	150	96	90	68	65	35	45	4	3:02	—	2:55	
Chris Turnbull	35	70	69	Y	N	63	48	128	130	98	100	83	80	50	70	2	2:47	—	inj	
John Walker	38	83	84	N	N	54	54	108	120	80	104	70	64	50	50	5	2:57	—	3:05	
Ken Walker	54	83	76	N	N	60	54	115	108	84	97	71	87	25	50	1	3:31	—	3:41	
Stan Weber	63	85	81	N	N	60	52	128	148	80	88	76	78	25	65	3	3:44	—	3:42	
Men Total Average	402	72	69.7	8	4	58.3	52.5	139.5	134.3	92.1	92.2	77.3	72.8	33.1	50.8					
WOMEN																				
Caryl Bradberry	25	55	50	N	N	63	66	106	107	98	98	86	97	10	25	0	—	dnf	4:21	
Lucilla Deane	32	52	52	N	N	48	46	160	160	100	84	80	60	25	45	0	—	—	3:59	
Rosemary Evison	31	53	48	N	N	59	50	144	145	92	77	81	65	35	70	2	3:29	—	3:05	
Sue Goggin	40	60	63	N	N	67	54	72	96	70	84	68	62	7	35	0	—	—	4:57	
Joyce Goody	48	51	50	N	N	58	64	128	164	99	106	80	92	30	50	0	—	—	3:50	
Helen Johnston	29	58	58	N	N	68	60	112	108	80	72	80	72	30	55	0	—	—	4:21	
Hilda Nyman	44	56	55	N	N	60	60	107	110	86	87	76	78	15	50	0	—	—	4:36	
Wendy Wood	44	50	51	N	N	56	48	140	146	103	87	91	73	18	50	0	—	—	4:08	
Women Total Average	367	55.6	53.3	0	0	59.8	56	121.1	129.5	91	86.8	80.2	74.8	21.2	47.5					
All Total Average	374	68.5	66.2	8	4	58.6	53.2	135.8	133.3	91.8	91.1	78	73.5	23.6	48.2					

Note "Heart 1, 2, 3, 4" refers to heart rate at rest, immediately after vigorous exercise, then three and then 10 minutes after. "B" and "A" refer to Before and After undertaking the London 1982/50 programme. Higher "Bs", especially on stage 2, probably accounted for by the exercise being much more vigorous.

Table compiled by Steven Downes



1. Simon Morris
2. John Goody
3. Hilda Nyman
4. Joyce Goody
5. Wendy Wood
6. Sue Glinska
7. Carole Humphryes
8. Caryl Bradberry
9. Helen Johnston
10. Lucilla Deane
11. Jane Howard
12. Michael Jacob

13. Rosemary Evison
14. Stan Weber
15. James Godber
16. Colin Soens
17. Bernie Tuck
18. AN Other
19. Phil Halliday
20. Kevin Andrews
21. John Walker
22. Murray Weir
23. Ken Walker
24. Len 'Andy' Andrews

25. Peter Gomes
26. Terry Bennett
27. James Kelly
28. Keith Haworth
29. Jim Cockburn
30. Mick Rankin
31. Don Clarke
32. Chris Turnbull
33. Simon Reed
34. Matthew Cannon
35. Ian Evans
36. Geoffrey Cannon

37. John Neill
38. Robin Oliver
39. Martin Brett
40. Steve Downes
41. Bill Green
42. Alex Reith
43. Peter Dicky 'Bird
44. Will Chapman
45. Bill Brown
46. Ray Hurst

Serpentine Running Club - Committee Members 1982-1992

Chairman:

Bernie Tuck	82/3	83/4	84/5	85/6	86/7		87/8	88/9	89/90	90/1	91/2
Hilary Walker											

Hon. Secretary:

James Godber	82/3	83/4	84/5	85/6	86/7	87/8	88/9	89/90	90/1	91/2

Hon. Treasurer:

Wendy Wood	82/3	83/4	84/5	85/6	86/7	87/8	88/9	89/90	90/1	91/2

Committee:

Pauline (Baker) Rich							88/9	89/90	90/1	91/2
Geoffrey Cannon										
Paul Coady	82/3	83/4	84/5	85/6	86/7					
Jim Cockburn		83/4	84/5							
Kathy Crilley				85/6	86/7					
Bob Davidson					86/7	87/8	88/9	89/90	90/1	91/2
Ann Dex					86/7	87/8	88/9			
Steve Downes	82/3	83/4		85/6						
John Gott		83/4								
Pat Green			84/5	85/6	86/7	87/8				
Phil Halliday	82/3	83/4	84/5	85/6						
Keith Haworth	82/3	83/4	84/5	85/6						
Derek Johnson					86/7	87/8	88/9	89/90		
Barrie Laverick									90/1	91/2
Rodney Lewis	82/3	83/4								
Ken Lynn		83/4	84/5	85/6	86/7	87/8				
Mike Maddison									90/1	91/2
Colin McLatchie										
Derek Paterson							88/9			
John Ralph								89/90	90/1	91/2
Alec Randall	83/4	84/5	85/6							
Bobbie Randall		84/5	85/6							
Nicky Rosewell							88/9	89/90	90/1	91/2
Bev Thomas							88/9	89/90	90/1	91/2
John Walker				85/6		87/8	88/9	89/90		91/2
Julie Wilmot				85/6						
Ros Young		84/5			86/7	87/8	88/9	89/90	90/1	91/2

Mens Captain:

Paul Coady	84/5									
John Walker		85/6								
Derek Paterson			86/7	87/8	88/9					
John Ralph						89/90	90/1			

Mens Captain (Track and Field):

John Ralph									91/2	
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Mens Captain (Cross Country):

Mark Manners										91/2
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Ladies Captain:

Julie Wilmot	84/5	85/6								
Ann Dex			86/7	87/8	88/9					
Nicky Rosewell						89/90	90/1	91/2		

Tibet

of about 1,800 miles to travel through a region of which I knew nothing, and all of which was classified "secret" until 1972, when the border was opened to tourists. I had been told that the border was closed again in 1975, so I had to make do with what I could find in books and from people I met in Nepal.

Introduction

The concept was discussed during the initial days of an expedition to the Rolwaling Valley in Nepal to climb Ramdung in 1989. Elaine Brooke, trek leader on the trip, introduced me to the notion, knowing my love for the Himalayas and my Ultra distance running exploits. While snowed in at base camp, discussions continued and I returned from Nepal determined to try to run from Lhasa to Kathmandu as a challenge and to raise money for enterprises in the Region via Intermediate Technology.

Statistics

Start	Lhasa 18th September 1991 08.25
Finish	Kathmandu 2nd October 18.01 (15.50 Nepalese time)

Time Taken **14 days 9 hrs 36 mins**

Total Distance **950 Km (590 Miles)**

Average Distance **66 Km (41 Miles) per day**

**Average Altitude
In Tibet (13 days)** **4,223M (13,855 ft)**

Highest Altitude **5,220m (17,126 ft)**

(Jia Tsuo La)

4 other passes over 4,800 M.

Preparation

I knew that there were going to be difficulties in making arrangements in far-off Tibet from England and I also knew that time was at a premium for me, owing to job commitments, so I placed myself in the capable hands of my friends Elaine Brooke and her husband Lhakpa Sherpa, who were now running their own specialised trekking agency for the Himalaya.

They had their job cut out for them! With the vagaries of the East, the arrangements made with the Chinese agencies were cancelled two weeks before we were about to leave! Due to their foresight and experience, however, they had already made contact with a newly-fledged Tibetan agency and back-up arrangements were rapidly finalised.

In addition to the practical arrangements on the ground requiring a back-up crew with knowledge of the area, I needed some help from someone knowledgeable of the needs of an ultra runner and

me in particular. So I persuaded (it wasn't too difficult) a Serpie friend of mine, Ros Young, to come with me. She had the ideal background, not only had she run "ultras" herself and trekked in the Himalaya but had also had the stamina to "handle" (runners jargon for back-up) me in a number of ultra events that I had taken part in.

The attempt was circumscribed by the need to fit it into a four week period, therefore I would have only the minimum of time for acclimatisation as I needed to allow sufficient time for the run with some insurance should any calamities occur.

First of all, we needed to be totally self-contained as we wouldn't necessarily finish a day's running near any habitation. So we arranged to have vehicular transport for tents, food etc and Ros brought a mountain bike out to provide additional flexibility for the provision of food and drink on the run. In Tibet we had the use of a four wheel drive 10 seater bus/lorry with a marvellous driver, assistant and the usual guide. For the few days in Nepal we had a minibus to assist us. To cover the whole period Lhakpa Sherpa and Dawa supported us. Dawa providing some excellent food - usually bought locally but with some provisions that we took with us. Lhakpa had the onerous task of ensuring that everything ran smoothly!

Acclimatisation Period

We flew out to Kathmandu on 6th September and set off the next day. We had a serious baptism into the attempt. Beforehand, I had been aware that, in various places, the "road" was susceptible to landslides requiring detours but we had an early experience of the dangers. On the first day travelling from Kathmandu to the border, we had to disembark from our bus and "porter" our luggage round a recent landslide - which was still active. We had to run a 400 metre section under a very unstable section of mountain from which rocks periodically descended. Unfortunately, just behind us, one of our porters was caught in a large boulder slip, was injured and lost his load down the river. I had thought that I had brought a sufficiently large medical kit but it seemed somewhat inadequate under the circumstances. He had fairly extensive arm injuries and probably, broken ribs. We patched him up as well as we could and one of his friends volunteered to return to Kathmandu with him.

Our second hurdle was not that of physical danger, but that of bureaucracy. We took two days to cross the border into China (Tibet). All because, out of the four of us named to travel from Nepal to Tibet, (myself, Ros, Lhakpa and Dawa), the two Nepalese, Lhakpa and Dawa, were not listed by name on two of the 24 sheets of Chinese script that were required to pass through the border and allow us to travel freely in Tibet. They were mentioned on all the others! However by hook or (more likely) by crook, the officials were persuaded to allow us through after interminable discussions between the Tibetan, Lhakpa and our Tibet crew and guide who had met us with these famous sheets of paper at the border.

A day late our enlarged group (the four of us plus an obligatory Tibetan guide, driver and his assistant) were united with our back-up vehicle. This had been parked outside the border town 5 km and 500 feet above us outside of the landslide region which enveloped the border. I began to feel that maybe, all was now possible.

For our acclimatisation period, we were determined not only to "recce" the route but also to visit the famed Rongbuk Valley and Everest Base camp. I had previously visited its counterpart in Nepal. So, accordingly, after spending the first night away from the border at Tingri, at 4,000 M, we turned off the highway for two days in the Rongbuk valley. On visiting the base camp we met both Canadian and Indian expeditions. Unfortunately both were experiencing some unseasonable wild weather on the mountain and we were later to learn that fatalities had been sustained. On a better note, we also visited the Rongbuk monastery which is now being repaired and has a growing population of monks.

It was then on to Lhasa via Xigase where we had an unforgettable afternoon watching the dancing episode of a Buddhist festival at the Tibetan monastery. We had one last hurdle to overcome - the vulnerability of vehicles to have punctures on that road. Our bus suffered a double puncture near to Gyantse and then a faulty replacement resulted in a ballooning tyre. This drew the vehicle to a halt on the way up one of the two remaining passes to cover before Lhasa.

Ros and I hitched a ride with a Taiwan Cho Oyu expedition group to Lhasa to await the arrival of the truck. We had only 24 hours before I was due to start the run. So we had a pensive tour of the outside of the Potala wondering when we would see the bus and the crew again. Late in the afternoon, only 14 hours before I was due to set off, they rolled into the forecourt of the hotel after problems finding a replacement tyre. It was only then that I could be sure that the run was finally on and frantic re-organisation and packing ensued.

The Run

Lhasa (3,600M) to Karo La (4,755M) 200 km - The first three days.

These started off well. In fact after day 1, I thought that we might have an extra day in Kathmandu at the end. The first 60 km out of Lhasa was on tarmacadam road for the only time until we had sporadic sections on the way into Kathmandu. It was also the only day that it rained while actually on the run. The day finished half way up the Kamba La at about 4,000M, at 90 km. Running at these altitudes could only be sustained on the flat or downhill and the fastest I could run was at about 6 miles an hour. At sea level I would normally maintain 7.5 mile an hour pace for 100 km!

Day 2 was hard after an enjoyable beginning over the Kamba La looking down onto the Yamdrok Tso (lake) which I then ran round. However the average altitude that day was 4,500 M (14,700 ft!) and I over-extended myself, arriving exhausted and dehydrated at the campsite after 80 km. So on the third day I set off, tired, walking up to the top of the Karo La - or so I thought. Near the top, while passing a homestead, I was caught unawares by a dog who leapt off the hillside and buried his teeth in my left ankle. The local Tibetans looked concerned and wished to help but I walked on to the top of the pass where the others were with my medical kit. We returned to the Tibetans who denied all knowledge of the dog and then went back to Nagarze - 20 km down the road in the lorry, to seek medical treatment. No rabies serum but the local doctor's home brew certainly ensured that there was no infection at all. This all took time and I was dropped back at the top of the pass mid-afternoon with an order not to do any more running that day. So I walked

down off the top of the pass to an early campsite wondering whether I would be in a fit state for the next stage. Only 25 km travelled that day.

Karo La (4,755M) to Xigase (3,950m) 156 km 2 & 1/2 days

A good recovery and initially a steady descent to the Tibetan plateau with some lovely scenery. Then it was more of a mental effort than physical as the terrain was flat and less interesting. The road was very straight and stony which was hard on the feet. It was also dusty and full of traffic, mainly Chinese lorries and donkey carts. It was the height of the harvest in the fertile fields near the river and the carts were piled high with grain. If I was running I caught them up but if I was having a walking patch they would pass me by again. We had a night's stop outside Gyantse and the crew were able to visit the monastery. Then, after stopping the next night about 16 km outside Xigase, we arrived at the Xigase hotel mid-morning to sign in some witnesses and have a civilised cup of coffee.

Xigase (3,950M) to Tingri Checkpoint (4,300M) 241 km 3 & 1/2 days

Much less traffic now but the road was worse with numerous areas of flash flood debris to cross. There were two passes to be crossed with the Jia Tsuo La being the highest on the route. Our highest campsite was a couple of km below the summit at 5,000M that night in a howling gale but with superb views. At that altitude, I could only maintain a steady run when the terrain was sufficiently down hill as I used up too much energy otherwise to go at a pace which was only marginally faster than walking.

Tingri Checkpoint (4,300M) to Nyalam (3,750M) 186 km 3 days

The first section to old Tingri gave us the best view of the Himalayas outside of Everest Base Camp. Names to conjure with included Gauri Shankar, Menlungtse, Cho Oyu, Everest, Makalu Then, in contrast, I had a couple of days in this region where the horizon is vast and the country barren apart from old Tibetan ruins which I found difficult. It's a problem to feel that a midget of a human being could actually travel on foot through such vast expanses. However the mood improved as we approached the last pass of the run - the Lalung Leh (5,050M). A superb early morning climb to the top of the pass and the views and very nearly another dog incident if I hadn't been aware. Then a lovely downhill run back to areas of cultivation where the harvest was still being taken in.

Nyalam (3,750M) - Kathmandu (1,300M) 175 km 2 & 1/2 days

The next morning I set off for Nyalam while the crew visited Milarepa's (a famous Buddhist hermit) cave. Did my fastest 10 km of the run down to the border post at Khasa (Zhangmu). We had decided that we would stop here for the night whatever time we arrived so has to have a party with the Tibetan part of the crew before we left them when we crossed the border, so we settled into the Chinese beers....

Merely a 40 minute procedure to cross the border then a gentle run down through the landslide region and what now appeared to be lush tropical vegetation to the much warmer climate at the lower altitudes in Nepal. In fact it was a bit too warm as I started to have problems with the heat. So the last day of running into Kathmandu (70 km) I set off while it was still dark to get most of



The end of the road and time to reflect

the cool of the day. It was a marvelous feeling approaching Kathmandu realizing that I had actually managed to travel from Lhasa under my own steam. However, my mind remained in the solitude of Tibet while I, Ros on her bike and Lhakpa and Dawa in a Nepalese minibus fought with the traffic into the heart of Khatmandu to finish in Durbar Square in the early afternoon. Lhasa to Kathmandu in a fortnight!

Operational Back-up.

This was to be treated as an extended ultra-distance record attempt with as full a back-up team as possible considering the circumstances. This is best described by a typical running day.

I would rise when it got light (except for the last day when we were on a reasonable Nepalese road) - the road was too rough to traverse in the dark. After a coffee to wake me up, I would set off leaving the others to have breakfast and pack up camp. Either Ros on her bike or the lorry would catch me up after about 10 km to give me more fluid/food and the van would then leapfrog another 15 km or so. Ros, meanwhile, might bike nearby and let me have extra fluids at about 7 km intervals.

For the first few days, I would have a lunch stop after about four and a half hours, but I found it difficult getting going again. So I kept to frequent short drink stops. In the afternoon, especially in the latter half, I would stop running and walk hard instead - to reduce the tiredness and possible

dehydration from the heat. Usually Ros - or one of the others on the team would accompany me on the bike for the first half of the afternoon. About two hours from the end of the day, we would agree how much further I would (could) do and the team would move on to find a suitable campsite and set up camp. This would leave me to finish the day's efforts in enjoyable solitude admiring the scenery and looking forward to the comforts awaiting me.

On arrival, I would find a bowl of water for my feet and a large supper awaiting me when I had settled in. The intention had been to stock up in the evening on the food that I couldn't absorb during the day. However, my digestion found this difficult due to the altitude and the efforts involved and despite Dawa's cooking expertise I came back almost a stone lighter than I left. Previous experience in the Himalaya had showed me that I might have this problem so I made sure that I used various complex carbohydrate fluids during the day to prevent my glycogen level dropping to absolute zero!

Temperature and Kit.

For running, I used ordinary running shorts and t-shirt except in the early morning near the top of the passes. In camp the temperature could drop precipitously and I had a supply of Mountain Equipment ultrafleece salopettes and down jackets to keep my tired body warm. There were days when the wind was very bitter and strong and I needed my wind resistant waterproofs while walking. The rest of the time it could get very hot when the sun was out in the rarified atmosphere at those temperatures.

The Charity.

£2,000 has been raised for Intermediate Technology. In Nepal a number of micro-hydro electric schemes have been set up which supply the isolated villages with electricity for cooking and lighting. These projects are low tech, low cost, simple to install and highly effective and are proving to be a success. They are not a blight on the landscape and they reduce the pressure on the deforestation problems.

Further information.

If anybody wants any more details please contact me at the following address:

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071-972-2157 (w)

.....and further donations to Intermediate Technology would be gratefully accepted.

Sunday Times National Fun Run

1981

1350 teams finished.

Team results:

Position

Position	Points
101	527
112	569
114	572
321	1091
441	1341

Individual honours:

4th Women 29-30 Rosemary Evison

9th Men 60-69 John Neill

1982

1564 teams finished

Team results:

Position

Position	Points
32	183
135	613
173	725
291	1017
303	1042
334	1078
358	1128
381	1190
659	1619
694	1688
697	1690
994	2156
1411	3161

Individual honours:

2nd Women 31-33 Rosemary Evison

7th Men 60-69 John Neill

10th Men 31-33 Bernie Tuck

10th Women 45-49 Wendy Wood

Team Name

Harrow Wednesday
London 1982/50 Inner I
London 1982/50 Inner II
London 1982/50 Sowesters II
London 1982/50 North-West

2008
2040

Team Name

Harrow Wednesday A.M.
Fun Runner 82 Mick's Fismits
Fun Runner 82 Wendy's Wonders
Fun Runner 82 Stragglers Three
Serpentine Running Club South East
Fun Runner 82 Odds 'n' Sods
Fun Runner 82 Bernie's Bombers
Fun Runner 82 Mick's Misfits
Fun Runner 82 Pig Whistlers
Fun Runner 82 Walker's Runners
Fun Runner 82 Godber's Gaspers
Fun Runner 82 Kathy's Crawlers
Harrow Wednesday P.M.

2007
2011
2001
2009
2012
2014
2016
2018

1983

1846 teams finished

Team results:

Position	Points
14	68
32	184
76	414
96	497
591	1576
741	1783
991	2141
1234	2567
1457	3003
1841	5426

Team Name
SRC Rotten Rowers
SRC North Riders
SRC Carriage Drivers
Harrow Wednesday in the Serpentine
SRC Yorkshire Puddings
SRC Levett's Friends
SRC North Walkers
SRC Late Comers
Getting In Shape Wembley Wizards
SRC Broad Walkers (6th last)

Individual honours:

2nd Women	37-40	Pauline Baker
4th Women	45-49	Joyce Goody
5th Women	31-33	Rosemary Evison
7th Women	19-22	Sue Glinska
9th Women	45-49	Wendy Wood

1984

First year SRC officially helped with organisation

1857 teams finished

Team results:

Position	Points
5	33
25	129
31	146
40	202
94	410
144	585
147	593
621	1573
639	1600
710	1696
713	1704
939	2047
1016	2160
1370	2715
1846	4747

Team Name
SRC Rotten Rowers
SRC Peter Pans
SRC North Riders
SRC Magazine Section
SRC Sunken Gardeners
SRC Carriage Drivers
SRC Alexandra Lodgers
SRC Late Comers
SRC Achilles Heels
SRC Yorkshire Puddings
SRC Lido Shufflers
SRC Italian Gardeners
SRC Tadcaster Neanderthals
SRC Later Rivals
SRC Broad Walkers (12th last)

Individual honours:

1st Women	50-59	Joyce Goody
1st Women	70+	Pearl Mehl
2nd Women	27-28	Pauline Carter
2nd Women	29-30	Jill Hickman
3rd Women	45-49	Margaret Joseph
4th Men	34-36	Al Skinner

1985

1904 teams finished

Team results:

Position	Points
13	76
23	126
24	136
35	228
39	257
107	536
113	564
259	1085
393	1426
447	1549
985	2549
1075	2692
1885	5486

Individual honours:

1st Women	50-59	Joyce Goody
5th Men	60-69	Rudi Mahony
6th Women	39-42	Pauline Baker
8th Women	33-35	Rosemary Evison
9th Men	33-35	Bernie Tuck
9th Women	30-32	Barbara Sheldon
10th Women	30-32	Jill Hickman
10th Women	27-29	Pauline Carter

1986

1772 teams finished

Team results:

Position	Points
4	32
36	199
41	209
48	234
70	349
146	667
183	820
241	983
435	1508
533	1711
598	1858
715	2067
751	2134
1761	5341

Individual honours:

2nd Men	60-69	Giles Brindley
2nd Women	24-26	Debbie Heath

Team Name
SRC Rotten Rowers
SRC Peter Pans
SRC North Riders
SRC Wembley Wonders
SRC Magazine Section
SRC Sunken Gardeners
SRC Later Rivals
SRC Carriage Drivers
SRC Alberts Memorials
SRC Alexandra Lodgers
SRC Late Comers
SRC Italian Gardeners
SRC Broad Walkers (20th last)

Team Name
SRC Rotten Rowers
SRC Peter Pans
SRC North Riders
SRC Magazine Section
SRC Wembley Wonders
SRC Great Exhibitionists
SRC Alberts Memorials
SRC Carriage Drivers
SRC Achilles Heels
SRC Alexandra Lodgers
SRC Colonial Cousins
SRC Italian Gardeners
SRC Lido Shufflers
SRC Broad Walkers (12th last)

3rd Women	50-59	Joyce Goody
5th Men	36-38	Bernie Tuck
6th Women	39-42	Pauline Baker
9th Men	60-69	Rudi Mahony
10th Women	30-32	Hazel Paterson

1987

1810 teams finished

Team results:

Position	Points
4	33
14	87
42	197
53	255
79	366
108	507
131	617
233	997
240	1016
286	1147
386	1402
518	1664
551	1721
785	2326
891	2421
942	2509
1676	4336

Team Name
SRC Rotten Rowers
SRC North Riders
SRC Peter Pans
SRC Magazine Section
SRC Sunken Gardeners
SRC Wembley Wonders
SRC Late Comers
SRC Alexandra Lodgers
SRC Carriage Drivers
SRC Wembley Windbags
SRC Alberts Memorials
SRC Ever Greens
SRC Lido Shufflers
SRC Yorkshire Puddings
SRC Achilles Heels
SRC Later Rivals
SRC Broad Walkers (135th last)

Individual honours:

1st Men	60-69	Giles Brindley
2nd Women	39-42	Pauline Baker
5th Men	24-26	Mike Askew
7th Men	36-38	Bernie Tuck
7th Women	33-35	Jill Hickman
9th Men	30-32	Robin Kindersley

1988

1542 teams finished

Team results:

Position	Points
3	27
13	77
27	115
61	270
73	320
105	475
107	489
115	537

Team Name
SRC Rotten Rowers
SRC North Riders
SRC Peter Pans
SRC Wembley Wonders
SRC Sunken Gardeners
SRC Mitre Swells
SRC Magazine Section
SRC Wembley Windbags

305	1098	Brenda Green's Petit Pois
589	1709	SRC Alexandra Lodgers
598	1723	SRC Alberts Memorials
690	1880	SRC Achilles Heels
952	2345	SRC Lido Shufflers
1538	5324	SRC Broad Walkers (5th last)

Individual honours:

1st Women	43-49	Pauline Baker
3rd Men	27-29	Francis Cooney
3rd Women	27-29	Debbie Heath
3rd Women	33-35	Barbara Sheldon
4th Men	24-26	Mike Askew
5th Women	50-59	Joyce Goody
6th Men	30-32	Robin Kindersley
6th Women	33-35	Hilary Walker
7th Women	39-42	Ann Dex
8th Men	33-35	Rob Johnston
10th Men	19-23	Karim Allam
10th Women	30-32	Julie Haworth
10th Women	43-49	Ros Young

1989

1284 teams finished

Team results:

Position	Points
1	20
16	96
23	112
31	143
112	494
124	528
134	553
204	716
252	818
380	1104
641	1598
1007	2324
1144	2718
1283	4554

Team Name
SRC Rotten Rowers
SRC Wembley Wonders
SRC Peter Pans
SRC North Riders
SRC Wembley Wizards
SRC Alexandra Lodgers
SRC Magazine Section
SRC Late Comers
SRC Evergreens
SRC Wembley Windbags
SRC Achilles Heels
SRC Spring Greens
SRC Sunken Gardeners
SRC Broad Walkers (2nd last)

Individual honours:

1st Men	30-32	Dominic Moran
2nd Men	27-29	Mike Askew
3rd Men	36-38	Rob Johnston
3rd Women	43-49	Pauline Baker
5th Men	30-32	Robin Kindersley
5th Women	33-35	Barbara Sheldon
6th Women	33-35	Hilary Walker
7th Women	33-35	Jill Hickman

2nd Men 39-42 Alan Rich
 3rd Men 27-29 Mike Askew
 7th Women 50-59 Joyce Goody
 10th Women 27-29 Leigh Dron

1990

970 teams finished

Team results:

Position	Points
2	23
23	155
53	270
101	426
115	473
178	633
206	727
220	776
239	817
356	1032
959	3152

Team Name
SRC Rotten Rowers
SRC Peter Pans
SRC Wembley Wonders
SRC Alexandra Lodgers
SRC Wembley Wizards
SRC Late Arrivals
SRC Late Comers
SRC Evergreens
SRC Magazine Section
SRC Achilles Heels
SRC Not-So-Broad Walkers (12th last)

Individual honours:

2nd Men	39-42	Alan Rich
3rd Men	27-29	Mike Askew
3rd Women	43-49	Pauline Rich
5th Men	36-38	Rob Johnston
5th Women	36-38	Barbara Sheldon
5th Women	50-59	Joyce Goody
6th Men	30-32	Francis Cooney
8th Men	33-35	Robin Kindersley
8th Women	27-29	Maeve Wynne
8th Women	60-69	Brenda Green
9th Women	43-49	Ros Young
10th Women	36-38	Jill Hickman

National Fun Run

1991

809 teams finished

Team results:

Position	Points
3	26
39	185
43	202
50	223
72	287
103	392
108	403
195	618
401	1012
801	2550

Team Name
SRC Rotten Rowers
SRC North Riders
SRC Peter Pans
SRC Trackstars One
SRC Wembley Wizards
SRC Wembley Wonders
SRC Alexandra Lodgers
SRC Evergreens
SRC Unknown Factors
SRC Broad Walkers (9th last)

XX

appendix five

Individual honours:

1st Men	39-42	Alan Rich
3rd Men	36-38	Rob Johnston
3rd Women	36-38	Barbara Sheldon
4th Men	33-35	Robin Kindersley
7th Women	60-69	Brenda Green
8th Women	27-29	Maeve Wynne

THE REPETITIVE WAY TO FAST RUNNING.

(Derek Johnson's article which appeared in *London Road Runner* Jan/Feb '89)

KIDS DO IT. Said Aouita does it. So does Steve Jones and every top athlete you can think of.

They all do interval running, probably about the most effective form of training you can do.

Ever looked at kids in school playgrounds? Constantly stopping and starting, having a breather, then off again. And then we envy them: Wish I were as fit as when I was a kid!

What we go and do next is to run 10 miles at a time. Have you ever seen a seven-year-old train like that?

Of course, steady running is an important ingredient of training, but it will never give you the performance in a race that a judicious mixture of steady running and interval running will give you. Ask Steve Cram, ask John Ngugi, ask Rosa Mota. Ask any experienced coach.

But does it hurt? Of course it can hurt, but it doesn't have to, and it won't hurt all the time - certainly not when you're resting or easing between runs. The Saturday morning sessions at Serpentine in fact, becomes a hubbub of conversation during rest periods - try talking on the run in a steady session when you can hardly keep up with your companion.

How do we do it at Serpentine? Well, we started interval training at the club two summers ago, and there are certain rules of play:

1. There's no such thing as a slow runner.

We do try to grade runners into groups of like ability, and set them off together on runs of from 200 to 1,000 metres. The grades, however are Stars, Superstars, Megastars and TBG's. TBG's (which stands for Too Bloody Good) are the show-offs who generally make up the club's competitive teams in the Middlesex, Southern and National Cross-country Championships.

2. No-one is ever too much of a 'star' (i.e. slow to the contemptible) and no-one is ever made to feel out of it. Beginners are particularly welcome, and we always play a nasty game half way round, making people stand in a circle and introduce themselves.

3. Unless it is very cold, we walk the 'rest' interval. Stars set off first, then superstars, then megas, and so on. The aim is to get them to arrive together at the end of the run. Then we walk to the next start point. Some people prefer to call this 'repetition running' (which in fact it is).

What it does is keep the groups together as a social unit, while placing the responsibility on the runners to set their own pace during the runs. So you'd expect the Megs to run at a more Mega pace than the Supers, and so on.

4. We mix up the types of sessions, but bearing in mind that there is an infinite variety of interval training structures, we keep to a few basic models.

a) Probably the most popular is the pyramid. This consists of 200m, 400m, 600m, 800m, 600m, 400m, 200m efforts, making a total of 5,000

metres of good paced running.

b) Either 8 x 400m, 8 x 500m, or 5 x 1,000 metres.

c) The week before the club handicap 4.1 miles (or twice round the Serpentine) we do 4 x 1 mile 80 yds to make up the exact handicap distance, and we complete the last two reps as a circuit of the handicap course itself.

d) Every so often, we go up to Speakers' Corner and do a Paarlauf. This is a continuous relay, and each of three runners in a team gets a rest while the others run 200 metres each before they have to start off again on their own 200 metres run. Can be tough, but is always fun as the teams try to beat each other.

Then there's the fartlek session (a mix of pace running distances in no particular order) which is usually done in midweek and on grass during daylight hours. Here the intervals are based on time rather than distance and a typical session will be made up of a selection of 6 x 30 secs, 4 x 1 min, 2 x 2 min and 2 x 4 min (again a total pace running distance of around 5,000 metres).

There ought to be an element of unpredictability about fartlek, so someone in the group is chosen just before each effort to say what the group will do next as long as there is at least one left of the selections of 30 sec, 1 min, 2 min or 4 min runs. You can only choose from what is left, but the runs end up being done in any order.

Runners spread out a lot in fartlek sessions, so it's a must for the front runners and everyone following them to always run back to the rearmost runner and re-group there. We place a lot of importance on the social cohesion of the group while it is out training.

In addition, we organise track sessions in Battersea Park and hill sessions in Holland Park - all of them useful elements in an interval training schedule.

Club runners wishing to improve performance should, I believe, balance their training approximately 50/50 between steady running and interval sessions. What I've outlined above are merely examples of what can be done, and the ones which suit the time constraints, space available and diverse nature of the Serpentine training groups. They are aimed at the runner looking for performance enhancements at distances principally up to 10,000 metres, though the presence of Hilary Walker (who in November set a world record for 48 hours) as a regular in Hyde Park indicates that benefits can spread even further.

The most important thing about Serpentine interval training is the objective to make everyone welcome, make the session fun and athletically worthwhile at the same time. We now regularly run sessions on the three surface types runner can meet either out training or in competition - road, grass and track. A complete running experience.

WINNERS OF THE MONTHLY HANDICAP

1982	January	Not held	Bobbie Randall	1984	January	Brenda Green	John Walker
	February	Not held	Kathy Crilley		February	Nick Hackett	Judy Parker
	March	Not held	Viv Coady		March	Pieranna Bordini	Ian Stewart
	April	Not held	Not held		April	Frances Donnelly	Lesley Clayton
	May	Not held	Dominic Hackett		May	Dee Lynn	Judy Parker
	June	Not held	Chuck Marfione		June	Alec Randall	Derek Johnson
	July	Not held	Bill East		July	Keith Buddin	Alan Woodward
	August	Rodney Lewis	Hilary Walker		August	Richard Allen	Ron Woodward
	September	Not held	Not held		September	Ron Woodward	Alex Fragapane
	October	Angela Halliday	John Ellison		October	Terry Boyle	Mario McClarnon
	November	Not held	Eileen Casey		November	Penny Whitefoot	Shirley Watkins
	December	Eileen Casey	Maria McClarnon		December	Mary Alderton	Rosemary Cox
1983	January	Not held	Not held	1985	January	John Walker	John Walker
	February	Not held	Kathy Crilley		February	Judy Parker	Judy Parker
	March	Not held	Viv Coady		March	Ian Stewart	Ian Stewart
	April	Not held	Not held		April	Lesley Clayton	Lesley Clayton
	May	Not held	Dominic Hackett		May	Judy Parker	Judy Parker
	June	Not held	Chuck Marfione		June	Alec Randall	Derek Johnson
	July	Not held	Bill East		July	Keith Buddin	Alan Woodward
	August	Rodney Lewis	Hilary Walker		August	Richard Allen	Ron Woodward
	September	Not held	Not held		September	Ron Woodward	Alex Fragapane
	October	Angela Halliday	John Ellison		October	Terry Boyle	Mario McClarnon
	November	Not held	Eileen Casey		November	Penny Whitefoot	Shirley Watkins
	December	Eileen Casey	Maria McClarnon		December	Mary Alderton	Rosemary Cox
1986	January	Not held	Dimitrii Kabilafkas	1988	January	Christine Markham	Susan Mills
	February	Not held	Carole-Ann Jones		February	Ros Young	Michael Maddrell
	March	Not held	Pat Green		March	Barrie Laverick	Bev Thomas
	April	Not held	Rosemary Cox		April	Barrie Laverick	Peter Weddell
	May	Not held	Shirley Watkins		May	Ray Smith	Alan Souness
	June	Not held	Derek Johnson		June	Shirley Watkins	Bridget O'Halloran
	July	Not held	Not held		July	Pam Davison	Rita Clark
	August	Not held	Not held		August	Cheryl Lawrence	Alan Woodward
	September	Not held	Dominique Dodge		September	Robert Myers	Ros Young
	October	Not held	Not held		October	Barbara Sheldon	Vic Biswell
	November	Not held	John Stonham		November	John Stonham	Phill Harris
	December	Not held	John Hudspith		December	Jim O'Leary	Vic Biswell
1987	January	Moira Maloney	Alan Nye	1989	January	Christine Markham	Susan Mills
	February	Moira Maloney	Nicky Rosewell		February	Ros Young	Michael Maddrell
	March	Jean Weddell	Jack Heath		March	Barrie Laverick	Bev Thomas
	April	Mike Maddison	Jacqueline Gunde		April	Barrie Laverick	Peter Weddell
	May	Jenny Watkins	Bridget O'Halloran		May	Ray Smith	Alan Souness
	June	Jean Weddell	Steve Dron		June	Shirley Watkins	Bridget O'Halloran
	July	Alan Woodward	Pam Davison		July	Rosemary Cox	Rita Clark
	August	John Hudspith	Cheryl Lawrence		August	Alison Rudin	Alan Woodward
	September	Dominique Dodge	Robert Myers		September	Rosemary Cox	Ros Young
	October	Not held	Barbara Sheldon		October	Steve Bernard	Vic Biswell
	November	Not held	John Stonham		November	Michael Maddrell	Phill Harris
	December	Not held	John Hudspith		December	Jim O'Leary	Vic Biswell
1990	January	Not held	Not held	1992	January	Derek Paterson	Caroline Yarnell
	February	Not held	Not held		February	Not held	Virginia Ware
	March	Not held	Not held		March	Not held	Alison Jessup
	April	Not held	Not held		April	Not held	Tony Chada
	May	Not held	Not held		May	Not held	

Club Championship Results

This record of 'champions' is as accurate as the information available allows. Age category winners have not been recorded, a) to save space and b) to save my sanity - the detail on these is even more scarce.

Marathon

	Male: Crilley Cup
1982	
1983	P Coady
1984	J Walker
1985	J Walker
1986	J Walker
1987	J Hudspith
1988	M Lucy
1989	J Hudspith
1990	J Hudspith
1991	J Hudspith

	Female: Tuck Cup
	R Evison (unofficial)
	H Bush
	H Paterson
	D Heath
	H Walker

Half Marathon

	Male: Ralph Cup
1983	C Soens
1984	C De Gale
1985	T Glover
1986	M Lucy
1987	B Laws
1988	R Johnston
1989	P Miller
1990	B Laws
1991	J Ralph

	Female: Renfrew Cup
	R Evison
	R Evison
	B Sheldon
	P Baker
	J Hickman
	P Baker
	H Walker
	H Walker
	B Sheldon

10 Mile

	Sidney Gee Cups
1987	R Johnston
1988	R Kindersley
1989	J Ralph
1990	B Laws
1991	J Ralph

	P Baker
	B Sheldon
	P Baker
	B Sheldon
	H Walker

10 Kilometres

	Lido 10k Trophies (Alan Woodward)
1987	M Askew
1988	K Allam
1989	R Johnston
1990	J Ralph
1991	J Ralph

	P Baker
	P Baker
	B Sheldon
	B Sheldon
	H Walker

1 Mile

Steve Downes Shields

1983	S Downes
1984	No event
1985	M Jones
1986	R Kindersley
1987	R Kindersley
1988	R Kindersley
1989	D Moran
1990	R Kindersley
1991	M Askew

R Evison/A Turnbull

P Carter
H Paterson
R Dodge
R Dodge
B Sheldon
B Sheldon
B Sheldon

1 Kilometre

Serpentine Stones

1984	C De Gale
1985	T Glover
1986	R Kindersley
1987	F Cooney
1988	K Allam
1989	D Moran
1990	D Moran
1991	R Kindersley

J Hickman

P Carter
H Paterson
R Dodge
R Dodge
B Sheldon
J Bristow
B Sheldon

3 Kilometre

Stonham Cup

1987	M Askew
1988	K Allam
1989	D Moran
1990	D Moran
1991	R Kindersley

Davies Cup

R Dodge
V Bray
B Sheldon
B Sheldon
B Sheldon

Grand Prix

Derek Johnson Cups

1987	R Johnston
1988	K Allam
1989	D Moran
1990	F Cooney
1991	R Kindersley

Manor G

R Dodge
R Dodge
B Sheldon
B Sheldon
B Sheldon
Manor H
Manor M
Manor T
Manor W
Shelton

Other Honours

Laurie Thompson Trophy

1984	P Carter
1985	J Goody
1986	P Baker
1987	P Baker
1988	P Baker
1989	P Baker
1990	P Rich
1991	B Sheldon

Guards Trophy (1984)

1983	D Howroyd
1984	J Hickman
1985	J Goody
1986	B Tuck
1987	M Askew
1988	F Cooney
1989	D Moran
1990	M Wynne
1991	A Rich

Cross Country

	Male
1987	G Hymns
1988	F Cooney
1989	R Johnson
1990	R Long

	Female
1987	R Dodge
1988	P Baker
1989	J Hickman
1990	M Wynne

Tom Hogshead

1983	B Randall
1984	K Haworth
1985	D Paterson
1986	K Evans
1987	M Brooks
1988	R Smith
1989	J Ralph
1990	P Forster
1991	N Slade

Serpentine Egg (Will Chapman and Jane Howarth)

1983	A Woodward
1984	M McLarnon
1985	R Myers
1986	D Smart
1987	R Cox
1988	E Richardson
1989	A Woodward
1990	A Woodward
1991	J Stonham

Secretary's Shield (Presented for services to the club)(James Godber)

1986	D Johnson
1987	H Walker
1988	P Weddell
1989	N Rosewell
1990	J Ralph

Docherty Shield (Vale Farm Handicap)

1987	B Thomas
1988	N Rosewell
1989	L Dron
1990	R Wisdom
1991	N Slade