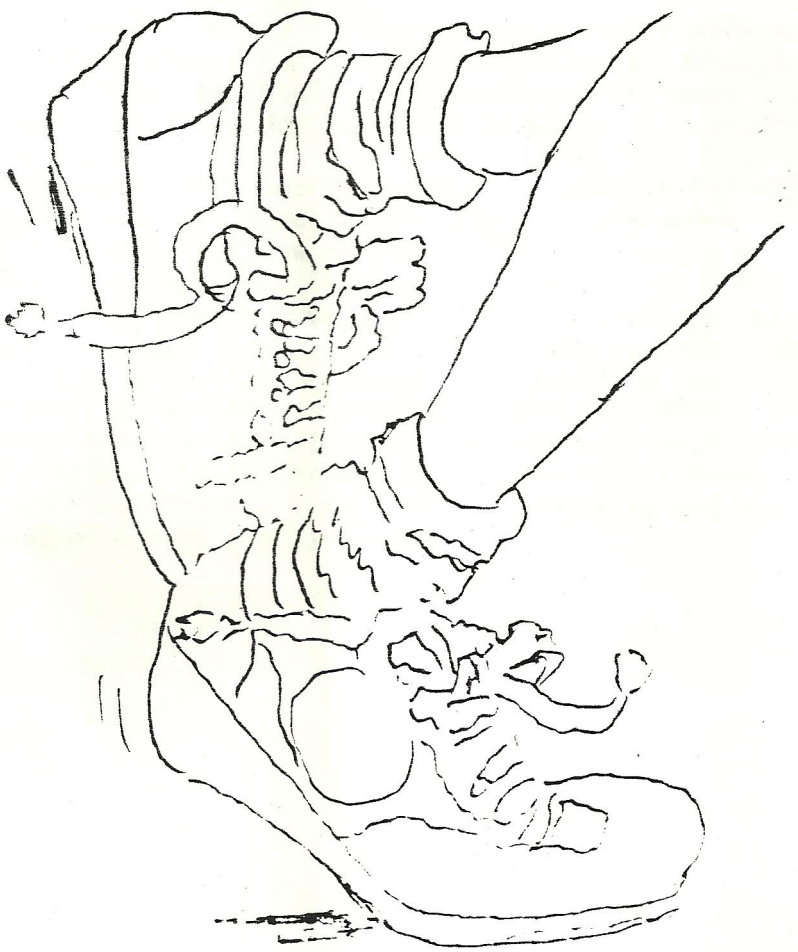
SIMON NORMAN

26·2 R·R·C NEWSLETTER

AUTUMN 1988



Your Editor extends his apologies for the long gap between this newsletter and the last one,but he has been busy,running races,and even working.
Do not forget to sign up for the Cross Country, and good luck with all your entries for The London Marathon. Which is on APRIL 23rd.1989.

CAPTAINS REPORT.

Hello Team,
Winter is just about ready to raise it's ugly head again, but after this Wonderful Summer I don't think it will make a lot of difference.
The Summer Road Races have beengood to us with 3 Team wins,3 Individual wins and some good placings, 3 Team 2nds,and 3 Team 3rds. Mike Lockwood has been excelling himself on the tri-athlete scene with some good wins and some good placings, for a Little Guy he sure can move quick.
The Cross Country season is now with us and the Club will once again be competing in the Surrey X C League and hope to do at least as well as our first effort last year. So any club members who would like to have a go at this terrific sport and don't mind getting a bit muddy, see Alan Blum at the club on Wednesday evening, there are no age or speed limits-all standards are welcome.
I would just like to point out to all who run on the roads and pavements in the dark evenings to wear something white or light on top of your usual running gear, see Phil Reed for a selection of reflective/fluorescent belt or bib,
"TRY AND BE SEEN".
The Club Dinner is in March,the fourth to be precise, and if it's half as good as last year you will have a blinding night,good food, cheap beer and a few chuckles. David Emery and Myles Austin-Olsen are once again scouring the earth to bring you the very best in after dinner speakers,Norman Tebbitt,Margaret Thatcher, and Ken Livingstone, I know more are on the short list.
Whilst talking of Myles,he and Roy Barclay put on a really superb disco last month with Stewart Littlewood, one of our own members doing the disco,it was as good as the ones we did a few years ago when Gary Manser was the Squash Club Manager, the food was as good too. Myles and Roy have been asked if they would do another one, this time with a Theme.
A little bit of late news, Mike Lockwood has been rated number"27"in the World, by the International Bi-athlon Association. Nice one Mike,keep up the good work.
Des Young and myself attended Sherwood Park School for disabled children,last Friday,14th October,(DES and I ran The London Marathon for them)we raised,with the help of club members and friends from outside £725.00.for them and although they had the money along time ago they wanted us to go and see them,so they could say Thank You. Well it was a very moving scene and both of us had to fight back the tears,the whole school assembled and sang to us and presented a lovely painting done by two of the top class,which I shall hang with our club photographs at the club. We have also gone on their Honours Board, the Plaque reads,
"TO THE 26.2 RRC AND FRIENDS". May I take this opportunity and thank all club members and friends who helped a very worthy cause.

YOURS IN RUNNING,
BILLY BULL.
CLUB CAPTAIN.

PROFILE.

LEN BARTER.

Len joined the club in the early eighties, but not quite a founder member.
His first Marathon was New York with Bill Bull, Dick Sewell, Paul Scattergood and Derek Morgan, Len's time was 4hrs 15mins. He also made one very important discovery, you have to do more than one long run, (15miles) is not enough if you want to do a good time, he later proved the point in London 86, he clocked 3hrs 30mins, his best time so far.

Like the 'A TEAM' , Len had a plan, 5 of us would run the first 10 miles together, then see how we were, at 4 miles Len was already pushing on, we saw him weaving his way through the other runners, and as we passed Jimmy Saville and his Minders, he was gone, the next time we saw him was at the finish.

Len's experience has helped many of our members, myself included, the advice and encouragement has been invaluable and for this I thank him most sincerely.

He has of course run other distances than the Marathon, 4 Londons, The Potteries, and one other (not sure which), several ½ Marathons with a best time of 1hr 26mins, and the Epsom Harriers 10 mile race in 68mins, both respectable times on very demanding courses.

Len was introduced to the club by Bill Bull (who pops up all over the place) living just across the road, and in his time with the club has served on the committee as Chairman, and committee member.

He and his wife Valerie have two children, Vince and Jane, both took to the water at an early age and did rather well, Jane was a County and National Finalist in Butterfly stroke, and Vince British Long Distance team, the endless treks to training sessions most evenings took up a lot of their time, plus travelling to the competitions.

Now with his own swimming, squash, running, and with Val a swing or two on the Golf course, they even put up with some of us invading them for refreshments after a run on Friday evenings.

Thank you Len on behalf of all those who you have helped, and those of us who still need your assistance.

Phil.

RACE REPORTS.

No responsibility is taken for the accuracy of the following reports, nor for the libelous comments contained in them. If you would like to report a race in which you have run,or would simply like to insult your fellow club members, please feel free. Reports should be submitted to Alan Blum,and should preferably be legible and not contain gramatical constructions,spelling mistakes,or language with which the editor is unfamiliar.

SANDHURST ½ MARATHON. JUNE 12th.

Dave(The Whippet)Wilson, (Mad)Mike Lockwood,Alan(Galloping)Blum and Simon(The Gazelle) Norman entered the Sandhurst ½ marathon. On a windy day and a tough 13.1 mile course ahead the 26.2 RRC team stood on the elite start line with 700+ other competitors and competing against 6 other athletic teams,

The gun went at 10.00am. Alan 'galloping'Blum just made it to the start line after his 5th P in the ½hr before the race, resulting in a flood warning from the Bracknell Metrological Office, Led by Dave'the whippet'Wilson our team made steady progress through the field of runners. The route took us through some nice country and hills and some 1hr 14mins The Whippet entered the final straight to be first home for the club. The result,

5th overall Dave Wilson 1hr 14mins49secs.
11th " Mike Lockwood 1hr 16mins 31secs.
24th " Alan Blum 1hr 21mins12secs.
26th " Simon Norman 1hr 21mins35secs.

This result earned the club 1st Team position and a well deserved plaque each for their efforts. Well done lads.

CROWTHORNE ½ MARATHON JULY 19th.

Our team of The Whippet, Mad Mike, Galloping Alan and The Gazelle were out again and yes they did it again, they won 1st Team Prize and Alan also won 1st Vet prize a nice double Alan.

The result,positions not available but the times were,

Dave Wilson 1hr 14mins
Mike Lockwood 1hr 15mins
Alan Blum 1hr 18mins
Simon Norman 1hr 19mins

DARTFORD ½ MARATHON JULY 24th.

On a wet,windy and cold day a team of 26.2RRC attacked the Dartford ½ Marathon and acquited themselves admirably in winning 5th Prize in the Team Event against 90 other teams, each team won a £5. voucher and Dave Wilson won a £10.voucher for 10th place,

The Result,

10th Dave Wilson 1hr14mins29secs
34th Mike Lockwood 1hr18mins33secs
76th Simon Norman 1hr23mins06secs
123rd Mike Bryant 1hr26mins17secs which also made him 8th Vet.

Well done lads.

RICHARDSON 5MILE ROAD RACE EPSOM AUGUST 27th.

On an undulating course around Epsom the 26.2 RRC had a good turnout for this five miler.

The race was won in a very fast 24mins 27secs, which is moving in anybody's book However some good times were recorded by our lads,

8th Mike Lockwood 26mins46secs
15th Dave Wilson 27mins49secs
20th Peter Lydon 28mins17secs
24th Peter Buckmaster 28mins33secs
33rd Simon Norman 29mins02secs
37th John Sullivan 29mins34secs
61st Roy Barclay 32mins53secs

RESULTS CONTINUED.

WIMBLEDON ½ MARATHON 4th SEPTEMBER.

Dave Wilson, Mike Lockwood, Peter Buckmaster and Tony Pawsey reluctantly lined up at 10.00a.m. for the start of the Wimbledon ½ Marathon on a warm day with little wind the 26.2RRC Team set off at a blistering pace(the first mile being downhill). Realising that most of the rest of the course had more'ups'than'downs'the team settled in to a more sensible rythm. By the end of the race, and with most of the competitors about to reveal to the crowd what they had for tea the previous evening our team of four finished. Their efforts earned the club 2nd Team Prize, and a second team trophy for the Club Trophy Cabinet which is now begining to look unusually full.The Result,

Mike Lockwood	1hr 15mins 58secs.
Dave Wilson	1hr 16mins 20secs.
Peter Buckmaster	1hr 24mins 00secs.
Tony Pawsey	1hr 28mins 00secs.

Also on the 4th September.

THE NEW FOREST MARATHON and ½MARATHON.

Congratulations to Jenny Briggs who won the ladies vet 1st prize with a time of 1hr 33mins 55secs.

EPSOM and EWELL HARRIERS ½ MARATHON. 18th.September.

On a warm Sunday morning the Epsom and Ewell 'Heartbreaker'½ Marathon began at the Racecourse near the main stand. On a course that goes down for the first ¾ of a mile, then uphill for the next 12½ miles the field was soon strung out and water stations were much in demand. The first home for the club was Mike Lockwood in a respectable time of 1hr 18mins 59secs. Interviewed after the event for the club news letter, Mike Lockwood refused to comment whether the prize money would be put in a trust(or was it truss) fund, saying only that it would probably be more usefully spent purchasing a pair of crutches to support his legs in the ensuing weeks.

The Result.

Mike Lockwood	1hr 18mins 59secs.	6th.overall.
Alan Blum	1hr 21mins 38secs	12th "
Jonathan Sadler	1hr 23mins 50secs	27th "
Peter Buckmaster	1hr 24mins 28secs	30th "
Mike Bryant	1hr 26mins 59secs	46th "
Roy Barclay	1hr 41mins 30secs	129th "

NOTTINGHAM 'ROBIN HOOD' MARATHON and ½MARATHON. 25th.SEPT.

No one appears to have run the full marathon, and not much has been said about the ½, except the following times,

Dave Wilson	1hr 17mins.
Roy Barclay	1hr 34mins.
Jenny Briggs	1hr 35mins.
Myles Austin-Olsen	1hr 37mins.
Roy Brooks	1hr 49mins.

CHARLWOOD 10MILE ROAD RACE 2nd.OCTOBER.

Three stalwarts went down to this 10 miler to kill 60 mins, sadly only one made it.

Peter Lydon	59mins 17secs. Well Done Peter.	27th.overall
Alan Blum	60mins 52secs.	38th "
Peter Buckmaster	62mins 24secs.	55th "

CABBAGE PATCH 10 MILE ROAD RACE 16th OCTOBER.

The performance of the day came from Peter Lydon, once again breaking the 60mins for 10 miles.(In between these two 10s Peter did 78mins for the Richmond ½Marathon, sorry no other details to hand). Along with Peter were Mike Lockwood, Peter Buckmaster and Alan Blum all under 60mins. Mike it turns out had earlier competed in a Tri-athlon where does the fellow get the energy, Well Done Mike.

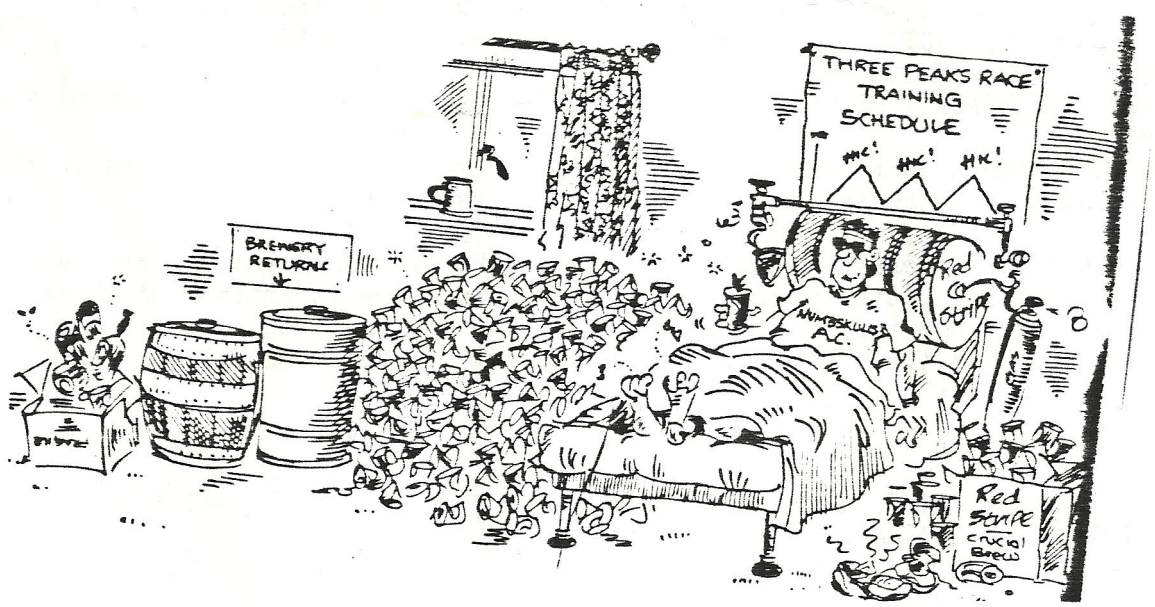
STOP PRESS.

In the The Great Sam ½ Marathon on the 30th October, Mike Lockwood 74mins. Dave Wilson 76mins. Peter Lydon 79mins. Alan Blum 81mins. Won the first team prize also Mike and Dave won individual prizes. Not bad the day after their first Cross Country Race of the season, Well done lads. But that's not the end Gillian Spires took 6th prize in the Ladies Race, Well Done Gillian.

ADVERTISMENT.

Are you fed up with running poor times in badly organised races, up and down enormous hills? Are you disillusioned with finishing outside the top three thousand, (and that's just the vet's category), and seeing super-charged six stone whippets with all their hair carry off all the prizes?

Then seek the advice of MIKE LOCKWOOD Race Consultant. Mike will search the Country for races you can WIN; he will provide a winning team that you can be part of; he will even talk to you on the way round if he has already completed a couple of Tri-athlons that morning and does not feel like starting too fast. And what's more, Mike makes NO CHARGE for his services, all you have to do is keep the Champagne cool for him.



PHIL'S PAGE.

As membership secretary can I please remind you to let me know of any change of address-phone number as soon as possible.
Whilst on the subject of membership your general committee has decided to increase the annual subscription for the first time since 1981.
The new annual subscription will be £10.00. from the next renewal 1st.Feb 1989. which will still be excellent value and a lot less than the rate of inflation over the last eight years,and with our special deal with the squash club it is a bargain.

Please note that the Club 10Km Road Race will be on the 12th Feb 1989.entry forms are available, members wishing to run on the day please ensure that you arrange for at least one person to help with marshalling or at the finish, a large entry is anticipated, thanking you in advance.
CLUB DINNER/DANCE will be on the 4th March 1989. at the Police Sports Club Imber Court,East Molesey, so make a note in your diary now, 200 sat down to a very entertaining evening last year and with a seating limmit of 220 let me have your order for tickets as soon as possible, ALL TICKETS WILL BE £16,00.each.Also it would be appreciated if you can pay when you receive your tickets.
There will be a PRIZE DRAW during the evening with some very nice prizes, some of them donated by the members please,(yes I'm begging again)thank you in anticipation.

Going back to membership, with this newsletter you will find a Bank Standing Order for next years subscription,mostly filled in I would be obliged if you would fill in the relevant details and return the form to me, at the club or to my home address as follows;

Phil Reed
74 Greenfield Avenue
SURBITON
Surrey
KT5 9HS

Thank you.

Club Kit a selection will be on sale every Wednesday evening orders will be taken for made to measure track suits Leisure and Shower proofs sample for show available, also pullovers,polo shirts,sweatshirts,t/shirts,training tops short and long sleeves also to order trackster trousers with club name on the upper left leg in white on royal blue, give me a call on 01-390-1993 if you want any other information.
A SELECTION OF REFLECTOR BIBS IS ALSO AVAILABLE,SAM BROWNE BELTS.PRICES ARE VERY COMPETITIVE AND MUCH CHEAPER THAN FLOWERS.
'FOR EVERYONES BENEFIT BE SEEN WHEN RUNNING IN THE DARK, ESPECIALLY WHEN ON YOUR OWN.

MEASURED TRAINING RUNS FROM 2miles to 22miles on roads available from me at the club or send a stamped addressed envelope and its yours.

If anyone has any interesting stories,true or otherwise they think might be of use in the next newsletter please forward to me,is there an artist out there who could draw a cartoon? typical or topical,take the micky out of your friends,
Do you wish to advertise? your business,work service,goods for sale or wanted.

LONDON MARATHON REJECTS LET ME HAVE YOUR REJECTION SLIPS FOR THE CLUB DRAW
WE GET THREE PLACES ALLOCATED.