



**STOWMARKET
=STRIDERS=**

AUTUMN 2011 CAPTAIN'S UPDATE

Hello Stowmarket Striders.

Welcome to the Autumn Edition of the Captain's Update which we hope you will enjoy!

Chris Seymour (Men's Captain) & Mary Narey (Ladies Captain)

HEIDI BINGHAM Welfare Officer

Age: 35

Occupation: Food Safety Enforcement Officer for Ipswich Borough Council and I help out with the family funeral business.



When did you join the Stowmarket Striders: I joined the Striders with my sister Tamara in the May of 1998 after we had been inspired by watching my sister-in-law run the London Marathon in the April. We then did our first London in the April of 1999. This would be the last time that I get to train with Tamara for obvious reasons!

What do I enjoy about being a Strider? I enjoy the friendship and the support from fellow runners. I also enjoy the team spirit of relay racing.

Favourite type of race? Half marathon or cross country.

Favourite training session? Anything off road on a nice summers evening.

What is your greatest running memory? I have so many great memories but I have to mention the early years when I used to train with the late George Leggett. He was so much fun to run with and a great motivator. We crossed the line

LES BASHAM Club Chairman

Age: 61

Occupation: Retail Jeweller

When did you Join the Stowmarket Striders: I joined the Stowmarket Striders when I did my first London Marathon in 2001. I only wanted to do one marathon .. that was nine marathons ago!

What do I enjoy about being a Strider? I enjoy all aspects of the club. It is a great friendly atmosphere and support for each other.

Qualifying as a Coach and also being Chairman of a great club that is admired around the region.

Favourite type of race? I suppose I should say Marathon having done nine but I do enjoy Half Marathons.

Favourite training session? 400 and 800 meter sessions.

What is your favourite race? I can't pick one favourite but have enjoyed weekend trips to do half marathons in Barcelona and Amsterdam. They are always good fun.

What is your greatest running memory? Probably crossing the finish line after my first marathon.

What is your Pre-Race Drink or Snack? Strong black coffee

Favourite running shoes?

Nike.

Do you have any advice for new runners?

Don't try to do too much too soon. Take it



HEIDI BINGHAM continued

together at London 2000, with him dressed as Noddy. One training run stands out in particular when George was ahead of myself and Tamara; it was extremely windy and when we turned the corner, George was lying in the road with a branch lying on top of him, he had staged an accident for a joke.

What is your pre-race drink / snack?: Normally crumpets for breakfast with tea and a banana a couple of hours before washed down with plenty of water.

Weaknesses?: Lack of will power and self-belief when running, but my biggest weakness in day to day life has to be chocolate Any kind in fact!

Favourite running shoes? I was always a Nike girl but am trialling New Balance at the moment as I kept getting a numb toe.

Do you have any advice for new runners? Don't give up too early as conquering your first mile is probably the hardest part. As a new starter you can't imagine it getting any easier but it does and after that first mile it is surprising how you soon build up to 2, 3, 4, 5 miles and before you know it you will be entering your first race.

Goals? I have yet to do a marathon in under four hours so this is my long term aim.

Hopes and fears? In terms of running my hope is that one day I will have the dedication to train for a sub four hour marathon and the will power to achieve my goal. I haven't really got any big fears in terms of running but I guess there is always that worry that your body will give up before your mind is ready ... I do notice more aches and pains as I get older! My biggest fear in life is my children choosing the wrong path and ending up with addictions or on the wrong side of the law ... probably something most parents fear.

CROSS COUNTRY TRAINING

It is time to dig out your off road shoes because cross country training has now started. It takes place on Sunday mornings in Haughley Park. We meet at 9.30 am just a little way in from the front gate and the session lasts for about an hour.

This season's first Cross Country race is at Framlingham on 30th October. 11.00 am start. Other dates are yet to be confirmed.

LES BASHAM continued

gradually and build up steadily. Enjoy it!

Goals? To keep running as long as possible!

Hopes? That one day Stowmarket Striders might get a running track to train on.

Fears? The day I have to give up running.

SCENIC 7

The Stowmarket Striders' Scenic 7 takes place on

Sunday, 13 November 2011.

We are looking for runners, marshals and cakes. If you would like to marshal please contact Chris Seymour.

christandnicolaseymour@btinternet.com

Sunday, 13 November is also Remembrance Sunday and this year the Royal British Legion celebrates their 90th year. The Club will be making a donation but we shall also be doing a special collection on their behalf.



Remembrance

The Royal British Legion is the nation's custodian of Remembrance, ensuring that people remember those who have given their lives for the freedom we enjoy today. The poppy has become the symbol of Remembrance worn during the weeks leading to Remembrance Sunday and Armistice Day

STOWMARKET STRIDERS DOING INSPIRATIONAL THINGS

50 @ 50 – IVAN SPOUGE

It's 5.00 am, the alarm goes off, it is Sunday, 4th September 2011, my 50th Birthday, Yay!!! I am 50 and have been looking forward to this, and then I think, I am running 50 miles today. 50 miles, wow! How mad am I. "Oh well, up you get!" My wife says "Let's get some breakfast."

As we make our way to Bourne Park, Ipswich at 7.15 am I got to thinking what inspired me to be doing this made thing. The answer is simple. On 22nd August 2010 I received a phone call from my son saying they had just lost their baby at 24 weeks, premature. It was a very tough time for everyone involved and after the funeral I thought "What can I do? I am 50 next year, so why don't I run 50 miles on my 50th birthday for the Special Care Baby Unit at Ipswich Hospital.

After much laughter and "you're a nutter" comments from friends and family I got down to doing some planning and serious training. Three years ago I was 20 stone, had stopped smoking and drinking and started eating healthier, started running and I am now down to 12½ stone so a running challenge was an obvious thing to do.

Christmas came and training suffered due to the snow and ice meaning that I had to do my training indoors on the treadmill. February saw me join the Stowmarket Striders and gain some valuable nutrition and training advice. Also I entered a few races – the Joe Cox Half and the Friday 5 series, which saw my PBs improve dramatically.

August began and the big day was looming, long runs, and nice weather – great stuff. So, 4th September, I started about 8.00 am, 6 x 7½ mile laps ahead of me. My wife supporting me every lap with words of encouragement, water and energy shakes. At 22½ miles Katy Nash arrived to give me a well-deserved and greatly needed massage in the middle of Bourne Park. Did we get some funny looks?? About an hour later Katy had left and I was off again, a bit gingerly at first but my muscles soon warmed up.

Three laps later, at mile 35½, my son-in-law joined me for my penultimate lap. We ran past the Ipswich Football ground. Him in his Town shirt and me very bravely sporting my Norwich City shirt. Stopping at my house I took on some water, more energy shake, and a peanut butter sarnie. I set off for Ipswich Hospital. Coming up Valley Road Hill was difficult but determination got me there. Turning into the Hospital entrance I felt a great sense of achievement. Heading towards the new A&E Department I saw friends and family waving and cheering, to which I waived and headed towards the Maternity block. I still had 170 yards to go and I did not want to cheat. Ha Ha. I returned to the A&E Department, there was more waving and cheering; cameras were flashing and sparklers being waved. It was done. I did it and I felt great!

Having raised nearly £500 to date I am thinking of next year. I am not doing anything daft but in two year's time I will be 52. There is 52 weeks in a year is that another mad idea emerging – you bet!!!

Ivan Spouge



RACE RESULTS

The Striders have had some fantastic individual results over the summer and we are so proud of all our runners and our club. Here is just a very small selection of results from club and team events!

FRIDAY FIVE SERIES

The Stowmarket Striders are proud to have successfully retained the Friday Five Series title for the second successive year. We won with a total of 16,512 points. Our nearest rival was Ipswich Jaffa with 16,262 points. The Striders were out in force at all the races and also achieved some great individual placings as follows.

Category	Name	Place
Ladies Senior	Rebecca Jordan	2 nd
Ladies Vet 35	Victoria Moseley	2 nd
Ladies Vet 35	Charmaine Geraghty	3 rd
Ladies Vet 40	Mary Narey	2 nd
Men's Vet 40	Michael Jones	2 nd
Men's Vet 55	Peter Mills	3 rd
Men's Vet 60	Ron Ames	3 rd

Well done to everybody who took part. It is a fantastic series to take part in and I know that many of our runners made big improvements in their times from the first to last race. We look forward to the 2012 series.

EKIDEN RELAY - 17th July 2011

The Stowmarket Striders were out in force with eight teams competing. Although we were unable to replicate previous year's successes this was an excellent event with many runners taking part for the first time.

ROUND NORFOLK RELAY - 17th & 18th September 2011

The Round Norfolk Relay has to be the ultimate team event. It is a 195 mile continuous relay race run in 17 separate unequal multi-terrain stages. This year the Stowmarket Striders' team completed the route, which takes in some of Norfolk's most spectacular scenery, in 28 hours and 15 minutes. This is an average running speed of 8.40 minute miles. This year's winners were Norwich Road Runners who completed the race in 20 hours and 41 minutes. That is an amazing average speed of 6.20 minute miles for the whole 195 miles!

FORTHCOMING EVENTS

HEREWARD RELAY - 27th November 2011

The Hereward is a 38 mile multi-terrain four stage relay race from Peterborough Cathedral to Ely. Last year's race took place in arctic conditions with sub-zero temperatures and snow and ice instead of the usual mud! Legs are:

Stage	From – To	Distance
1	Peterborough to Whittlesey	6.5 miles
2	Whittlesey to March	10.5 miles
3	March to Welney	10.3 miles
4	Welney to Ely	10.4 miles

Being part of this relay is open to all Striders.
If you would like to take part contact either Chris Seymour or Mary Narey

OTHER FORTHCOMING RACES

Saturday, 15th October

Harwich Discovery Run 10K www.discoveryrun.co.uk

Sunday, 16th October

Wibbly Wobbly Log Jog www.bfh.org.uk

Saxmundham 5 miles www.thesaxons.org.uk

Sunday, 23 October

Thurlow 10 www.haverhillrunningclub.org.uk

Sunday, 30 October

Cross Country - Framlingham

Sunday, 6th November

Adnams Great East Run 20K www.Bungayblackdogrunningclub.co.uk

Whole Hog 8 www.eightpointtwo/thewholehog.co.uk

Sunday, 13th November

Stowmarket Striders Scenic 7 www.stowmarketstridersrunningclub.co.uk

Sunday, 20th November

Hadleigh 10 www.hadleighhares.co.uk

Adnams 10K Southwold www.adnams10k.co.uk

Sunday, 27th November

Norwich Half Marathon www.cityofnorwichhalfmarathon.com

Hereward Relay Contact Mary or Chris if you would like to run.

Saturday, 3 December

Heveningham Hall Santa Run Race.director@heveninghamhall.co.uk

RISING STAR

Hi, I'm Emily Moyes, 13, and I have been a strider since 2009.

Recently I completed the Junior section of the Friday 5 Series (my first). The series consisted of 5 races at;

St Josephs College, Ipswich

Kirton

Haughley Park

Nowton Park, Bury St Edmunds

and finally Great Bentley.

The Distances varied at each venue. With my results being 2nd in all races except Nowton Park where I was 3rd Girl. I really do enjoy Cross Country and I think distance running is my favourite, and since training with the main adult group at striders I believe I have improved considerably. Thanks Guys and Girls!!!!!!!!!!!!!! EM



CHRISTMAS PARTY

10th December at Stowmarket Rugby Club.

Disco and presentation of:

- Club Championships !
- Strider of the Year !
- Coaches Awards !
- London Marathon Places !

Don't forget you can join us on & join in on

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Stowmarket Striders Running Club