



**STOWMARKET
=STRIDERS=**

NEW YEAR 2012 CAPTAIN'S UPDATE

Hello Stowmarket Striders.

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

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

LIZ BEIGHTON Club Kit Officer

Age: 37

Occupation: Planning Policy Manager at Suffolk Coastal District Council (one of the nasty people who allocate lots of new homes and approving controversial planning applications)

When did you join the Stowmarket Striders?

September 2009 (seems longer than that!). After my mother passed away in July 2009 and I finally lost the weight after the birth of my son, I decided to get fit so started plodding the streets, a mile at a time (and very slowly at that!). I was persuaded to go to Striders with Jen one night and that was that, I was hooked. Improved my running and made so many new friends along the route - I have even found a family member, though less said of that the better!

What do you enjoy about being a Strider? The team spirit is second to none as is the support at races and club championships. It doesn't

matter whether you come first or last at a race as you know that you'll have people pulling you in all the way round and cheering you on at the finish. And then there is the coaching which is also



CHRIS STARMER Club Coach

Age: 52

Occupation: Farmer/Warehouse Manager

When did you join the Stowmarket Striders?

1988

What do you enjoy about being a Strider?

Seeing 60 plus striders out running the streets of Stowmarket.

Favourite type of race? Cross Country

Favourite training session? Fartlek and any off road running.

Favourite place to run? Haughley Park.

What is your greatest running memory?

Winning Bildeston 10 mile. This was the first race that I won, there were 5 of us racing together from start to finish. The best race I ever ran was Blisworth 5 mile in 25.55 and still only came 15th as the standard was so high.

What is your pre-race drink / snack? Toast, cup of tea and banana

What is your post-race drink / snack?

Cup of tea, slice of cake, crisps and water

What are your favourite running shoes?

Adidas



fantastic (thanks coaches) - in under one year I have come from a non-runner to getting round 4 half-marathons in not-too shabby times - if I was on my own training without their help the times would have been so much worse.

Favourite type of race? Half marathons. They are a challenging distance with a great sense of achievement when you cross the line (with the exception of Norwich last year which was awful!)

Favourite training session? I find the hill sessions most challenging but prefer a good speed session. I am not the biggest fan of anything involving Chiltern Way though!

What is your greatest running memory? Seeing the North Sea towards the end of last year's Great North Run. It was my first half, I ran the whole way and that sight filled me with pride.

What is your pre-race drink / snack? Porridge with honey.

What is your post-race drink / snack? I'm happy with my bottle of water, though I know I should eat something.

What are your favourite running shoes? Asics GT 2160 great shoes in a wonderful shade of purple with pink laces!

Do you have any advice for new runners? Pick an event to aim for so you can stay focussed on your training and make it realistic. The most important thing I found is to be realistic in what you are aiming for as you have to enjoy the sport and too much pressure could be detrimental.

Goals for the future? I am just about to register for a 20-mile race in April to go alongside the numerous half-marathons I have already programmed. My aim is to get round a half in sub-2 hours.

Supernova Glide.

Do you have any advice for new runners?

Enjoy your running and build up slowly.

What made you become a coach? After being a runner for a lot of years I decided that I would like to pass on my experience to other runners.

What do you enjoy most about being a coach? Seeing runners improve, reaching specific goals and enjoying their running.

Goals for the future? To continue to improve my knowledge of running so as to become better at coaching and to run one more sub 3 hours marathon before I'm too old!

STOWMARKET HALF MARATHON

The Stowmarket Striders' Stowmarket Half Marathon (in memory of Joe Cox) takes place on Sunday, 25 March 2012.

The race is sponsored by and starts from Tomlinson Groundcare in Buxhall.

Entries are now open and this year we are excited about the use of **chip timing** for the first time.

Proceeds from the race go to the Multiple Sclerosis Charity in memory of Joe Cox.

We are looking for runners, marshals and cakes. We are looking for willing volunteers to help out both before and on the day for marshalling and other duties to ensure that we make this a successful day for the club. If you can help in any way please contact Angela Burdett.
angela-tony@supanet.com.

OLYMPIC TORCH RELAY



We are extremely proud of Wendy Hughes who is one of the 8,000 inspirational people who will carry the Olympic torch as it journeys across the UK. Congratulations Wendy we will be there to cheer you on!

CROSS COUNTRY TRAINING

Cross country training continues on Sunday mornings at 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. These sessions are open to runners of all abilities and if you have not tried cross country running before this is an ideal way to find out what it is all about.

The remaining Cross Country races for this season's Suffolk League Competition are:

22nd January – Nowton Park

19th February – Bungay

4th March – Haughley Park

Races start at approx. 11.00 am.

We will be asking for marshals to help with the race on 4th March in Haughley Park. Please contact Jo Stephenson if you are able to help on the day.

jo.stephenson@mail.com

CLUB MARK RENEWED

We are delighted to announce that the Club has successfully renewed its Club Mark.

'Club Mark' is built around a set of core criteria which ensure that accredited clubs operate to a set of consistent, accepted and adopted minimum operating standards. These include ensuring that there is a suitable coaching programme, that effective safeguarding policies and practices are in place and that the club has an up to date development plan.

This would not have been achieved without the enormous effort of Heidi Bingham, Welfare Officer. Thank you Heidi!



SANTA RUN – HEVENINGHAM HALL

On 2nd December 2011 eleven Striders ran the inaugural Heveningham Hall Santa Run 10K. This was a fun event with everyone being given a Santa suit and the challenge was to complete the run with the entire suit remaining! Heveningham Hall also holds a 10 k race in the summer which a few of us ran last year. It is on the same day as the popular country fair, to which entry is free for all runners. Check out their website for more details of this year's events:



www.countryfair.co.uk/other_events.html

STOWMARKET STRIDERS RACE REPORT

COLD CHRISTMAS TO GOOD EASTER NO FRILLS MARATHON

8th January 2012. By Chris Seymour

Question: When you are considering running a marathon do you insist on at least some of the following?

1. Race number pinned to your chest
2. Gun/loud haler/whistle start
3. A recognised route
4. Friendly marshals showing you the way
5. All tarmac
6. Chip timing
7. Frequent water stops
8. Crowds of people encouraging you & calling out your name or club
9. Medal at the finish
10. Goody bag
11. T-shirt proudly displaying that you have completed the race
12. Photographers keen to take you & your friends picture
13. Lots of people cheering you at the finish
14. Visible signs saying start & finish
15. Regular email updates & suggested training plans

If the answer to the above is yes then the Cold Christmas (Hertfordshire) to Good Easter (Essex) Marathon (CC2GE) marathon is **not** for you. If like me you don't mind **none** of the above then read on and consider this type of event as an option. The CC2GE is a bi-annual event hosted by Springfield Striders. 2012 was the 4th time the race had been run. I was first made aware of the race in 2009 when Steve Gray was training hard for the 2010 event and I remember telling him that I would be joining him for the next one. Unfortunately Steve was unable to run this year but instead I was asked by Harry Smith if I would be interested. Harry handed me the application form a couple of days before my first off road marathon I said I would let him know after I had run the race! The answer was an emphatic yes and I suggested that we should run together as my map reading skills weren't the best. So back in October we paid our £15 entry and received confirmation that we were in via email a few days later with basic information about what to wear, carry and time to arrive. January 8th arrived and after minimal marathon training we arrived at Good Easter village hall. After registering and collecting our race instructions on 4 pages of A4 showing directions for each of the 26 miles, we left Good Easter by coach for approx 45 minute

drive to Cold Christmas for the start. The coaches pulled up in a residential cul-de-sac and everyone soon dispersed and I remember thinking is this it? Have we started? No was the response just a mass of mostly men watering the local greenery. After a brief announcement we were sent on our way with our race instructions in our hands looking for the first markers & learning quick how to decipher the various hieroglyphics including 'RHFE' (right hand field edge), KG (kissing gate) and BL (bear left). The miles seemed to go very quick and after 7.9 miles we reached the first check point. The 3 check points were various village 'halls' and were a welcome site with plenty of food, drinks and toilets. We took these opportunities to rest, have a chat, scoff Jaffa cakes and then we were on our way again. Further checkpoints came and went, the weather continued to be kind with little wind and no rain. The terrain was varied throughout running on footpaths, fields and the occasional stretch of tarmac. The finish was uphill to the village hall which we left many hours ago, we were directed in up the steps where two people were sitting at a table and asked for our numbers, we were then directed back down the steps and to re-enter the hall around the side where hot food and drink was waiting. In 2010 Steve Gray finished in 5th place with a fantastic time of 4hrs & 22 seconds. In 2012 Harry Smith & Chris Seymour matched Steve Gray's time of 2010 with one difference we took an extra hour! Which we put down to the time spent at the check points eating drinking, toilet stops, chatting, occasional walking, getting lost and running further than the marathon distance! (almost 27miles). We will both be back in 2014 to take part in this fantastic event again and I hope that there will be a few more Stowmarket Striders looking to take the challenge. I guarantee you will enjoy it, after all what do you expect for £15?



**Let us know about your favourite race.
Send your reviews to Chris or Mary!**

FORTHCOMING RACES

Sunday, 22 January 2012

Winter Cross Country League, Nowton Park

Two laps of the park. Can be muddy in places. Always a good challenging run.

Sunday, 29th January 2012

Reedham 10 mile Road Race

www.gydac.org.uk

This is a circular route on quiet country roads

Sunday, 5th February 2012

Great Bentley Half Marathon

www.gbrc.org.uk

This is a popular half marathon on a fast course.

Sunday, 19 February 2012

Winter Cross Country League, Bungay

A great course on heathland with some technical sections.

Sunday, 26th February 2012

Tarpley 10 or 20 mile Road Race

www.pacers.org.uk

Choice of 10 or 20 miles for this local race which starts in Beyton, near Bury St Edmunds

Sunday, 4 March 2012

Winter Cross Country League, Haughley Park

The most scenic cross country race with some great technical sections through the woodland and park

Sunday, 4 March 2012

The Essex 20 Mile Road Race

www.essexroadrunning.org.uk

Sunday, 11 March 2012

Colchester Half Marathon

www.colchesterhalfmarathon.co.uk

This year a new town centre route. Once again starting and finishing at the Weston Homes Community Stadium

Sunday, 18 March 2012

Mud & Mayhem 10K or Off Road Duathlon www.gobeyondultra.co.uk

Stunning course along Little Ouse River and through forest trails

Saturday, 24 March 2012

The Orion 15 Cross Country Race

www.orionharriers.org.uk

A historic race through Epping Forest

Sunday, 25 March 2012

Stowmarket Half Marathon

www.stowmarketstriders.org.uk

A scenic course through some of Suffolk's best country side. Chip timing will be in operation.

SUFFOLK COUNTY CROSS COUNTRY

22 Striders took part in the Suffolk County Cross Country Championships in Ickworth Park on Sunday, 8 January 2012. As expected, the course was challenging but success was as follows:

- Damien Hinchliffe (pictured right) was the first Strider home.
 - Ron Ames won Mens V60.
 - Chris Starmer 2nd in Men's V50
 - Mary Narey 3rd in Women's V40
- 2nd Ladies Team (Mary Narey, Charmaine Geraghty, Haley Suttle).
- Emily Moyes 4th individual in Girls U15.



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

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Stowmarket Striders Running Club