



**The new members guide to:-**

**STOWMARKET STRIDERS RUNNING CLUB**



## **STOWMARKET STRIDERS RUNNING CLUB** **NEW MEMBERS WELCOME PACK**



Firstly, on behalf of all the members of Stowmarket Striders Running Club, welcome, to what we regard as one of the friendliest clubs in Suffolk. This club prides its self on catering for runners of all abilities and we try our best to help everyone achieve their personal goals. Whether this may be to lose weight, general fitness, take part in races, run a Marathon or just for the pure pleasure of the sport. The club is here to help and encourage you to achieve your aims.

### **A brief history of the club.**

The Club was formed in June of 1986 after a few people, who had run the London Marathon, got together and placed a notice in the window of one of the local sports shops. As a response to that 10-12 people met at the Stowmarket Leisure Centre and the Stowmarket Striders Running Club was born.

In those early days the club sessions were held on Tuesday evenings and Sunday mornings. Then as the membership grew the two weekly sessions were introduced.

So from those 10-12 people 20 years ago we are now a club of 200 plus and a growing junior section.

The club still has two founder members in it's strength namely Phil Rampley and John Steward.

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As a member of Stowmarket Striders Running Club you are entitled to certain benefits. You are an affiliated club member which means you are entitled to the following:-

### **CHEAPER RACE ENTRIES**

Normally £1.00 or £2.00 per race less than runners unattached to a running club.

### **DISCOUNTS AT SPORTS SHOPS**

A discount is available from some of the local sports shops on production of your club membership card. Most shops will give 10% discount. The list below shows some of the participating shops.

- **DALE SPORT(formally sportskit)** The Meadow Centre, Stowmarket.
- **STARMARK SPORTS.** Bury Street, Stowmarket.
- **SHOE BOKS.** 14 Brentgovel Street, Bury St Edmunds.
- **MICK McNEALS.** Upper Brook Street, Ipswich

### **RUNNING SHOES**

Although running is financially a relatively cheap sport, it is worth spending a bit of money on your running shoes. It is not advisable to run in cross trainers, tennis shoes or fashion trainers. Modern running shoes have shock absorbers and built in stability. There is a wide range to choose from and it is best to get professional advice from one of the Sports Shops listed. The science and technology in running shoe production has come a long way over the years. You may not know if you are a neutral runner or if you 'over-pronate'. Some of the suppliers of running shoes will have video and computer equipment to assess your individual needs so take advantage of this facility.

We, periodically, organise running gait analysis sessions in conjunction with a local sports shop. This is an opportunity to find out if you are running in the correct shoes for your running style.

## **CLUB KIT**

A wide variety of Club kit is available to club members. The kit is made from moisture wicking technical material so therefore ideal for training in. Most of the items are in our club colours (Flou. Yellow and Black) so they are also ideal (if not essential) for wearing on the road. Also to run in most races club vests must be worn. A selection of club kit can be seen on the club website or on most club nights from our club kit officer Les King.

## **TRAINING NIGHTS**

The club meets on Tuesday and Thursdays at 7.30pm On Tuesdays only our first, or Beginners session is held at 6.30pm we gather at the Stowmarket Leisure Centre in the entrance to the Ocean World Area, which is located to the extreme right hand side of the Leisure Centre Complex with the 6.30 session meeting at the left hand side of the Leisure Centre. We train for approximately 1 hour. The Tuesday night is normally our 'speed session' night and the Thursday evening is a club run of 10k distance. This is normally run in pace groups i.e. 8, 9, 10 min mile etc. and there are shorter variations of the route if you don't want to run the whole 10k.

## **GUEST RUNS**

These normally take place during the summer months. A list will appear on the club notice board and any member who has a favourite run in the country, they would like to share, can host a guest run. These are normally 5-6 miles long and can take in footpaths and off-road routes as well as country roads. Guest runs are an excellent way of taking in the beautiful Suffolk countryside and training at the same time!

## **CLUB COACHES**

Stowmarket Striders has invested heavily in producing qualified coaches to meet the demands of an ever-growing club. The club has 8 UK Athletics Qualified Level 2 coaches with two preparing to take their level 3 qualifications, and 3 UK Athletics Qualified level 1 assistant coaches. The club coaches are:-

### **Level 2**

Richard Fellingham  
Chris Starmer  
Peter Tricker  
Les Basham  
Stuart Green  
Olwyn Clayden  
Sue Garrod  
Chris Gladwell

### **Level 1**

Jenny Relf  
Rachel Champion  
Penny Waggott  
Tom Wood

## **MASSEURS**

After a hard training session if it is aching muscles or tight hamstrings you are suffering from. You can find relief. The club is fortunate to have members who are qualified in Sports Massage. They can be contacted for appointments on the numbers below:-

Gemma Basham 07876 203933

Katy Nash 07801 732450

Maria Reynolds 01449 612513

## **CLUB COMMITTEE**

The club's committee, which is elected at each Annual General Meeting, meets on the 2<sup>nd</sup> Monday of each month to discuss issues on the general running of the club, safety, organisation of races, coaching etc. The committee are always keen to hear from members how things can be improved or any new ideas are always welcomed.

Details of current committee members can be found on the club website along with 'mug shots' to help you hunt them down.

## **CLUB RULES**

Like any other club we have a set of rules and constitution that the club is run from. A copy of these rules is enclosed with this pack for your perusal.

## **CLUB MEMBERS DIRECTORY**

If you need to arrange a weekend run or car share to races a copy of the club directory is available. This holds the contact information of all those members, who have indicated on their membership form, they wish to be entered. **It is important to point out that this information is regarded as confidential and should not be used for purposes outside the confines of Running Club business.**

## **CLUB STANDARDS**

A recent innovation is the introduction of club standards. If you intend to enter races you can check your finishing times to the age related club standards to see if you qualify for either Tungsten, bronze, silver, gold or (if you happen to possess a set of wings!) Platinum award. This is marked by the presentation of the appropriate certificate at a club night. A copy of the club standards and an application form are included in this pack.

## **CLUB CHAMPIONSHIPS AND AWARDS**

Stowmarket Striders Handicap races (incorporating the Club Championships)

The handicap race is held every Last Tuesday of the month, starting in April during the British Summer Time, at 7:30pm from the Mid-Suffolk Leisure Centre. This means that there are 6 handicap races a year. The course is a 2 lap urban 5k route, starting and finishing at the leisure centre.

The format of the race is not the conventional start together and finish staggered. Instead the start is staggered with the slower runners starting earlier and faster runners later so that all runners should finish about the same time. If all goes well, there are usually a few challenging races to the line.

The winner of the Club Championships will be based upon their handicap race performance.

Chris Starmer is kindly running the handicap race with Chris Chaplin's' assistance. A few helpers are always welcome to marshal the course for safety and security reasons.

## **STRIDER OF THE YEAR AWARD**

The members of the club vote this award. Voting for your male and female Strider of the Year can be based on a number of factors:-

- Who you think has ran their hearts out during the past year.
- Who you think has worked hardest on behalf of the club.
- Who you think has represented the club best.
- Who you think has entertained us best.
- Who you think has been more than just a Strider member.
- Who you think deserves the grand title of Strider of the Year.

Voting starts a few weeks before the Christmas Party, usually mid-November, and ends on the night of the Christmas Party. The Chairman will then count the votes and announce the winner on the night.

The Male Strider receives for the following year the 'George Legget Cup', a pewter tankard in memory of a club member, George Legget, who died before his time in 2004. George held stretching and circuit training sessions entertaining us with his humour and coined phrases used today such as; 'sidey bendies' and 'grass tickling your knees'.

The Ladies Strider of the year award receives the Bridget Payne Memorial Trophy. An Irish Crystal Glass Bowl.

Welcome and enjoy your running with **STOWMARKET STRIDERS RUNNING CLUB.**



# **RULES OF STOWMARKET STRIDERS RUNNING CLUB**

## **Name**

1. The Club shall be called the Stowmarket Striders Running Club.

## **Club Objectives**

2. The objects of the Club are to provide facilities for running for the members and to promote and encourage running as a sport in Mid Suffolk.

## **Officers and Management Committee**

3. The Officers of the Club shall be:
  - a. A Chairman
  - b. A Secretary
  - c. A Treasurer
4. They shall be proposed, seconded and elected by ballot at each Annual General Meeting. They shall hold office until the next Annual General Meeting when they shall retire but shall be eligible for re-election from year to year.
5. The entire management of the Club (except as otherwise provided by these Rules) shall be deputed to a Management Committee (hereinafter called "the Management Committee").
6. The Management Committee shall consist of all the Officers of the Club and not less than one or no more than nine other members of the Club who shall be proposed, seconded and elected by ballot at each Annual General Meeting. Elected members of the Management Committee shall hold office until the next Annual General Meeting when they shall retire but shall be eligible for re-election from year to year.
7. Three members of the Management Committee shall form a quorum.
8. The Management Committee shall meet at least once a month during the year to arrange the affairs of the Club. Minutes shall be taken of all proceedings of the Committee and shall be open to the inspection of any member of the Club applying to the Secretary therefore.
9. The Management Committee may from time to time appoint from among their number such sub-committees as they deem necessary or expedient and may depute or refer to them such of the powers and duties of the Management Committee as the Management Committee may determine. Such sub-committees shall periodically report their proceedings to the Management Committee and shall conduct their business in accordance with the directions of the Management Committee.
10. The Management Committee will fill any casual vacancy on the Management Committee. Any member so chosen for the Management Committee shall retire at the following Annual General Meeting and shall be eligible as a candidate for election on the Management Committee at such Annual General Meeting.
11. The Management Committee in addition to the powers herein specifically conferred upon them shall have the control of the finances of the Club, power to engage control and dismiss the Club servants and all such administrative powers as may be necessary for properly carrying out the objects of the Club in accordance with these rules.
12. The Secretary shall conduct the correspondence of the Club and shall have the custody of all documents belonging to the Club. He shall keep full and correct minutes of all proceedings and records of all competitions of the Club.
13. Neither the Club nor the Management Committee shall be liable for injuries incurred by Club members running on official Club nights or in their own time. Reference to the club's insurance may be appropriate in case of injury.

## **Accounts**

14. The club shall be deemed as non-profit making and as such any surplus income or gains shall be reinvested into the club. Surpluses or assets cannot be distributed to its members or to third parties.
15. The Treasurer shall keep the accounts of the Club and shall make up the annual statement of accounts and balance sheet of the Club to the 31st day of December each year which shall after audit be printed and circulated amongst the members with a notice of the Annual General Meeting. All payments made for or on behalf of the Club shall be made by cheque only, such cheques to be signed on behalf of the Club by the Treasurer and either the Chairman or Secretary, or by such officers of the Club as the Management Committee shall determine.
16. An auditor shall be appointed at the Annual General Meeting. The auditor shall audit the annual statements of account and balance sheet and shall certify the same before it is printed.

## **Membership**

17. Membership of the Club shall be open to anyone interested in the sport on application regardless of sex, age, disability, ethnicity, nationality, sexual orientation, religion or other beliefs. However, limitation of membership according to available facilities is allowable on a non discriminatory basis.
18. The Club may have different classes of membership and subscription on a non discriminatory and fair basis. The Club will keep subscriptions at levels that will not pose a significant obstacle to people participating.
19. The Club Committee may refuse membership, or remove it, only for good cause such as conduct or character likely to bring the Club or sport into disrepute. Appeal against refusal or removal may be made to the members.
20. Every member shall be bound by and submit to the Rules and byelaws of the Club

## **Annual General Meeting (AGM)**

21. The Annual General Meeting of the Club shall be held each year in the month of January at such time and place as the Management Committee shall determine.
22. Any member desirous of moving any resolution at the Annual General Meeting shall give notice thereof in writing to the Secretary not less than seven days before the date of such meeting.
23. The Management Committee shall call an Extraordinary General Meeting when any question of urgent importance shall arise and shall be bound to do so on receiving a requisition signed by five members of the Club.
24. At least fourteen days notice of any General Meeting specifying the business to be transacted and the day, place and hour of meeting shall be sent to every member by letter to his address in the Club register.
25. Subject to Rule 26 no rule of the Club shall be repealed or altered and no new rules shall be made save by a two-thirds majority of the members present at a General Meeting. Not less than three weeks written notice of the intention to propose any new rule or alteration shall be given to the secretary who shall send notice of the same to every member to his address in the Club register not less than ten days before the General Meeting.
26. The Management Committee is empowered to make, repeal and amend all such byelaws and regulations (not inconsistent with these rules) as they may from time to time consider necessary for the well being of the Club. Such byelaws, repeals and amendments shall have effect till otherwise determined by the Management Committee or a General Meeting.

## **Annual Subscription**

27. The annual subscription for members shall be such sum as shall be determined at the Annual General Meeting by a simple majority of the members present thereat. Subscriptions shall be due on the 1st Day of February in every year.
28. All annual subscriptions shall be payable on the first day of February in every year and if after a reminder has been given a subscription has not been paid on or before 31st March following, the defaulter shall thereupon be subject to a financial penalty, in addition to the annual subscription, of an amount determined at the Annual General Meeting by a simple majority of the members present thereat.

## **London Marathon**

29. Every year, the Club applies for a number of guaranteed London Marathon places (herein-after referred to as 'club places'). Members wishing to apply for a club place must request an application form from a member of the Management Committee. The form should be completed by the member and handed to a member of the Management Committee before the deadline that shall be set and advertised by the Management Committee. The application form should be accompanied by proof of rejection of the member's independent application (see Rule 30, Criterion b).
30. For a member of the club to stand chance of being awarded one of the club places, the following criteria must be met:
  - a. The member must have been a fully paid up club member for one year, before the date of the London Marathon in question;
  - b. The member must have independently applied for a place in the London Marathon in question, and that application must have been rejected;
  - c. The member must have completed five races in club colours in the year preceding the applied for London Marathon place.
31. Following receipt of application forms (Rule 29), the members that shall be awarded the club places shall be determined by using the following guidelines:
  - a. Priority shall be given to those who have never competed in the London Marathon.
  - b. The member(s) who have been rejected the most times shall take priority.

- c. If rejections are equal, a draw shall decide the member(s) receiving the club places. If none of the applicants for the club places meet all the criteria above, then the rules will be applied as best they can, in the order they are currently in.

## **Resignations**

32. Any member may resign his membership by giving to the secretary notice in writing to that effect provided that if notice be given after the first day of March in any year he shall be liable to pay his subscription for that year.
33. If at any time the Management Committee shall be of the opinion that the interests of the Club so require they may, by letter, invite any member to resign from the Club within a time specified in such letter. In default of his resignation the question of his expulsion shall be submitted to a Special General Meeting to be held within three weeks after the date specified in such letter as the date before which he shall have been invited to resign. The member whose expulsion is sought shall have notice of such meeting and of the grounds on which it is sought to expel him. At such meeting the member shall be allowed to offer an explanation for his conduct verbally or in writing and if two-thirds of the members present shall vote for his expulsion he shall thereupon cease to be a member of the Club. Providing that the voting at any such Special General Meeting shall be by ballot if not less than five members present thereat shall so demand. It shall be in the power of the Management Committee to exclude such member from any Clubhouse and grounds until such Special General Meeting shall be held.
34. Any person on ceasing to be a member of the Club shall forfeit all right to and claim upon the Club its property and funds.

## **Club Dissolution**

35. If at any General Meeting a resolution for the dissolution of the Club shall be passed by a majority of the members present, and such resolution shall at a Special General Meeting held not less than one month thereafter at which not less than one-half of the members shall be present be confirmed by a resolution passed by a majority of two-thirds of the members voting thereon, the Management Committee shall thereupon or at such future date as shall be specified in such resolution proceed to realise the property of the Club and after the discharge of all liabilities shall apply the net assets to an approved sporting or charitable purpose and upon the completion of such the Club shall be dissolved.

**CLUB STANDARDS CERTIFICATE**

**CLAIM FORM**

Standards listing can be found at [www.stowmarketstriders.org.uk](http://www.stowmarketstriders.org.uk)

<b><u>Name of certificate</u></b>	<b><u>Name of race</u></b> e.g. Bury 20	<b><u>Official time recorded</u></b>	<b><u>Age on day of race</u></b>	<b><u>Certificate level</u></b> i.e. Tungsten, Bronze, Silver, Gold, Platinum

**Please return your completed form to the committee member responsible for the issuing of certificates**

**CLUB STANDARDS CERTIFICATE**

**CLAIM FORM**

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<b><u>Name of certificate</u></b>	<b><u>Name of race</u></b> e.g. Bury 20	<b><u>Official time recorded</u></b>	<b><u>Age on day of race</u></b>	<b><u>Certificate level</u></b> i.e. Tungsten, Bronze, Silver, Gold, Platinum

**Please return your completed form to the committee member responsible for the issuing of certificates**

**STOWMARKET STRIDERS MENS' AND LADIES' CLUB RUNNING STANDARDS**

<b>Women under 35</b>	<b>Tungston</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>	<b>Platinum</b>
5 km	0:27:48	0:24:24	0:21:49	0:19:45	0:18:05
5 miles	0:45:29	0:40:05	0:35:50	0:32:24	0:29:34
10 km	0:57:32	0:50:42	0:45:20	0:40:59	0:37:24
10 miles	1:34:58	1:23:42	1:14:49	1:07:39	1:01:44
Half Marathon	2:06:25	1:51:21	1:39:34	1:30:08	1:22:06
15 miles	2:26:15	2:08:45	1:55:15	1:44:15	1:35:55
20 miles	3:20:00	2:56:30	2:37:47	2:22:39	2:10:10
Marathon	4:27:00	3:55:20	3:30:23	3:10:12	2:53:34
<b>Women 35 - 39</b>	<b>Tungston</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>	<b>Platinum</b>
5 km	0:27:57	0:24:36	0:22:00	0:19:53	0:18:11
5 miles	0:45:42	0:40:17	0:36:01	0:32:33	0:29:42
10 km	0:57:42	0:50:51	0:45:27	0:41:06	0:37:30
10 miles	1:34:58	1:23:42	1:14:49	1:07:39	1:01:44
Half Marathon	2:06:25	1:51:21	1:39:34	1:30:08	1:22:06
15 miles	2:26:15	2:08:45	1:55:15	1:44:15	1:35:00
20 miles	3:20:00	2:56:30	2:37:47	2:22:39	2:10:10
Marathon	4:27:00	3:55:20	3:30:23	3:10:12	2:53:34
<b>Women 40 - 44</b>	<b>Tungston</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>	<b>Platinum</b>
5 km	0:29:04	0:25:37	0:22:54	0:20:42	0:18:54
5 miles	0:47:34	0:41:55	0:37:28	0:33:53	0:30:55
10 km	1:00:02	0:52:55	0:47:18	0:42:46	0:39:01
10 miles	1:38:37	1:26:55	1:17:42	1:10:15	1:04:06
Half Marathon	2:11:39	1:55:56	1:43:42	1:33:40	1:25:35
15 miles	2:32:30	2:14:30	2:00:15	1:48:45	1:39:15
20 miles	3:29:45	3:04:52	2:45:15	2:29:34	2:16:20
Marathon	4:37:51	4:04:53	3:38:55	3:17:55	3:00:36
<b>Women 45 - 49</b>	<b>Tungston</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>	<b>Platinum</b>
5 km	0:30:19	0:26:43	0:23:53	0:21:36	0:19:42
5 miles	0:49:35	0:43:42	0:39:04	0:35:19	0:32:14
10 km	1:02:36	0:55:10	0:49:19	0:44:35	0:40:41
10 miles	1:42:49	1:30:37	1:21:01	1:13:15	1:06:50
Half Marathon	2:16:54	2:00:31	1:47:38	1:37:18	1:28:58
15 miles	2:38:15	2:19:30	2:04:30	1:52:45	1:42:45
20 miles	3:36:17	3:10:37	2:50:24	2:34:04	2:20:35
Marathon	4:45:33	4:11:40	3:44:58	3:23:24	3:05:36
<b>Women 50 - 54</b>	<b>Tungston</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>	<b>Platinum</b>
5 km	0:32:08	0:27:59	0:25:09	0:22:50	0:20:54
5 miles	0:52:33	0:45:46	0:41:07	0:37:20	0:34:11
10 km	1:05:52	0:57:41	0:51:34	0:46:48	0:42:51
10 miles	1:47:52	1:34:43	1:24:40	1:16:39	1:10:11
Half Marathon	2:24:06	2:06:25	1:53:06	1:42:37	1:33:40
15 miles	2:47:15	2:26:30	2:11:00	1:59:00	1:48:45
20 miles	3:50:23	3:20:40	3:00:00	2:44:07	2:29:45
Marathon	5:03:56	4:24:43	3:57:51	3:35:57	3:17:44

<b>Women 55 - 59</b>	<b>Tungston</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>	<b>Platinum</b>
5 km	0:34:20	0:29:54	0:26:52	0:24:23	0:22:20
5 miles	0:56:08	0:48:53	0:43:56	0:39:53	0:36:31
10 km	1:10:21	1:01:17	0:55:04	0:49:59	0:45:46
10 miles	1:55:41	1:40:22	1:30:11	1:21:53	1:14:58
Half Marathon	2:33:16	2:13:37	1:59:52	1:48:31	1:39:21
15 miles	2:56:45	2:34:30	2:18:29	2:05:12	1:54:30
20 miles	3:59:37	3:31:11	3:08:47	2:50:41	2:35:45
Marathon	5:25:25	4:43:26	4:14:41	3:51:13	3:31:43
<b>Women 60 - 64</b>	<b>Tungston</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>	<b>Platinum</b>
5 km	0:36:51	0:32:05	0:28:50	0:26:11	0:23:58
5 miles	1:00:25	0:52:28	0:47:09	0:42:48	0:39:12
10 km	1:15:31	1:05:46	0:59:06	0:53:39	0:49:08
10 miles	2:03:41	1:47:43	1:36:48	1:27:58	1:20:28
Half Marathon	2:43:58	2:23:27	2:08:36	1:56:48	1:46:46
15 miles	3:09:25	2:46:00	2:28:45	2:14:45	2:03:15
20 miles	4:17:34	3:47:00	3:22:56	3:03:28	2:47:25
Marathon	5:50:56	5:05:39	4:34:38	4:09:21	3:48:19

<b>Men under 40</b>	<b>Tungston</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>	<b>Platinum</b>
5 km	0:25:03	0:21:59	0:19:39	0:17:48	0:16:18
5 miles	0:41:26	0:36:08	0:32:25	0:29:26	0:26:57
10 km	0:52:09	0:45:43	0:40:52	0:37:03	0:33:56
10 miles	1:25:54	1:15:43	1:07:41	1:01:12	0:55:50
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15 miles	2:11:30	1:56:00	1:43:30	1:33:30	1:25:45
20 miles	2:58:51	2:37:38	2:20:55	2:07:24	1:56:15
Marathon	4:03:54	3:34:58	3:12:10	2:53:44	2:38:32
<b>Men 40 - 44</b>	<b>Tungston</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>	<b>Platinum</b>
5 km	0:25:56	0:22:51	0:20:26	0:18:28	0:16:51
5 miles	0:42:26	0:37:24	0:33:26	0:30:14	0:27:36
10 km	0:53:35	0:47:14	0:42:13	0:38:10	0:34:50
10 miles	1:28:22	1:17:53	1:09:37	1:02:57	0:57:26
Half Marathon	1:56:48	1:43:03	1:32:08	1:23:24	1:15:59
15 miles	2:14:45	1:58:45	1:46:15	1:36:00	1:27:30
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<b>Men 45 - 49</b>	<b>Tungston</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>	<b>Platinum</b>
5 km	0:26:53	0:23:42	0:21:11	0:19:09	0:17:29
5 miles	0:44:06	0:38:47	0:34:40	0:31:21	0:28:42
10 km	0:55:35	0:48:59	0:43:47	0:39:35	0:36:08
10 miles	1:31:38	1:20:46	1:12:12	1:05:16	0:59:14
Half Marathon	2:01:24	1:46:59	1:35:38	1:26:28	1:18:36
15 miles	2:20:00	2:03:30	1:50:15	1:39:45	1:30:45
20 miles	3:10:23	2:47:48	2:30:00	2:15:37	2:03:45
Marathon	4:17:07	3:46:37	3:22:35	3:03:09	2:47:08

<b>Men 50 -54</b>	<b>Tungston</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>	<b>Platinum</b>
5 km	0:27:57	0:24:38	0:22:01	0:19:55	0:18:10
5 miles	0:45:54	0:40:19	0:36:02	0:32:37	0:29:52
10 km	0:57:47	0:50:54	0:45:30	0:41:08	0:37:35
10 miles	1:35:13	1:23:56	1:15:02	1:07:50	1:01:54
Half Marathon	2:05:59	1:51:08	1:39:21	1:29:44	1:21:53
15 miles	2:25:15	2:08:00	1:54:30	1:43:30	1:34:30
20 miles	3:17:07	2:53:44	2:35:18	2:20:25	2:08:08
Marathon	4:27:09	3:55:27	3:30:29	3:10:18	2:53:39
<b>Men 55 - 59</b>	<b>Tungston</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>	<b>Platinum</b>
5 km	0:29:06	0:25:39	0:22:56	0:20:44	0:18:55
5 miles	0:47:52	0:42:00	0:37:33	0:34:00	0:31:08
10 km	1:00:14	0:53:03	0:47:25	0:42:53	0:39:12
10 miles	1:39:14	1:27:27	1:18:11	1:10:41	1:04:30
Half Marathon	2:11:26	1:55:56	1:43:42	1:33:40	1:25:22
15 miles	2:31:30	2:13:45	1:59:30	1:48:00	1:38:30
20 miles	3:25:46	3:01:21	2:42:07	2:26:35	2:13:45
Marathon	4:38:20	4:05:19	3:39:18	3:18:16	3:00:55
<b>Men 60 - 64</b>	<b>Tungston</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>	<b>Platinum</b>
5 km	0:30:27	0:26:50	0:23:59	0:21:41	0:19:48
5 miles	0:50:00	0:43:56	0:39:16	0:35:31	0:32:32
10 km	1:02:59	0:55:31	0:49:37	0:44:52	0:40:56
10 miles	1:43:49	1:31:30	1:21:48	1:13:57	1:07:30
Half Marathon	2:17:20	2:00:57	1:48:18	1:37:49	1:29:18
15 miles	2:38:15	2:19:30	2:04:45	1:52:45	1:43:00
20 miles	3:34:25	3:08:59	2:48:56	2:32:44	2:19:23
Marathon	4:51:03	4:16:32	3:49:19	3:27:18	3:09:11

# **STOWMARKET STRIDERS**

## **EQUITY POLICY STATEMENT**

**Stowmarket Striders Running Club (Striders) is committed to ensuring that equity is incorporated across all aspects of its development. In doing so it acknowledges and adopts the following Sport England definition of sports equity:**

*“Sports equity is about fairness in sport, equality of access, recognising inequalities and taking steps to address them. It is about changing the culture and structure of sport to ensure it becomes equally accessible to everyone in society”.*

- **Striders respects the rights, dignity and worth and every person and will treat everyone equally within the context of their sport, regardless of age, ability, gender, race, ethnicity, religious belief, sexuality or social/economic status.**
- **Striders is committed to everyone having the right to enjoy their sport in an environment free from threat of intimidation, harassment and abuse**
- **All members of Striders have a responsibility to oppose discriminatory behaviour and promote equality of opportunity.**
- **Striders will deal with any incidence of discriminatory behaviour seriously, according to club disciplinary procedures.**

**Any queries regarding this policy or to discuss any issues of equity, members should contact the club Welfare officers, names and contact details are available on the club’s web site or from any committee member.**